

## **Minutes of the Health and Wellbeing Board**

**10 September 2020**

**-: Present :-**

Pat Teague, Tara Harris, Tanny Stobart, Pat Harris, Matt Fox, Councillor Jackie Stockman (Chairwoman), Adel Jones, Julia Chisnell, Lee Tozer and Ceri Woszczyk

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### **123. Apologies**

Apologies for absence were received from Liz Thomas, Alison Hernandez, Jo Williams, David Somerfield, Matt Longman, Caroline Dimond who was represented by Julia Chisnell and Nancy Meehan who was represented by Ceri Woszczyk.

### **124. Updates on focus areas from June meeting:**

The Board received presentations on three 'areas of focus'; addressing the economic impact of Covid-19 on young people in Torbay, improving digital access and tackling inequality and improving public mental health.

#### **Addressing the economic impact of Covid-19 on young people in Torbay:**

Tanny Stobart gave a presentation and asked the board to consider how they could support the work being undertaken to address the economic impact of Covid-19 upon young people.

Tanny highlighted the following:

- That data shows families were under increased pressure, particularly vulnerable groups such as:
  - Young people at risk of suffering harm;
  - Children in care; and
  - Young people at risk of falling behind in education.
- Year 11's – a group at particular risk of falling behind, without the structure they would usually have been given at this point in the year.
- There was growing evidence that economic consequences of the Covid19 pandemic would have a greater negative impact upon young people.

Tanny informed the Board that there were a number of initiatives being developed to help address the economic impact upon young people such as the Covid Neet Prevention Board established by Torbay Council, the Board was also informed of three youth projects established by the Department for Work Pensions (DWP),

working with young people to give them mentoring support and to get them into employment. Lee Tozer, representing DWP added if any of the board members would like to become a part of Kickstart to contact him for further details.

Adel Jones thanked Tanny for the report and highlighted that this needs to be a priority and focus for the board moving forward.

The Board resolved by consensus:

- i) to continue to monitor the data on the size and scope of the challenge;
- ii) to support development of initiatives that bring together voluntary sector organisations, charities, the public and private sectors to find ways to collectively tackle the issues facing the most vulnerable families and young people; and
- iii) support the development of the Torbay Post Covid NEET Prevention Board.

### **Improving digital access and tackling inequality:**

Katy Heard gave a presentation to the Board on improving digital access in Torbay. Katy explained that for this area of work the definition of digital exclusion had been agreed as follows:

For someone to be digitally excluded all features must be present. The person:

- ▶ Wants to engage digitally but is unable to do so.
- ▶ Lacks one (or more) of the following: skills, means, and confidence to access digital routes.
- ▶ Wants to digitally access key activities of daily living that are important to them. Including but not limited to banking/shopping, universal credit, social clubs, physical and mental health, social care services, social media etc.
- ▶ Is socially isolated or disadvantaged physically and/or mentally without digital solutions.

Katy advised the Board that there were some significant challenges to improving digital access such as identifying the size of the issue of digital exclusion, identifying the priorities for those that are most excluded and community engagement which was difficult due to the current situation.

Once all of the above had been completed, the digital exclusion working group would then determine their priorities and work streams. The voluntary sector partners were on board with the need to improve digital access and had already mapped out most of the face to face support systems already in place. They will focus on promoting the value of digital access, encouraging those residents who will not want to have access or feel they do not need digital access to try accessing services via digital means.

### **Improving public mental health:**

Julia Chisnell and Cindy Willcocks gave a presentation to the Board on improving public mental health. They informed Members that the Torbay mental health response and resilience cell had met during early months of Covid-19. The system (voluntary and statutory) put in place a range of additional support for people experiencing forms of mental distress. Whilst some developments were delayed because of the pandemic the response highlighted the gaps and real enthusiasm to work together to address such gaps.

Cindy advised that since the last Board meeting she had been appointed the Public Health Mental Health lead and confirmed the engagement with voluntary and statutory sectors will continue with a desire to keep the momentum going. Key priorities have been identified and a Mental Health Network has been formed to establish an action plan.

The network will not just focus on the mental health element, but will focus on the continuum of mental health this includes self-harm and suicide prevention.

In response to questions from the Board, Cindy confirmed that children and young people's mental health would be covered by the network, with the Head of School Improvement and other members assisting with this particular group.

#### **125. What our data is telling us:**

Simon Baker, Public Health Analyst gave a presentation (attached to these minutes) to the Board on the current local and national trends and impacts in relation to Covid-19 and the outcomes of the Joint Strategic Needs Assessment (JSNA).

The Board paid particular attention to the findings of the JSNA recognising the need for decisive and strong leadership if Torbay is to address the inequalities within its communities. Adel Jones confirmed she would be challenging the ICO to do things differently to help improve the outcomes for those groups identified in the JSNA with the Chairwoman and Tara Harris agreeing to discuss the challenge with the Interim Chief Executive of Torbay Council. The Board did conclude that action rather than talking about action was required to deliver improvements in the outcomes for those groups most in need.

#### **126. Planning for Winter: Covid-19 and flu**

The Board received a presentation from Julia Chisnell, Consultant in Public, she advised Members that winter was expected to bring pressure as a result of Covid-19 combining with the usual flu season. Julia explained that in relation to Covid-19 settings based prevention and responses had been prepared with action cards having been developed. Testing capacity and capability was key in being able to monitor cases and trends.

With regards to flu vaccination, Julia advised that the vaccination programme had been expanded and the covering groups were now eligible for flu vaccination highlighting that those susceptible to flu are susceptible to Covid-19;

- 2-11 years
- 6m to 64 years in a risk group (risk = up to 47x higher)
- 65+
- Pregnant
- Care residents & carers
- Frontline health & care workers

Plus:

- Household contacts of those who were shielding or immuno-compromised
- 50-64 years from November (*if sufficient vaccine is available*).

Board Members were requested to encourage those within their communities to have a flu vaccination.

### **127. Forward Plan Review**

The Board noted that the next meeting of the Health and Wellbeing Board on 17 December 2020 would focus on:

- Enabling children to have the best start in life – early help
- Ageing Well – Living Longer Better.

# Health and Wellbeing Board

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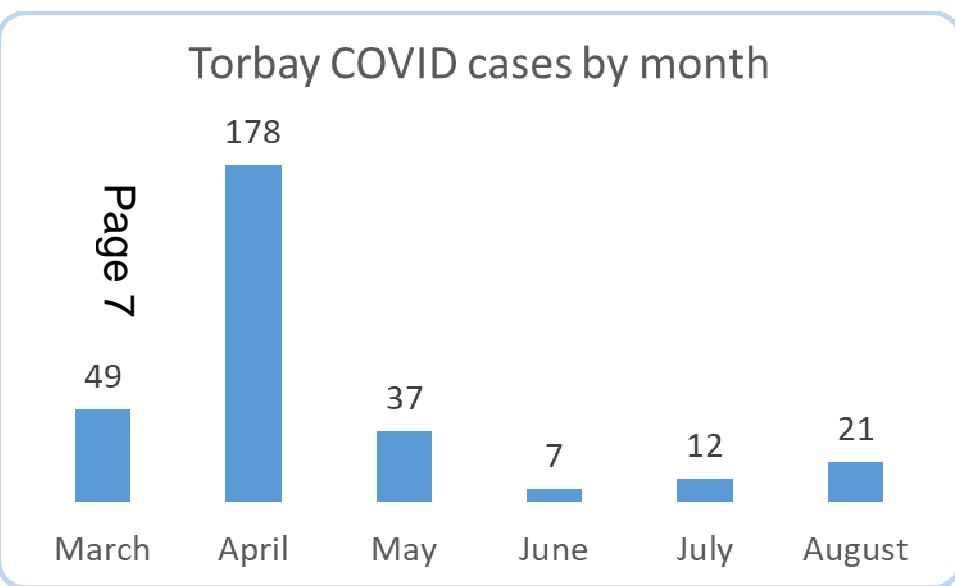
Minute Items 125

**TORBAY COUNCIL**

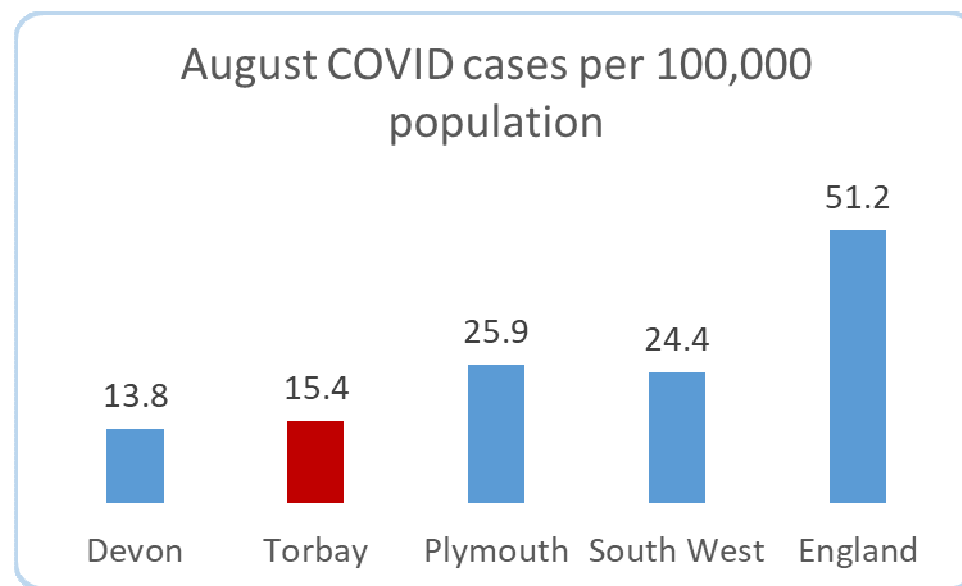
# COVID Current trends

# COVID Cases – Local

There has been an uptick in cases during August, cases are still substantially below levels earlier in the year.



Rates in Torbay during August are significantly below South West and national levels.

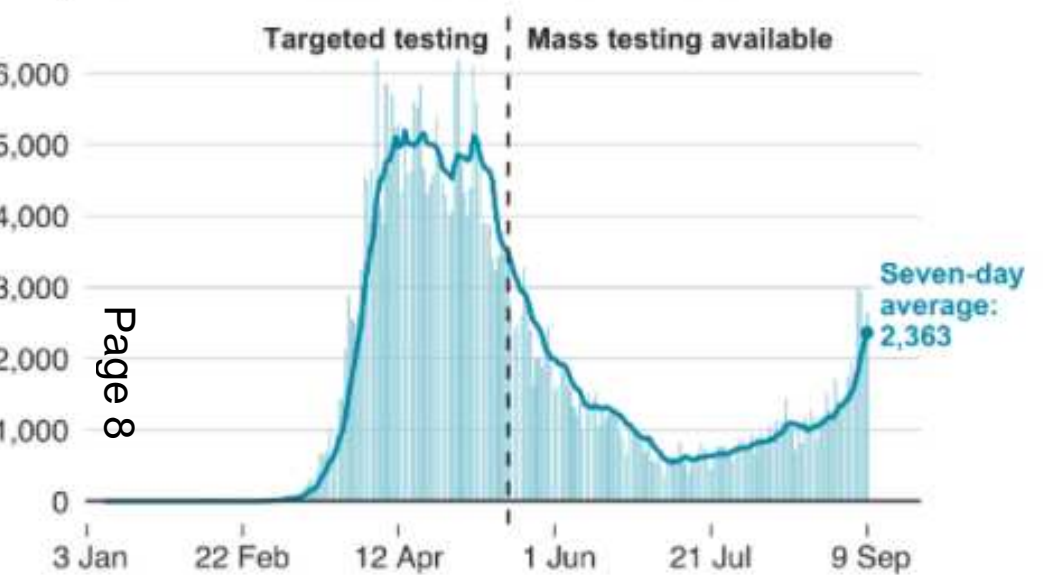


Source: <https://coronavirus.data.gov.uk/>

# COVID Cases - National

## Confirmed cases rising

Daily confirmed cases of coronavirus in the UK



Source: Department of Health and Social Care, updated to 9 Sep 09:00 BST **BBC**

From BBC website article on 9 September 2020

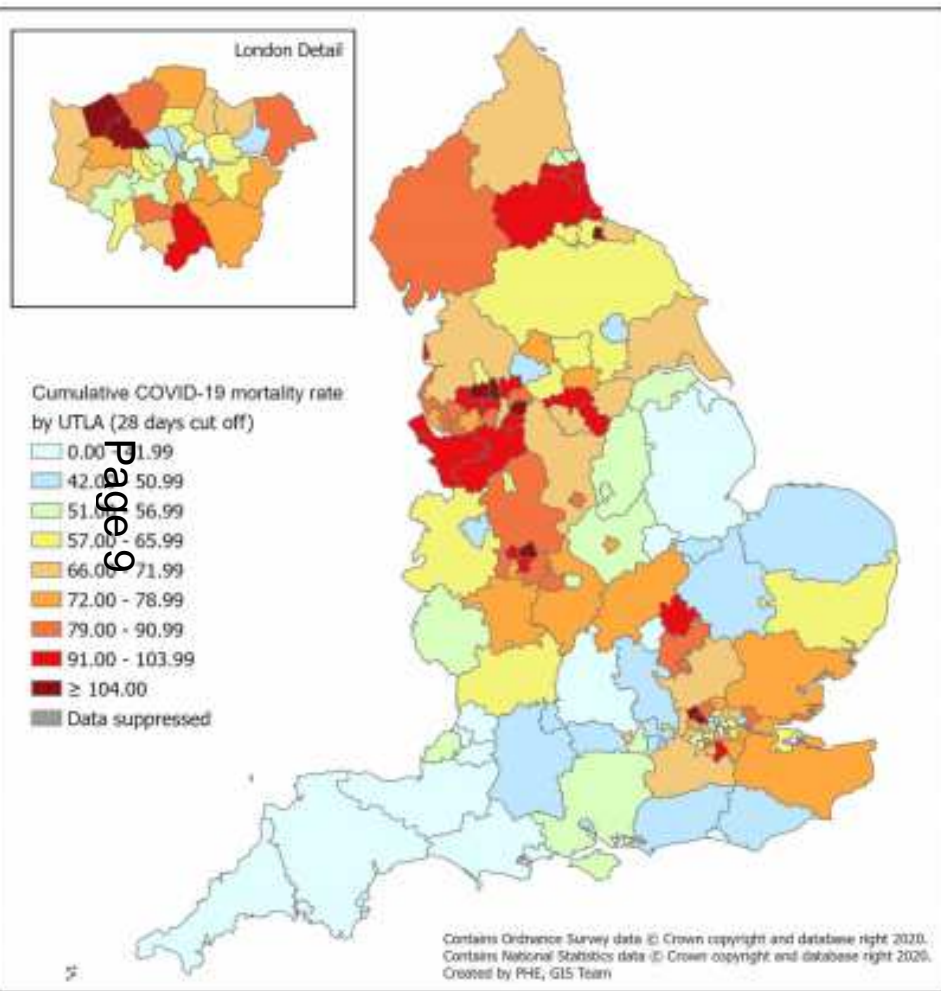
<https://www.bbc.co.uk/news/uk-51768274>

## Compared to 10 weeks ago - England

- Case rates have **fallen** in those aged 45 and over.
- **Largest falls** in case rates in those aged 75 and over.
- Case rates have **risen** in those aged under 45.
- 15 to 44 now has the highest case rate.



# COVID Deaths



This map relates to the mortality rate of COVID cases per 100,000 population for the last 28 days (up to 30<sup>th</sup> August).

The South West is the area of the country with the lowest mortality rate for the last 28 days.

The last COVID related death in Torbay was in early June.

# COVID Impacts

# Impact of COVID-19 on Torbay

COVID19 came to Torbay in March 2020 and in this short time has had a profound impact on the local community. As well as the direct health impacts of COVID-19 disease on those who became ill, the social distancing and lockdown measures have had a huge and unequal impact of their own on individuals, households and communities through the restrictions imposed on our everyday social, health and economic activities. To begin to map out the extent of the onward impacts on health and wellbeing in Torbay the following examines the impacts of COVID-19 on the wider factors that influence health, together with people's age, sex and individual health characteristics. These factors largely determine the opportunities and challenges for recovery.

The factors have been categorised as follows:-

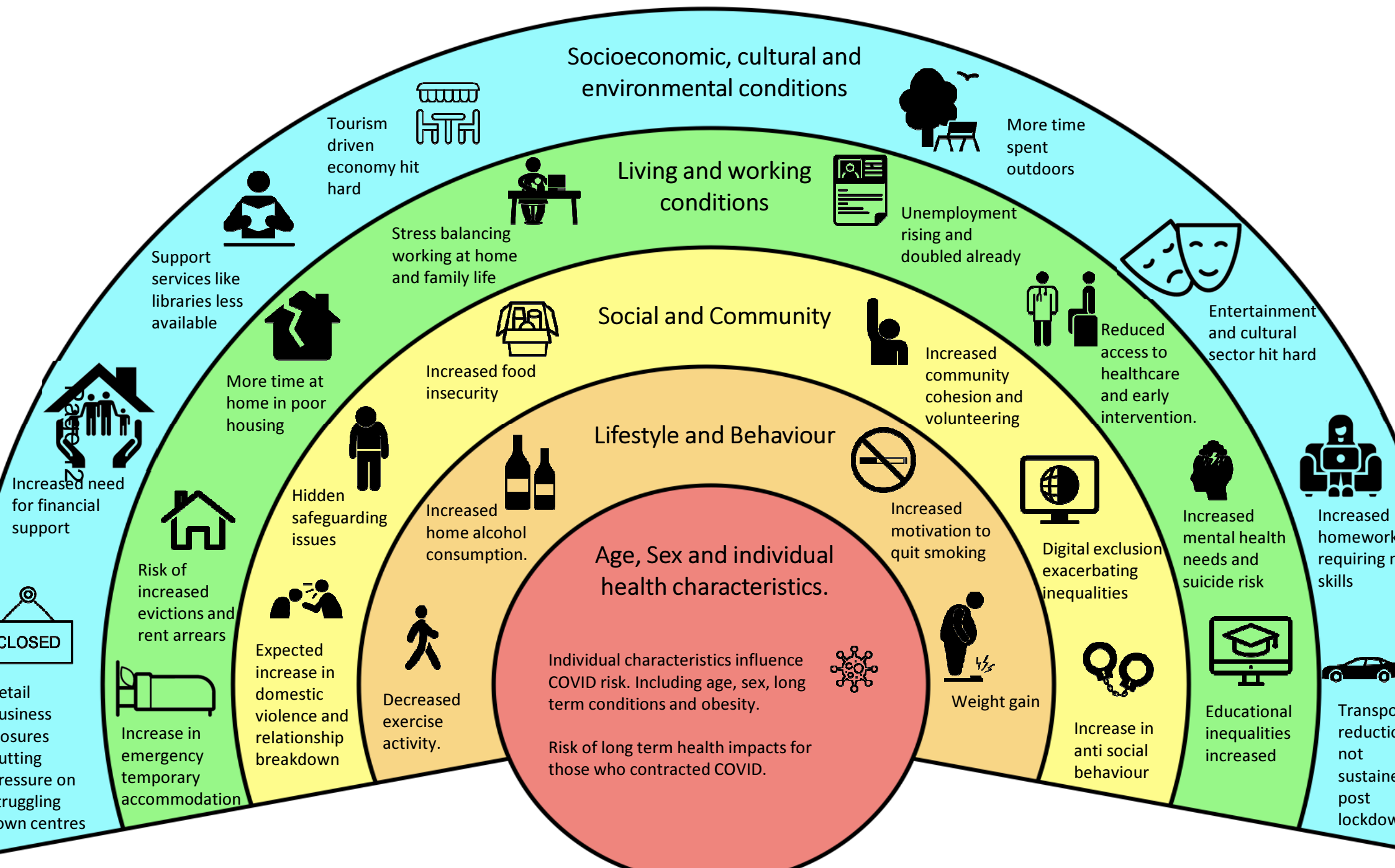
Age, Sex and individual health characteristics

Lifestyle and Behaviour

Social and Community

Living and working conditions

Socioeconomic, cultural and environmental conditions



# Age, Sex and individual health characteristics.

## Individual characteristics influence on COVID

Variation in COVID19 risks based on age, sex and pre-existing conditions (particularly diabetes, obesity and COPD).

- In Torbay 20% of the population are aged over 70, this is higher than the South West (16%) and England (13%)
- Estimated 7.5% Torbay 17+ have diabetes (2018/19), South West 6.6%, England 6.9%
- Estimated 18% of Torbay adults have hypertension (2018/19), South West 15%, England 14%
- 60% of adults are overweight or obese, South West 61%, England 62%

There is also increasing evidence that people who experience mild to moderate COVID-19 disease may experience a prolonged illness with frequent relapses.



# Lifestyle and Behaviour



National research suggests increased motivation among **smokers** to quit and to stay smoke free.



Increased **drinking** in some groups with declines in others. National survey found that those who drink least are drinking less and heavier drinkers are drinking more. In the UK 28% report drinking less than usual, 9% cut out completely, 17% drinking more alcohol than usual. Pre COVID Torbay had significantly higher rates of alcohol specific hospital admissions for both adults and children.

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Further increases in **obesity**. 60% of Torbay adults overweight or obese (2018/19). Supermarket sales show biscuit and convenience food consumption increased during lockdown. 25% of 4 to 5 year olds and 35% of 10 to 11 year olds in Torbay are classified as overweight or obese.



Time spent outdoors has increased. However levels of **physical activity** have declined in the least active.

# Social and Community

The lockdown has exacerbated **food insecurity** and food need. Torbay Food Alliance is a partnership between 12 foodbanks, who together provided the equivalent of 140,000 meals in the first four months. The number of adults who are food insecure is estimated to have quadrupled. Local food banks have experienced a rapid increase in demand and reduced volunteer numbers. Is a £5.5 million estimated income loss across the 112 groups who responded to the TCDT survey.

Child **abuse** may have increased due to increased pressure in households and the removal of the protective factor offered by education settings. Referrals to children's social care have risen compared to the same period last year.

**Civic participation** - positive impact as many people have volunteered to help during the pandemic, for instance delivering food parcels and supporting neighbours. Torbay Help Hub on Facebook has 16,195 members. Volunteering and fundraising has declined with many regular volunteers aged over 70 and self-isolating. Rowcroft reports they have lost £1.5 million in donations over 3 months. There are opportunities for future working together such as the potential to maintain 'meals on wheels' service.

**Crime** levels dropped as people stayed at home but rapid increase in complaints about **anti-social behaviour**. Q1 20/21 recorded crime in Torbay fell by 17% compared to Q1 19/20. Q1 20/21 anti-social behaviour rose by 37% compared to Q1 19/20.

Calls to national **domestic abuse** helplines rising rapidly and local website hits are up over 100%

**Digital inequalities** may exacerbate impacts related to social isolation

# Living and working conditions



140% increase (240 households) in emergency temporary accommodation, particularly single people.



As the **eviction** ban ends and families face rent arrears there are likely to be more families threatened with losing their homes. During 2019, 147 repossessions by landlords occurred in Torbay which was the highest amount for 10 years.



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Increased time at home during lockdown may exacerbate the health impacts of **poor-quality housing** (e.g. poor air quality, excess cold/damp, overcrowding). 29 out of Torbay's 89 LSOAs are in the 20% most deprived areas for Indoor Deprivation in England.



Reduced access to **healthcare** exacerbating existing conditions and leading to increases in waiting lists. A&E attendances at Torbay and South Devon Trust fell by 40% from March to June 2020 when compared to the same period last year. Planned admissions fell by 62% from April to May 2020 when compared to the same period last year.



# Living and working conditions

**Job security** has reduced with 35% of eligible staff furloughed by the end of June and concerned about future employment. Nationally among furloughed workers 50% say that the crisis has made no difference to their household finances. However, four in ten (39%) say their monetary situation has deteriorated over the past month, while just 7% say it has improved (YouGov survey). Those claiming Job Seekers Allowance rose from 2,675 (3.5 % of 16 to 64 year olds) in March 2020 to 6,035 (7.9%) in July 2020. More than doubled in all age groups (16-24, 25-49, 50+). More than doubled for both females and males.

**Stress** of working from home without dedicated work spaces and trying to balance work and family life. There are opportunities for more flexible working that would enable more people to access work.

Increased **mental health** needs and suicide risk. Torbay already has one of the highest suicide rates in England, 19.5 per 100,000 (2016-18). Qwell provide online mental health and wellbeing services nationally. Amongst existing adult mental health users, there was a 53% increase in demand for mental health support (Children & Young People – 34% increase).

**Educational inequalities** exacerbated by distance learning. Institute for Fiscal Studies survey of 4,000 parents of school aged children during late April/early May showed pupils from better-off families spending longer on home learning. They have more access to private tutoring or chats with teachers, better home set-up for distance learning and parents report feeling more able to support them.

Predictions that economic impact this will hit resort towns like Torbay particularly hard. Businesses that rely on close human interaction and crowds such as pubs, restaurants, nightclubs, hotels will be particularly badly hit. The **tourism** industry employs 11,600 people in Torbay.

There are increased needs for **financial support**, just over 4,000 extra households in Torbay were claiming Universal Credit in May 2020 when compared to March. This represents a 67% increase over that period. A rise of approximately 900 working-age claimants for the Torbay Council Tax Support Scheme in Q1 20/21. This represents a 12% rise in claimants compared to the same quarter last year.

The closure of **libraries and support services** left the most vulnerable with less support. Services not being provided because of the pandemic included Respite Breaks, Social Events, Support Group meetings, Day Centres, Community Cafes, Complementary Therapies, Mobility Equipment Hire, Visits to Homes, Churches and Faith Activities, Environmental and Green Space Projects, Pet Welfare and Care, etc. However, alternative methods of these organisations continue to operate in many cases.

**Retail business closures** put additional pressures on struggling town centres. More are predicted to close once government pandemic financial support ceases. This fall in activity and jobs would put significant financial pressure on the wider community with increases in demand for services such as housing assistance, free school meals and food banks combined with potential falls in average disposable income.

# Environmental and Cultural



**Transport reductions** have not been sustained post lockdown and public transport usage has reduced while people are nervous about shared transport but positively more people are walking. There are opportunities to build on walking and cycling initiatives. Nationally, car usage is back to 90% of pre-COVID levels, bus and rail usage is less than half pre-COVID levels.



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**Theatre and entertainment** sector hit hard as these industries are particularly affected by social distancing restrictions. Oxford Economics project 400 job losses in the Arts, entertainment and recreation sector.



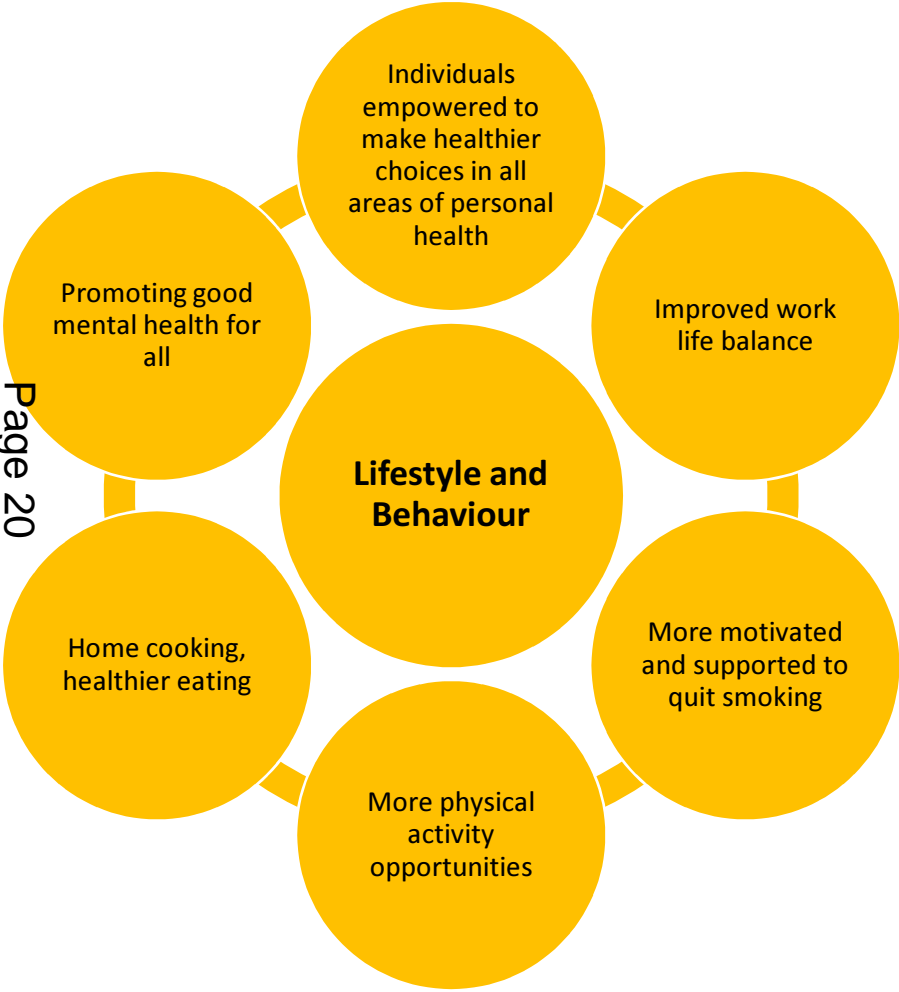
**Homeworking** presents the need for a new range of skills, as well as presenting opportunities for new ways of doing business.



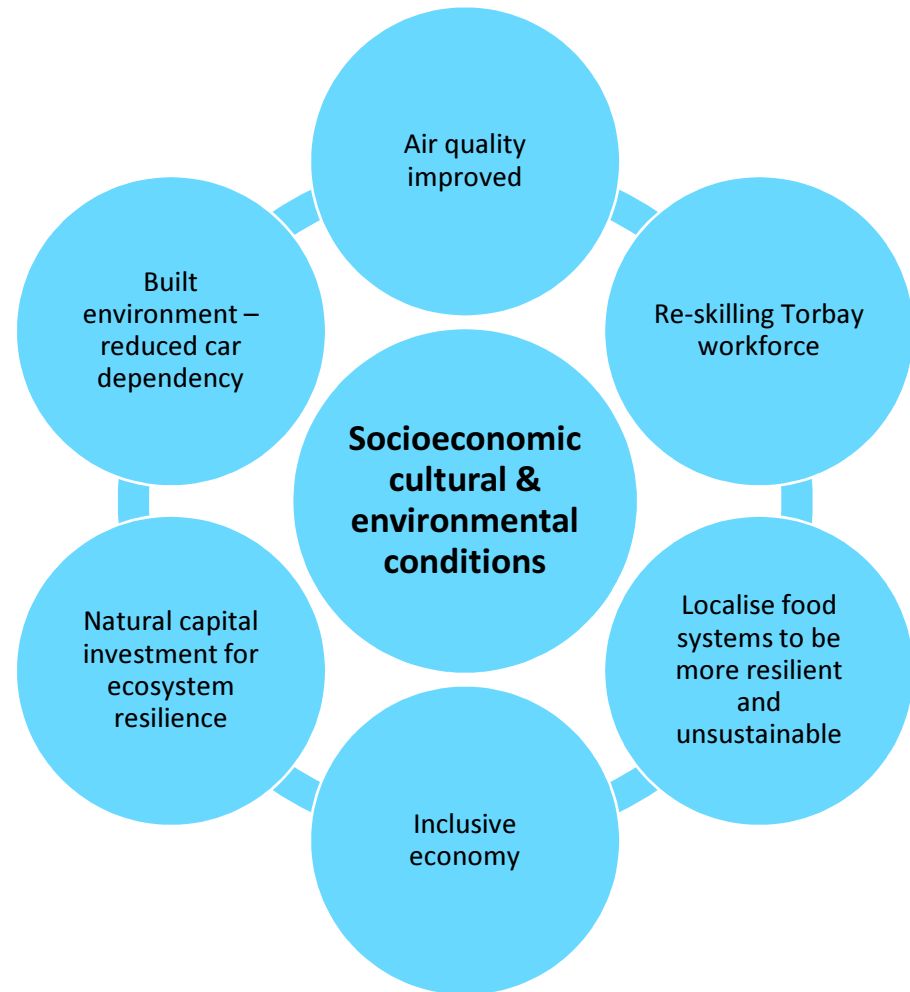
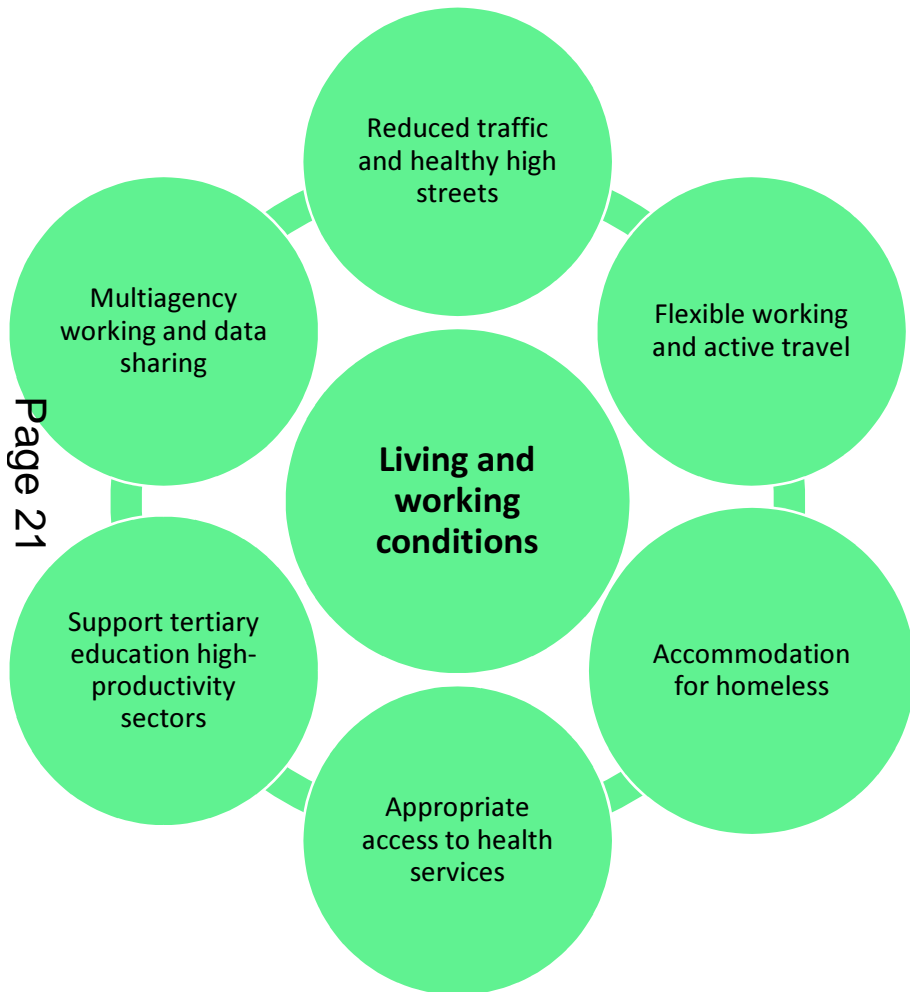
Positive wellbeing and increased appreciation of the Bay and of green space with increased amount of recreation time spent **outdoors**.

# How we respond to these impacts

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# How we respond to these impacts



# JSNA

# JSNA - Overview

- Torbay has pockets of significant poverty and deprivation and is ranked as the most deprived upper-tier local authority in the South West.
- Residents in our most affluent areas can expect to live on average over six years longer than those living in our more deprived communities.
- Torbay has an ageing population with the number of people aged over 85 expected to increase by over 50% within the next decade.
- Opportunities for people of Torbay to be supported to improve their lifestyles. At present:
  - 6 out of 10 adults are overweight or obese
  - 1 in 6 adults smoke
  - High levels of suicide and self-harm in the population

# JSNA – Population Overview

## Population Overview

Torbay is home to  
**135,780**  
people



The average age of  
a Torbay resident  
is  
**48** years

Torbay's population is  
projected to increase to  
**149,500** by 2040

There were **1,220**  
births during 2018



The average life  
expectancy for  
females is **83**  
years, for males it  
is **79** years



Healthy life  
expectancy for  
females and males  
is  
**62** years



Currently **26 out of 100**  
Torbay residents are aged 65 and  
over. By 2040 this is projected to rise  
to **34 out of 100**



**13 out of 100**  
Torbay households  
are experiencing  
fuel poverty

The proportion of people  
who live in an area  
classified as amongst the  
20% most deprived areas  
of England is  
**27 out of 100**



**30 out of 100**  
children live in the 20%  
most deprived areas of  
England

There were **12,241**  
recorded crimes within  
Torbay during 2018/19



There were **3,712**  
recorded occurrences of  
domestic abuse within  
Torbay during 2018/19

The average price of a house in  
Torbay is **8** times average full-  
time earnings

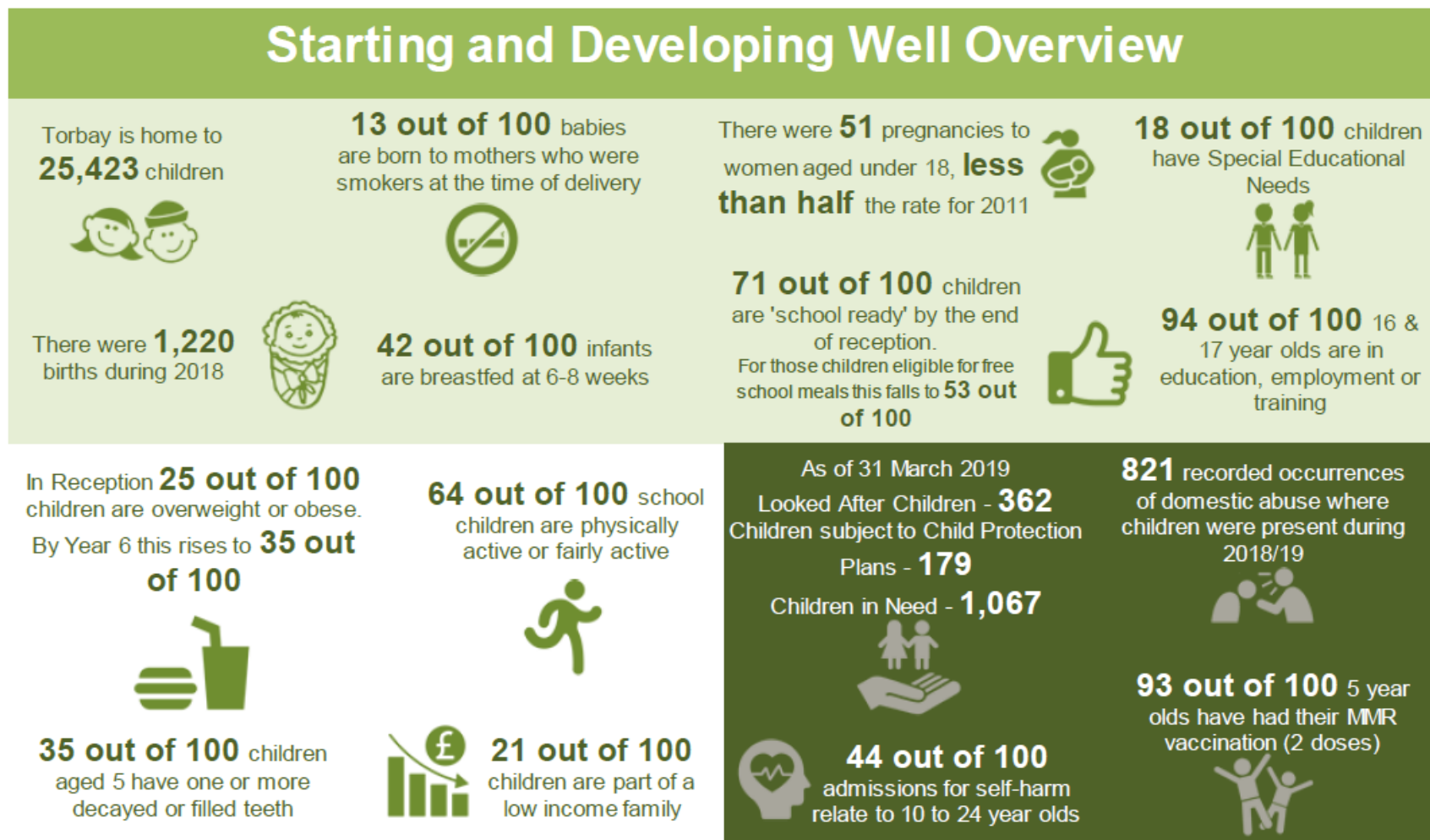


Torbay has significantly lower  
levels of air pollution than the  
England average.

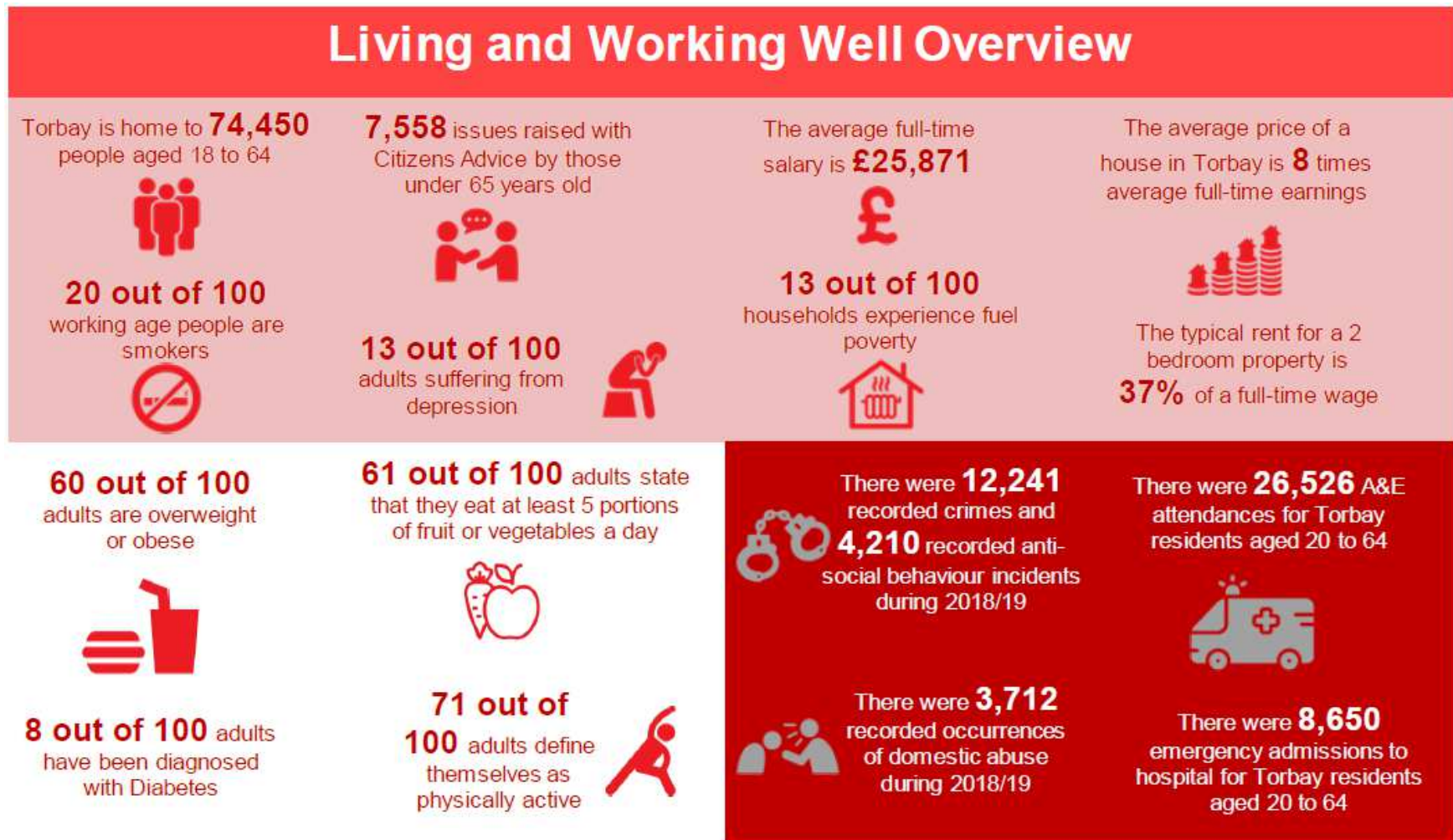




# JSNA – Starting and Developing Well Overview



# JSNA – Living and Working Well Overview



# JSNA – Ageing Well Overview

## Ageing Well Overview

Torbay is home to **35,907** people aged 65 and over



The proportion of those aged 65 and over is predicted to increase from the current level of 26 out of 100 to **34 out of 100** in 2040

A 65 year old woman would be expected to live until **86**



A 65 year old man would be expected to live until **84**

**52 out of 100** social care users aged 65 and over have as much social contact as they would like



**34 out of 100** carers aged 65 and over have as much social contact as they would like



**18 out of 100** of those aged 65 and over are claiming pension credit

**1,524** people aged 65 and over registered by GP with dementia



There were **14,411** A&E Attendances made by those aged 65 and over



There were **9,283** emergency hospital admissions made by those aged 65 and over



Those aged 65 and over had **715** emergency hospital admissions for falls

**71 out of 100** people aged 65 and over received a flu vaccination



**176** local authority funded permanent admissions to residential and nursing care homes for those aged 65+ during 2018/19



**4,650** requests for adult social care support for new clients aged 65 and over during 2018/19

**1,211** of those aged 65 and over received funded long-term support for Physical Personal Care during 2018/19



There are approximately **1,750** unpaid carers aged 65 and over

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# Joint Health and Wellbeing Strategy Outcomes Table – August 2020 update

# Outcomes Data highlights

## **Families under increased pressure**

Modelled prevalence of children in households with all 3 of the so called 'toxic trio' - Torbay is in the 2nd highest percentile for local authorities. An estimate of 214 children in Torbay in 2019/20.

## **Children in Care**

As of 31 March 2019, 362 Torbay Children in Care. This placed Torbay in the 2<sup>nd</sup> highest percentile for its Children in Care rate.

## **Young people at risk of falling behind in education**

Number of children who are persistently absent during the year – Torbay is in the 5<sup>th</sup> highest percentile amongst local authorities during 2018/19.

## **Young people at risk of suffering harm**

Children in need (CIN) episodes where a child has domestic abuse identified as a factor at CIN assessment – Estimate of 500 Torbay children in 2018/19, this places Torbay in the 16<sup>th</sup> highest percentile amongst local authorities.