

Wednesday, 23 September 2020

## Meeting of the Health and Wellbeing Board

Thursday, 13 December 2018

1.30 pm

Torquay Fire Station, Newton Road, Torquay, TQ2 7AD

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### Members of the Board

Ian Ansell, Torbay Safeguarding Children Board  
Alison Brewer, Primary Care Representative  
Julie Foster, Torbay and Southern Devon Health and Care NHS Trust  
Tara Harris, Executive Head of Community Safety  
Alison Hernandez, Police and Crime Commissioner  
Matt Johnson, Community Safety Partnership  
David Somerfield, Devon Partnership NHS Trust  
Tanny Stobart, Community Development Trust  
Ann Wagner, Torbay and South Devon NHS Foundation Trust  
Paul Johnson, South Devon and Torbay Clinical Commissioning Group  
Caroline Taylor, Director of Adult Services  
Pat Harris, Healthwatch Torbay  
Caroline Dimond, Director of Public Health  
Elected Mayor, Gordon Oliver  
Dr Liz Thomas, NHS England  
Alison Botham, Director Children - Torbay/Plymouth City Council  
Keith Perkin, Devon and Cornwall Police  
Councillor Parrott  
Councillor Stockman  
Councillor Mandy Darling  
Councillor Barnby  
Councillor Stubley  
**Non-Voting Co-Optees**



Lisa Antrobus, Town Hall, Castle Circus, Torquay, TQ1 3DR  
01803 207064

Email: [governance.support@torbay.gov.uk](mailto:governance.support@torbay.gov.uk)

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Ann Wagner, Torbay and South Devon NHS Foundation Trust  
Keith Perkin, Devon and Cornwall Police

# HEALTH AND WELLBEING BOARD AGENDA

1. **Apologies**  
To receive any apologies for absence, including notifications of any changes to the membership of the Committee.
2. **Minutes** (Pages 5 - 8)  
To confirm as a correct record the Minutes of the Health and Wellbeing Board held on 6 September 2018.
3. **Declaration of interest**
- 3(a) **To receive declarations of non pecuniary interests in respect of items on this agenda**  
**For reference:** Having declared their non pecuniary interest Members may remain in the meeting and speak and, vote on the matter in question. A completed disclosure of interests form should be returned to the Clerk before the conclusion of the meeting.
- 3(b) **To receive declarations of disclosable pecuniary interests in respect of items on this agenda**  
**For reference:** Where a Member has a disclosable pecuniary interest he/she must leave the meeting during consideration of the item. However, the Member may remain in the meeting to make representations, answer questions or give evidence if the public have a right to do so, but having done so the Member must then immediately leave the meeting, may not vote and must not improperly seek to influence the outcome of the matter. A completed disclosure of interests form should be returned to the Clerk before the conclusion of the meeting.  
  
(**Please Note:** If Members and Officers wish to seek advice on any potential interests they may have, they should contact Governance Support or Legal Services prior to the meeting.)
4. **Urgent items**  
To consider any other items that the Chairman/woman decides are urgent.
5. **Sustainability and Transformation Partnership - Commitment to Carers** (Pages 9 - 21)  
To note the progress of the Devon wide 'Commitment to Carers'.
6. **Area of Focus - Development of a strategy to tackle the challenges faced by those with multiple complex needs** (Verbal Report)
7. **Area to Sponsor - Prevention, Self Care and Wellbeing Board Review** (Pages 22 - 25)  
To consider the attached report.
8. **Area to Sponsor - Implementation of Healthy Torbay** (Pages 26 - 34)

**Framework**

To note the report.

- 9. Impact of First Response Services** (Verbal Report)  
To receive a presentation on the impact of First Response Services.

## Minutes of the Health and Wellbeing Board

6 September 2018

-: Present :-

Ian Ansell, Tara Harris, Tanny Stobart, Ann Wagner, Paul Johnson, Caroline Dimond, Jonathan Drew, Councillor Jackie Stockman, Councillor Mandy Darling, Councillor Jane Barnby, Councillor Di Stubley, Howard Brugge, Mark Cottrell and Judy Grant

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### 69. Apologies

Apologies for absence were received from David Somerfield, Caroline Taylor who was represented by Judy Grant, Liz Thomas, Alison Botham, Alison Brewer, Pat Harris who was represented by Jonathan Drew, Keith Perkin who was represented by Howard Brugge, Matt Johnson who was represented by Mark Cottrell and Councillor Parrott.

### 70. Minutes

The Minutes of the Board held on 23 May 2018 and 12 July 2018 were confirmed as a correct record and signed by the Chairwoman subject to Minute 59 being amended from 'the Care Trust' to 'the Torbay and South Devon NHS Foundation Trust'.

### 71. Public Question

The Board was made aware of a number of questions that had been submitted by a Member of the Public. The following response was provided by the Chairwoman:

The Health and Wellbeing Board is not a commissioning body for health and wellbeing services, though those bodies are represented on the board. The focus of the board is strategic in nature and does not choose to focus on a detailed examination of NHS waiting lists. The detailed understanding of waiting lists is the responsibility of the relevant service commissioner within the health and social care commissioning organisations. As the Department for Health Statutory Guidance on Joint Strategic Needs Assessments states: "JSNAs are assessments of the current and future health and social care needs of the local community – these are needs that could be met by the local authority, CCGs, or NHS England. Local areas are free to undertake JSNAs in a way best suited to their local circumstances – there is no template or format that must be used and no mandatory data set to be included." The Torbay JSNA contains over 3,000 different items of data covering different aspects of health and wellbeing at Ward, Town and Local Authority geographies. Whilst the Torbay JSNA does not contain waiting list information NHS England publishes a great deal of information on waiting times for NHS services which can

be accessed at a provider trust level from

<https://www.england.nhs.uk/statistics/statistical-work-areas/rtt-waiting-times>

Question 1) No, this is an activity which is monitored by the commissioners of the services in question as part of their core role. Waiting lists will be discussed at the board only in as much as they influence strategic direction. Estimates on the cost of clearing waiting lists would involve complex statistical modelling and will be undertaken only when it is believed there would be a cost benefit. This activity would, again, be the responsibility of the commissioning organisation.

Question 2) No, this is an activity which is monitored by the commissioners of the services in question as part of their core role. Waiting lists will be discussed at the board if they are brought to the attention of the board as being an exceptional local issue.

Question 3) No. It would not be appropriate for the board to approach the Secretary of Health in this manner. The monitoring of waiting lists and associated targets are a mechanism for holding commissioned providers to account. They are not a reflection of effectiveness of a strategic board such as this one.

## **72. Draft STP Mental Health and Wellbeing Strategy - Development and Engagement Update**

Members considered a report that sought the Board's views on the draft STP Mental Health and Wellbeing Strategy. Members were advised that the Mental Health and Wellbeing Strategy was developed by the STP Mental Health Programme with the programme group agreeing engagement should be undertaken to inform further development of the draft strategy. In recognition of the short timescale the STP Mental Health Programme Group also set the expectation that continuous, meaningful engagement in the implementation of the strategy should become routine, the programmes set out in the strategy will be iterative to enable meaningful impact and involvement.

Members felt the strategy didn't make a strong enough case for change to ensure the shift from services into the community actually happened. Members believed the strategy read like a provider strategy that was prevention light that focused on a place of consequence rather than the journey pre-illness. Members referred to the potential opportunity to save c£55m from the Devon health system over the next five years as well as improving outcomes and health and wellbeing by investing in evidence-based integrated mental health services and posed the challenge to the STP Board as to what services will we cease funding in order to bring about change.

The Board requested partners share further feedback via email account (d-ccg.mhwbstrategyengagement.nhs.net).

## **73. Integrated Care System - Strategy**

The Board considered a discussion paper on the opportunity to work together on strengthening existing partnership arrangements in designing and developing the

next stage of the integrated care system in Devon. The Board were advised that a development day had been held to determine what partners wanted to achieve through an integrated care system resulting in a plan on a page. There are a number of issues to work through such as exploring how partners work collaboratively, where do Health and Wellbeing Boards sit within a Devon wide integrated care system and what is their role and what can the Board's role be.

Members were advised that the Board needed to ensure the emerging integrated care system was aware of the Board's priorities with respective Health and Wellbeing Strategies influencing what the integrated care system does. That members of the three Health and Wellbeing Boards be invited to a facilitated meeting to discuss their future role.

#### **74. Torbay Influenza (flu) Vaccination Plan 2018/19**

The Board noted a report that outlined Torbay's Influenza Vaccination Plan for the 2018/19 flu season. The plan sets out a co-ordinated and evidence based approach to planning for and responding to the demands of flu across the country, taking account of lessons learnt during previous flu seasons. It aids the development of robust and flexible operational plans by local organisations and emergency planners within the NHS and Local Government.

**Action:** Rachel Bell to approach the Older Person's Assembly to be flu champions.

**Action:** Caroline Dimond to raise flu vouchers for Torbay Council staff with the Senior Leadership Team.

#### **75. Adult Social Care Eligibility Policy and Guidance**

Members of the Health and Wellbeing Board noted a report on the implementation of the Adult Social Care Eligibility Policy. Members further noted that the publication of the policy and guidance had been delayed due to the impending change program, and the probability that process will slightly alter therefore it was prudent to delay publication in order to ensure that messages to the public, partners and staff are consistent and clear.

#### **76. Promoting Active Ageing**

Members considered an update on projects developed to promote active ageing. Members received a presentation on the development of an Older Persons' Assembly and Positive Ageing Charter. Members were advised that the proposals built on commitments given from the statutory partners at the Big Vision event held in January where there was overwhelming support to work together on developing plans to secure Age Friendly status and to support the development of a sustainable Older Persons' Assembly. The Assembly had a clear set of aims, functions and potential structure with the charter setting out aspirations, key commitments and values.

By consensus the Health and Wellbeing Board:

- i) Recognised that the 'Positive Ageing Strategy' was a necessary step towards Age Friendly status;
- ii) Strongly encourages each constituent agency member to nominate a Senior Responsible Person or non-Executive Officer, to work on finalising the 'Positive Ageing Charter', including developing the 'how' and agreeing actions during the next two months;
- iii) That the Positive Ageing Charter be endorsed and the Health and Wellbeing Board encourage individuals, departments and organisations to sign up to the Charter for the benefit of our residents;
- iv) That the Older Persons Assembly be invited to nominate one person to become a member of the Health and Wellbeing Board;
- v) Recognised the Assembly as a valued resource mechanism to either inform the development of new services or policies or the review of existing services and strategies, within a realistic timeline;
- vi) Agrees to hold members to account in terms of the Positive Ageing Charter and the Assembly;
- vii) Begin working with the Assembly and other partners towards Age Friendly status;
- viii) Encourages partners to consider giving a representative of the Assembly a seat on their governing committees and boards; and
- ix) Supports the development of an Age Friendly kit mark which will endorse services and organisations that adopt the Positive Ageing Charter values and guidelines.



**Title:** Sustainability and Transformation Partnership – Commitment to Carers  
**Wards Affected:** All wards  
**To:** Health and Wellbeing Board **On:** 13 December 2018  
**Contact:** Katy Heard  
**Telephone:** 01803 219790  
**Email:** Katy.heard@nhs.net

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**1. What has been achieved in the past six months?**

1.1 Carers’ Services across the Sustainability and Transformation Partnership (STP) footprint have worked together to develop the attached Devon-wide Commitment to Carers. It is based on NHSE’s Memorandum of Understanding for Carers and the Triangle of Care (equal partnership of the professional, the person and their Carer).

**2. What are the blockages?**

2.1 At present there are no blockages. In Torbay it has been agreed in principle by Torbay and South Devon NHS Foundation Trust (‘the Trust’) and Torbay Council, and is an inherent part of Torbay’s Interagency Carers Strategy. It should be signed off by the STP’s Programme Delivery Executive Group later this month.

**3. What is the planned activity for the next six months?**

3.1 Once final sign-off is achieved, organisations will develop their own action plans to achieve their commitment. In Torbay’s Carers Strategy, we have committed to having action plans in place by March 2019 for the Trust, Torbay Council, the Ambulance Service, the Fire Service, the Clinical Commissioning Group (CCG) and Devon Partnership Trust (DPT).

3.2 For the Trust, Torbay Council and DPT, the action plans will be a collation of existing commitments, apart from an additional commitment to having Carer Awareness as part of staff induction. Due to past commitments to Carers by both local CCGs, it is hoped that the potential merger of CCGs will not delay their action planning.

**Appendices: Appendix 1 STP – Commitment to Carers**

**Background Papers:**

The following documents/files were used to compile this report: NHSE Commitment to Carers <https://www.england.nhs.uk/commitment-to-carers/>

# Commitment to Carers

*In everything we do, we will take Carers into account*



## Introduction

The NHS in Devon, Devon County Council, Plymouth City Council, and Torbay Council want Devon to be a good place for Carers.

“A Carer is considered to be anyone who spends time looking after or helping a friend, family member or neighbour who, because of their health and care needs, would find it difficult to cope without this help regardless of age or whether they identify as a Carer.”

- [Carers National Action Plan](#) 2018 - 2020 “Supporting carers today”  
*Department of Health 2018*

We recognise that Carers are providers of significant support to the people they care for, which across the whole County of Devon (including Plymouth and Torbay) has been valued at £2.5 billion annually, roughly the same cost as the NHS.

“Every year, more and more people take on a caring role. The enormous contribution of our country's carers not only makes an invaluable difference to the people they support, it is an integral part of our health and social care system and it deserves to be better recognised.

“.... Carers are the experts-by-experience turning treatment plans into reality..... To the people they help, they are the indispensable family members, friends, and neighbours that make each day possible. Within our communities they are vital partners.....What none of us must forget is that carers have their own needs too. We must be alert and responsive to those needs, or we risk compromising their health and wellbeing and – by association – the recipients of their care”

- *Carers National Action Plan 2018*

We commit ourselves to:

- embedding the principles identified in this document in all our ways of working and inviting all our partners to join us in doing so;
- adopting good employment principles and practices for those Carers who work or want to work for us, as promoted by Employers for Carers\* (see appendix 1) and invite all employers to do the same;
- using all the ways we have available to us to encourage awareness and support for Carers in communities and businesses.

These high level commitments apply to all Carers, except where either: a) expressly stated; b) where age is an essential criterion (e.g. employment and Young Carers); or c) where differences in the legislation direct us (for Adult Carers of Adults the Care Act 2014 and for Young Carers and Parent Carers

of Children the Children and Families Act 2014). They also apply equally to Carers of people with all different conditions.

These are our high-level commitments. They reflect the commitments and priorities from the NHS Commitment to Carers (Commitment to Carers [here](#) and Toolkit [here](#)), the National Action Plan for Carers 2018 -20, the principles of Employers for Carers and the principles for organisations whose work brings them into contact with Carers embedded in the “Triangle of Care” (see below)

Detailed action plans will be written for each organisation which signs up, in order to ensure these commitments become a reality, (or something like that, otherwise the front section is not very user friendly)

## **1: Identifying Carers and supporting them**

We will identify and recognise as many Carers as possible as early as possible in their caring journey, including Young Carers and Parent Carers.

- GP practices will identify, recognise, record and support Carers.
- All Health and Social Care Services will identify, recognise, involve and support Carers.
- Voluntary and Community Sector partners will identify, signpost and support Carers as appropriate to their roles.
- We will support Schools and Education services to identify Young Carers and Parent Carers.

## 2: Effective Support for Carers

We will ensure that support for Carers is well integrated within mainstream health, social care and community services, so that access to support is improved, Carers experience consistent holistic support, i.e. that looks at all aspects of their lives, and their lives and their mental and physical health are maintained or improved.

For Young Carers we will also ensure that we help to improve their educational opportunities and outcomes.

We will work to ensure that services are Carer-friendly, treat Carers with consideration (so they don't have to choose between caring and having treatment and support for their own needs), and link them into local community support and Carer support.

We will support Carers to have effective choice when caring and being in employment, encouraging employers in Devon to recognise the benefits of being carer friendly

We will ensure that all health and care services including Primary, Acute, Community and Mental Health Services recognise Carers, support them in their caring role and link them into sources of support.

When Carers need more help and to avoid reaching crisis point, we will ensure that they can access support as quickly and simply as possible.

We will work to improve access to replacement care when Carers need a break:

Replacement care, also commonly known as respite care, is any care arrangement designed to give rest or relief to unpaid carers. It aims to support carers to have a break from their caring responsibilities.

[Carers Assessments](#) will always be a helpful and useful opportunity in themselves. They will identify measures that support Carers in staying well, caring effectively and safely, making their own life choices, in maximising their resilience and the independence of the person they care for, and their own most important life goals.

We will take a whole family approach to support in order to promote the wellbeing of the Carer's family and ensure that "no door is the wrong door" for any Carer.

### **3: Enabling Carers to make informed choices about their caring role**

We will enable Carers, and support others to enable Carers, to make informed choices about their lives. We will support Carers to make decisions about their caring role including choosing not to provide care or to limit caring.

We will ensure that information about local support and services is easily found and clear, in order that Carers can choose appropriate support for themselves and the person they care for.

We will take into account wider [determinants of health](#) in our approach to supporting Carers' wellbeing and resilience; such as education, work, housing suitability, financial stress, Carer choice in caring and the sustainability of the caring role.

Support we arrange will include planning for end-of-life care, and life after caring; for example, supporting a return to employment where appropriate, dealing with grief and having a good life.

## **4: Staff awareness**

Our staff will be aware of Carers, sensitive to their needs and aware of the support available to them. They will encourage and support Carers to access the help they need.

We will make Carer awareness training a core element for our staff at induction and as part of their continuing professional development as part of our workforce development plans.

We will encourage our staff to recognise signs of Carer stress and make it easy for them to signpost and refer Carers for support.

We will make it easy for social care staff who identify health needs in Carer Assessments to refer the Carer to their GP for health support.

In this way we will work holistically with the Carer and the person(s) they care for at all points of contact – diagnosis, review, and planning for discharge.



## **5: Information-sharing**

We will share information appropriately to support Carers and work to avoid Carers having to repeat information.

We will encourage Carers to allow sharing of their information so support is sensitive, tailored, joined-up and effective.

We will encourage people with care and support needs to share information about their needs with their Carer(s) to enable their full participation in care and support planning.

## **6: Respecting Carers as expert partners in care**

We will respect Carers as expert partners in care and involve them holistically in care planning, decision making and reviews.

Health and Care professionals will support and empower Carers to fulfil this role.

We will involve Carers in monitoring and reviewing services so that we can demonstrate where we are successful and where we need to improve.

We are committed to and support the implementation in all services of the principles behind the "[Triangle of Care](#)" so that Carers are universally recognised and respected as expert partners in care and supported by services in their role (see Appendix 2).

## **7: Carers whose roles are changing or who are more vulnerable**

We will identify Carers who are more vulnerable or at key points of transition to focus support.

We will work to shape services to match Carers' needs.

We will focus attention on ensuring we get it right for Carers particularly at these key points of transition:

- For Young Carers, moving between schools, onto further education or between adolescence and adulthood;
- For Parents as Carers, particularly when children leave the family home or become eligible for adult services;
- Transition to permanent residential care or living independently;
- End of life;
- Bereavement and life after caring.

And on getting it right for vulnerable Carers, including:

- Carers of people with substance misuse problems;
- Carers aged over 75 years;
- Carers from Black, Asian and Minority Ethnic (BAME) and/or Lesbian, Gay, Bisexual and Transgender plus (LGBT+) backgrounds;
- Carers with multiple caring roles.

## **Appendix 1: Employers for Carers**

Devon County Council, Torbay Council and Plymouth City Council have membership of “Employers for Carers”.

The benefits of this membership are available to all NHS partners and all Small and Medium Enterprises in Devon.

They include advice on Carer-friendly employment policies and their benefits.

You can find information about Employers for Carers at [www.employersforcarers.org](http://www.employersforcarers.org)

We also support Carers by providing information on employment rights, available here:

<https://www.carersuk.org/files/helpandadvice/2613/factsheet-uk1031-your-rights-in-work.pdf>

## **Appendix 2: The Triangle of Care – principles for all services on working with Carers**

See: <https://professionals.carers.org/triangle-care-mental-health/triangle-care-resources>

Principles:

1. Carers, and the essential role they play, are identified at first contact or as soon as possible thereafter;
2. Staff are carer aware and trained in carer engagement strategies;
3. Policy and practice protocols regarding confidentiality and sharing information are in place;
4. Defined post(s) for carers are in place – appropriate to the service, for example a lead senior manager, team champions;
5. Information for carers on the service is available across the pathways;
6. Carers are enabled to access a range of carer support services including a self-assessment tool.

## PREVENTION, SELF-CARE & WELLBEING BOARD REVIEW – BRIEFING PAPER FOR THE HEALTH & WELLBEING BOARD

### 1 Introduction

In the health and care system we face a time where increasing demands and the needs for efficiencies is driving work to develop a new model of care. Key within this is a focus on prevention and early intervention to promote health, enable early identification of illness and promote self-care. It is only in this way that we can work in partnership to decrease demand and create a sustainable health and care system. However, to do this at scale there needs to be shift in the system where prevention becomes everyone's business and the drivers of poor health are also addressed. Thus we need a new model of working for prevention which is transformational and embedded in all services. To do this there is a need to:

- Address environmental and social conditions such that they promote good health
- Change people's behaviour so they do not become ill
- Enable people to self-help and self-care to manage early illness and prevent progression
- Address loss of independence in established illness

The Joint Prevention Board was originally set up as a mechanism to support implementation of the integrated strategy for Prevention, Well-Being and Self-Care strategy.

**Figure 1: A focus on Prevention, Wellbeing & Self-care** (by Rob Dyer)



The Torbay & South Devon prevention, self-care and wellbeing programme of work is now at a place where those actions that can help people stay healthy are defined and developed. The focus now is on implementation of these enabling products and processes in such a way as they become embedded in practice.

## 2 Enablers

For 2018/19, the Prevention, Self-care and Wellbeing Board structure and focus changed to support the development of the ‘enabling’ products and processes i.e. those tools and techniques; products; and approaches that support a model of care focused on wellness and prevention or ill-health. This work has now been completed with all ‘enablers’ now developed and ready for application at an operation. The table below summarises the development stage of each of the ‘enablers’

Enabler	Current status (September 2018)	RAG
Making Every Contact Count (MECC)	Evidence-based training programme in place; MECC trainers in place; bespoke and integrated training offer available.	Green
Strengths Based Conversation	Training programme developed within ICO that integrates with MECC.	Green
Directories of Service	Devon PinPoint is the single directory for all of Devon (excluding Plymouth); novation of content from Torbay Orb to PinPoint completed. 12-month resource in place for developing and maintaining content.	Green
Knowledge, Skills & confidence / Patient Activation Measures (PAM)	Paper-based PAM in place and operational; e-PAM in development.	Amber
Community Grants	Small grants funding (£25-£300) available across Torbay & South Devon; commissioned and operational.	Green
Community Contacts	Connecting organisations and individuals to help people find the most appropriate services, groups and activities in their local communities identified; is operational.	Green
Helping Overcome Problems Effectively (HOPE)	HOPE training programme developed and operational	Green
Lifestyles Screening	Structured lifestyles screening tool developed.	Green

Social Marketing	STP-wide social marketing forum established comprising of people who are trained and accredited in social marketing; ICE Creates commissioned.	Green
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### 3 Implementation and the Prevention Board

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In light of:

- The completion of the ‘enabler development’ work.
- The strategic salience of the Devon-wide Sustainable Transformation Partnership (STP) for prevention and self-care agendas.
- The need to focus on implementation and hard-wiring of prevention into practice.
- The organic nature of implementation of diverse prevention and self-care initiatives across the Torbay & South Devon locality
- The reduction in project management resource that supported the Prevention, Self-Care & Wellbeing Board due to organisational restructures

There is a change in focus for the Prevention Board agenda, from one where the Board fulfils an assurance function that holds the system to account for work on prevention to becoming a group that acts as a forum to facilitate learning from prevention initiatives that are being implemented across Torbay & South Devon.

This forum will offer a space where good practice can be shared and gives an opportunity for identifying prospective collaborations and areas for further development. The aim of this forum is to enable people to embed prevention in everything they do.

This will be progressed through ongoing quarterly meetings and a ‘celebration event’ launch. Representatives of statutory and non-statutory sectors, will be invited to quarterly meetings to:

- Share the work they are doing e.g. Prevention within the proposed ICO Delivery Units, Croft Hall Well-being Hub, Health improvement work. This could be done through inviting members to give verbal updates and/or report on how the principles and recommendations are being embedded into practice.
- Support each other to roll out good practice and work together.
- Look at emerging issues that the system needs to address, for example some Public Health Outcome Framework (PHOF) Indicators of significant concern to the system such as smoking and consider how they can address these as a shared endeavour (if not duplicating another forum).



- Consider any concerns and blockages organisations have to embedding prevention
- Consider opportunities for improving workforce wellbeing especially within the member organisations.
- Consider what we are collectively doing to address the wider social and environmental determinants that impact on health.

The intention of the launch event is to raise awareness of the progress that has taken place to date around prevention, self-care and wellbeing. This would provide an opportunity to both celebrate what is happening and share good practice. This could take place as part of the Integrated Care System (ICS) Launch in April 2019.

## 4 Questions and Challenges

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- Can the Board advise on how they would like to progress implementation of the prevention and self-care 'enablers' to hard-wire them into the system?
- Who within the ICO is leading on delivering and reporting on MECC training within the organisation to link with the STP?

**Title:** Highlight Report: Healthy Torbay Framework

**Wards Affected:** All

**To:** Health and Wellbeing Board    **On:** 13<sup>th</sup> December 2018

**Contact:** Mark Richards  
**Telephone:** 01803 207350  
**Email:** [mark.richards@torbay.gov.uk](mailto:mark.richards@torbay.gov.uk)

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## Background

The Healthy Torbay Framework is now split into three parts:

1. **Business as usual** which includes current, ongoing delivery against a number of topics that impact upon the wider determinants of health. Examples are included below. Part of developing the business as usual (BAU) part of the framework is the inclusion of some robust measures of success. These have been finalised in regard to both the healthy weight (child & adult) and physical activity BAU areas. A central tenet of the metrics is that although the Public Health Outcomes Framework (PHOF) are useful, there are caveats around the scope and timeliness of the data that means it is helpful to include local data sets, projects and evidence of action to enhance the local picture.

2. Development and delivery of a **healthy towns approach**.

The Healthy Torbay Framework has taken us so far, but there is clearly much more that could be achieved in terms of our work on the wider determinants of health and wellbeing. Public Health believes in the people in our communities. They understand their potential and the challenges they face, and have skills, experiences and energy to realise their potential and overcome challenges. Increasingly government policy recognises the limits of service provision and the benefits of empowering communities.

We are striving for healthy, happy towns and our belief is that working at a town level we are better placed to support residents and communities to lead happier, healthier lives. The purpose of the healthy town approach is to:

- Unlock local potential to improve health and wellbeing
- Develop communication channels so we can better target information and gather insights about our residents
- Capture community identified town concepts of health and wellbeing

- Complement other local initiatives such as NMoC and social prescribing.

From our work to date it is clear that the healthy towns approach resonates with a wide range of people, with professionals and the public alike. After all, our citizens live in these towns and (arguably) identify with their town (more than the notion of Torbay).

### 3. **Steering Group and Development Workshop.**

This quarterly session is now split into two areas – a closed hour for Healthy Torbay Steering Group members, where business as usual areas are discussed and then a second two hour, public slot where thorny issues for Torbay are discussed through presentation and discussion format.

## **What has been achieved in the past six months?**

### 1. **Business as usual**

#### **Planning and the Environment**

- The emerging Torquay, Paignton and Brixham Peninsula Neighbourhood Plans have been through a public examination and subsequent further modifications with support from the local planning authority. During November, the plans were recommended to go forward to a Referendum on the basis that they met the legal tests, including that they were in general conformity with the Torbay Local Plan and contributed to the achievement of sustainable development, etc. The referendums are anticipated to be held 2nd May 2019.
- The implementation of the Council's policies for health and wellbeing contained in the Local Plan and the Healthy Torbay Supplementary Planning Document have been implemented in the Development Management process. In particular, a handful of major development proposals in Torquay and Paignton have benefited from Health Impact Assessment being incorporated at an early stage. Engagement with partners across the health system has been sought and this has now been formalised through the production of a protocol for the engagement of adult social care, NHS and CCG partners.
- Agreement has been made for the introduction of a number of 20mph zones. There is an agreement with Highways to collaborate with Public Health in agreeing the areas for intervention with a focus on targeting areas of deprivation and where there are greatest opportunities to increase the attractiveness of the environment in terms of active travel and road safety.

#### **Emotional Health and Wellbeing**

##### Children and young people

- Launched the emotional health and wellbeing section of the *Torbay Healthy Learning* website including content on: whole-school approach, resilience, self-harm, anti-bullying and bereavement.
- Supported Devon STP children's and young people's NHS England trailblazer bid for a Torbay/South Devon cluster of schools to pilot: a designated lead for mental health

in schools, community-based mental health support teams (new workforce) and a max 4-week CAMHS wait for certain cohorts.

- Helped arrange Youth Mental Health First Aid training for Torbay secondary schools with Mental Health First Aid England (December 2018)

### Adults

- Promoted 5 ways to wellbeing through forums such as the ICOs Look out for your work colleagues: a Mental Health Day Event (Oct 2018)
- Formed a multi-agency scoping group to develop a 5 Ways to Wellbeing campaign for Torbay/South Devon (Nov 2018).
- In collaboration with the Healthy Lifestyles Team, ran the first Connect 5 (Making Every Contact Count for Mental Health) training course in Torbay for Community Builders and Wellbeing Coordinators (September 2018).

### Suicide prevention (all ages)

- Delivered a multi-agency suicide and self-harm prevention plan endorsed by HWBB and the Mayor (September 2018)
- Leading on an options paper for the Devon and Torbay Suicide Prevention Strategic Implementation Group which evaluates if the resource required for a coroners file audit is justified in terms of the impact on suicide prevention locally (Nov/Dev 2018).
- Supporting community initiatives which contribute to the 7 pillars of the national cross-party strategy and local action plan.

### **Healthy Children**

- Completed Phase 1 of the Torbay Healthy Learning Programme, which comprises Torbay Council's healthy schools offer. The THL website is now live and launched/promoted to all educational settings in Torbay. The aim is for the website to be the go to resource in regard to pupil health and wellbeing. Aimed at whole school staff, this free resource can also be used by families and community groups.

### **Healthy Weight**

- Design and delivery of one major child obesity workshop (80+ in attendance) and one smaller all age development workshop to help galvanise action by the Torbay Healthy Weight Partnership through a new set of agreed priorities (to go further faster) and structure to support. It has been agreed that in order to maximise population reach and scope the partnership will still include a strong service element (maternity, weight management services, health visiting, school nursing etc), but under business as usual. The focus of the partnership will now be on cooking skills, food awareness (labelling, groups etc), localised campaigns and challenging social norms and cultural acceptance of obesity.
- Extended delivery of the Fun, Family and Fit scheme to combat holiday hunger to a second Torquay primary school. 40+ families assisted with a nutritious meal combined with physical/craft activity. Partnership business plan currently in

development to extend the model to more primary schools accessing Sports Premium funding.

- Submission of a bid to the new LGA Obesity Trailblazer Fund (decision mid-December)

### Physical Activity

- The **South West Youth Games Finals Day** took place on the 8<sup>th</sup> July in Dawlish. Torbay took over 100 young people to the South West Youth Games. Torbay placed 4<sup>th</sup> overall and came home with 1 gold medal, 1 silver medal and 3 bronze medals.
- **Run for your Life 2018** came to a close with a successful celebration event at the Princess Theatre, Torquay. 12 Primary schools were in attendance with over 500 primary aged children sharing in the success of the campaign. Every school that participated in the campaign was given an award as well as individual pupils and classes from each primary school picking up certificates across a range of categories. In just 8 weeks, our Torbay primary schools travelled over 32,000 miles, 1 and half times around the world.
- **Active Mums** once again took over **Children's Week** and engaged with over 1000 mums through Active Mums activities. Over 2500 people attended the event.
- **Beat the Street Torbay** kicked off in style with a Launch Event at the Princess Theatre. Children from Torre Academy were invited to attend and tap the first beat boxes along Torquay Seafront with some of the programmes key stakeholders. In the first week of the game going live 7771 Torbay residents had taken to the streets and played the Game. Initial findings have identified that there has been a 14% increase in our number of active adults, a 2% increase in our number of fairly active adults and a 16% decrease in our number of inactive adults. A full report of the live game phase is due in late December.
- **Run for your Life 2019** was launched at a Torbay Headteacher's meeting and in the first couple of days of registrations being open, 12 schools had already signed up.
- The **Torbay Junior Park Run** began at Torbay Velopark to kick-start the **Beat the Street Sustain Phase** with 136 different young people participating across November.

### Smoking Cessation

- Torbay's Tobacco Control Alliance held its first meeting on 5<sup>th</sup> September, where the framework for a plan was approved. This followed a Tobacco Control Workshop on the 13<sup>th</sup> June where cross-sector stakeholders collaborated to complete the Public Health England CLear self-assessment tool which highlighted local strengths and areas for development.
- Alliance membership includes stakeholders from Torbay Council's Public Health Team, Torbay & South Devon NHS Foundation Trust, Trading Standards, Local Stop Smoking Service, Fire Service, Healthwatch, the CCG, Public Health England and Devon County Council Public Health Team.

- The framework is based on national priorities and insights from local data, and reflects activities already underway in Torbay. For Phase 1, there are 3 priorities: Smoking in Maternity, Smoking among those with mental ill health, and creating a Smoke free site for Torbay & South Devon NHS Foundation Trust. Wider enablers include Leadership (e.g. establishing tobacco control leads), Regulation and enforcement (e.g. clarifying intelligence sharing processes for the Local Stop Smoking Service), and Data and Monitoring (e.g. developing a system monitoring framework)
- The current emphasis is on establishing the role of the Alliance within the wider System and the detail of workstream activities underway and/or required. Two further meetings have been held. Some specific activities have already been delivered e.g. completing the ASH Ready Reckoner. The next steps are to appoint a Chair, finalise the terms of reference and the detail of the plan.

## 2. Healthy Towns Approach

### Torquay

- Engagement with numerous partners has been made to ‘socialise’ the concept of healthy towns work including with the Community Development Trust, Healthwatch, Torbay Development Agency, CCG, etc. Links to partners in the Watcombe and Hele area have been made with a view to further work – see below.
- The Place Standard Tool has been piloted in two areas (Foxhole and Torquay Town Centre) and a report has been written to support the future use of the tool for both planning and public health community engagement activity (particularly Healthy Towns work).
- Leadership of a new multi-agency Project Team overseeing the new Croft Hall Wellbeing Hub. This new social prescribing project centres on new voluntary sector interventions within Croft Hall Surgery to provide mentoring, advice and referral for a cohort of complex patients presenting for social reasons such as poor housing, debt, social isolation underpinning poor mental health and substance misuse issues. As well as ‘test and learn’ model development for potential expansion to other health care settings, there is a strong outcomes/evaluation element to include capturing cross setting benefits in terms of demand on partner services (ED, Fire, Police, Ambulance) and impact on staff retention at Croft Hall.

### Brixham

- Supporting the Brixham Community Healthcare Working Group and its initiatives such as
- Brixham Bee Well Day (September 2018).
- Linking with the ICO regarding the new Brixham Day Centre and how the community can truly own and contribute to this space via Healthy Towns.
- Working with Community Development Trust to link and gauge the appropriateness of a healthy towns approach in Brixham.

Involve Brixham community champions in the development and dissemination of the 5 ways to wellbeing campaign (Community Builders and Brixham Yes to date).

### Paignton

- The Torbay Healthy Town work began and key community groups and stakeholders were identified and relationships established including Sanctuary Housing, Healthwatch, South Devon College, Torbay Leisure Centre, Great Parks Community Centre, Parkfield and the St Michael's Recreation Ground Community.
- Healthy Towns work continued with a focus on St Michael's Recreation Ground popping up as an area of focus for initial work. Relationships were formed with the Cllr Carter and Yvonne Robinson, a Parish Support Worker, to help start discussions around re-invigorating the recreation ground and getting more members of the community to use the area. Links were formed between St Michael's Recreation Ground and South Devon College – with the development of a programme of work for the College students to make new benches for the recreation ground.
- Supported Cllr Stocks and the Children's Week organising committee to bring physical activity and health messages to Children's Week 2018. Active Mums once again took over Children's Week and engaged with over 1000 mums through Active Mums activities. Over 2500 people attended the event.

### **3. Steering Group and Development Workshops**

Two development workshops have taken place in the last six months:

1. Housing and Health: presentation and discussion in partnership with Humanity Homes GB regarding alternative approaches to community housing in Torbay.
2. Healthy High Streets: presentation and discussion in partnership with Public Health England to better understand the opportunities for town centres in Torbay to support health and wellbeing priorities in terms of place-making and place-shaping.

### **What are the priorities for the NEXT six months?**

#### **1. Business as usual**

#### **Planning and the Environment**

- The Council will seek to produce a joined-up delivery strategy for open spaces, local cycling and walking infrastructure, public rights of way and green infrastructure. The work is ambitious as it seeks to bring together 3 or 4 strategies into a single document or suite of documents. It is anticipated this will bring major benefits for coherent and effective healthy place-making.
- The Local Plan review will commence in early 2019 and must be completed by December 2020. The first stage will be a review of evidence and defining the scope of the review. It is anticipated that there will be opportunities to strengthen the

health promoting policies of the Local Plan in the light of some supportive recent changes to national policy and the experience of delivering health and wellbeing through Development Management since the adoption of the Local Plan (2015) and the related Healthy Torbay SPD (2017). The reviewed Local Plan in its entirety is required to undergo a Sustainability Appraisal. We will use that opportunity to ensure that the requirements of Health Impact Assessment are integrated into that assessment so that all elements of the Local Plan are reviewed in the light of health and wellbeing evidence and local priorities.

## **Emotional Health and Wellbeing**

### Children and young people

- Ongoing maintenance and additions to the Torbay Healthy Learning website. Ensuring this is a known signposting resource under the iThrive commissioning model.
- Supporting children's and young people's emotional health and wellbeing through contributing to the action plan of the Devon LTP strategy. Particularly looking at resilience and outcomes work.
- Supporting the trailblazer bid schools if successful.
- Explore options for self-harm intervention (prevention and support) in schools, whilst considering the changing landscape of CAMHS service provision and potential for community mental health teams

### Adults

- Collaboratively develop and deliver a 5 Ways to Wellbeing campaign (stage 1) by June 2019.
- More Connect 5 training scheduled with community builders, Healthwatch volunteers and HR colleagues in Feb/March 2019. Other target audiences include DWP, South Devon College, LA staff and GP Health Navigators.
- Sign up Torbay Council to the Prevention Concordat for Better Mental Health (initial Councillor meeting scheduled Jan 2019)

### Suicide prevention (all ages)

- Ongoing monitoring and development of the multi-agency suicide and self-harm prevention plan.
- Dependent on the outcome of the options paper, completing a Coroners file suicide audit in collaboration with colleagues in Devon.
- Influencing potential STP money (Cornwall and Bristol have previously received funding based on high suicide rates) to support and add to community based provision within Devon-wide suicide prevention plans (70% of suicide happen in the community).
- Continuing to support community initiatives – particularly initiatives that target at risk groups such as men and control the means of suicide.



## Healthy Children

- Ensure Torbay Healthy Learning website is regularly updated news, legislative changes, best practice and training opportunities for the key theme areas of nutrition, emotional health and wellbeing, physical activity, early years and PSHE (including SRE).
- Complete options appraisal for THL, securing Public Health, Children's Services and education input into future development.

## Healthy Weight

- Consolidate child obesity and wider development workshop results into an agreed new action plan for the Torbay Healthy Weight Partnership.

## Physical Activity

- Launch of Torbay Can in January 2019
- Active Schools Conference in March 2019
- Run for your Life 2019
- Beat the Street Sustain phase sustainability
- Turning Corners Torbay
- Launch of Torbay on the Move
- Director of Public Health Annual Report focussed on physical activity
- Community linking for Healthy Towns - Paignton

## 2. Healthy Towns Approach

### Torquay

- Opportunities to work with Community Builders and Elected Members in partnership to deliver healthy towns works have been identified in St. Marychurch and Hele.
- Aim to run two Place Standard workshops with different groups/communities in these areas and then support delivery of healthy town's projects.
- Work with town centre partners on town centre health and wellbeing projects, including TDA on supporting town centre regeneration.
- Further consolidate all elements of the Croft Hall Wellbeing Hub - including JAN launch of initial provision through Ageing Well, Step One charity and Union House NHS Trust Social Work Team.

### Brixham

- Introducing the Healthy Towns approach to Brixham Community Partnership with the intention of working with them to engage Brixham residents on what they would like to change (and how they will collectively do this) to improve their health and wellbeing (2019 date to be confirmed).
- Improve links with Brixham Councillors, Community Builders and Wellbeing Coordinators.

- Co-host an engagement event to establish what Brixham residents would like to change together using the Place Standard Tool (2019 date to be confirmed dependent on Community Partnership steer)

### Paignton

- Improve links with all of the Paignton Ward Councillors and the Paignton Community Partnerships.
- Identify opportunities to work with Community Builders and Elected Members in partnership to develop specific healthy towns work in specific areas within Paignton
- Link up with Paignton Community Builders and Wellbeing Co-ordinators to develop an 'event'
- Work with the Culture Board on Paignton Town Centre regeneration projects

### **3. Steering Group and Development Workshops**

Two steering group meetings and development workshops – subject to be confirmed

### **Mark Richards**

Advanced Public Health Practitioner

Healthy Weight, Physical Activity, Healthy Schools & Wider Determinants

DECEMBER 2018