

**Title:** Torbay Joint Health and Wellbeing Strategy 2018-22 - Outturn

**Wards Affected:** All

**To:** Health and Wellbeing Board   **On:** 9 June 2022

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## **1. Purpose**

To receive a summary report on activity and progress relating to the 2018-22 Joint Health and Wellbeing Strategy

## **2. Recommendation**

Members are asked to note the report.

## **3. Supporting Information**

A report on the activities and progress against the priorities of the 2018-22 Joint Health and Wellbeing Strategy is set out below.

There are clear links through to our priorities in the new Joint Health and Wellbeing Strategy 2022-26, which seek to build further on the work that has been done so far to promote health, reduce inequalities, and improve wellbeing across Torbay.

### *Promoting good health and wellbeing and preventing illness*

The healthy lifestyles service has developed their support offer, improving the accessibility of provision particularly through a digital offer. Social prescribers have become a well embedded, and highly valued, resource within Torbay, who connect patients into community support. The expansion of the HOPE programme (Helping Overcome Problems Effectively) and rollout of MECC (Make Every Contact Count) have increased resilience within the community as well as the capability of people to self-manage effectively.

There have been ongoing opportunities for community groups to access funding through a range of community grants, with some additional funding becoming available as a response to the COVID-19 pandemic. The pandemic has focused attention and resource on infection control across the Bay, particularly in the domestic and residential care sectors.

### *Creating places where people can live healthy and happy lives*

A partnership between Torbay Council and Active Devon afforded the opportunity to undertake an Appreciative Inquiry into physical activity across Torbay under the 'Torbay on the Move' banner. Run for Your Life saw 28 Primary Schools take on the Golden Mile Challenge in the summer of 2018 and then again in the Summer of 2019. The new Torbay on the Move work will see Run for Your Life introduced back into the schools for the summer of 2023.

The Family, Fun and Food Project was designed to combat holiday hunger through the provision of nutritious meals for families at risk of food poverty. The project combined family based physical and craft activity delivered during the summer holidays at three pilot schools in Torquay. Best practice within the 0-19 integrated framework included support to ensure families did not introduce solids before six months as well as a broader infant feeding pathway.

Smokefree Devon, a collaborative alliance bringing Torbay and Devon County Councils, was created in 2018. The Alliance meets twice a year and has an action plan to meet its objectives of supporting Smokefree organisations, reducing inequalities around smoking behaviour and protecting children and young people from tobacco.

The Housing Strategy Action Plan is progressing with this plan having been updated and broadened and having dedicated resource in place to drive delivery.

### *Enabling children to have the best start in life*

The 0-19 partnership was established in 2019 between three well-established providers in Torbay. Significant progress has been made in delivering an integrated service for children, young people and families in Torbay, providing the right service at the right time. The next steps are to continue to work with our partners in Social Care, Public Health, the NHS and Voluntary Sector to integrate children and young people's system-wide outcomes to measure overall improvements in health and wellbeing in children, over their life course.

Significant improvements have been made in children's services, with the latest Ofsted inspection in 2022 rating Torbay Children's Services as 'good', delivering positive outcomes for children, families and young people in Torbay. Considerable work has been undertaken, in partnership with local communities and partners, to develop the early help offer across the Bay.

### *Support people at risk of harm and living complex lives*

Significant work has been done on the redesign of services and the procurement of an Alliance that will provide a more integrated response that better meets the needs of people who experience homelessness, substance misuse problems and domestic abuse. This Alliance will become operational in 2023.

The Transforming Care Partnership has been established across the wider Devon footprint to benefit those with care needs.

### *Enabling people to age well*

Ageing Well Torbay ran from 2015-2020, with continuing activities until this year. The collaborative programme, hosted by Torbay Community Development Trust with partners including Age UK, Torbay Together, Healthwatch, Step One, FAIR, and the Torbay Assembly, made some significant changes in the landscape across Torbay and had a positive and lasting impact the lives of many local people, families and communities. The evaluation report highlights changes in social contact and participation, community cohesion, loneliness, mental and physical wellbeing, perceptions of ageing, influence on decision making, access to health and care services, and sense of value and purpose.

This work is being maintained through the Live Longer Better programme, the continuing work of the Assembly, and the Torbay and South Devon Frailty and Healthy Ageing Partnership, the latter focusing on improvements in outcomes from identification of symptoms of what is traditionally termed 'frailty' through to high quality end of life care.

The pandemic has had a detrimental impact on health and wellbeing, resulting in physical deconditioning and increased loneliness. All partners have been working to tackle the health deficit by getting support and services back on track and encourage people to be active and connect with others.

### *Promoting good mental health*

Partnership working and collaborative approaches to improving mental health and wellbeing have been galvanised since the pandemic. This includes establishment of the Torbay Mental Health and Suicide Prevention Alliance which aims to work collaboratively to promote strong and successful partnerships between organisations to ensure support across the continuum of mental health. A redesign of the Community Mental Health Framework aims to provide more holistic, person-centred, community based support for people with severe and enduring mental illness. This includes the presence of mental health multi-agency teams in local primary care networks which will work alongside the Devon CVSE Alliance to improve care and support. We have used national non-recurrent funding to think creatively and pilot initiatives on how best to respond to the mental health needs presenting in Torbay. Examples include providing an alternative mental health offer within the Torbay Community helpline which lends an ear, makes use of volunteer specialist befrienders, non-statutory clinical therapists, as well as social prescribing, to other support and services where needed. Wellbeing Coordinators have been placed in local food banks and children's centres to provide low-level mental health support and enhanced social prescribing for individuals and families. This recognises that we need to provide support where people are and account for the massive impact that deprivation and pandemic poverty is having on everyone's ability to be mentally well.

Making Every Contact Count (MECC and MECC Lite) and Connect 5 courses continue to be delivered across Torbay with 680 people trained from 2018-2022 and 11 new trainers able to deliver Connect 5 courses. We are also looking to invest in Connect 5 training that specifically supports young people. Maintaining the Five Ways to Wellbeing theme that is present in Connect 5, a month long 5 Ways to Wellbeing social media campaign was run in July 2019, targeting some of the larger

employers in Torbay. Really good engagement was noted from Torbay Council staff with a small population level improvement in wellbeing (measured via WEMWBS) found after the campaign. Key successes include using real people and real places in posters, running competitions for prizes to improve public engagement and linking 5 Ways to Wellbeing marketing to local places and events.

The Torbay Suicide and Self-harm Prevention Plan was refreshed by local multi-agency representatives in 2020/21 and was well received and encouraged by Cabinet and the Health and Wellbeing Board. Achievements this year include: i) seeing no increase in the suicide rate over the course of a year – a high priority as the rate has been increasing since 2010-12; ii) Commissioning and co-designing qualitative research to explore the drivers for self-harming in Torbay and what support has helped and hindered; iii) Providing two community funding pots with the aim of bolstering peer and online support, creating community safe spaces and better supporting people who self-harm; and iv) Training four local trainers to deliver Mental Health Community Suicide Awareness and Emotional Resilience online and face-to-face training.

### **Summary data indicators**

Data indicators are monitored quarterly at Health and Wellbeing Board meetings, giving some sense of progress (or otherwise) in the key areas, and trend over time.

Summary trends and changes over the lifetime of the 2018-22 Strategy are set out below.

#### **Prevention: Work together at scale to promote good health and wellbeing and prevent illness**

**Inequality in life expectancy:** the gap in life expectancy between the most and least deprived areas has stayed about the same between 2016-18 and 2018-20 at around 11 years for males and around 8 years for females.

**Premature mortality (aged under 75) by causes considered preventable:** Premature mortality fluctuated between 2018 and 2020. It was significantly higher than England in 2018 and 2020 but fell in 2019.

#### **Enable children to have the best start in life and address the inequalities in their outcomes**

**Smoking in pregnancy (at time of delivery):** This is reducing, from 14.5% in 2017/18 to 11.0% in 2020/21.

**Children in relative low income families:** This has slightly increased from 16.6% in 2017/18 to 17.6% in 2019/20 but is significantly lower (better) than England. This represents low income before housing costs.

**Pupils with a statement of Special Educational Needs (SEN):** Between 2018 and 2021 this has been on a generally reducing trend, from 12.9% in 2018 to 11.7% in 2021.

**Children in Need:** The rate is on an increasing trend between 2018 and 2021 and is significantly higher than England

**Children in care/looked after:** In 2018 the rate was 129 per 10,000 children aged under 18 and this rose to 142 in 2019. Since then it has reduced and in 2021 is 126 per 10,000 although it remains significantly high compared with the England average.

**HPV vaccinations:** Vaccination coverage has reduced between 2017/18 and 2020/21, to 61.6% in 2020/21. The pandemic disrupted the school vaccination programme during the last 2 years.

### **Building emotional resilience in young people**

**School pupils with social, emotional and mental health needs:** This is on a reducing trend at 4.26% in 2018 and 3.89% in 2021

**Self-harm hospital admissions (aged 10-24):** Rates fluctuated between 2017/18 and 2020/21 but remain significantly higher than England

### **Create places where people can live healthy and happy lives**

**Physically active adults:** This reduced from 70.7% in 2017/18 to 65.2% in 2020/21 and is based on Sport England's Active Lives Adult Survey

**Overweight or obese adults:** The percentage has fluctuated between 2017/18 and 2020/21 but is at its lowest in 2020/21 at 59.4%

### **Support those who are at risk of harm and living complex lives, addressing the underlying factors that increase vulnerability**

**Domestic abuse crimes and incidents:** Numbers have on the whole remained similar between 2017/18 and 2021/22. This will also be affected by levels of reporting and standards of police recording

**Homelessness - owed a relief duty:** In 2018/19 the rate was 7.2 per 1,000 households, increasing to 12.6 in 2019/20 and remaining similar for 3 years to 12.9 in 2021/22

**Substance misuse treatment - Drugs & Alcohol:** For drugs there is a generally reducing success rate to 3.6% in 2020. For Alcohol, in 2018 and 2019 the success rate reduced but sharply improved in 2020 at 45.1%

**Alcohol related hospital admissions:** These remained significantly higher than England. From 2017/18 rates rose before dropping in 2020/21. Admissions could have seen an impact from the Covid-19 pandemic

### **Enable people to age well**

**Social care users who had as much social contact as they would like:**

This reduced in 2020/21 to 35.3% which is the lowest in the 4 year period. This reduction could be due to the Covid restrictions at the time

**Flu vaccination:** Coverage was lower for at risk individuals and the over 65s 2017/18 – 2019/20 but increased in 2020/21. Rates in 2021/22 are not yet included but are likely to be slightly reduced.

**Falls aged 65+:** Emergency admissions rates fluctuated between 2017/18 and 2020/21. England decreased in 2020/21 but Torbay increased

**Dementia (aged 65+):** The estimated diagnosis rate has decreased from 62.8% in 2018 to 59.9% in 2021. This is the percentage of people diagnosed out of the number estimated to have dementia so higher is better

**Promote good mental health**

**Suicide:** Torbay remains significantly higher than the England average in the most recent period of 2018-20. In 2016-18 the rate was 19.5 per 100,000 which was around 3 times the England rate. Since then it has decreased slightly to 18.8 per 100,000 in 2018-20

**4. Relationship to Joint Strategic Needs Assessment**

4.1 Priorities of the JSNA are reflected in the strategy.

**5. Relationship to Joint Health and Wellbeing Strategy**

5.1 This paper covers delivery of the Joint Health and Wellbeing Strategy 2018-22.

**6. Implications for future iterations of the Joint Strategic Needs Assessment and/or Joint Health and Wellbeing Strategy**

6.1 The 2022-26 Joint Health and Wellbeing Strategy builds from progress against 2018-22 priorities.

**Appendices**

None.