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

## 1 Introduction

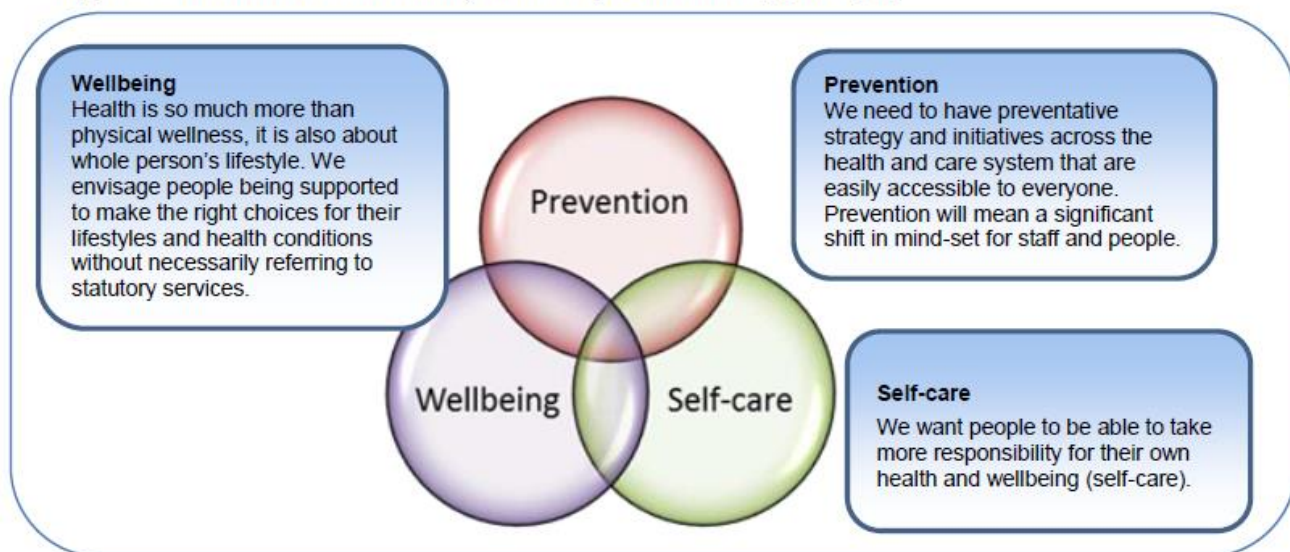
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In the health and care system we face a time where increasing demands and the needs for efficiencies is driving work to develop a new model of care. Key within this is a focus on prevention and early intervention to promote health, enable early identification 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?