

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

**17 December 2020**

**-: Present :-**

Tanny Stobart, Pat Harris, Caroline Dimond, Dr Liz Thomas, Jo Williams, Councillor Jackie Stockman (Chairwoman), Adel Jones, Nancy Meehan, Stella Cunningham and Nikki Leaper

(Also in attendance: Councillors Mandy Darling, Foster, Barbara Lewis and Chris Lewis)

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### **128. Apologies**

Apologies for absence were received from Tara Harris and Pat Teague who was represented by Stella Cunningham. Members were also informed that Matt Fox, Adel Jones and Jo Williams would be joining the meeting later.

### **129. Matters Arising**

The Chairwoman thanked all those involved in the ongoing fight against Covid-19 and implored everyone to remain vigilant in order to stay safe.

### **130. Enabling Children to have the Best Start in Life - Early Help**

The Board received a presentation from Mark Gray, Peopletoo, a copy of the presentation are attached to these minutes. Members were advised that following a review of Torbay's children's services in its wider context in 2019, Peopletoo were commissioned by Torbay County Council to undertake a focused review of the approach to Early Help.

The previous review highlighted the significant dependencies between an effective Early Help offer and the effective management of demand. Increasing numbers of Children Looked After has put the placement budget under considerable pressure, particularly the increased usage of residential provision. The outcome of this deeper dive review was a proposed new Partnership Model of Early Help.

Peopletoo had since been supporting early implementation of the new model. Progress to date included:

- The Early Help Implementation Board being established and meeting on a monthly basis, with representation from key Council stakeholders and partner agencies.
- A Project Plan had been developed with relevant tasks and milestones to drive forward implementation.

- The Governance structure had been agreed and the work and progress of the Early Help Implementation Board was now accountable to the Sufficiency Board in the first instance. Reporting lines to other relevant groups was being established with a key focus on a relationship with the 0-19 Partnership.
- The practical implementation of the model was now commencing. Early work included establishing who will be part of the Integrated Locality Teams, a review of delivery points, and establishing a new form of early help assessment.

Members welcomed the approach and sought reassurance regarding service user engagement.

### **131. Ageing Well - Living Longer Better**

The Board received a presentation from Sir Muir Gray, Director of the Optimal Ageing Programme for Living Longer Better. Sir Gray, advised that the ageing process affects the maximum level of ability and resilience. Inactivity is greater for those in their 70's, 80's and 90's, when you are less active you recover less quickly. Ageing starts around age 22 when most people get their first sitting job, this is when the fitness gap starts to develop. The medical profession confused ageing with fitness, however, over the last 10 years we have started to see a change. We can close the fitness gap, fitness is more important for older people and people with one or more conditions. The message being delivered to older people started to create new agenda – get even fitter, every year do more, every diagnosis do more. Increase your social engagement and strengthen your sense of purpose.

The number of over 80s is going to double so our aim is to increase healthspan - living longer, better. This aim won't be achieved by reorganising health services because what needs to change is complex, it is the system that needs to change. Through optimal aging the system is delivered through networks such as Sports England, networks then result in a cultural revolution. A cultural revolution requires changes to a number of things including language, a learning programme for older people, digital inclusion and maintaining and strengthening purpose.

The Board recognised that Torbay was well placed to change the system with the active aging programme and natural assets that Torbay has to offer. There was an opportunity to look at where we go from here as a system, keen to do this now incorporating aims and objectives of optimal ageing and build on the work and partnerships already in place.

The Board supported the principle of joining the Optimal Ageing Program and supported Caroline Dimond, Adel Jones, Jo Williams and Steph Dyer exploring further and seeking approval of governing bodies if required.

### **132. Joint Health and Wellbeing Strategy - Outcomes**

Members noted the report and requested that the outcomes be considered during the refresh of the Joint Health and Wellbeing Strategy.

**133. Forward Plan**

Members were advised that the next meeting of the Health and Wellbeing Board would consider a refresh of the Joint Health and Wellbeing Strategy, giving an opportunity to revisit the Marmot report, the effect of Covid-19 and the closer working relationship with partners.

**134. Thanks**

The Chairwoman informed the Board that the meeting would be Caroline Dimond's last meeting as the Director of Public Health. The Chairwoman and Board Members expressed their thanks for the leadership she had shown over the years and wished her well for the future.