

## Health & Wellbeing Board Summary 10 January 2018

### DPH Annual Report 2017



Barbara Brady presented the Director of Public Health's annual report for 2017 & reminded members that there is almost a 15 year difference in Healthy Life Expectancy across Nottinghamshire. She also explained that there is evidence to show that only about 10% of our health is affected by health services. Health & wellbeing is mostly affected by where we live, work & play & this is where the Health & Wellbeing Board has the potential to have the biggest impact.

This year's report has 18 recommendations but Barbara stressed that the recommendations in the last report are all still relevant & progress needs to be maintained across them all. She explained that there is evidence behind all of the recommendations so the Board can be confident that they will work. There are also direct links to the new Joint Health & Wellbeing Strategy & the Nottinghamshire County Council's Plan so the Board has a key role in making sure that the recommendations are implemented.

Board members asked if some case studies could be developed to help implementation & to share what's being learnt. Members also recognised that this work needs to be included within the STPs (Sustainability & transformation Partnerships) in Nottinghamshire. They agreed to take back the recommendations to their own organisations & encourage support for their implementation.

### Leaving Care Services

Colin Pettigrew gave members an update on services locally for care leavers & highlighted the links to the Director Public Health Annual report. He explained that there are approximately 800 looked after children in Nottinghamshire, which reflects a two-fold increase since 2009. As a result, this has placed growing pressures on our Leaving Care Service, which supports young people aged 18 to 25 years.

Colin explained that children in care and care leavers deserve the same chances in life that other young people would have. He emphasised that our aspirations for these young people, as corporate parents, should be lifted in respect of their education, skills and employment. He assured the Board that supporting young people to leave the care system and have a successful transition to adulthood would have long term benefits on the wider community. Support is provided by the Leaving Care Service to support care leavers to develop their independent living skills and build their personal resilience.

Colin introduced the Partnership Strategy for Looked After Children & Care Leavers 2018-21, which sets out the vision for children in care and care leavers. As a multi-agency strategy, it seeks to drive up ambitions and aspirations for young people, in order to give them the best possible opportunity in life.

Board members recognised the challenges that were highlighted & raised concerns about the transition between children & adults services, particularly for mental health & they supported any improvement.

### Health & Wellbeing Strategy - Physical Activity

Physical activity is one of the priorities in the Joint Health & Wellbeing Strategy 2018-2022. Illana Freestone, John Wilcox, Theresa Hodgkinson & Sean Parks gave an overview of why physical activity is important & recommended how the Board & its partners can work together to enable people to lead more active lives. They explained that physical activity isn't just about sport & fitness but includes activities in everyone's lives like walking, cycling, dancing or gardening. It's important for everyone from the youngest to the oldest & that improving strength & balance is important as well as fitness.

At this meeting:

[DPH annual report 2017](#) – recommendations to improve health & wellbeing & progress on last report

[Leaving Care Services](#) – improvements for services locally

[Physical Activity](#) – recommendations for the Board deliver the new Joint Health & Wellbeing Strategy

[Better Births](#) – improvements to maternity services in Nottinghamshire

In Nottinghamshire the number of people who are active & inactive is broadly similar to the rest of England but there are differences between different groups of people, for example physical activity decreases with age & activity levels in disabled people are particularly low.

Active Notts have led on the development of a new Physical Activity Strategy for the County & have agreed to lead on this priority for the Board. Illana explained that their aim is to get more people active in their daily lives & to enable children to enjoy physical activity to help build it into their daily lives as they grow up.



There is already lots happening locally, including projects to help people with walking, cycling & public transport choices, getting children who don't participate in PE more active through different activities & through the Wellbeing@work scheme. Theresa explained that Ashfield District Council has been given its gold award from Wellbeing@work & as a result of encouraging staff to be more active its sickness & absence levels have reduced.

Recommended areas of development for the Board and its partners included:

- Developing a better understanding the physical activity in local areas,
- Encouraging physical activity by better design & use of local areas,
- Including physical activity in workplace wellbeing plans & active travel within workplace travel plans.
- Working together to ensure programmes to get children and young people to be more active are focused on building competence & enjoyment.
- Working together to develop walking and cycling initiatives and infrastructure programmes.
- Delivering physical activity brief intervention and commissioning in health and social care.
- Contributing to a Countywide Programme of physical activity for older people.

Board members asked about the governance to support the priority to make sure there's consistency across the county. Members were also keen that local communities should be able to help identify why people aren't active & supported an approach which will include doctors & general practice.

A delivery plan will be developed & presented back to the Board after the February workshop.

## Better Births

In February 2016 [Better Births](#) was published setting out a Five Year Forward View for NHS Maternity Services in England to improve the experience of women & their families across the maternity pathway. Kate Allen & Jenny Brown gave the Board an overview of the issues locally & nationally.

They explained that many women don't know about how to access services when they find out that they are pregnant which can mean that they don't see a midwife soon enough. In Nottinghamshire there are plans for a single point of access and a community hub model which is a one stop shop approach. Women can refer themselves to see a midwife & also get advice about other health issues like diet & stop smoking as well as getting advice about maternity services in one place.

Kate also explained that the changes to services locally would include how people manage when things go wrong & that there will be a debriefing service in Nottinghamshire in the future to explain what's happening to the women affected & their families.

The Board welcomed the proposed improvements to services & suggested that communication between midwives & GPs could be improved.

## Chair's report

Councillor Doddy reminded members that the next formal meeting would be on 7 March 2018 & that the February meeting would be a workshop for Board members to discuss governance.

*If you have any comments or questions about this summary please contact Nicola Lane [nicola.lane@nottsc.gov.uk](mailto:nicola.lane@nottsc.gov.uk)*

🕒 **Next meeting 2pm, Wednesday 7 March 2018 at County Hall, West Bridgford**

HWB January 2018