



Support



Wellbeing



Health



Independence

Improve the health and wellbeing of the people of County Durham and reduce health inequalities

County Durham Health and Wellbeing Board Annual Report 2015-2016

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1. Foreword

Welcome to the County Durham Health and Wellbeing Board Annual Report 2015/16. As Chair and Vice Chair we are pleased to say that we have had another successful year, and have benefited from the support of partners who have continued to work together to support our shared vision to ***improve the health and wellbeing of the people of County Durham and reduce health inequalities.***

The Board's strong partnership approach facilitates genuine collaboration and joint planning between the main stakeholders in health and social care. This approach has been central to the many achievements described here, and will also be important in future work.

We have strived to improve health and wellbeing outcomes for the residents of County Durham, and our achievements were recognised when we were one of six local authorities in the country to be shortlisted for the Local Government Chronicle Award in the 'Most Effective Health and Wellbeing Board' category.

We ensure that local people have a say in the priorities of the Health and Wellbeing Board. Over 260 people attended the "Big Tent" event in 2015 and this feedback was incorporated into the Joint Health and Wellbeing Strategy. The event also saw the launch of the consultation on the Physical Activity Framework to demonstrate our commitment to mental and physical wellbeing of people in County Durham.

Looking forward, the Board will need to respond to the national vision for health and social care and will be involved in developing a Sustainability and Transformation Plan to provide the 'blueprint' for accelerating the NHS Five Year Forward View. This plan aims to help drive genuine and sustainable transformation in health and care outcomes between 2016 and 2021.

The Better Health Programme looks to ensure a system fit for the future to meet patients' needs in and out of hospital across the North East. Work is underway to establish where different parts of the system can work together more effectively to enable the delivery of high quality services which make best use of resources and staff to support longer term sustainability.

It is important that the Sustainability and Transformation Plan and Better Health Programme align to the key plans in place across County Durham, and reflect our local priorities from the County Durham Joint Health and Wellbeing Strategy (JHWS). This will ensure that we do not lose sight of the needs of our local population.

The Government's ambition is that every area must have an Integration Plan by 2017 with health and social care integration in place by 2020. Through the JHWS and the Better Care Fund (BCF), the Health and Wellbeing Board have made good progress and will continue to develop more joined up and integrated health and social care services, making the best use of resources and looking at potential areas for future integration in County Durham to meet the national vision.

The Board's clear vision, direction and shared strategy, in addition to the commitment and drive of the partnership, have contributed to its success and we would like to thank all of the people involved for their hard work and commitment to improving health and wellbeing in County Durham.



Councillor Lucy Hovvels
Chair of the Health and
Wellbeing Board

Cabinet Portfolio for Adult and
Health Services



Dr Stewart Findlay
Vice Chair of the
Health and Wellbeing Board

Chief Clinical Officer, Durham Dales, Easington and
Sedgefield Clinical Commissioning Group

2. The Health and Wellbeing Board

The Health and Social Care Act 2012 required all upper tier local authorities to establish Health and Wellbeing Boards. The County Durham Health and Wellbeing Board was established as a Committee of Durham County Council in April 2013. It provides a forum for organisations to develop joint strategies and challenge each other on better ways of working.

Functions of the Health and Wellbeing Board

The Health and Social Care Act 2012 gives the Health and Wellbeing Board specific functions as follows:

- To develop a [Joint Strategic Needs Assessment](#), which provides an overview of the current and future health and wellbeing needs of the people of County Durham;
- To develop a [Joint Health and Wellbeing Strategy](#), which is based on evidence in the Joint Strategic Needs Assessment;
- A responsibility and duty to encourage integrated working between commissioners of health services, public health and social care services, for the purposes of advancing the health and wellbeing of the people in its area.
- To produce a Pharmaceutical Needs Assessment which looks at the current provision of pharmacy services across County Durham, and whether there are any potential gaps to service delivery.

The vision for the Health and Wellbeing Board, as laid out in the Joint Health and Wellbeing Strategy is to:

'Improve the health and wellbeing of the people of County Durham and reduce health inequalities'



Central to this vision is the belief that decisions about the services provided for service users, carers and patients should be made as locally as possible and involve the people who use them.

The vision is supported by the following strategic objectives:

- Children and young people make healthy choices and have the best start in life
- Reduce health inequalities and early deaths
- Improve the quality of life, independence and care and support for people with long term conditions
- Improve the mental and physical wellbeing of the population

- Protect vulnerable people from harm
- Support people to die in the place of their choice with the care and support that they need.

The work of the Health and Wellbeing Board is based on the Joint Health and Wellbeing Strategy which identifies priorities for joint action that will make a real difference to people's lives.

The work of the Health and Wellbeing Board, and the Joint Health and Wellbeing Strategy will also feed into the wider footprint of the Sustainability and Transformation Plan.

The Health and Wellbeing Board does not work alone to improve health and wellbeing, and acts as the 'Altogether Healthier' thematic partnership of the County Durham Partnership, which is the strategic partnership in County Durham.

By having a parallel structure, all thematic partnerships are able to work together and report into other thematic partnerships and the County Durham Partnership where relevant information can be shared.



3. The County Durham Partnership



The County Durham Partnership is the overarching partnership for County Durham and is supported by five thematic partnerships, one of which is the Health and Wellbeing Board.

Each of these has a specific focus, as outlined below along with their strategic objectives:

The County Durham Economic Partnership 'Altogether Wealthier'

aims to make County Durham a place where people want to live, work, invest and visit whilst enabling our residents and businesses to achieve their potential:

- A thriving Durham City;
- Vibrant and successful towns;
- Sustainable neighbourhoods and rural communities;
- Competitive and successful people;
- A top location for business.

The Children and Families

Partnership 'Altogether better for children and young people'

works to ensure effective services are delivered in the most efficient way to improve the lives of children, young people and families in County Durham:

- Children and young people realise and maximise their potential;
- Children and young people make healthy choices and have the best start in life;
- A think family approach is embedded in our support for families.

The Safe Durham Partnership

'Altogether Safer' tackles crime, disorder, substance misuse, anti-social behaviour and other behaviour adversely affecting the environment and seeks to reduce re-offending:

- Reduce anti-social behaviour;
- Protect vulnerable people from harm;
- Reduce re-offending;
- Alcohol and substance misuse harm reduction;
- Embed the Think Family approach;
- Counter terrorism and prevention of violent extremism;
- Implement measures to promote a safe environment.

The Environment Partnership

'Altogether Greener' aims to transform and sustain the environment within County Durham, maximising partnership arrangements to support the economy and the wellbeing of local communities:

- Deliver a cleaner, more attractive and sustainable environment;
- Maximise the value and benefits of Durham's natural environment;
- Reduce carbon emissions and adapt to the impact of climate change.

The County Durham Partnership also includes **Area Action Partnerships**, which are the mechanism through which the council and its partners work with local communities to make sure local services meet local need and that the voice of the community is heard.

Partnership approach to addressing Poverty

Poverty has been identified as a key priority by the County Durham Partnership. It is essential that a strong partnership approach is taken to address poverty, and a Poverty Action Steering Group has been established. The steering group has developed a Poverty Action Plan which outlines the vision:

“To work together to reduce and prevent poverty as far as possible across County Durham”



4. Membership of the Health and Wellbeing Board

Membership of the Health and Wellbeing Board reflects the requirements of the Health and Social Care Act 2012. A range of additional organisations are also included to ensure that the Health and Wellbeing Board is most effective in having the biggest impact on improving the health and wellbeing of local people and reducing health inequalities (Figure 1, page 21).

Although non-statutory, Health and Wellbeing Board membership in County Durham includes the local NHS Provider Foundation Trusts as voting members.

Governance and accountability

The Health and Wellbeing Board has a clear structure in place, enabling it to fulfil its statutory obligations to improve the health and wellbeing of the people of County Durham and reduce health inequalities.

The comprehensive supporting sub group arrangements carry out work on behalf of the Health and Wellbeing Board and show clear linkages to the work of the Board. These governance arrangements are subject to an annual review to ensure they remain fit for purpose.

The Health and Wellbeing Board has wider interface arrangements with a number of multi-agency partnership groups, including other County Durham thematic partnerships, for example the Children and Families Partnership and the Safe Durham Partnership as well as the two statutory safeguarding boards; Local Safeguarding Children Board and the Safeguarding Adults Board.

Key information, including the Health and Wellbeing Board annual report, is shared with Durham County Council Cabinet and Adults, Wellbeing and Health and Children and Young People's Overview and Scrutiny Committees to ensure there are mechanisms in place to provide information on the work of the Board.

Regular consultation on key strategies and service developments also takes place with Adults, Wellbeing and Health and Children and Young People's Scrutiny Committees. Regular updates on key health and social care issues are also provided.

5. Achievements of the Health and Wellbeing Board

This section details key achievements and developments that have taken place in 2015/16 to achieve the strategic objectives in the Joint Health and Wellbeing Strategy.

Examples of local projects aligned to the strategic objectives are also provided.

Advice, information and details of projects to help with care and support needs in your local area can be found on the locate website: www.durhamlocate.org.uk. This is a free online resource making it easier for you to make plans now and in the future.

The Health and Wellbeing Board have:

- Agreed the key messages from the County Durham [Joint Strategic Needs Assessment](#). This means that our health and social care services are based on evidence of need.
- Agreed the Joint Health and Wellbeing Strategy 2015-18 and supporting Delivery Plan which is the overarching health and wellbeing plan for all health and social care services in County Durham.
- Hosted a [Big Tent Engagement Event](#) as part of the consultation process for the refresh of the Joint Health and Wellbeing Strategy, which was attended by over 260 people, to ensure that plans are based on consultation feedback as evidence.
- Agreed the County Durham Better Care Fund plan 2015-16, which is aligned to the strategic objectives in

the Joint Health and Wellbeing Strategy and supports the aim to provide people with the right care, in the right place at the right time. The Better Care Fund supports the following areas of work to integrate health and social care:

- **IC+ short term intervention services** which provides short term support, including reablement and support for young carers
- **Equipment and adaptations for independence** which provides things to help people remain in their own home e.g. telecare services, handrails, bath chairs etc.
- **Supporting independent living** which includes mental health prevention services, short term flexible services for individuals in their own homes and supported living and community alarms and wardens
- **Supporting carers** which includes carers breaks, carers emergency support and support for young carers
- **Social isolation** which includes local coordination of assets within the community to increase community capacity and resilience to provide low level services
- **Care home support** which includes care home and acute and dementia liaison services
- **Transforming care** which includes maintaining the current level of eligibility criteria, the development of IT systems to support joint working and implementing the Care Act.

- Endorsed the County Durham and Darlington Urgent Care Strategy 2015-20 which aims to improve people's ability to care for themselves through patient self-management programmes, improve patient access to urgent care from primary and community services and improve emergency care provision provided within hospital settings and by ambulance services.
- Agreed that there was assurance provided in the Health Protection Annual Assurance Report (including screening and immunisation) which identified that there are effective arrangements in place to protect the health of residents in County Durham.
- Received an update on the Vanguard site for Urgent and Emergency Care (North East Urgent Care Network) to transform emergency and urgent care across the North East to improve coordination of services, reduce pressure in A&E departments and ensure the needs of patients are above those of individual organisations.
- Contributed to the Better Health Programme which will agree clinical standards and a system fit for the future to meet patients' needs in and out of hospital across the North East.
- Shortlisted for the 2016 Local Government Chronicle Awards in the 'Effective Health and Wellbeing Board' category.
- Showcased our approach to provider engagement at the Health and Wellbeing Boards Chair summit conference.



Local projects which support children and young people make health choices and have the best start in life include:

- [Teesdale AAP](#) support the Eat Better Eat Cheaper project, which is run by YMCA Teesdale and takes two groups of young people through a series of healthy eating workshops including sessions on diabetes prevention.
- The 'To Be or Not To Be' is a ten week course for boys aged 11-13 years, exploring healthy relationships and the right time to have a baby. The programme will address issues young boys face with a holistic approach, giving them time to experience, explore and discuss the factors involved in being a 'good' boyfriend, partner and father in later life
- The Youth Cree projects engage young people in positive activities to help them feel good, cope better with pressures and help reduce self-harm. They were initially created to support mental health and emotional wellbeing for individuals with a specific role of reducing suicide. The projects now involve a number of regular sessions, and special events.
- [Derwent Valley AAP](#) are focusing on young people's mental health, safety and resilience. As part of this theme, work will be taking place with local charity, If U Care Share Foundation, to explore the potential delivery of suicide prevention, information and awareness sessions with local primary schools and Consett Academy.
- The [ASK](#) project is a texting service for young people that has been supported by a number of AAPs. The service, run by [The Cornforth Partnership](#), offers out of hours confidential advice via text on a range of issues that young people may be experiencing.

- Agreed the County Durham Transformation Plan for Children and Young People's Mental Health, Emotional Wellbeing and Resilience 2015 – 2020 to:
 - Improve mental health, emotional wellbeing and resilience of young people.
 - Make it easier for children, young people and their families to access help and support when needed.
 - Ensure local services will be delivered within communities, closer to home, targeted to the most vulnerable ensuring fewer children and young people require specialist mental health services.



“...because of ‘CREE’ I now have friends to socialise and spend recreational time with.... for the first time in months I feel I have a purpose in life ...and feel less isolated.”

Local projects which support us to reduce health inequalities and early deaths include:

- Health Trainers follow a client centred approach and do not focus on single issues be they lifestyle or social issues. Work is currently taking place in four geographical communities and with older people and people with learning disabilities.
 - Public Health's 'Warm and Healthy Homes' programme targets those with an underlying health condition living in a cold, damp home. Referrals are made by front line health and social care professionals who visit clients in their home.
 - Check4Life is the County Durham version of [NHS Health Checks](#), and includes a diabetes risk assessment. People identified as having a high risk of developing Type 2 diabetes are referred to 'Just Beat It' which is an evidence-based, intensive lifestyle programme to reduce that risk.
 - [Lifeline](#) deliver community based alcohol and drug misuse services jointly from recovery centres across the county, offering individuals and their families integrated drug and alcohol treatment journeys, and allowing people who are attending for treatment to benefit from the positive influences of people attending who are in recovery.
- Agreed the County Durham Dual Needs Strategy for 2015-17, which identifies people with learning disability and/or mental illness (including dementia) and a concurrent problematic substance misuse issue, and ensures they have access to coordinated, responsive services to meet their complex and changing needs, and their families and carers are supported.
 - Agreed with the Tobacco Alliance in Public Health England's peer assessment as part of their 'Clear Thinking in Local Tobacco Control'. The work of Alliance partners was assessed against a set of tobacco control criteria. The overall result of the peer

assessment was very positive and particularly acknowledged the Health and Wellbeing Board's Vision and Leadership in tobacco control. In recognition of the Clear Thinking achievement the alliance also received a prestigious award for 'Challenging Services achievement'.

- Agreed a voluntary smoking ban should be progressed which has been implemented across the County, encouraging play areas to become smoke free. The outdoor play area at Riverside Park in Chester-le-Street was the first park to become a smoke free zone, and now all Durham County Council defined/fenced play areas have the 'smoke free' signage in place.
- Agreed the County Durham Drug Strategy 2014-2017 action plan which focuses on the three themes of the national Drug Strategy to support people to live a drug free life:
 - Reducing Demand: creating an environment where the vast majority of people who have never taken drugs continue to resist any pressures to do so;
 - Restricting Supply: making the UK an unattractive destination for drug traffickers by attacking their profits and driving up their risks; and
 - Building Recovery in Communities: build on the investment that has been made into treatment to ensure more people are tackling their dependency and recovering fully.

"I improved my wellbeing through stopping smoking and healthy eating."

Local projects which help to improve the quality of life, independence and care and support for people with long term conditions include:

- [Chester-le-Street AAP](#) along with other AAP colleagues continue to support the Healthy Horizons health improvement project which seeks to encourage older people, aged 65 and above to improve their lifestyle through the provision of accessible physical activity opportunities within their communities.
- Care Connect Community Alarm Service provides 24/7 support and emergency response to the door to older, disabled and vulnerable people.
- County Durham Handypersons and Minor Adaptations Service provides small repairs and minor adaptations to help disabled and older people to remain safe and secure in their own homes.
- Equipment Advice Service – provides professional help and advice to people with disabilities who wish to purchase their own disability equipment or home adaptations.
- An Independent Living House enables people to view and have demonstrated a range of disability equipment, sensory support equipment and telecare equipment in a domestic-like environment.

- Agreed that Durham should be involved in the National Diabetes Prevention Programme which includes a review of the international evidence on diabetes prevention looking at what works in different contexts and evaluating how this evidence can be implemented in the seven demonstrator sites. Durham was chosen as one of seven demonstrator sites for this programme.
- Received the Local Autism action plan and an update on the implementation of the Adult Autism Strategy 'Fulfilling and Rewarding Lives'.

Local projects which work to improve the mental and physical wellbeing of the population include:

- [Derwent Valley Diners](#) is a project with Age UK to benefit older people. The pilot seeks to improve older people's health and quality of life, with volunteers providing a nutritious meal to their homes weekly, and providing regular social contact.
- Well and Active- Blindlife in Durham is a project aiming to reduce isolation for people with sight loss and enhancing wellbeing by promoting various activities and keeping people connected to those in the same situation and the wider community.
- The Social Isolation Navigator service provides support to people throughout the Stanley area who feel isolated and unable to actively engage with others in the local community. Services or groups are identified which best suit the individual's needs, providing the tools to re-engage with society.
- The 'Growing our Community' project provides horticultural therapy activities, using plants and gardening activities as a means to achieve goals of wellness and promotes physical, emotional, cognitive and social wellbeing. The project targets adults aged 50+ and individuals with learning disabilities and/or physical disabilities who reside in the [Great Aycliffe and Midridge AAP](#) area.

- Agreed the 'Transforming Care for People with a Learning Disability Fast Track plan' for Durham which is part of the North East and Cumbria Fast Track programme to move people with learning disabilities from in-patient settings.

"I feel I have a friend on the end of the phone to cheer me up" "the people at Silver Talk always cheer my day if I feel down, they help me feel a lot better"

Local projects which protect vulnerable people from harm include:

- Members of the [Local Safeguarding Children Board](#) (LSCB) have been working with the fourteen [Area Action Partnerships](#) (AAPs) across County Durham to help raise awareness of Child Sexual Exploitation and to improve community intelligence. AAP's have also promoted the [ERASE website](#) (Educate and Raise Awareness of Sexual Exploitation) through their communications and newsletters.

- The [Safeguarding Adults Board](#) (SAB) has revised its literature that supports and informs individuals about adult protection and the linked processes. Leaflets entitled, "Staying Safe", "Stop Abuse Now", "What happens when abuse is reported", are all available through the SAB website.

As part of ongoing awareness raising, posters and contact cards were made available at events like the Big Tent Event. Links were also made with the East Durham Area Action Partnership for Women's Day.

- Received regular updates on the national and local developments in relation to Children's Services including Child Sexual Exploitation which included the CSE analysis undertaken by the Local Safeguarding Children Board and Missing and Exploited sub group

Local projects that support people to die in the place of their choice with the care and support that they need include:

- The Palliative care rapid response service provides high quality, well-coordinated, flexible and responsive palliative nursing care in the community at short notice, to patients at home, including care homes and sheltered housing, whose needs can be met by rapid, short term intervention in the end of life stage of their illness. Patients are able to access short term palliative nursing care as is appropriate for their individual needs, in their preferred place of residence. The service is accessible to patients twenty-four hours per day, seven days per week.

- Hospices provide a mixture of services ranging from respite day care to residential inpatient care including symptom management

- Macmillan Palliative Support Team provide personal care and support to patients and carers at end of life in the community, including crisis intervention.

- Marie Curie provide a range of support, including nursing, rapid response, and night time sitting.

- Durham County Carers Support provide care and support to carers.

6. Pledges of the Health and Wellbeing Board

Examples of pledges undertaken by the Health and Wellbeing Board include:

- Signed up to St Mungo's Broadway Charter for Homeless Health pledging to measure and understand the needs of homeless people.
- As part of the Winterbourne View Concordat and Action Plan, the Portfolio Holder for Adult and Health Services was identified as a Learning Disability Champion to promote the needs of people with learning disabilities.
- Signed up to the Carers' Call to Action to ensure that the vision for carers of people with dementia is achieved. A Better Care Fund work programme is 'Supporting Carers' which includes carers breaks.
- Signed the NHS Statement of Support for Tobacco Control to actively support local work to reduce smoking prevalence and health inequalities.
- Chair of the Health and Wellbeing Board and the Director of Public Health County Durham are mental health champions, whose role includes promoting wellbeing, and initiating and supporting action on public mental health.
- Signed up to the Disabled Children's Charter to ensure the needs of disabled children are fully understood and services are commissioned appropriately.
- Signed up to the National Pensioners Convention's Dignity Code, which has been developed to uphold the rights and maintain personal dignity of older people.
- Signed up to the National Dementia Declaration and Dementia Care and Support Compact to support the delivery of the National Dementia Strategy and improving care and support for people with dementia, their carers and families.

7. Key Performance Achievements 2015/16

This section provides a summary of the key performance achievements of the Health and Wellbeing Board to describe the progress made against the strategic objectives in the Joint Health and Wellbeing Strategy.

Strategic Objective 1: Children and young people make healthy choices and have the best start in life

- Both under 16 and 18 conception rates are reducing and are better than regional averages.
- Latest data shows the infant mortality rate is falling and is better than national and north east averages.

Strategic Objective 2: Reduce health inequalities and early deaths

- Since 2000 all-cause mortality rates have shown a sustained down ward trend with significant reduction in cardiovascular and respiratory mortality rates.
- Patients receiving definitive treatment for cancer within 31 days of diagnosis has exceeded target and is better than national rates.
- In 2015, 2793 people quit smoking following support from stop smoking services.
- The percentage of people who are eligible for breast, cervical and bowel screening and have been screened is higher than national and northeast averages.

Strategic Objective 3: Improve the quality of life, independence and care and support for people with long term conditions

- The percentage of adult social care service users reporting that the help and support they receive has made their quality of life better has exceeded target.
- The percentage of carers reporting that they were very satisfied with the services they received has improved and is above national and regional averages.
- The number of people whose transfer of care from hospital is delayed is lower in Durham than national and northeast averages.
- The percentage of people who remain living independently after hospital discharge and rehabilitation is higher than the national average.

Strategic Objective 4: Improve mental health and wellbeing of the population

- The percentage of people who report that they have as much social contact as they would like is higher than national and regional averages.

Strategic Objective 5: Protect vulnerable people from harm

- The proportion of service users who identify that those services have made them feel safe and secure has increased and has exceeded target.

Strategic Objective 6: Support people to die in the place of their choice with the care and support that they need

- The number of deaths occurring in the usual place of residence has increased and is above national rates

8. Engagement

Engagement within County Durham includes individual involvement, collective involvement and patient experience activities. A range of mechanisms are used by all partners to support their work in engaging with people about their health and social care needs.

The Health and Wellbeing Board's **Big Tent Engagement Event** has been held over the last four years to gather the views of a wide range of stakeholders, including service users, patients, GPs, carers, members of the voluntary and community sector as well as professionals from partner agencies, and elected members.

In November 2015, the event, which was attended by over 260 people, included a number of themed workshops relating to health, social care and the wider wellbeing approach such as diabetes, housing, mental health, the provision of seven day services and integration.

The event saw the launch of the consultation on the Physical Activity Framework, and also gave attendees an opportunity to provide their views on how services should be developed through a series of presentations and themed workshops.

The Local Government Association supported the event and Dr William Bird, a national speaker, launched the consultation on the Physical Activity Framework and led the physical activity workshop.

Feedback from the event has been used to influence future priorities through the Joint Health and Wellbeing Strategy, as well as partner plans and strategies and service reviews.

Service User and Carer Forums

support engagement, consultation and involvement with service users and carers from specific client groups, such as those with learning disabilities, mental health needs and older adults.

A specific event for people with learning disabilities, carers and organisations was held in November 2015, which focused on a number of themes, including social activities and health. The engagement tools used on the day were designed by the people with learning disabilities. The engagement approaches took into account the different needs of individuals with learning disabilities to enable people to have their say.

An event for older people took place on older people's day in October 2015 to gather the views of older people on health and social care services.

There are fourteen **Area Action Partnerships** in place to give people in County Durham a greater choice and voice in local affairs. They allow people to have a say on services and give organisations the chance to speak directly with local communities. By working in partnership we help ensure that the services of a range of organisations are directed to meet the needs of local communities and focus their actions and spending on issues important to these local communities. A designated Area Action Partnership representative has been identified as a link to the Health and Wellbeing Board. Updates on the work of the Area Action Partnerships are provided to the Health and Wellbeing Board on a six monthly basis.

Voluntary and Community Sector (VCS) organisations are represented

on the Community Wellbeing Partnership which focuses on developing an asset based approach in communities and supporting people to help themselves through the Wellbeing for Life Service. VCS organisations are also consulted on the Joint Health and Wellbeing Strategy through the Big Tent engagement event.

Healthwatch County Durham voices people's concerns and provides feedback to service providers and commissioners. Through local engagement they collect vital data on how and why people use services in their area. Its place on the Health and Wellbeing Board means Healthwatch can represent the voice of people in decision making.

Regular reports are presented to the Health and Wellbeing Board on the engagement that has been held in relation to the three strands of Healthwatch work:

- *Listening* – to patients of health services and users of social care services to find out what they think of the services they receive.
- *Advising* – people how to get the best health and social care for themselves and their family.
- *Speaking up* – on consumers' behalf with those who provide health and social care services.

Patient Reference Groups are the mechanism to engage with patients on specific services provided by GPs and for engagement with people who have specific health conditions.

Engaging with children and young people

Investing in Children Reference Groups are utilised for gathering the views of children and young people in relation to health and social care. There are a number of Investing in Children reference groups, including:

- Health
- Mental Health (Child and Adolescent Mental Health Services)
- Disabled Children
- Local Community Groups

Agenda Days are held that are led by young people and focus on the key issues affecting them.

The Bridge Young Carers Service supports young people who have challenging caring roles with a family focused approach. The Bridge has undertaken consultation with over 150 young carers and their families as part of a circus themed Family Fun Day.

The **Making Changes Together** group is the mechanism for engaging with parents of disabled children to ensure that the needs of disabled children are considered.

9. Future work of the Health and Wellbeing Board

There is a strong commitment from the Health and Wellbeing Board to continue to improve the health and wellbeing of the people in County Durham and reduce health inequalities.

Agreeing the refresh of the Joint Health and Wellbeing Strategy 2016-19 will enable us to progress key areas of work to help achieve that vision.

The Health and Wellbeing Board's work programme for 2016-17 will build on the progress made to date, and will include the following:

- Agree the refresh of the Joint Health and Wellbeing Strategy 2016/19 delivery plan to ensure that the Joint Health and Wellbeing Strategy is implemented and performance managed;
- Agree the County Durham Better Care Fund plan 2016/17;
- Support the development of a five year Sustainability and Transformation Plan 2016-21 to set out a vision for health to improve the quality of care, wellbeing and NHS finances. The Sustainability and Transformation Plan will link to the Joint Health and Wellbeing Strategy, Better Care Fund and Better Health Programme to address the provision of the best possible local services over the next five years and beyond;
- Explore potential areas for future integration of health and social care services in County Durham to meet the national vision of developing a plan by 2017 to achieve full integration by 2020;
- Receive updates on the work being undertaken across County Durham to address diabetes, as well as Public Health's role as a demonstrator site for the National Diabetes Prevention programme;
- Agree the Oral Health Strategy to improve the oral health of children and young people across the county and reduce inequalities;
- Consider updates on the progress in regard to the Joint Health and Social Care Learning Disability Self-Assessment Framework;
- Consider safeguarding arrangements for children and adults through the Annual Reports of the Local Safeguarding Children Board and Safeguarding Adults Board;
- Agree the refreshed Public Mental Health Strategy which will reduce the number of people developing mental health problems through promotion of good mental health, prevention and early identification of poor mental health and recovery from mental ill health;
- Continue to support the Better Health Programme which will provide a system fit for the future to meet patients' needs in and out of hospital across the North East;
- Endorse the Teenage Pregnancy and Teen Parent Delivery Plan;
- Endorse the Annual Report of the Director of Public Health County Durham, which focuses on obesity;

- Support the development of Integrated Digital Care, which will make better use of information and technology, and will integrate services around patient needs. By 2018 crucial health information should be available to staff at the touch of a button, and patients will be able to access their medical and care records and share them with carers or others who they choose. Digital Road Maps will be produced which will state who will do what to transform digital care.



Figure 1: County Durham Health and Wellbeing Membership April 2015- March 2016

COUNCILLOR LUCY HOVELS MBE
Chair of Health & Wellbeing Board

Member Portfolio Holder (Adult and Health Services), Durham County Council

DR. STEWART FINDLAY
Vice Chair of Health & Wellbeing Board

Chief Clinical Officer, Durham Dales, Easington and Sedgefield Clinical Commissioning Group

COUNCILLOR OSSIE JOHNSON

Member Portfolio Holder (Children and Young People's Services), Durham County Council

COUNCILLOR JOY ALLEN

Member Portfolio Holder (Safer Communities), Durham County Council

RACHAEL SHIMMIN

Corporate Director Children and Adults Services, Durham County Council

ANNA LYNCH

Director of Public Health County Durham, Children and Adults Services, Durham County Council

ALAN FOSTER

Chief Executive, North Tees and Hartlepool NHS Foundation Trust

JOSEPH CHANDY

Director of Primary Care, Partnerships and Engagement, Durham Dales, Easington and Sedgefield Clinical Commissioning Group

DR. DAVID SMART

Clinical Chair, North Durham Clinical Commissioning Group

NICOLA BAILEY

Chief Operating Officer, North Durham and Durham Dales, Easington and Sedgefield Clinical Commissioning Groups

CAROL HARRIES

Director of Corporate Affairs, City Hospitals Sunderland, NHS Foundation Trust

SUE JACQUES

Chief Executive, County Durham and Darlington NHS Foundation Trust

MARTIN BARKLEY

Chief Executive, Tees, Esk and Wear Valleys NHS Foundation Trust (TEWV)

JUDITH MASHITER

Chair, Healthwatch County Durham

Also invited to attend – Non Voting:

Peter Appleton, Head of Planning and Service Strategy, Durham County Council;
Andrea Petty, Strategic Manager, Policy, Planning and Partnerships, Durham County Council;
Alison Slater, Director of Delivery, NHS England Sub Regional Team;
Jackie Graham, Senior Committee Services Officer, Durham County Council.

10. Abbreviations and glossary

Area Action Partnerships (AAPs)	Groups set up to give people in County Durham a greater choice and voice in local affairs. The partnerships allow people to have a say on services, and give organisations the chance to speak directly with local communities
CAMHS	Child and Adolescent Mental Health Services
Clinical Commissioning Groups (CCGs)	Groups of GP practices, including other health professionals who will commission the great majority of NHS services for their patients
CREE	CREE projects are aimed at improving the mental health and wellbeing of residents by providing a social area and in a friendly and supportive environment. A lot of the projects are based around allotments, community gardens and pigeon crees (hence the name) and can offer support or signpost users to other support services.
Dementia	Dementia is used to describe a syndrome which may be caused by a number of illnesses in which there is progressive decline in multiple areas of function, including decline in memory, reasoning, communication skills and the ability to carry out daily activities. Individuals may develop behavioural and psychological symptoms such as depression, psychosis, aggression and wandering
Disabled Children's Charter	A formal document which the HWB signs to demonstrate its commitment to improving the quality of life and outcomes experienced by disabled children, young people and their families, including children and young people with special educational needs and health conditions
Health and Wellbeing Board (HWB)	Statutory forum of key leaders from health and social care working together to improve the health and wellbeing of the local population and reduce health inequalities
IC+	Provides one route into all intermediate care services, which prevent unnecessary admission to hospitals or premature admission to care homes, and promote independence and faster recovery from illness
Interventions	Services provided to help and/or improve the health of people in the county
Joint Health and Wellbeing Strategy (JHWS)	The Health and Social Care Act 2012 places a duty on local authorities and CCGs to develop a Joint Health & Wellbeing Strategy to meet the needs identified in the local Joint Strategic Needs Assessment (JSNA)
Joint Strategic Needs Assessment (JSNA)	Provides a detailed overview of the current and future health and wellbeing needs of the people of County Durham
Local Government Association (LGA)	The LGA is a politically-led, cross-party organisation that works on behalf of councils to ensure local government has a strong, credible voice with national government. The LGA aims to influence and set the political agenda on the issues that matter to councils so they are able to deliver local solutions to national problems
Long term condition	The Department of Health has defined a Long Term Condition as being "a condition that cannot, at present be cured; but can be controlled by medication and other therapies." This covers a lot of different conditions e.g. diabetes, chronic obstructive pulmonary disease (COPD), dementia, high blood pressure
National dementia declaration	Explains the challenges presented to society by dementia and some of the outcomes that are being sought for people with dementia and their carers
NHS	National Health Service
Reablement	Reablement is about giving people over the age of 18 years the opportunity, motivation and confidence to relearn/regain some of the skills they may have lost as a consequence of poor health, disability/impairment or accident and to gain new skills that will help them to develop and maintain their independence
Special Educational Needs and Disability (SEND)	Children who have needs or disabilities that affect their ability to learn. For example, Behavioural/social (e.g. difficulty making friends), Reading and writing (e.g. dyslexia), Understanding things, Concentrating (e.g. Attention Deficit Hyperactivity Disorder), Physical needs or impairments
Social Isolation	A lack of contact with people



North Durham Clinical Commissioning Group



Durham Dales, Easington and Sedgefield
Clinical Commissioning Group

City Hospitals Sunderland 
NHS Foundation Trust

**County Durham
and Darlington** 
NHS Foundation Trust

Tees, Esk and Wear Valleys 
NHS Foundation Trust

North Tees and Hartlepool 
NHS Foundation Trust

healthwatch
County Durham

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- Healthwatch County Durham

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