

Our vision:-

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

County Durham Health and Wellbeing Board Annual Report 2014-2015

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1. Foreword

Welcome to the Health and Wellbeing Board Annual Report 2014/15. We are honoured to have been re-elected as Chair and Vice Chair of County Durham's Health and Wellbeing Board for a second year, and are privileged to have been supported by a group of partners who have continued to work together with the shared vision of improving the health and wellbeing of the people of County Durham and reducing health inequalities.

Over the last year we have made significant progress together, and through the Joint Health and Wellbeing Strategy and the Better Care Fund, the Health and Wellbeing Board will continue to work together to develop more joined up and integrated services, making the best use of resources.

Our Big Tent Engagement event was attended by over 240 people and feedback was incorporated into our Joint Health and Wellbeing Strategy. The event also saw the launch of the Crisis Care Concordat to demonstrate our commitment to supporting people in mental health crisis.

An Integration Programme role has been created to develop and implement the Better Care Fund across County Durham to support the further integration of services.

A Health and Wellbeing Peer Challenge has taken place and we are very proud that national research on the state of play with Health and Wellbeing Boards by the Local Government Association has indicated that Durham is clearly at the forefront of Health and Wellbeing Board progress and impact nationally.

The Board's success can be attributed to its clear vision, direction and shared strategy which is owned and valued by partners and influences the work of the Board as well as the commitment and drive of the partnership and the willingness to work together. This partnership approach has been central to the many achievements described in this report.

We achieved a lot in our first year, and have continued to do so throughout our second year. Together we will continue to drive forward the ambitious work of the Health and Wellbeing Board to improve health and wellbeing outcomes for the residents of County Durham.



Councillor Lucy Hovvels

Chair of the Health and Wellbeing Board

Cabinet Portfolio Holder for Adult and Health Services

(Cabinet Portfolio Holder for Safer and Healthier Communities, May 2014 - May 2015)



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.

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 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 overarching strategic partnership in County Durham.

Each thematic partnership delivers the work of the County Durham Partnership and maintains close working relationships with the other thematic partnerships:



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.

- 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 Health and Wellbeing Board 'Altogether Healthier'

promotes integrated working between commissioners of health services, public health and social care services, for the purposes of improving the health and wellbeing of the people in the area.

- 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 they need

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
- Reduce road casualties

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
- Promote sustainable design and protect Durham’s heritage

Poverty

A partnership approach is being taken to address poverty across County Durham. Partners will seek to support the most vulnerable members of our community and address inequalities. Growing up in poverty has a significant impact on children and young people both during their childhood and beyond. Almost a quarter of children in County Durham are living in poverty compared to an England average of one fifth.

A Poverty Action Steering Group is in place, led by the Assistant Chief Executive of Durham County Council, to look at the wider impact of poverty. County Durham has the scope to provide a wide range of support and innovative and targeted interventions. To facilitate this and to ensure that the actions are as effective as they can be, partners are concentrating on developing joined-up intelligence and joined-up services with a focus on prevention.

This approach helps to ensure that people in need are signposted to and receive the correct support and that the assistance and schemes developed are based on a clear and detailed appreciation of the issues involved, for example, housing services are signposting people to debt and benefits advice and employability support, where this is deemed appropriate.

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, and a range of additional organisations are 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 22).

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 Health and Wellbeing 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's Board and Safeguarding Adults Board).

Key information, including the 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 issues are also provided to Scrutiny Committees.



University Hospital North Durham A&E department

3. Achievements of the Health and Wellbeing Board 2014/15 and local projects undertaken in 2014/15

This section details key achievements and developments that have taken place in 2014/15 to achieve the strategic objectives in the Joint Health and Wellbeing Strategy. It includes examples of local projects relating to health and wellbeing, many of which have been developed with Area Action Partnerships (AAPs). The Health and Wellbeing Board works closely with AAP co-ordinators to reflect the priorities of the Health and Wellbeing Board locally and recognises the impact of AAPs on health and wellbeing.

The Health and Wellbeing Board:

- Agreed the County Durham Joint Strategic Needs Assessment for 2014.
- Agreed the Joint Health and Wellbeing Strategy and supporting Delivery Plan.
- 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 240 people. Further details are included at page 15.
- Endorsed the Director of Public Health County Durham's Annual Report 2014, which focuses on tackling social isolation and loneliness and has been used to inform various plans and strategies.

Examples of local projects that address social isolation and loneliness include:

- Aspire Learning Support and Wellbeing, which in partnership with Durham Alcohol Support Service is working in the Chester-le-Street area to support people in recovery from alcohol, many of whom are socially isolated.
- Derwent Valley Diners is a pilot project with Age UK to benefit older people, particularly those experiencing social isolation. The pilot seeks to improve older people's health and quality of life, and provides a nutritious meal being brought to their homes weekly by volunteers, who will provide regular social contact.
- Wheels to Meals scheme addresses the issue of nutrition and social isolation in older people in Weardale. The scheme uses community transport to collect people and take them to local restaurants then drops them home after taking a scenic drive back.
- Upper Teesdale Agricultural Support Services deliver a project to provide socially isolated men who are over 60 and living in Teesdale with hot meals and the opportunity to socialise and seek information, advice and guidance on a range of topics
- The Pioneering Care Partnership's Health Buddy Service provides trained volunteers who offer over 50s regular home visits for a chat, or help to attend local groups or appointments.

- Agreed the County Durham Better Care Fund plan which will support seven work programmes to integrate health and social care:
 - **Intermediate Care + short term intervention services** which includes intermediate care community services, reablement, falls and occupational therapy services
 - **Equipment and adaptations for independence** which includes telecare, disability adaptations and the Home Equipment Loans Service
 - **Supporting independent living** which includes mental health prevention services, floating support and supported living and community alarms and wardens
 - **Supporting carers** which includes carers breaks, carer's emergency support and support for young carers
 - **Social isolation** which includes local coordination of an asset based approach 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.
- Agreed the County Durham Implementation Plan of the 'No Health Without Mental Health' national strategy to bring together all the strands of mental health and wellbeing to better support people who need it. In order to ensure the work is coordinated and the priorities are progressed an Implementation Group has been formed.

Examples of local projects supporting people with Mental Health needs include:

- Open Art Surgery project which targets vulnerable people across the Durham AAP area, who are experiencing mental health problems, to engage in creative activity and social interaction. This includes people with dementia, adults with learning disabilities, people with multiple sclerosis, and men at risk of suicide, their families and carers.
- Teesdale YMCA's Enriching Rural Lives project which focuses on mental and physical health, delivering a range of workshops and support sessions to engage community members who are aged 10-85.
- Countywide CREE initiatives are in place to support mental health and emotional wellbeing. Many of these projects are based around allotments, community gardens and pigeon crees (hence the name) and provide support or signpost users to other services.

The Better Care Fund 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. Implementation of the Better care Fund commenced on 1st April 2015. An Integration Programme Manager has been appointed to develop and implement the Better Care Fund across County Durham.

- Supported the Wellbeing for Life Service to help people to live well, and build on their capacity to be independent, resilient and maintain good health for themselves and those around them.

The tender for the Wellbeing for Life Service has been awarded to a consortium of providers, comprising of the following organisations:

- County Durham and Darlington Foundation Trust, Health Improvement Service
- Durham Community Action
- Pioneering Care Partnership
- Durham County Council, Culture and Leisure
- Leisureworks.

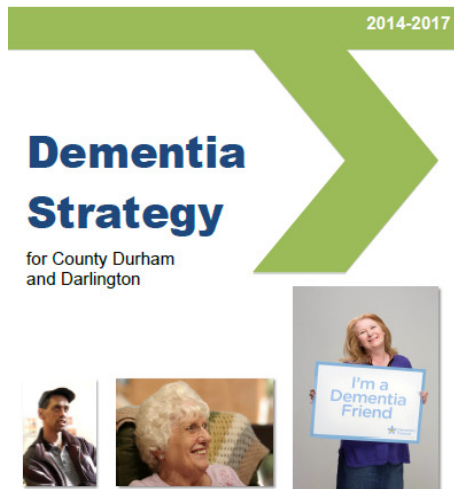
The Wellbeing for Life service went live on 1st April 2015.



Examples of local projects supporting the Wellbeing for Life approach include:

- Health Express in Shildon, that aims to increase knowledge and awareness of health issues in the local community and help people access health services and get support in better managing long term health conditions.
- As part of Health Express, students have teamed up with social housing provider Livin, to help residents stay fit and healthy through a series of activities. The initiative provides people with access to a range of health based initiatives and provides valuable work experience for local college students.
- Health Trainers will work closely with older residents in Brandon, Burnhope and Langley Park to help them set their own personal health plans. This will include support and advice on diet, nutrition, exercise, quitting smoking, reducing alcohol intake and improving how good you feel about yourself.
- Neighbourhood Networks is a community engagement pilot scheme, managed by Durham Community Action. The scheme is aimed at supporting older socially isolated residents to become more active and aware of local services which could be accessed to improve their quality of life.

- Agreed the Dementia Strategy for County Durham and Darlington 2014-17, to enable people to live well with dementia.



Examples of local projects supporting Dementia include:

- The Centre of Excellence project, that employs a Dementia Support Worker through the Alzheimer's Society to work in the East Durham area providing emotional, financial and medical support for families and sufferers of dementia
- A key area of the Dementia Strategy is the roll out of 'Dementia Friendly Communities', with Barnard Castle and Chester-Le-Street selected as the first two sites in County Durham focusing on improving inclusion and quality of life for people living with dementia. This has also been rolled out in the Mid Durham AAP area.

- Demonstrated commitment to supporting people in mental health crisis by signing up to a local declaration and agreeing a joint action plan. Gaps in the service and areas of good practice informed the action plan, which was developed across County Durham and Darlington in conjunction with both Health and Wellbeing Boards.
- Agreed the County Durham Interim Child and Adolescent Mental Health Services (CAMHS) Joint Strategy 2014/16, which was developed whilst more detailed work is undertaken to develop a three-year Children and Young People's Mental Health, Emotional Wellbeing and Resilience Plan.
- Agreed the Improving Palliative and End of Life Care: Strategic Commissioning Plan 2013-2018, to ensure the populations of County Durham and Darlington receive the best possible care, in the place where they want to receive it, when they are progressing towards the end of life.

The Health and Wellbeing Board has prioritised end of life care as one of the six strategic objectives within the Joint Health and Wellbeing Strategy to ensure that the Council and Clinical Commissioning Group strategic commissioning plans are aligned to provide better outcomes for the residents of County Durham.
- Agreed the first County Durham Drug Strategy, which aims to prevent harm, restrict supply and sustain a future for individuals to live a drug free and healthy life, whilst minimising the impact on communities and families.

From April 2015 Lifeline began to 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 Strategy for the Prevention of Unintentional Injuries in Children and Young People in County Durham to reduce unintentional injuries in children and young people aged 0-19.



- Agreed the Healthy Weight Strategic Framework for County Durham, which has been developed by the County Durham Healthy Weight Alliance as a local response to 'Healthy Lives, Healthy People: A Call to Action on Obesity in England'. The strategy aims to achieve a sustained upward trend in healthy weight for children, young people and adults in County Durham by 2020.

As a result, applications for take aways to be opened within a 400m zone of schools have been refused, to support children's healthy eating.

- Agreed the Safeguarding Framework which was developed jointly with the Health and Wellbeing Board, Children and Families Partnership and Safe Durham Partnership along with the Local Safeguarding Children Board and Safeguarding Adults Board.

SAFEGUARDING FRAMEWORK

June 2014



Example of a local project:

The Safer Homes scheme is aimed at reducing the risk to residents in their home from fire and crime. It supports people who are vulnerable due to a range of physical or mental health disabilities and lifestyle factors such as drinking or smoking.

- Agreed the first Pharmaceutical Needs Assessment, produced by the Health and Wellbeing Board, which was published in March 2015. The key conclusion from the assessment is that there are sufficient numbers of pharmacies in County Durham. The assessment will be used when considering future pharmacy applications.

- The Health and Wellbeing Board receive timely winter plans and system resilience updates to ensure that local health and care systems operate effectively in delivering year round services for patients.

Example of a local project:

The Warm and Healthy Homes programme is delivered in collaboration with British Gas through Warm Up North. It aims to identify patients/clients with underlying health conditions who are living in a cold, damp home.

Once identified, a number of options can be offered to the patient/client appropriate to their circumstances.

Commitments of the Health and Wellbeing Board

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

- Signed up to the Disabled Children's Charter to ensure the needs of disabled children are fully understood and services are commissioned appropriately. Evidence has been provided to Every Disabled Child Matters on the actions undertaken in County Durham.

The commitments are being met in County Durham by ensuring that the needs of disabled children and young people are reflected in the Joint Strategic Needs Assessment, and by ensuring appropriate actions are identified in the Joint Health and Wellbeing Strategy. As part of the consultation on the review of these documents, a number of events took place including consultation with 'Making Changes Together' which is a group of parents of disabled children.

- Identified the Chair of the Health and Wellbeing Board and the Director of Public Health County Durham as mental health champions, whose role includes promoting wellbeing, and initiating and supporting action on public mental health.
- As part of the Winterbourne View Concordat and Action Plan, the Portfolio Holder for Adult Services was identified as a Learning Disability Champion to promote the needs of people with learning disabilities.

- 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.

In County Durham, one of the Better Care Fund work programmes is 'Care Home Support' which includes care home and acute and dementia liaison services. Intermediate Care + teams also have Community Psychiatric Nurse support to enable dementia clients to be included in the reablement pathway.

- Signed up to the Carers' Call to Action to ensure that the vision for carers of people with dementia is achieved.

Another Better Care Fund work programme is 'Supporting Carers' which includes carers breaks.

- 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.

The Dignity Code was discussed at events with Residential Care Home Providers in 2014, who agreed to abide by the code.

- Signed the NHS Statement of Support for Tobacco Control to actively support local work to reduce smoking prevalence and health inequalities.

A voluntary ban has been implemented across County Durham, encouraging play areas to become smoke free.

The outdoor play area at Riverside Park in Chester-le-Street became the first park to become a smoke free zone.



Key Performance Achievements 2014/15

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

- Latest data shows that both under 16 and 18 conception rates are falling.
- The percentage of exits from young person's drug and alcohol treatment that are planned has achieved target and is above the national average.

Strategic Objective 2: Reduce health inequalities and early deaths

- Since 2000, all-cause mortality rates have continued to show a sustained downward trend.
- Patients receiving definitive treatment for cancer within 31 days of diagnosis has exceeded target and is better than national rates.

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

- Carers report a higher quality of life in Durham than North East and England averages and report higher satisfaction levels.
- A higher percentage of people remain in their own homes following rehabilitation services than North East and national averages.

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

- The proportion of adults in mental health services in paid employment and settled accommodation is better than national averages.

Strategic Objective 5: Protect vulnerable people from harm

- The number of children subject to a Child Protection plan has decreased and is below North East and England averages.
- The percentage of Children in Need referrals occurring within 12 months of a previous referral has reduced and is below North East and national averages.

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

- The number of patients recorded on practice registers as in need of palliative care/support has increased, achieved target and is above national rates.
- The number of deaths occurring in the usual place of residence has increased and is above national rates.

4. Engagement

Central to achieving the vision of the Health and Wellbeing Board to **‘Improve the health and wellbeing of the people of County Durham and reduce health inequalities’** 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.

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** is held every year 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 October 2014, the event, which was attended by over 240 people, included a number of themed workshops relating to health, social care and the wider wellbeing approach such as long term conditions, physical activity and drugs and alcohol.

The event saw the launch of the Mental Health Crisis Care Concordat for County Durham and provided an update on the work taking place to address health and social care issues. It 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, 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 service reviews for specific plans and strategies.

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 2014, 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.



County Durham Adults Learning Disability engagement forum

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.

Work has taken place to enhance the interface between Area Action Partnerships and the Health and Wellbeing Board to improve the alignment of Area Action Partnership developments and investments with the priorities of the Health and Wellbeing Board.

Further work will take place at a local level through Area Action Partnerships and will be progressed through the Community Wellbeing Partnership, which is a sub-group of the Health and Wellbeing Board.



AAP consultation event

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.

Healthwatch are also instrumental in being involved in projects and reviews and were involved in a patient journey consultation which focused on a dementia project and included people who care for those with dementia.

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.

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:

- Emotional Health and Wellbeing
- Diabetes Group
- Disabled Children
- Local Community Groups



Investing in Children Agenda Day

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



The Bridge Young Carers group art day

The Health and Wellbeing Board have engaged directly with **young people** who requested to provide their feedback to Health and Wellbeing Board members on health issues which are important to them. An action plan was developed detailing how the issues are being taken forward.

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.

5. Local Government Association Peer Challenge

Peer Challenge is part of the Local Government Association's Health and Wellbeing System Improvement Programme's wider offer, where peers work as 'critical friends' and is designed to support the Local Authority and Health and Wellbeing Board in reflecting on, and improving practice.

County Durham's Health and Wellbeing Peer Challenge took place in February 2015. In four days the Peer Challenge team met Councillors, staff, partners, service users and carers through interviews and focus groups. A member of the Peer Challenge team also attended a Health and Wellbeing Board meeting.

The Peer Challenge team were looking for evidence in the following areas:

- A clear, appropriate and achievable approach to improving the health and wellbeing of local residents
- An effective governance system, with leadership that works well across the local system
- Local resources, commitment and skills across the system are maximised to achieve local health and wellbeing priorities
- Effective arrangements for evaluating the impact of the Joint Health and Wellbeing Strategy
- Effective arrangements for ensuring accountability to the public



Big Tent Engagement Event

Feedback from the Peer Challenge stated that County Durham's Health and Wellbeing Board is in a very strong place.

The Local Government Association have recently commissioned national research on the state of play with Health and Wellbeing Boards, and in terms of this research, feel that County Durham is clearly at the forefront of Health and Wellbeing Board progress and impact nationally.

The Peer Challenge team stated that the strength of partnership relationships was striking and they are clearly mature. They commented that distributed leadership had developed from well established relationships, trust and well managed organisations.

They also stated that a whole systems approach is clearly well-embedded and that the Joint Health and Wellbeing Strategy is clearly owned and valued by partners, has influence and is underpinned by the Joint Strategic Needs Assessment.

The Big Tent Engagement Event and Learning Disabilities Forum were commended as inclusive approaches for community engagement, along with engagement events by Investing in Children that ensure the 'voice of the child' influences the Health and Wellbeing agenda.

This is particularly notable as the Peer Challenge team's feedback report states that the 'voice of the child' is not well developed across the country.



IIC Agenda Day

Area Action Partnerships were described by the lead peer as "one of the best forms of localism I have seen in a long time" and that they clearly link to the Health and Wellbeing Board and allow for service models to be locally determined.

The clear governance arrangement between the Health and Wellbeing Board and Scrutiny was identified as among the best in the country.

The Peer Challenge team identified the following four areas of best practice that they would like to follow up and share with the sector:

- Community Engagement
- Area Action Partnerships
- 'Voice of the child'
- Relationship with Scrutiny

The Peer Challenge team identified the following areas that the Health and Wellbeing Board may wish to consider for the future:

- Stronger links to housing to ensure housing's contribution to health inequality and the wider determinants of health is maximised
- Reviewing the membership of the Health and Wellbeing Board in relation to the voluntary & community sector and housing.
- Ensuring the needs of carers are reflected in the Joint Health and Wellbeing Strategy
- Consider working across Health and Wellbeing Board boundaries e.g. to consider patient flows and service re-design.

An action plan will be developed by the Health and Wellbeing Board to take forward any key areas.

6. 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 2015-18 will enable us to progress key areas of work to help achieve that vision.

The Health and Wellbeing Board's work programme for 2015-16 will build on the progress made to date, and will include the following actions:

- Agree the refresh of the Joint Health and Wellbeing Strategy 2015-18 Delivery Plan to ensure that the Joint Health and Wellbeing Strategy is implemented and performance managed.
- Implement the actions in the Mental Health Crisis Care Concordat local action plan, which was agreed by both the County Durham and Darlington Health and Wellbeing Boards.
- Receive updates on the implementation of the County Durham Better Care Fund plan.
- Agree the approach to further develop health and social care integration and next steps.
- Agree the Cardiovascular Disease (CVD) Prevention Strategic Framework to prevent the disease, which is the second largest cause of death in County Durham.

- Agree the Dual Needs Strategy, which aims to identify people with dual diagnosis (drugs and/or alcohol misuse along with learning

disabilities and/or mental illness, including dementia) and ensure they have access to coordinated and responsive services to meet their complex and changing needs.

- Agree the County Durham Physical Activity Delivery Plan, which will provide a greater range of opportunities to increase participation and activity levels in County Durham



- Agree the comprehensive three year Children and Young People's Mental Health, Emotional Wellbeing and Resilience Plan, which will also consider self-harm amongst young people.
- Receive an update 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. The aim of the pilot is to be the first country to implement at scale, a national evidence based diabetes prevention programme.

- Support the implementation of the Oral Health Strategy to improve the oral health of children and young people across the county and reduce inequalities in oral health statistics.
- Agree the Urgent Care Strategy, which has strong ambitions to take a whole system approach, ensuring urgent care services are easier to navigate and are streamlined to avoid duplication.
- Endorse the Alcohol Harm Reduction Strategy, the vision of which is *“To change the drinking culture in County Durham to reduce the harm caused by alcohol to individuals, families and communities while ensuring that adults who choose to drink alcohol are able to enjoy it responsibly”*.
- Sign up to St. Mungo’s Broadway ‘Charter for homeless health’ to ensure that local services are accessible for people who are homeless.
- Receive updates on the progress in regard to the Joint Health and Social Care Learning Disability Self-Assessment Framework and the Learning Disability Self-Assessment.
- Receive updates on the Transfer of 0-5 Healthy Child Programme, which marks the final part of the overall public health transfer to local authorities from the NHS, and aims to encourage integrated working.
- Receive the Annual Reports of the Local Safeguarding Children Board and Safeguarding Adults Board.
- Consider the County Durham and Darlington NHS Foundation Trust Right First Time 24/7 Clinical and Quality Strategy.

**Figure 1: County Durham Health & Wellbeing Board Membership
(Correct at 31st March 2015)**

COUNCILLOR LUCY HOVELLS

Chair of the Health and Wellbeing Board

Member Portfolio Holder (Safer and Healthier Communities) – Durham County Council

DR. STEWART FINDLAY

Vice Chair of the Health and Wellbeing Board

Chief Clinical Officer - Durham Dales, Easington and Sedgfield Clinical Commissioning Group

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

COUNCILLOR OSSIE JOHNSON

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

COUNCILLOR MORRIS NICHOLLS

Member Portfolio Holder (Adult Services) – Durham County Council

JOSEPH CHANDY

Director of Primary Care Development and Engagement – Durham Dales, Easington and Sedgfield 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 Sedgfield Clinical Commissioning Groups

CAROL HARRIES

Director of Corporate Affairs – City Hospitals Sunderland

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

Ben Clark, NHS England Sub-Regional Team; Peter Appleton, Head of Planning and Service Strategy, Durham County Council; and Andrea Petty, Strategic Manager, Policy, Planning and Partnerships, Durham County Council.

7. 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
Dual Diagnosis	Having both a diagnosis of learning disabilities/mental behavioral diagnosis and substance misuse problems
GP	General practitioner - also known as family doctors who provide primary care
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
Intermediate Care+	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)	The Health and Social Care Act 2012 states the purpose of the JSNA is to improve the health and wellbeing of the local community and reduce inequalities for all ages
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: <ul style="list-style-type: none"> • 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
Stakeholders	Interested parties or those who must be involved in a service/project or activity
UTASS	Upper Teesdale Agricultural Support Services, supporting local residents with mental health needs



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



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County Durham Health and Wellbeing Board Annual Report 2014-2015

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