

# Improving the health and wellbeing of people in County Durham



## County Durham Health and Wellbeing Board Annual Report

2016/17



County Durham Health  
and Wellbeing Board

[www.countydurhampartnership.co.uk](http://www.countydurhampartnership.co.uk)

## Foreword from Chair and Vice Chair

It gives us great pleasure to introduce the County Durham Health and Wellbeing Board Annual Report for 2016/17. The Board has a commitment to openness and transparency in the way it carries out its work and is accountable to local people. This includes a commitment to annually review progress towards the board's ambition 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 and has been central to the achievements of the Board and will also be important in future work.

Looking forward, the Board will need to support joint service provision built around individuals and their communities and will seek assurances that the Sustainability and Transformation Plans meet the needs of the people in County Durham and ensures that they will not be disadvantaged. It is also important that these plans reflect our local priorities from the County Durham Joint Health and Wellbeing Strategy.

A high proportion of health and social care budgets are spent on treating ill health, when a high percentage of diseases including diabetes, heart disease, stroke and cancers could be avoided. We need to take a more joined up, holistic and integrated approach across all our partners to drive forward the prevention agenda in County Durham to have the maximum impact to prevent the need for more costly services in the future, at a time when all partners are facing budget reductions alongside increasing demand on services. Nonetheless, we are firmly committed to ensuring that health and wellbeing provision is planned and delivered to best meet the needs of all the residents of County Durham.

We would like to thank everyone involved for their hard work over the past year.



**Councillor Lucy Hovvels MBE**

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 Sedgfield Clinical Commissioning Group

## Who are the Health and Wellbeing Board?



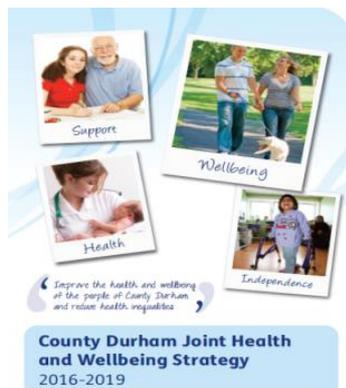
The Health and Wellbeing Board (HWB) is a Durham County Council committee which brings together organisations who work together to improve the health and wellbeing of people in County Durham, and reduce health inequalities.

Our HWB includes partners from Durham County Council (Public Health, Adult and Health Services, Children and Young People's Services and elected county councillors), North Durham and Durham Dales, Easington and Sedgfield Clinical Commissioning Groups (CCGs), Healthwatch County Durham and the National Health Service (NHS) Foundation Trusts.

The HWB is one of the thematic partnerships of the County Durham Partnership (CDP), which is the strategic partnership for County Durham. The County Durham Partnership is supported by 14 Area Action Partnerships (AAPs) who provide a forum for consultation and decision-making in local areas. The HWB lead on the 'Altogether Healthier' theme. You can find out more information about the CDP and the HWB by visiting our website at [www.countydurhampartnership.co.uk](http://www.countydurhampartnership.co.uk)

## What do we do?

The HWB meets to ensure all partner organisations are delivering on the vision to **'Improve the health and wellbeing of the people of County Durham and reduce health inequalities'**. The formal HWB meetings are open to the public.



We have a legal responsibility to develop a [Joint Strategic Needs Assessment](#) (JSNA) and a [Joint Health and Wellbeing Strategy](#) (JHWS).

The JSNA provides an overview of the current and future health and wellbeing needs of the people of County Durham. The health and social care evidence base is included in an Integrated Needs Assessment (INA) as a 'one stop shop' for all strategic assessments. The evidence in the JSNA is used to inform the Joint Health and Wellbeing Strategy.

The HWB has 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 and we have developed the County Durham Joint Health and Wellbeing Strategy 2016-19 to ensure health and social care agencies work together and agree the services that should be prioritised to ensure all partners are delivering against the vision.

## Key performance achievements in County Durham 2016/17

The under 18 conception rate is continuing to reduce and has more than halved since 1998

The Infant mortality rate is lower than the national and regional averages

The cancer death rate in people under 75 has been reducing overtime

The number of young people referred to Child and Adolescent Mental Health services, who are seen within 9 weeks, is at its highest level since reporting began

2841 people stopped smoking with support from stop smoking services

Self-harm hospital admissions for young people aged 10 - 24 has reduced, and is lower than the regional and national averages

The numbers of people dying in their place of choice is above national rates

Patients receiving cancer treatment within 31 days of diagnosis is above target

The proportion of service users saying that adult care services make them feel safe and secure is above the national average

The percentage of people who have been screened for breast and bowel cancer is higher than regional and national averages

The percentage of people who remain living independently after leaving hospital and receiving reablement / rehabilitation services is above the national average

The proportion of young people leaving substance misuse treatment in a planned way is better than the national average and is exceeding target

The number of people whose transfer of care from hospital is delayed, is lower than the national average

## Achievements of the Health and Wellbeing Board

This section details achievements and developments that have taken place in 2016/17 to achieve the strategic objectives in the Joint Health and Wellbeing Strategy.

### The Better Care Fund



**The County Durham's Better Care Fund 2016/17** is based upon maintaining stability and focuses on investing in a range of projects and service initiatives aimed at reducing inappropriate demand on A&E and Urgent Care, particularly for vulnerable, frail elderly patients at higher risk of admission. Examples include greater access and use of telecare by people in their homes and coordinated support to enable people to return home following a stay in hospital.



As part of '**Check4Life**' (local implementation of the national Health Check programme) and the local **NHS Diabetes Prevention Programme**, a more targeted approach has been made in relation to identifying people most at risk of cardiovascular disease (CVD) and developing Type 2 diabetes, to offer them behavioural interventions designed to lower their risk.



The **Healthy Weight Alliance**, a sub-group of the Health and Wellbeing Board has developed the healthy weight strategic framework to tackle obesity at a local level and County Durham has become a national pilot site for obesity reduction in Public Health England's three year programme into obesity systems, delivered by Leeds Beckett University.

An **Integration Board** has been established as a sub group of the Health and Wellbeing Board to lead on our plans for **Health and Social Care Integration** to meet the government's target of achieving full integration by 2020.

- Commitment from the NHS and partner agencies across County Durham to further develop integrated provision and commissioning is clear.
- A Director of Integration has been appointed to work as part of the Chief Officer team to ensure effective leadership and delivery of this agenda.
- 'Teams Around Patients' (TAP) are being established in localities which will offer a range of coordinated services centred around groupings of GP practices. There will be 13 TAPs across the county.
- An important function within the TAP will be to identify the most vulnerable adults who are a risk of significant deterioration in their health and wellbeing with a resultant admission to acute and/or permanent care settings. This is expected to be the top 2% of those people on GP lists who fall into that high risk group. Services will then focus upon enhancing health and wellbeing through proactive treatment, reablement and rehabilitation.
- Team configurations have been proposed and agreement reached with County Durham and Darlington NHS Foundation Trust (CDDFT) and Durham County Council on staff alignment.
- Locality briefings are underway and a project and communications and engagement plan is in place.
- A steering group is overseeing the work and has representation from CCGs, CDDFT, Adult Social Care, GP practices, Federations and the Voluntary Sector.
- Workstreams have been established and localities are being asked to consider representation to help shape work relating to referrals, work allocation, pathways, risk stratification and performance.
- A request has been made for early adopters of the model to come forward and several nominations have been received. It is envisaged that the model will be rolled out fully throughout 2017/18.
- Consideration of the existing estate to better utilise community buildings within a TAP geography is currently underway.



The Health and Wellbeing Board was one of only 14 Boards in England to achieve a rating of six out of six by National Energy Action in recognition of the action it is taking on **tackling fuel poverty/cold-related ill health**, making it one of the top performers nationally. The Board was praised for adopting innovative practice such as the methods it uses to target at risk households for fuel poverty interventions.



To support the 0-19 Healthy Child Programme in County Durham, a **Healthy Child Programme Board** has been established as a sub-group of the Health and Wellbeing Board, to provide a specific focus on health issues affecting children, young people and families to reduce health inequalities and deliver improved health and wellbeing outcomes.



A **mental health promotion and prevention wellbeing model** has been developed to improve service delivery and value for money while ensuring services and opportunities are accessible to anyone needing mental health and wellbeing support. The model covers all stages of life, fair access across the county and improved links between services.



The Health and Wellbeing Board are continuing to support measures aimed at **improving dementia diagnosis rates** further, such as regular information and guidance for GPs and increasing the number of **dementia friendly communities** and activities across the county as part of the **implementation of the Dementia Strategy**.



The **Community Wellbeing Partnership**, a sub group of the HWB, has seen the development of a range of programmes focusing on **reducing social isolation and loneliness** and its effects on health and wellbeing, including frontline service schemes based on 'making every contact count' and 'social prescribing' which links people to non-medical sources of support within their communities to support mental wellbeing.



The Health and Wellbeing Board were one of six Boards to be shortlisted for the 2016 Local Government Chronicle Awards in the '**Effective Health and Wellbeing Board**' category, by demonstrating how the Health and Wellbeing Board have been effective at influencing the health and social care agenda in the area.



Agreed an **Oral Health Strategy for County Durham** to address concerns raised by the Health and Wellbeing Board over significant variations in oral health across County Durham. The strategy will aim to:

- Reduce the population prevalence of dental disease, specifically levels of dental decay in young children and vulnerable groups including our ageing population.
- Reduce inequalities in dental disease (statistics reveal over 60% of children have had experience of tooth decay in Woodhouse Close, Bishop Auckland compared to 6% in Chester-Le-Street South).
- Ensure oral health promotion programmes are evidence informed and delivered according to identified need.

## What are our priorities?

County Durham's agreed health and wellbeing priorities for 2016-17 were:



Priority 1

Children and young people make healthy choices and have the best start in life



Priority 2

Reduce health inequalities and early deaths



Priority 3

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



Priority 4

Improve the mental and physical wellbeing of the population



Priority 5

Protect vulnerable people from harm



Priority 6

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

## Priority 1



Children and young people make healthy choices and have the best start in life

The HWB agreed to enhance the interface between Area Action Partnerships (AAPs) to improve the alignment of AAP developments and investments and the priorities of the HWB. Mental health is a key priority and AAPs, including Derwent Valley AAP, working in partnership with If U Care Share are delivering a Suicide Prevention and Mental Health project, targeted at the 14+ age group. The Derwent Valley project has engaged with over 300 young people through their workshops, they have equipped 24 young people with skills to become peer mentors and they have delivered STOP suicide training to 40 adults.

The Health and Wellbeing Board agreed funding arrangements as part of the implementation of the Children and Young People's mental health, emotional wellbeing and resilience plan for a 24/7 CAMHS Crisis Service to respond to the needs of children and young people with mental health conditions, such as self-harm, suicidality, disturbed behaviour, depression or acute psychoses.



The Healthy Weight Alliance, a sub group of the HWB who work to tackle obesity in County Durham, has become part of a national pilot to tackle obesity.

Part of this work involves working in the community through breastfeeding cafes and peer support groups to educate people about the benefits of breastfeeding, and how it links to reduced obesity in children.

The HWB agreed that a Healthy Child Programme Board is established to support the 0 – 19 healthy child programme and we are working with school nurses to help them to identify and introduce interventions which will improve the health and wellbeing of children at school.

All school nurses are being trained in mental health first aid, and a number are being trained to become specialist Quit Smoking Advisors, who support young people to stop smoking.



## Priority 2



Reduce health inequalities and early deaths



To improve the alignment of AAP projects the HWB agreed that a number of AAPs would work more closely with the Wellbeing for Life programme to support improved health and wellbeing within communities. Mid Durham has a specific aim of working with people over the age of 50 years to address a variety of health inequalities. The Health Trainers (HT) working with the AAP and its older people's task group have developed close working relationships with a variety of local and countywide partners. The scheme has been running for 3 years and this year alone they have worked with 53 clients and recruited 9 volunteers, the HT are working across the villages and are connected with each village's surgery delivering 1-to-1 support on diabetes.



Most excess winter deaths are caused by the impact of cold weather on people with respiratory and cardiovascular problems. Strong collaboration is taking place with housing providers and health colleagues to tackle fuel poverty. 88 referrals were made to Warm and Healthy Homes by health and social care staff and of these 50 patients with an underlying health condition received physical improvement measures to their homes. The HWB was praised for adopting innovative practice to target at risk households for fuel poverty interventions. The Health and Well Being Board was awarded five out of six stars by charity National Energy Action (NEA) for its progress on reducing cold related ill health associated with cold homes. Its report "Get Warm Soon?" Highlighted County Durham as one of the top performing Boards in England.



The County Durham tobacco control alliance, a sub group of the HWB, delivers tobacco control activities. A peer assessment of this group particularly acknowledged the Health and Wellbeing Board's vision and leadership in tobacco control. Smokefreelife County Durham has been running Quit and Get Fit programmes for smokers who want to quit. They can take part in organised Zumba or Bootcamp sessions, as well as access specialist support and medications.

They have also been running Costa and quit sessions in Shildon, Seaham and Peterlee; where people can get advice and support to help them to stop smoking, over a coffee.

## Priority 3



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



The HWB has agreed the spending plans for the Better Care Fund which has invested in services to support the integration of health and social care. This includes Intermediate Care Plus which provides one route into all intermediate care services, prevents unnecessary admission to hospitals or premature admission to care homes, and promotes independence and faster recovery from illness and timely discharge from hospital, which sees Durham having lower rates for delayed hospital discharge than both regional and national averages.

The HWB (through the Better Care Fund) has invested in services to support carers including NHS Personalised Carer Support Fund supports carers to take time out from their caring role and allow them to recharge their batteries. This can be in the form of a therapy voucher, gym membership, attending a course, a holiday etc.

Funding of £380,000 is managed by Durham County Carers Support and The Bridge Young Carers Service, who are monitored by Durham County Council, to ensure the carers are getting value from the funding pot.



Locate is an interactive website which provides information about local services which meet people's care and support needs, now and in the future.

As part of the 'Wellbeing for Life' program which the HWB agreed as a mechanism to address health inequalities and the social drivers of poor health, a variety of partners are trained to use LOCATE on a 'one to one' basis with people to signpost them to relevant services to meet their needs.

## Priority 4



Improve the mental and physical wellbeing of the population



The HWB agreed funding plans to improve mental health and wellbeing, including the Durham CREE programme, which is supported by AAPs and based on the Australian Men in Sheds model, reaches out to people who may be isolated and vulnerable in the community. There are a number of CREEs across County Durham that can offer community based support and reduce social isolation.

Part of their work includes advice on financial issues which can impact on suicide rates, especially in periods of economic recession. A dedicated welfare rights service is available through the CREEs to provide people with information and advice on any financial issues they may have.

There are a number of dementia friendly projects which have been delivered across the county as part of the implementation of the Dementia Strategy agreed by the HWB. These include Dementia Friendly Swimming which is run in conjunction with Durham County Council Culture and Sport Service and the Amateur Swimming Association. Sessions are now being delivered in Chester-Le-Street, Barnard Castle and Durham City, where trained staff and volunteers support people with dementia to continue to enjoy swimming as part of an active lifestyle.



The HWB agreed plans to reduce social isolation and loneliness through the Wellbeing for Life programme. 'Making Every Contact Count' takes advantage of the everyday interactions people have, taking the opportunity to encourage them to make positive changes in their lives, changes which could benefit their health and wellbeing.

County Durham and Darlington Fire & Rescue Service carry out Safe and Wellbeing visits which expand on their home fire safety advice to include a wellbeing assessment covering loneliness and isolation, dementia, smoking cessation, alcohol harm, trips and falls and winter warmth, with referrals being made where necessary to relevant partner agencies; making every contact count.

## Priority 5



Protect vulnerable people from harm



The Safeguarding Framework agreed by the HWB, outlines the statutory responsibilities of the LSCB and SAB, and how their work interfaces and complements the work of the HWB.

The Local Safeguarding Children Board have trained over 1,000 staff to spot the signs of Child Sexual Exploitation (CSE) and to identify risky behaviour. They have worked hard, through marketing activities, to get CSE messages to as many children, parents and professionals as possible. For example, there is work with schools and colleges to raise awareness of Child Sexual Exploitation issues with young people and teaching staff.

A new ERASE website [www.eraseabuse.org](http://www.eraseabuse.org) was launched which educates people about sexual exploitation in County Durham and Darlington.

To support the HWB priority to protect vulnerable people from harm, Chester-le-Street AAP supported the Aspire project pilot. Aspire is a project where volunteer mentors provide support for women with mental health issues resulting from domestic violence.

After successful engagement, with 126 users, a detailed evidence base was collected which was used to inform a lottery bid to deliver this project over a 5 year term.

Aspire were successful, and were awarded £500,000 (the only award in County Durham from specific Women & Girls Fund) to deliver a 'Supporting Sisters Projects' which provides tailored support packages for women who may have issues with mental health, substance misuse, domestic violence, low self-esteem, leaving controlling relationships or financial independence.



## Priority 6



Support people to die in the place of their choice with the care and support they need



The HWB have signed up to the Motor Neurone Disease (MND) Charter. The Charter was created to help raise awareness and campaign to improve services for people with MND and their carers at a local level.

An important part of the charter is the recognition of the specific needs of people with MND, and their right to have the right care, in the right place, at the right time to achieve dignity in death.

AAP's are supporting the HWB to ensure people receive high quality care towards the end of their life as part of the Improving Palliative Care and End of Life Plan agreed by the HWB. Chester-le Street AAP have been working with St. Cuthbert's Hospice and Cestria Housing to deliver the 'Everything in Place' project.

The AAP have been providing support through the steering group. They have also delivered engagement sessions with local groups to promote the work of the project, and to raise awareness of the support people can get at the end of their life.

The project supports people to put plans in place about their last wishes, funeral arrangements, wills, donor cards, power of attorney and other legal issues regarding property etc. All combined in a one stop shop booklet.



Everything in Place



## Challenges for County Durham



## Future work of the Health and Wellbeing Board

The Health and Wellbeing Board's work programme for 2017-18 will build on the progress made to date, and will include the following:



One of the greatest challenges facing the health service and providers of adult social care is how to respond to an **increasingly older population and its changing needs**. There is a clear consensus that reorganising services around people with increasingly complex health and social care needs will improve outcomes for people.

An **integrated whole system approach** is also expected to facilitate a move away from episodic ill health and care towards a greater emphasis on early intervention, prevention and promoting independence. This requires integrated care and support by a number of different disciplines and services which are fundamental to a person's good health and wellbeing, with the GP as the expert medical generalist at the centre of the process.

Integration of care is about placing patients at the centre of the design and delivery of care. It leads to better outcomes for patients, safer services, improved patient experience and can also result in more cost-effective care.

We are bringing together health, social care and voluntary organisations to achieve improved health and wellbeing for the people of County Durham through an Accountable Care Network.



An Accountable Care Network brings together a number of providers who collaborate to meet the needs of the population they serve, by taking responsibility for the cost and quality of care for a defined population with an agreed budget.

The Accountable Care Network in County Durham represents a new way of working, to provide better healthcare and a better experience for patients, service users and carers. We will work together to avoid unnecessary duplication of services, so that people receive the right care, at the right time, in the right place.

A high proportion of Health and Social Care budgets are spent on treating ill health, yet 80% of heart disease, stroke and type 2 diabetes, and 50% of cancers could be avoided. Regionally prevention workstreams have been established as part of the **Sustainability and Transformations** to maximise opportunities to prevent ill health and improve health gain.



To **prioritise prevention**, a shift in focus is needed to ensure budgets are utilised to best effect and involves building community capacity and resilience, enabling people to maintain their independence and helping communities to help themselves to deliver solutions and scale up good practice.

**Sustainability and Transformation Plans** have been developed across the country to drive transformation in health care outcomes and tackle the three challenges identified by the Five Year Forward View:

- health and wellbeing of the population
- quality of care
- finance and efficiency

Nationally the NHS agreed that County Durham is covered by the footprint of two Sustainability and Transformation Plans (STPs) in the North East; the North STP covering Northumberland, Tyne and Wear and North Durham; and the South STP covering Durham, Darlington, Tees and Hambleton, Richmondshire and Whitby.

Formal consultation arrangements for the Sustainability and Transformation Plans will take place during 2017 and the Health and Wellbeing Board will be a key stakeholder in relation to these arrangements. The Health and Wellbeing Board will continue to receive regular updates and provide challenge on the **Sustainability and Transformation Plans for County Durham** to ensure that residents in County Durham will not be disadvantaged or experience any reductions in the availability of NHS services as a result of the Plans. Assurances will be sought in relation to ensuring that:

- As a result of the patient flow between the two STPs, colleagues work together to consider the impact for County Durham patients and for the workforce, to ensure that people in County Durham are not disadvantaged in any new acute hospital re-configuration.
- STP's are clear and specific with regard to funding arrangements for the duration of the STP and that clarity is provided on how this funding compares with other areas within the country.
- Communication is simple, clear and concise for people to understand so that local people are aware of the specific implications of STPs.
- The large proportion of rural communities in County Durham are taken into account in relation to the importance of transport services, parking facilities and visiting arrangements to enable patients to access services.



Undertake a **review of the priorities for the Health and Wellbeing Board** based on the evidence in the Joint Strategic Needs assessment to ensure a focus on improving the health and wellbeing of people in County Durham and reducing health inequalities.

**Discuss spending plans** for additional adult social care funding, known as the **Improved Better Care Fund**, to address the integration of health and social care and to alleviate pressures faced by the adult social care sector and NHS.



The implementation of the **oral health strategy** and improving oral health across the county presents some challenges. People living in deprived communities consistently have poorer oral health and in County Durham the gap in oral health inequalities between children living in deprived communities and those in less deprived communities needs to reduce. Targeted work must also continue with vulnerable groups such as

those with poor physical and mental health and the complex oral health needs of an ageing population who are keeping their teeth longer.



Agree a streamlined approach to the range of **mental health and wellbeing** strategies currently in place, through the development of focused plans on a page with key actions to ensure that resources are targeted to services which meet the needs of people in County Durham.



As part of the statutory responsibilities of the HWB, agree the **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.

# Health and Wellbeing Board Partners



[www.durham.gov.uk](http://www.durham.gov.uk)



County Durham Health  
and Wellbeing Board

[www.countydurhampartnership.co.uk](http://www.countydurhampartnership.co.uk)



[www.northdurhamccg.nhs.uk](http://www.northdurhamccg.nhs.uk)



[www.chsft.nhs.uk](http://www.chsft.nhs.uk)



[www.durhamdaleseasingtonsegefieldccg.nhs.uk](http://www.durhamdaleseasingtonsegefieldccg.nhs.uk)



[www.healthwatchcountydurham.co.uk](http://www.healthwatchcountydurham.co.uk)



[www.cddft.nhs.uk](http://www.cddft.nhs.uk)



[www.nth.nhs.uk](http://www.nth.nhs.uk)



[www.tewv.nhs.uk](http://www.tewv.nhs.uk)



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[www.hdft.nhs.uk](http://www.hdft.nhs.uk)

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