

SHEFFIELD HEALTH AND WELLBEING BOARD PAPER

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Subject: Update on the Joint Health and Wellbeing Strategy's Work Programmes

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Building Mental Wellbeing and Emotional Resilience: Janet Southworth

Food and Physical Activity: Jess Wilson and Dawn Lockley

Summary:

The Joint Health and Wellbeing Strategy has five work programmes which cover some cross-cutting themes of the Strategy. This paper provides a short update on three of the five work programmes: A Good Start in Life, Building Mental Wellbeing and Emotional Resilience, and Food and Physical Activity. The remaining two work programmes are covered elsewhere: Health, Disability and Employment is the subject of a wider discussion at the March 2015 Board meeting, while Supporting People At or Closer to Home is covered by the Board's work to integrate health and social care, about which it receives regular updates.

Recommendations: Health and Wellbeing Board members are invited to:

- Support the progress made with each work programme.
- Request another update on the work programmes in March 2016 if not before.

Background Paper: Sheffield Joint Health and Wellbeing Strategy 2013-18 –

<https://www.sheffield.gov.uk/caresupport/health/health-wellbeing-board/what-the-board-does/joint-health-and-wellbeing-strategy.html>.

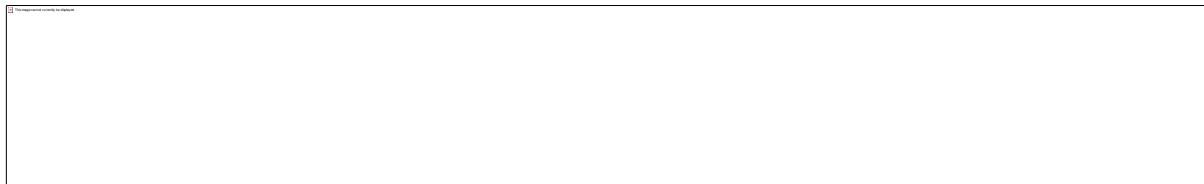
A Good Start in Life Work Programme

Update for the Health and Wellbeing Board March 2015

- The Best Start Early Years' Strategy consultation began week commencing 16 March for a 4 week period. The draft document has already been changed and amended following contributions from managers and practitioners across a range of organisations including health, and children and families. It has also been presented at various boards, to primary heads and to elected members. Feedback is now being sought from a wider audience. Cabinet sign off of the final document is expected April 2015.
- The strategy sets out 6 priority areas to achieve a progressive programme of universal and targeted interventions from pregnancy to end of Foundation Stage. It includes an Integrated Performance Outcomes Framework which identifies key indicators for measuring progress and impact on early years' provision. This framework provides a means for delivery partners to agree joint accountability and identify where whole system approaches could achieve greater service improvement.
- A delivery and governance structure is set out in the Best Start strategy describing partnership arrangements and how these will be used to influence and shape commissioning and delivery in line with strategic objectives.
- The Best Start Delivery Board has been established to support implementation of the 6 priority areas, and its role is to recommend on key decisions, advise on progress, highlight risks and issues and influence other strategies. It will be accountable for a range of workstreams including: Children's Centres development, joint health early years 2 year assessment, quality improvement across the PVI sector and free early learning. The Delivery Board will be responsible for providing regular progress updates to the Children's Health and Wellbeing Board.
- The redesign of SCC early years' services is progressing well with opportunities being identified at community level to integrate practice across settings and professions. The delivery model uses evidence based approaches designed to target resources in the most deprived areas and on the most vulnerable families.
- Since October 2014 meetings have been taking place with CCG, SCC, maternity and health visiting services colleagues to explore ways to improve integrated low level perinatal mental health services in Sheffield. A detailed care pathway is being developed (due to be completed June 2015), for treating mild to moderate mental ill-health which focuses on community based assessment, referral and support arrangements. The pathway will be uploaded onto the GP portal and made accessible to other professionals and early years' practitioners as a point of reference. A service user friendly version of the pathway is also being planned to improve understanding and awareness of the range of support available and how this can be accessed. Other developments proposed include:
 - Discussions with IAPT about improving perinatal mental health support
 - Improving the menu of self help and community interventions available through Children's Centres and Best Start teams to reduce isolation, improve confidence and self-esteem, and develop parenting skills including play, attachment and bonding.

Building Mental Wellbeing and Emotional Resilience Work Programme

Update for the Health and Wellbeing Board March 2015



1. Introduction

A working group was established in August 2014 to co-ordinate a plan for the delivery of a programme of work to help achieve the aims of the work programme 2. In terms of governance this group operates as a sub-group of the Mental Health Partnership Board and reports on progress there also.

2. The working group

The working group is led by Chris Nield, Consultant in Public Health within Communities SCC; it is supported by Janet Southworth, Health Improvement Principal. The membership of the group is still being developed; so far we have representation from the CCG – Partnerships, Commissioning and GP lead, from the City Council - member lead for Mental Health, CYPF Public Health, Mental Health Commissioning and Safer and Sustainable Communities, from the Voluntary Sector.

3. Progress and next steps

The group has now met 3 times, and is close to agreement on a draft plan. The remit is challenging, as often ideas drift towards the agenda of treating illness, or early intervention, we aim to keep a focus on a primary preventative and holistic approach.

Emotional wellbeing is influenced by an extremely broad range of factors, and this programme does not attempt to capture all of the possible related actions. The task would be impossible. We will focus on continuing support for some actions currently underway, and some development priorities that are achievable. We want to keep growing and developing the plan.

The plan has benefitted from the previous work to develop an emotional wellbeing strategy. (in line with a forthcoming framework for mental health and wellbeing from Public Health England). The plan is grouped around key themes.

1. Wellbeing for All (universal approaches) - Mental Health and Wellbeing Literacy.
2. Improving equality (targeted interventions) and Empowering Communities.
3. Children and Young people - linked to the work of the Children's Health and WB Board.
4. Working Life and Employment - Link to work programme on Health, Disability and Employment.

5. Suicide Prevention – local city wide group to be developed.

Most of the key actions for this work programme will be developed around themes 1 and 2, but important linkages and key opportunities to support work led by other groups under the other themes are also noted. A key theme of 5 Ways to Wellbeing (GIVE; BE ACTIVE; KEEP LEARNING; TAKE NOTICE; CONNECT), an evidence based approach to improving individual wellbeing, runs throughout.

4. Work underway - some examples

- Developing the public health role of front line workers, including their understanding of the 5 Ways to Wellbeing.
- Delivery and growth of Mental Health First Aid training - a collaboration between SCC, SHSC, Hallam University and Voluntary Sector.
- Relaunch and promotion of Mental Health Information service and web site.
- Develop links with the Community Learning Sector to normalise learning about emotional wellbeing.

5. Support from the Board; the ‘narrative’ around emotional wellbeing

Improved mental wellbeing is associated with better physical and mental health, reduced inequalities, improved social relationships and healthier lifestyles. It can help people achieve their potential, realise ambitions, cope with adversity, work productively and contribute to their community and society.

The foundations of mental wellbeing develop in early childhood, and multiple social, psychological, health, material and situational factors determine a person’s mental health and wellbeing at any point in time. Risk, vulnerability and protective factors all impact on mental wellbeing, but they are not the whole picture, we can all act to improve our mental wellbeing too - hence the 5 Ways to Wellbeing. There is strong evidence that investment in the protection and promotion of mental wellbeing improves quality of life, life expectancy, educational achievement, productivity and economic outcomes, and reduces violence, antisocial behaviour and crime.

An important element of this programme is this ‘narrative’ around emotional and mental wellbeing. **Support from the Board in promoting the importance of this upstream approach alongside the key aim to ‘get it right’ for children, at both a strategic and operational level, is essential.**

Emotional wellbeing is a valuable resource for individuals, communities and the City as a whole. Its strategic significance needs to be better understood. **The Board is asked to adopt and promote this narrative.**

Food and Physical Activity Work Programme

Update for the Health and Wellbeing Board March 2015

1. Food

The Sheffield Food Strategy was approved by cabinet in June 2014 and year one of the implementation plan is almost complete. The implementation plan for 2015/16 is currently under review. Progress in 14/15 included:

- Short term financial support has been identified for a number of schemes to alleviate food poverty.
- Considerable work has taken place to increase Free School Meal uptake within the 125 schools in the SCC catering contract.
- All Infant and Primary schools with infant departments are now providing universal free school meals to KS 1 pupils from September 2014 and each school is now being assessed to ensure they are able to manage this increase in meals.
- Community development work around food and eating well has begun in 4 neighbourhoods - Arbourthorne, Acres Hill, New Parsons Cross and Gleadless Valley. Local people and stakeholders have been consulted and local partners are now developing locally owned food plans.
- Classes to teach cooking skills have been delivered across the city and have targeted groups and areas who are least likely to access a healthy diet.
- The Start Well Sheffield Early Years' Healthy weight Service began in October 2014 working with early years settings to achieve the Healthy Early Years Award, providing new tools and training for professionals that work with families and providing the Health Exercise and Nutrition for the Really Young programme to parents and carers across Sheffield.
- Environmental Health are about to commence an initiative testing elements of the "Takeaways Toolkit" with a number of fast food businesses.

Many partner and community organisations are also engaged in supporting all aspects of the Food Strategy. Here are a few examples:

- WRAP have launched a Love Food Hate Waste campaign in Sheffield.
- A number of local organisations (Heeley City Farm, Sage Greenfingers, ShipShape, Regather to name but a few) are involved in work that promotes local food, food growing and community engagement.
- The student union led 'Sheffield on a Plate' project has engaged many student volunteers in their work which included delivering a 'Big Stew' event to raise awareness of healthy eating, food waste, and food poverty.

2. Physical Activity

Progress has been made in implementing some areas of the Move More Plan. However, more financial resources are required if we are to fully realise the ambition within the Plan.

Empowered Communities:

- The Community Advisory Panel is working on the developing the Move More ambassador programme.
- The Move More network continues to grow and currently consists of approximately 200 well-connected people.
- An online survey is being designed to evaluate the impact of the initial wave of Asset Based Community Development (ABCD) training to identify if it has changed practice and identify the support people need to be able to implement ABCD work.
- £10,000 has been allocated by SCC and is governed by the Move More Community Advisory panel to fund community projects enabling them to lift the barriers to physical activity. Funds are being distributed in pots of £300. The funding panel have currently received 25 applications to date.

Active Environments:

- A Get Sheffield Cycling group has been established which will drive forward cycling opportunities and communication about what is available
- The first anniversary of Tour de France will see a weekend of cycling activity including a school event on Friday 3rd July; Jenkin Hill Climb for local people and professional cyclists on Saturday 4th July; Sky Ride mass participation event on closed Sheffield roads on Sunday 5th July.
- Work is progressing on 20 mph zones and further work is planned to implement the restriction in additional areas of Sheffield
- Work is progressing within Sheffield City Council to develop a Playing Out Strategy for the city.
- A “routes to physical activity” section has been created for the Move More website (linked in with SCC website) under the banner of Active Travel that covers walking, running and cycling maps, apps, trackers, planners and challenges. This was launched on the 30th January 2015.

Active People and Families:

- 108 JC Decaux Boards displayed Move More and cycling messages for 2 weeks in February. The capital programmes at Concord, Graves and North Active are progressing well.

Physical Activity as Medicine:

- The building work at Concord has now been completed (this is part of the National Centre for Sport and Exercise Medicine (NCSEM) programme). There is a strong mix of clinical activity planned.
- Discussions have also begun regarding research programmes that will operate from Concord and we already have agreements in place for a Prostate Cancer Trial and are exploring Exercise and Stroke currently.
- Graves and North Active have been given the go ahead from City Council planning and build contractors are in place. Both ~~Page 50~~ due to open in the Spring of 2016.

Active Schools and Active Pupils:

- SHU have opened up Woodbourne Road athletics stadium and are exploring the feasibility of attracting schools and community groups to use the facilities with the added incentive of innovative technology.
- 36 satellite clubs currently planned or active across Sheffield, working primarily (but not exclusively) with 11 to 18 year olds.
- Aspiration to have a club on every secondary school and college site by 2016.

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