Hartlepool Joint Health and Wellbeing Strategy 2018 - 2025

Our Vision and Ambition

Our vision is that Hartlepool will develop a culture and environment that promotes and supports health and wellbeing for all.

Our ambition is to improve health and wellbeing outcomes and reduce inequalities for our population.

Our Purpose

Why do we need a strategy?

The Health and Social Care Act (2012) establishes Health and Wellbeing Boards as statutory bodies responsible for encouraging integrated working and developing a Joint Strategic Needs Assessment (JSNA) and Joint Health and Wellbeing Strategy (JHWS) for their area. Hartlepool Health and Wellbeing Board (HWB) is a committee of the Council with the mandate to address the health and wellbeing needs of Hartlepool and help reduce health inequalities. The JHWS is a strategic document outlining how Hartlepool Borough Council (HBC), NHS Hartlepool and Stockton Clinical Commissioning Group (HAST CCG) and other partners, through the HWB, will fulfil this mandate. The strategy is underpinned by the JSNA and views of our communities and will provide a foundation for strategic, evidence-based, outcomes-focused commissioning and planning for Hartlepool.

About Hartlepool

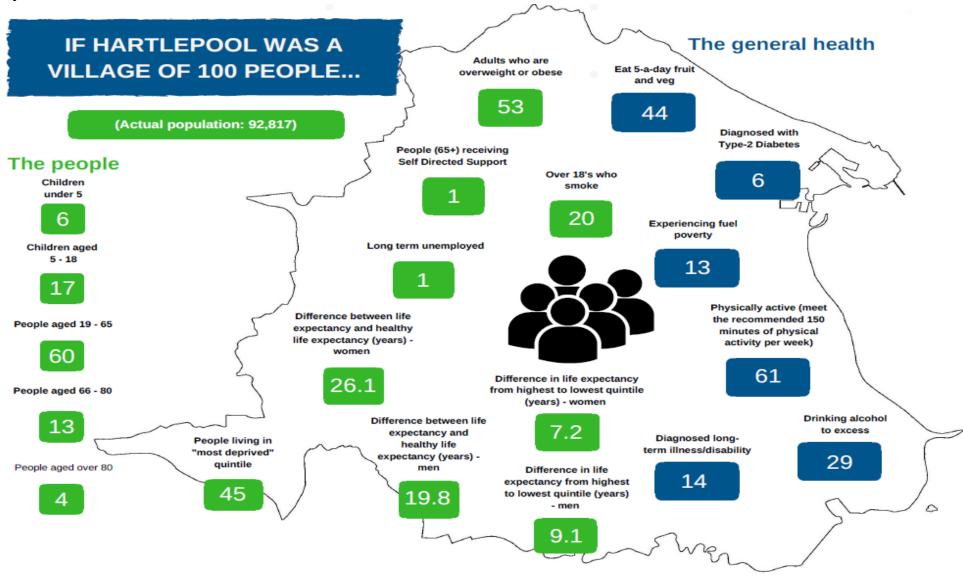
Background and Context

Hartlepool HWB is committed to working together with the people of Hartlepool to improve health and wellbeing of residents. At a time of increasing demand on services and pressures on funding, it is even more important to make sure we are a healthy Borough by supporting people to take responsibility for their health, and that services are delivered efficiently, targeting them towards those who need the most help. In Hartlepool, the areas where the most vulnerable members of our population live reflect the areas with the highest deprivation.

The HWB has previously had a JHWS that was jointly implemented by the partners and runs to an end in March 2018. The previous strategy was based upon the principles of the Marmot Review (2010) and focused on protecting and improving the health of the population through a range of evidence based interventions. In order to ensure that the strategy is fit for purpose and effectively reflects local priorities, the Board took the decision to revise the strategy. The Board intends to focus on a few key priorities that will make a difference to the lives of the people who live and work in the Borough, over the next seven years, in order to get it right for our population.

Hartlepool also has other key ongoing programmes such as 'Hartlepool Matters' and the 'Sustainability and Transformation Partnership (STP)' that are concurrently shaping the future of health and wellbeing in our Borough. The implementation of this revised strategy, together with these ongoing programmes and other projects that are led by the Voluntary and Community Sector (VCS) will contribute to achieve the priorities outlined in this strategy. However, we are mindful that our residents are our greatest assets and we will work in collaboration with our communities to make maximum use of our community assets and to help shape our local policies and planning levers to achieve improved health outcomes in the Borough.

Key Facts



Our residents

What do they say?

In developing this strategy, steps were taken to ensure that the strategy focuses on the issues that residents consider to be of importance to them. Findings from an online survey together with face to face workshops held in community venues and with bespoke groups were used to determine the actions that will be delivered through the strategy. We were keen to include the voice of marginal groups in our population. Separate workshops were therefore held with Asylum seekers, VCS organisations and members of the youth council to seek their views. In addition consideration was given to findings from various other pieces of work across the local authority and its partners. Examples of this work include:

- The Young Future's Project, undertaken by the Youth Parliament and Hartlepool Healthwatch in partnership with York University, that engaged with young people around their experiences of health and social care and to understand their experiences and expectations for ongoing development of services. The project focused on mental health and emotional wellbeing;
- Healthwatch Hartlepool survey (2017) on access to services for people with impaired hearing;
- A Consultation Workshop on 'Future in Mind', led by the Children's Strategic Partnership. The aim of the workshop was to develop an integrated mental health offer for children and young people that incorporate the five ways to wellbeing; and
- Asylum seeker and refugee consultation undertaken by Healthwatch Hartlepool (2015).

There was an acknowledgement by residents of the need to ensure that longer term and sustained prevention programmes are put in place and that collective action by residents, voluntary and community, private and public sector organisations should be promoted to implement the strategy. They also highlighted the importance to identify and target vulnerable and at risk groups in order to reduce inequalities and to use our current community assets for health, care and wellbeing to facilitate implementation.

A summary of responses from the community consultations can be access through the links below:

- 1. Online survey report (Online Survey results summary.docx)
- 2. Summary report from community workshops (<u>Summary of comments from Community</u> <u>Consultation Workshops.docx</u>)
- 3. Summary report of comments from the delivery plan development consultations (<u>JHWS</u> <u>delivery plan development consultations.docx</u>)

Our Priorities

What we want to achieve and why?

The HWB considered our achievements from the previous strategy, findings from the JSNA and local intelligence from partners and agreed four main priority areas to focus on during the lifetime of this strategy – **Starting, Working, Ageing and Living Well**. After our consultation with the general public we have added an additional priority – **Dying Well**.

Starting Well – All **Children and young people** living in Hartlepool have the best start in life.

Children who grow up in loving and supportive families are most likely to be happy, healthy and safe. Life experiences involve critical transitions emotional and physical changes in early childhood; moving from primary to secondary and tertiary education; starting work; leaving home and starting a family; and retirement. Each transition stage can affect health and wellbeing by pushing people into more or less disadvantaged paths. Children and young people who have been disadvantaged in the past are at the greatest risk and their children are more likely to be also disadvantaged. We want to ensure access to high quality universal services such as health care and education; early intervention when needed, and targeted support for those who are in difficulties. We want to prevent children and young people from developing emotional problems; having to live in poverty, or are affected by abuse, violence or misuse of substances, so that we prevent problems being passed from generation to generation.

Working Well - Workplaces in Hartlepool Borough promote and support healthy living.

Access to fulfilling work has an impact on people's wellbeing. Economically, fulfilling work provides a secure income and can offer a sense of purpose and social connection. People who are economically less well-off have substantially shorter life expectancy and more illnesses than those in meaningful employment. In addition, supporting those who work to be healthy and well means they are able to better support and care for their dependents (children and/or the elderly). We want workplaces in Hartlepool to be healthy places with supportive practices and environments that enable employees to sustain healthy lifestyle choices. Hartlepool has a higher than average number of

people with learning disabilities in employment. We want to sustain this achievement and we also want to work with our communities to support young people and people with limiting ill-health into fulfilling employment for positive health and wellbeing gains.

Ageing Well – Older People in Hartlepool live active and independent lives and are supported to manage their own health and wellbeing.

Similar to most areas in England, the proportion of older people in Hartlepool is increasing. For instance, the number of people who were aged 85 years or more in 2005 was 1,400: this increased to 2,100 by 2015 and will continue to increase to 3,330 by 2025 and to 4,700 by 2035. Although most people are living longer, the majority of their latter years (approximately 20years for males; and 26years for females) are lived with poor health and wellbeing. We want to support people to develop and maintain health and independence as long as possible. When people start to develop a long-term health problem, we want to focus on preventing them from developing further health and social problems. We want to see local services focused on those who have the greatest need, to reduce health inequality and to enable a greater focus on prevention of ill health.

Living Well –Hartlepool is a safe and healthy place to live with strong communities.

Enabling those who live in Hartlepool to be healthy and well for a lifetime involves much more than good health and social care services. Many different things impact on health and wellbeing – housing, jobs, leisure, sport & access to open spaces, education, health services and transport. We want Hartlepool to be a healthy place with supportive neighbourhoods and communities which are strong and resourceful, making best use of their community assets. We want to support people in Hartlepool to take steps to avoid premature deaths.

Dying Well – People in Hartlepool are supported for a **good death**.

Despite the fact that all of us will die one day, some of us will experience death suddenly or prematurely; others will die after a period of illness or frailty, which can sometimes be protracted over time. We want to engage our communities so that people from Hartlepool are supported to die with dignity, compassion and that relevant support is available to carers to deal with dying and death.

OUR STORY: WHAT DO WE **NEED TO BE MINDFUL OF?**

Green = progress | Blue = requires improvement

Living well



1 out of every 2 mothers initiate brastfeeding - up 6%

44 out of every 100 people eat five portions of fruit and veg a day lower than the national average

1,922 per 100,000 successful guitters at 4 weeks in Hartlepool

1 out of every 5 adults over 18 smoke higher than the national average

TRANSPORT



30 per 100,000 children killed or seriously injured in road traffic accidents

PHYSICAL INACTIVITY



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In 2015/16, 61 out of every 100 adults completed 150+ minutes of exercise per week

27 out of of every 100 adults is physically inactive

TYPE 2 DIABETES



CARDIOVASCULAR DISEASE







36 per 100,000 under 18s admitted to hospital for alcohol specific conditions

62 per 100,000 alcohol-related mortality amongst Hartlepool residents

6 out of every 100 adults in Hartlepool has diabetes

1,700 Hartlepool people estimated to be living with diabetes, but remain undiagnosed

8,411 eligible people aged 40 - 74 received an NHS Health Check in 2013-16

An average of 221 people in Hartlepool aged under 75 die each year due to cardiovascular disease

Just 1 person per 1,000 homeless

1,900 successful lung health checks

1,250 people estimated to be living

with COPD without knowing

completed



Starting well

SCHOOL



7 out of every 10 children achieve a good level of development by the end of reception

97 out of 200 pupils achieve 5 A* - C at GCSE lower than the national average



The number of conceptions has reduced significantly since 2010

The rate of under 16 conceptions in Hartlepool is 5.9 per 100,000 - above the national average

Working well



32 out of every 200 adults with learning disabilities are in emplyment

5 out of every 100 of Hartlepool's 16-18 year olds not in education, employment or training

INCOME



8,700 househods do not have a working adult

24 out of every 100 adults in Hartlepool experiencing income deprivation

Ageing well

VACCINATIONS



7 out of 10 adults over 65 receive the flu vaccination annually

6 out of 10 eligible people receive the pneumonia vaccination annually

INJURIES



preumonia vaccination annually

321 emergency hospital admissions due to falls in people aged 65 and over - below the national average

Dying well

DEATHS



DEATHS FROM

CANCER

4 out of 10 deaths occur at home - lower than the national average

to 24.6 in England

1345 per 100,000 rate of deaths from cancer aged 65+

Excess winter deaths index = 25.9 compared

784 per 100,000 rate of deaths from respiratory disease aged 65+

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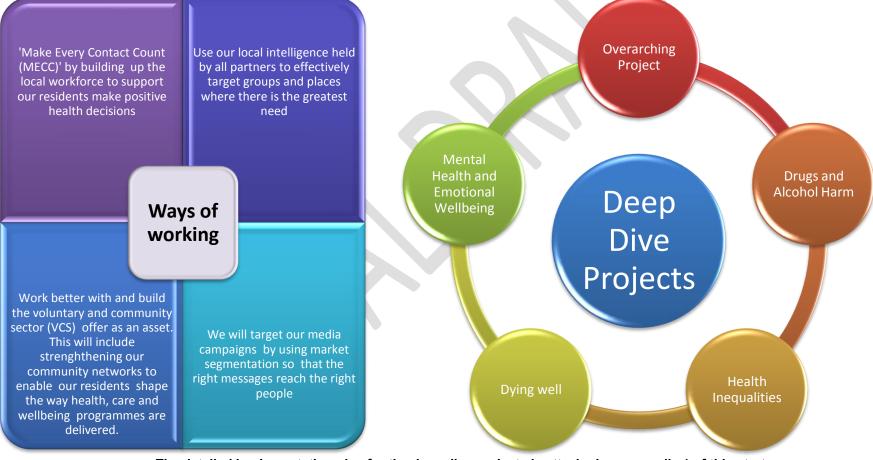
Our plan for delivery – Current and ongoing

Majority of the priority actions identified by our residents are already being worked on by partners and is inter-dependent on the delivery of a number of town wide/Tees/regional strategies, policies and plans. We will continue to align our business with implementation of these strategies, policies and action plans.

Priority		Actions already in Progress	-
Outcomes	Improving Health and Care Services	Improving Health & Wellbeing	Protecting Health
Starting Well	*Improve access for emotional wellbeing and Child and Adolescent Mental Health Services (CAMHS)	*Implement programmes that promote emotional wellbeing and resilience *Improve school readiness, educational attainment and aspirations for children and young people *Implement parenting programmes	*Promote healthy relationships through education, early help and support *Promote uptake of childhood immunisations in deprived wards
Working Well	*Implement workplace based screening programmes to improve health and wellbeing and improve access to health services *Implement workplace wellbeing accreditation and charter schemes for businesses and organisations	*Improve training and employment for people with disability/mental health/long-term conditions *Provide training and employment for young people *Implement programmes to reduce poverty	*Promote uptake of vaccinations for at risk professional groups e.g. health and social care *Promote uptake of vaccinations for people with long-term conditions
Ageing Well	*Provide integrated health, care and wellbeing packages *Improve access to health, care, mental health and wellbeing services	*Implement networking initiatives to reduce social isolation and loneliness *Implement and strengthen programmes that provide support for carers	*Promote safer neighbourhoods and reduce crime and anti-social behaviour
Living Well	*Provide integrated care packages and to include prevention *Deliver the right care, at the right time, in the right place by working as locally as possible and shifting the balance of care out of hospital to community providers including Housing and VCS organisations	*Implement programmes to reduce drugs and alcohol harm *Implement programmes to reduce tobacco harm *Implement programmes to promote physical activity, improve diets and reduce excess weight *Implement programmes to improve emotional wellbeing and mental health	*Implement programmes to reduce impact of drugs and alcohol misuse on children and young people *Implement programmes to reduce tobacco harm in children and young people
Dying Well	*Implement evidence based end of life care packages in appropriate settings	*Implement bereavement and counselling services	*Promote uptake of 65+ flu vaccinations *Promote screening and early identification for preventable ill-health

Our plan for delivery – Looking ahead

In addition, we want to do some things very differently from the way we have previously operated. This means that we will invest in the health and wellbeing assets in our communities to enable our residents to facilitate the desired cultural changes that will improve the health and wellbeing of our local area. The Board will also focus on a few deep dive projects across the life course and ensure that together with our wider community partners, we collectively deliver over the lifespan of this strategy to get it right for our population.



The detailed implementation plan for the deep dive projects is attached as appendix 1 of this strategy.

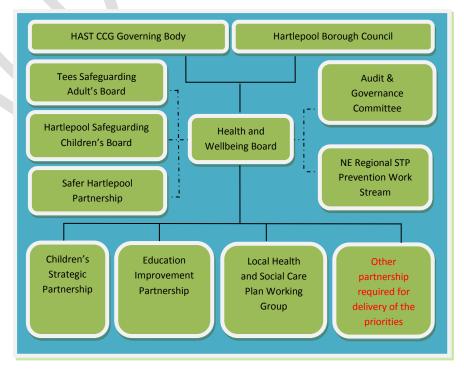
Our principles and values



The Health and Wellbeing Board operates within a set of principles and values. The Joint Health and Wellbeing Strategy implementation provides the opportunity to maximise partnerships and evidence base, generating new ways of tackling health and wellbeing challenges. This includes recognising and mobilising the talents, skills and assets of local communities to maximise health and wellbeing outcomes.

Our governance arrangements

Who will hold us accountable? This Strategy is owned by the Health and Wellbeing Board and will be reviewed by the Board every 3 years to ensure that it remains relevant and continues to reflect local priorities. Each year the Board will agree an action plan setting out how the Strategy will be delivered. The action plan will set out agreed timescales for delivery and clear ownership for the actions. The action plan will also include a number of performance indicators which will be used to assess the progress being made. The key risks for implementing the Strategy will also be identified.



The Audit and Governance Committee of the Council will hold the Board accountable for implementing the Strategy. In addition there will be other Council/Borough-wide/regional partnerships whose work will help to deliver the Strategy.

Monitoring and evaluation

How will we know we have been successful?

In order to measure success, the Board will monitor progress through quarterly performance reports and seek to maximise resources and secure external resources into the Borough. We will embed a culture of evaluation by working better with the academic institutions to utilise an action research approach that will help test new models of delivery and embed a continuous improvement ethos. Below are the outline indicators that will be monitored for each priority theme.

Priority		Measures						
	What we hope to achieve (outcome of interest)	How we will know we are on the right path (process/output indicators)						
Overarching	VCS is driving prevention programmes in communities.	 MECC training offer that includes brief intervention skills is produced with library service and delivered to staff of local agencies Comprehensive local directory of community assets and services is produced Hartlepool multi-agency health, care and wellbeing prevention model is developed and implemented 						
Starting Well	Number of children affected by inter-generational cycle of vulnerability e.g. poverty, domestic abuse, drugs and alcohol is decreasing.	 Reducing trend in LAC/child protection cases that result from domestic abuse/substance misuse is observed Increasing proportion of children on FSM achieving 5+ GCSEs (including Maths and English) is observed Increasing proportion of 11-16year olds are offered opportunities for work experience or apprenticeship 						
Working Well	Number of people from Hartlepool with a disability/long-term illness in employment is increasing. Number of young people from Hartlepool in employment is increasing.	 Increasing trend in % of people aged 16-64 in employment is observed Health-led employment initiative is piloted, evaluated and fully implemented Reducing trend in gap in employment rate between those with a long-term health condition/learning disability/mental health and the overall employment rate is observed 						
Ageing Well	Majority of older people in Hartlepool are independent and not socially isolated.	 Community peer support and networking model is developed and implemented Increasing trend in the % of adult carers who have as much social contact as they would like is observed Increasing trend in the % of adult social care users who have as much social contact as they would like is observed 						
Living Well	Hartlepool Borough provides an enabling environment that supports residents to take up and sustain a healthy lifestyle.	 Healthy Borough status is achieved Social value charter is developed and adopted for the Borough Increasing trend in % of people utilising outdoor space for exercise/health reasons is observed 						
Dying Well	Residents of Hartlepool and their carers/families are provided with appropriate support to deal with dying and death.	 Compassionate Borough status is achieved Dying Well community charter is developed and adopted by the Borough Integrated multi-agency support pathway for dying well is developed and implemented 						

Appendix 1: Joint Health and Wellbeing Implementation plan (2018 -2025)

Joint Health and Wellbeing Strategy (2018 - 2025) Delivery plan												
	1											
What	Lead	Times						Outcome/Output measures	RAG	Risks/Barriers to delivery		
		Year 1 2 3 4 5 6 7										
1. Overarching programmes												
VCS sector improvement												
 Develop virtual network of local VCS organisations with appropriate coordination to avoid duplication and coordinate provision Utilise VCS organisations to facilitate targeted consultations/strategy and service development to relevant groups – place and person; and to secure insight into community specific issues Work in partnership to secure inward investment through external bids. Communicate information on grants through newsletter /support to smaller organisations on bid writing. 	Safer Hartlepool Partnership (SHP) - Community engagement lead, HBC	v v v v v v	v v v	V V	√ √	V V	V V	 Virtual network of VCS organisations developed VCS leading community development and engagement activities 				
 Community development and Directory of community activities Develop further 'Hartlepool Now' to produce comprehensive local directory of community activities to help raise awareness – provide group specific segments e.g. CYP, Family, free activities, place specific Provide information and support to elected members to advocate for and champion bespoke health improvement initiatives in their wards 	Hartlepool Matters working group Public health lead	v v v v	v	V	v	v	V	 Directory of multi-agency services in the community developed Annual ward profiles produced for elected members Elected members leading on ward specific health improvement initiatives 				

2. Improve Mental Health & Emotional Wellbeing										
 Access to mental health services Redesign care pathways to improve access to interventions for those people who fall below the specialist services threshold but require interventions other than universal programmes 	Hartlepool Matters working group	v	v	v	v	٧	V	٧	•	Improved public perception on accessibility of mental health services
 Children and Young People's health Develop local CYP workforce (to help make every contact count) to identify emotional health issues and intervene early Continue to develop and implement a multiagency intervention model that incorporates the five ways to wellbeing 	Children's Strategic Partnership (CSP)		-	v v	v	٧	v	V	•	CYP workforce development plan Five ways to wellbeing model developed and implemented
 Employee health Utilise the North East Better Health at Work Award to facilitate improved employer support for emotional wellbeing of employees 	Public Health lead	V	٧	v	V	V	V	v	•	Checklist for promoting EWB in the workplace is adopted and shared with local employers Mental health and wellbeing is addressed at each stage of the regional award scheme
 Older people's health Establish peer networks to facilitate improved access to community based activities in order to reduce isolation 	SHP - Community engagement lead	v	v	v	v	v			•	Community peer network programme launched
 Promoting emotional wellbeing Implement community cohesion programmes to facilitate mutual acceptance and tolerance of people from different backgrounds Improve access to ESOL classes to help reduce communication barriers and therefore help with better networking and engagement by asylum seekers Raise awareness of and implement multiple interventions to improve access and facilitate increased uptake of physical activity to improve emotional wellbeing Design and implement a social marketing 	(SHP) – Safer neighbourho ods group Adult learning and skills lead Healthy weight healthy lives strategy group Public		v	√ √	v	V	v	V	•	Community cohesion strategy fully implemented Observed increasing trend in number of people who use outdoor space for physical activity EWB social marketing campaign launched

campaign to help improve awareness and reduce stigma on mental health	Health/Com ms lead (s)	٧	٧						
3. Reduce Drug and Alcohol harm									
Understanding needs and demand									
 Utilise multi-agency data, information and demographics across Hartlepool to provide a better overview of need to help redirect action through the JSNA. 	SHP-	v						•	Multi-agency Drugs and Alcohol
 Map current activity to help re-direct action to areas of most need through the development and implementation of a delivery framework and to improve access to interventions 	Substance misuse group	V	v						delivery framework developed and implemented
Targeted awareness and social marketing									
 Design and launch a 'Hartlepool big conversation' programme that will support multi-agency and town wide social marketing on drugs and alcohol harm (to include medicines waste) – use sport as an engagement tool for prevention and recovery 	SHP- Substance misuse group	v	V	/ \	1 1	VV	V	•	Drugs and alcohol marketing campaign launched
Promoting behaviour change									
 Pilot a behaviour insight project to help understand behavioural barriers to assessing interventions and implement appropriate ethnographic interventions in response in order to improve uptake of services 	SHP- Substance misuse group	v	v 1	/ \	/ \	V V	V	•	 Increasing trend in uptake of support by community based services
Children and Young People's health									
 Design and implement a multi-agency model that will support early identification of 'hidden harm' and intervention in order to minimise the impact of drugs and alcohol on children and young people Build and provide multi-agency integrated early help services for 'hidden harm'. 	Children's Strategic Partnership (CSP)		V V N	/ \	/ \	V V	V	•	 Hidden harm identification framework developed and implemented Integrated early help services support pathway for 'hidden harm' commissioned
4. Reduce Health Inequalities									
 Asylum seeker incl BME communities' health Implement peer educator training for asylum seekers to raise awareness of 	SHP - Public Health lead/CCG	V	۷ v	/ \	/ \	√ √	V	•	Peer educator programme for asylum seekers implemented

 education/information on health care systems/services/childhood communicable diseases and other community health and care services and how to access them Provide health and care leaflets with different translations in order to reduce language barrier Provide presentations on health, care and wellbeing initiatives to bespoke BME groups e.g. Chinese association in order to improve awareness. 	lead/ HBC Community engagement lead									
 Interpreter service Implement the recommendations from the Health watch (2017) survey in order to help reduce barriers to accessing health and care services for vulnerable groups e.g. deaf, asylum seekers 	GP Federation/ TEWV/NTHF T	V	V						•	Improved access to healthcare for those who require interpreter services
 Children and Young People's health Provide awareness sessions to young people on their rights to access health care services independently e.g. contraception, alcohol etc; and interventions available in the Borough Design and implement a multi-agency support model to help reduce the number of children who are excluded from school Design and facilitate an awareness and social marketing approach on tobacco harm to be implemented by schools and colleges 	Children's Strategic Partnership (CSP)	>	V	v	v	VN	/	√ √	• • •	Improved awareness among young people on their rights to access services independently Tobacco harm social marking campaign in schools launched Reducing trend in number of CYP who are excluded from school
 Health of the Armed Forces Community Continue to implement actions to address the health and care needs of service and ex-service personnel as outlined in the Armed Forces Community Covenant Financial improvement Build on the work of the financial inclusion partnership and the Hartlepool action lab to improve income for disadvantaged groups 	Hartlepool Armed Forces liaison group Financial inclusion partnership/ Hartlepool			v		V N V N			•	Health and Care needs of the Armed Forces community is considered in service design and implementation Increasing trend in rate of people with LTC/disability who are in employment

• Pilot a health-led employment initiative for people with LTCs/disability	action lab									
	NTHFT lead									
Using policy and intelligence to drive change		٧	٧	٧	v	٧	٧	٧		
• Develop and adopt a multi-agency charter for										
Health in all policies (HiAP)									٠	Hartlepool charter for HiAP
Utilise multi-agency data and intelligence to help	Public									developed and signed up by all
redirect action through the JSNA to areas of most	Health									partners of the HWB
need by development and implementation of a	lead/CCG								٠	Multi-agency tobacco harm
tobacco harm reduction framework	lead									reduction framework developed
										and implemented
Domestic Abuse	SHP –	٧	٧	٧	٧	٧	٧	٧		
 Continue to implement the strategy for tackling 	Domestic									
domestic abuse	violence and								•	Reducing trend in repeat cases of
	abuse group									domestic abuse
	STP regional	٧	٧	۷	V	٧	٧	٧		
Make every contact count	prevention									
Develop local workforce to identify health, care	group – PH								٠	MECC model implemented in
and wellbeing issues and intervene early	lead							_		Hartlepool
Access to local health and care services		V	٧	٧	٧	٧	٧	٧		
Continue to implement current actions to ensure	Hartlepool									
appropriate health and care services are provided	Matters									
closer to home	working								٠	Better Care plan fully
Continue to implement the Better Care Plan	group									implemented
5. Dying well										
Bereavement/palliative care support										
Map current access to bereavement/palliative		۷	٧	٧	٧					
care support in Hartlepool and implement										
interventions to ensure easy access for those who										
require them	Health									
Adapt local policies to help achieve a	watch/CCG				٧	٧	٧	٧		
compassionate Borough status	lead									
Key (RAG rating): Red = Not started; Amber = In progre	ess; <mark>Green</mark> = Cor	nple	ted							



Hartlepool and Stockton-on-Tees Clinical Commissioning Group





