



Joint Health and Wellbeing Strategy for Newham (2017-22) Draft for consultation



Health and Wellbeing Board Vision

We have a vision for our borough:

- Where people are equipped with the right information and tools to make healthy choices for themselves and their families
- Where we make best use of our community assets to create more opportunities that support better health and wellbeing
- Where services work together to respond to local needs informed by evidence of what has the biggest impact on people's lives.

What is the Newham Health and Wellbeing Board?

- The Health and Wellbeing Board is a group of people from different organisations who work together in partnership to improve the health of people in Newham
- The organisations that work on this board include the London Borough of Newham, such as people who manage adult and children services; Newham Clinical Commissioning Group (CCG) and Health Watch which provides a voice for the customer
- The board has to produce a joint strategy which shows what it will do to improve health in Newham
- The first Health and Wellbeing Strategy was published in 2013 when the board was established
- We now need to refresh the strategy based on the latest information available on health outcomes in Newham and get feedback from local people and services to find out how we can continue to make improvements.

What is the Newham Health and Wellbeing Strategy?

- The strategy is used by the Health and Wellbeing Board to show what they will do to improve the health of Newham
- Every council and CCG has a duty to produce one
- The strategy should aim to:
 - Improve the health and wellbeing of the people of Newham
 - Reduce health inequalities
 - Promote joining up of services.
- The Health and Wellbeing Board will monitor progress against each of the priorities identified in the strategy and ensure all partners are contributing to improvement on the health and well being of the local population.

What next?

- You can view the strategy online or a copy can be sent to you to comment on
- You have five weeks to respond
- Once the consultation has taken place and local residents and organisations have had the chance to comment. The final draft of the strategy will be produced and presented to the Health and Wellbeing Board later in the year
- The strategy will be reviewed regularly against clear measures and objectives established through an accompanying delivery plan.

What do we know about health in Newham?

Partners in Newham are committed to improving health outcomes and reducing health inequalities. This Health and Wellbeing Strategy is a starting point for action.

It is based on findings from the 2017 Joint Strategic Needs Assessment which shows that:

- The wider determinants that impact most on health in Newham are crime, income deprivation and barriers to housing and living environments
- The key causes of ill health in Newham are poor mental health, diabetes and musculoskeletal problems
- The main causes of adult deaths in Newham are cardiovascular disease, cancer and respiratory conditions
- Behavioural factors that contribute most to the burden of cardiovascular disease in Newham are adult inactivity, smoking, poor diets and alcohol.

PRINCIPLES

1. Personal responsibility

- A greater focus and investment in prevention is necessary to reduce the pressure on the wider health system through health literacy, community empowerment and public policy
- It is important that people recognise the steps that they can make to lead longer and healthier lives and understand the impact of their behaviour on themselves, their families and the wider community
- As a partnership we will commit to providing opportunities for resident engagement from one-off events to consultations to co-production and resident led initiatives
- We should use facilities and infrastructure available in the community to reach a wider pool of residents in the development and delivery of services.

2. Community responsibility

- As a partnership we want to build on community capacity and potential and use our assets including our diverse and cohesive population to encourage stronger networks and behaviour change
- This includes improving support for community champions, delivering services closer to the community as well as supporting people to step down from acute to community-based care
- We want our community to work with the CCG, the council and other partners to improve quality of life and prevent poor health outcomes by taking responsibility for addressing the wider environmental and social factors that impact on our health from littering and fly tipping to reaching out to more isolated members of the community
- Partnership working across the council, CCG and other agencies is crucial to capturing the wider determinants of health and deliver efficiency.

3. Service Responsibility

- We want all services to provide clear and consistent standards and treat people with respect and dignity
- Customer journeys should be efficient and seamless and front line staff should be able to signpost individuals to all the services they require.
- As a partnership we should look to bring more services closer to the community
- It is important that all services work across the life course from prevention to treatment to deliver sustainable health improvement in the borough
- Practitioners should take into account the needs of the whole family not just individual members
- We want all partners in Newham to share data intelligently to offer joined-up, efficient and effective services and better targeted interventions
- Its not just GP's, adult and children services that deal with health. All services from housing and enforcement to regeneration and planning must consider their impact on addressing health inequalities.

Priority 1) A healthy environment: addressing the wider determinants of health

We know that to make the biggest changes in people's health and wellbeing we need to focus on the social and environmental factors that impact on people's lives:

Housing

Quality, affordability and security of accommodation are all important for providing a solid foundation for our residents and supporting good physical and mental health.

Finances

Low incomes, employment, and social networks play a central role in our personal resilience - our ability to withstand shocks and progress in life.

Environment

The surrounding environment can be central to people's feelings of wellbeing and have a real bearing on health; from litter and air quality, to parks and open spaces.

Crime and fear of crime

Feeling safe and secure in the local area has a significant impact on people's health and wellbeing.

As a partnership our priority is to create an environment where residents feel happy and supported and have access to the opportunities that can improve their lives.

Where are we now?

- Through a range of housing initiatives the council is seeking to improve the quality, supply and affordability of housing in the borough, from private rented sector licensing, to the affordable housing vehicle, to the council-established housing association Local Space, to house-building, and a shared equity scheme
- Through Workplace and MoneyWorks, the council is supporting people to get into employment and secure their finances increasing their economic resilience
- The council has invested an extra £1m in its Fly Tip taskforce which takes a zero tolerance approach to those who litter our borough and has established a visiting team as part of a wider education campaign
- Through a strong partnership with the police, including an investment in an extra 40 police officers for the borough, Newham is tackling anti-social and criminal behaviour along with a range of agencies.

What we plan to do?

- Tackle overcrowding and poor quality housing
- Work to prevent homelessness
- Increase resident's economic resilience by improving employment and skills outcomes
- Contribute to improved air quality in the borough
- Improve resident satisfaction with parks and open spaces in the borough
- Increase rates of physical activity in the borough
- Reduce smoking
- Reduce hospital admissions directly related to alcohol
- Reduce fuel poverty
- Work with partners to reduce high volume and high harm crimes.

Priority 2) A healthy start: supporting children and young people's health

We want to support children and their families to lead healthy and active lives, promoting and embedding healthy behaviours from a young age:

Mental health

Early identification and effective support for emerging and more severe mental health issues is vital to improving young people's mental health, educational and life chance outcomes.

Healthy eating

Establishing a good diet and a healthy attitude to food is central to addressing childhood obesity and reducing future health issues.

Active lifestyles

Supporting children to be active and socially connected is not only good for health and development, it reduces the likelihood of inactivity in adulthood.

Registrations and immunisations

Addressing the social and cultural barriers to registering at a GP or dentist surgery as well as ensuring children are fully up to date with immunisations is important to the health of the whole community.

Maternal health

Evidence shows the importance of supporting women even before they become pregnant and throughout pregnancy to lead healthier lives for the benefit of themselves and their children.

All partners are committed to ensuring our children and young people get the best start in life are healthy and active and supported early when problems arise.

Where are we now?

- Each community neighbourhood has a range of activities including midwifery, family health and development, childcare, play and parenting sessions
- Every primary school-aged child is offered a free school meal at lunchtime thanks to a strong partnership between schools and the council
- The HeadStart programme is working with 10 to 16-year-olds, with emerging mental health problems, their teachers, parents and the online environment to build their emotional resilience
- The council is working with the CCG to ensure that effective and accessible specialist mental health provision is commissioned for children and young people with a severe mental health disorder. There is a focus on increasing reach of provision, routine outcome monitoring and ensuring that specialist mental health practitioners work alongside school and social work staff
- The CCG is, along with other health partners, reviewing and redesigning the patient journey for children with long term conditions to improve outcomes
- The council and CCG are working more closely together to jointly commission children's community physical and mental health services more efficiently and effectively.

What we plan to do?

- Reduce childhood obesity rates
- Increase physical activity among children and young people
- Increase positive experience of care and support for mental health issues
- Reduce feelings of stigma and discrimination related to mental health issues through education and awareness raising
- Increase the reach of effective mental health support for children and young people with emerging and more severe mental health issues
- Evaluate all mental health support for young people to ensure it has a positive impact on health, education and life chance outcomes
- Address e-safety and the impact of social media on mental health and maximise positive use of the online environment to support mental health

- Increase rates of childhood immunisations
- Improve rates of registrations with GPs
- Develop an integrated oral health promotion programme
- Improve transitions in health services from early years, through childhood and adolescence, to adulthood
- Improve attendance at antenatal booking from groups who are known to present late.

Priority 3) A healthy mind: Supporting good mental health and wellbeing

Partners are committed to taking a whole-person approach to health improvement and this means treating mental and physical health with equal importance and recognising the link between the two.

Addressing stigma

The social stigma associated with mental illness and the discrimination some face can prevent people from seeking support and can serve to worsen the situation.

Social isolation

A lack of social contact and feelings of isolation and loneliness can have a significant negative impact on mental health.

Access to support

It is important that both health and other public service professionals can identify and support people with mental health issues to access the right services early on and prevent an escalation of problems.

Workplace health

Feeling overwhelmed and stressed at work and unable to get a healthy work, life balance can have a significant impact on overall mental health.

The council, CCG and wider partners are committed to working together to ensure that people who need support are helped to regain meaningful control of their lives and be active members of the community.

Where are we now?

- Introduced a mental health employment team within the Workplace Supported Employment programme to support more people with mental health issues to access employment opportunities
- The CCG is developing the community infrastructure to deliver more localised services that address mental health issues such as befriending, physical activity, and patient units
- The council is working through Community Neighbourhoods to engage people, strengthen social networks, reduce social isolation and encourage people to become more active in their local community
- Delivering Talking Therapies to support people with anxiety, depression, stress or those who are dealing with traumatic events.

What we plan to do?

- Increase the number of people with a mental health need who are engaged in work or other meaningful activity
- Develop proposals for healthy workplace pilots
- Explore the options for increasing preventative work on mental health in black, Asian and minority ethnic communities
- Improve the physical health of people with mental illness
- Increase levels of satisfaction and access to a range of support services for mental health interventions
- Increase education and awareness of mental health issues among health professionals and other public services.

Priority 4) A healthy system: the right care, at the right time, at the right place

We need a system that is fit for purpose, can manage the challenges of increasing demand, focuses on prevention, supports those with long-term conditions and helps residents to improve their health outcomes.

Early detection of long term conditions

It is important that long term conditions are identified early and that interventions are focused on supporting people to manage those conditions and prevent escalation. As part of this we must recognise the barriers to addressing long term conditions and look at those with multiple health conditions.

Joined up care

Lack of communication between different parts of the system can lead to frustration where people are forced to repeat their concerns and means opportunities for early intervention and preventative work can be missed.

Consistency, quality and respect

We must ensure clear standards and provision of high quality treatment where appropriate. All services must treat people with respect and dignity.

Community-based care

To reduce the pressure on acute service and increase satisfaction and choice, it is important to support people where appropriate to access care closer to their homes and move out of hospital settings into the community.

All partners are committed to helping people achieve a better quality of life, deliver more efficient and effective services, and provide greater value for money.

Where are we now?

- Introduced a seven day working approach to care, including a social work team at Newham University Hospital to ensure continuity of care rather than just urgent or emergency cases facilitated at the weekend.

- The council and Newham CCG agreed to a highly ambitious programme of pooled funding (£119m) over three years through the Better Care Fund
- Working together with North East London Health Partners to develop a tool called East London Patient Record that when implemented, will allow partners to easily view and share health and social care records
- Established a strong partnership between the CCG and council on a home and settle service
- Linking payments to care providers with customer satisfaction
- Established a staff run not-for-profit organisation to deliver Newham Shared Lives scheme which is well placed to respond quickly and innovatively to local demand
- Introduced Community Neighbourhood Link Workers
- Introduced rapid response and multi-disciplinary teams.

What we plan to do?

- Earlier detection of long term conditions and more positive outcomes
- Improve cancer prevention in hard to reach communities
- Reduce accidents in the home
- Deliver improvement in the areas of biggest concern across the Public Health Outcomes Framework
- Increase freedom for staff to innovate and explore new ways of delivering better outcomes
- Increase and improve use of technologies in delivering services
- Greater and more effective sharing of data across partners
- Increase satisfaction with community-based care.

