

HEALTH AND WELLBEING BOARD: 16 NOVEMBER 2017

POSITION STATEMENT FROM THE CHAIRMAN

Supporting people to stay fit and healthy

The Health and Wellbeing Board's self care campaign has launched this week, encouraging people to take care of themselves as well as knowing what's available to help them look after their health.

The 'self-care' campaign aims to support people to build confidence in treating and preventing minor illnesses now, so they don't need more support further down the line. It is an intensive campaign of awareness raising, including social media, which also signposts where people can access advice and information.

Self-care will involve a number of seasonal campaigns, with the first one now launched and concentrating on increasing physical activity levels and eating healthily, which, in turn, can reduce or prevent the risk of diabetes.

The self-care campaign is being launched to coincide with the NHS Self-Care Week, which runs from 13 to 19 November.

More information and support on self-care will be shared throughout the winter period and the campaign will continue into 2018.

To find out more, visit: <http://www.healthandcareleicestershire.co.uk/self-care-eat-better-and-move-more/>

Leicestershire's Lightbulb Housing Programme Wins Prestigious Award

Leicestershire's Lightbulb Housing Programme won the Association for Public Service Excellence (ASPE) award for Best Collaborative Working Initiative on the 7th September. This is fantastic achievement and recognises all the hard work of the programme team, hosted at Blaby District Council. As a result of our partnership to transform housing services for local residents, the new Lightbulb service rolled out across the county in October 2017.



(Photo provided by APSE)

Blaby District Council has also been selected as a shortlisted finalist in the Public/Public Partnership category in the 2018 LGC Awards for the Lightbulb project.

The awards, run by Local Government Chronicle, are the biggest and most prestigious awards ceremony for the local government sector. The winners will be announced in a ceremony at London's Grosvenor House venue on 21 March 2018.

Nearly 100 organisations have been shortlisted as finalists in the coveted awards, which recognise the best of local government innovation and service delivery.









Suicide Prevention - New APP

Information about the "stay alive app" can be found following link. <http://www.crisiscareconcordat.org.uk/inspiration/staying-alive-grassroots-suicide-prevention-app/> Partners in LLR have been working on adapting this to a Leicestershire (LLR) version and this is due to be available from the end of November

A paper version of the stay safe plan contained within the app has also been developed. This is for those without access to a mobile phone or tablet. Copies can be printed from: <http://www.leicspart.nhs.uk/OurServicesAZ-CrisisResolutionHomeTreatmentforAdultMentalHealthService-Staysafeplans.aspx>

A short video has also been issued on both Facebook and Twitter: <https://twitter.com/LPTnhs/status/906744078557204480/video/1>

Improve your Health and Wellbeing in the Workplace...
using these 8 simple challenges

<p align="center"><u>Stand up to log on & off your PC</u></p> 	<p align="center"></p> <p align="center"><u>Have stand up meetings</u></p>	<p align="center"><u>Eat 5 pieces of veg / fruit per day</u></p> 	<p align="center"></p> <p align="center"><u>Drink 6- 8 glasses of water per day</u></p>
<p align="center"><u>Have face to face conversations instead of sending emails</u></p> 	<p align="center"><u>Take a 15 minute walk at lunchtime</u></p> 	<p align="center"></p> <p align="center"><u>Take the stairs instead of the lift</u></p>	<p align="center"><u>Use facilities on another floor / area</u></p> 

A SELECTION OF REGIONAL, NATIONAL AND INTERNATIONAL PUBLICATIONS (September – November 2017)

Public Health England (PHE)

8 ways for local areas to prevent mental ill health

This new tool targeted to public health teams identifies the most cost-effective programmes to help prevent mental ill health in local communities. The tool was developed in partnership with leading economists at the London School of Economics and Political Science (LSE). The programmes it identifies are proven to reduce the incidence and/or risk of mental health problems at all stages of life: children and young people, the working age population and older people. Alongside the tool, PHE has published several other evidence-based resources that will help local areas create effective public health systems that can prevent as well as treat mental ill health. For more details please see:

<https://www.gov.uk/government/news/phe-highlights-8-ways-for-local-areas-to-prevent-mental-ill-health>

Everybody Active: National Campaign advocates 10 minutes brisk walking each day

Public Health England has published a framework to promote awareness of the importance of physical activity. 41 per cent of adults aged 40 to 60 in England walk less than ten minutes continuously each month at a brisk pace. The *One You* physical activity campaign aims to encourage adults to build ten minutes continuous brisk walking into their day as a simple way to improve their health. The *Active 10* app has been developed to show how much brisk walking a person is doing each day and how to incorporate more of it into their lifestyles. Read more at: <https://www.gov.uk/government/publications/everybody-active-every-day-a-framework-to-embed-physical-activity-into-daily-life>

New Guide for Commissioners - for supporting people with mental health and drug/alcohol use conditions

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/625809/Co-occurring_mental_health_and_alcohol_drug_use_conditions.pdf?utm_source=The%20King%27s%20Fund%20newsletters&utm_medium=email&utm_campaign=8491117_NEWSL_HWBB%202017-07-31&dm_i=21A8,51ZSD,FLWOSX,JC7QC,1

National Parks and Public Health England Join Forces to Improve Health and Wellbeing

National Parks England and Public Health England are working together to secure better public health outcomes. Their new Accord builds on the strength of both organisations to deliver this shared goal by capitalising on the significant opportunities for people to improve their physical and mental health and overall wellbeing through interaction with National Parks; and recognising the role which the National Parks play as part of our wider natural environment that can support keeping people healthy.

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/643239/PHE_and_National_Parks_England_accord.pdf?utm_source=The%20King%27s%20Fund%20newsletters&utm_medium=email&utm_campaign=8629835_NEWSL_HWBB%202017-09-11&dm_i=21A8,54YTN,FLWOSX,JPY3O,1

NHS England

NHS England strikes new deals to make two new innovative treatments available routinely on the NHS

NHS England has struck deals to make innovative treatments for Multiple Sclerosis and breast cancer routinely available on the NHS. From 10 November hundreds of patients with Multiple Sclerosis are set to benefit from a new treatment option, Mavenclad, following a deal with drug company Merck. NHS England and Roche have also reached a commercial agreement on the use of Pertuzumab, which unlocks the final stage of NICE's appraisal and opens the way for continued access to this important treatment for breast cancer. For more information please visit

https://www.england.nhs.uk/2017/11/nhs-england-strikes-new-deals-to-make-two-new-innovative-treatments-available-routinely-on-the-nhs/?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+NHS_CBoard+%28NHS+England%29

New technology, earlier diagnosis and better coordination of care in cancer

The NHS is on-track to transform cancer services in England by 2020/21 according to a report published today by NHS England's National Cancer Programme. The report details the investment the NHS is making in cancer transformation, including £130m over the period 2016/18 in new and upgraded radiotherapy equipment and £200m over the next two years

https://www.england.nhs.uk/2017/10/new-technology-earlier-diagnosis-and-better-coordination-of-care-in-cancer/?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+NHSCBoard+%28NHS+England%29

NHS targets super-sized chocolate bars in battle against obesity, diabetes and tooth-decay

Hospitals have been ordered to take super-size chocolate bars and "grab bags" of sugary snacks off of the shelves in the latest step of the NHS plan to fight obesity, diabetes and tooth-decay. NHS England chief executive Simon Stevens has announced a 250 calorie limit on confectionary sold in hospital canteens, stores, vending machines and other outlets.

https://www.england.nhs.uk/2017/10/nhs-targets-super-sized-chocolate-bars-in-battle-against-obesity-diabetes-and-tooth-decay/?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+NHSCBoard+%28NHS+England%29

NHS leaders unveil action to boost flu vaccination and manage winter pressures

NHS England, Public Health England, the Department of Health and NHS Improvement have today unveiled measures to boost the uptake of flu vaccinations along with package of new contingency actions to respond to pressures on frontline services this winter.

https://www.england.nhs.uk/2017/10/nhs-leaders-unveil-action-to-boost-flu-vaccination-and-manage-winter-pressures/?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+NHSCBoard+%28NHS+England%29

Half of adults aged 55 and over have experienced common mental health problems, say Age UK

The charity is joining forces with NHS England to encourage older people to seek help and is calling on GPs to spot the warning signs. Nearly half of adults (7.7million) aged 55+ say they have experienced depression and around the same number (7.3 million) have suffered with anxiety, according to new YouGov research for the charity Age UK – revealing the scale of the mental health challenge facing older people in the UK today.

https://www.england.nhs.uk/2017/10/half-of-adults-aged-55-and-over-have-experienced-common-mental-health-problems-say-age-uk/?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+NHSCBoard+%28NHS+England%29

Integrated Approach to Cardiovascular Care

The NHS has announced a new drive to prevent heart attacks and strokes saving thousands of lives by taking a more integrated approach to cardiovascular care.

https://www.england.nhs.uk/2017/09/nhs-launches-new-drive-to-save-thousands-of-people-from-heart-attacks-and-strokes/?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+NHSCBoard+%28NHS+England%29

Healthy New Towns: A Design for Life in Halton

The [Healthy New Towns programme](#) was launched in March 2016, with ten housing developments chosen to put good health at the heart of urban design and planning.

The aim is to reduce pressure on the NHS by rethinking our lifestyles and the way health services are delivered. One of these sites, Halton, was selected as the focus of a separate design challenge, as it was at the beginning of its plans and could make the most of bold new ideas. The competition attracted 34 innovative bids from all across the world, including the USA, Spain, India and Japan but it was London-based [Citiesmode](#) and their vision for Halton that most impressed the judges. More details here: https://www.england.nhs.uk/2017/08/international-nhs-competition-sets-out-the-winning-design-for-life/?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+NHSCBoard+%28NHS+England%29

New Ambulance Response Times

Important changes to the triage processes and target response times for ambulance services are coming into effect in 2017/18. Further details are provided at these weblinks. There is an animation at the first weblink which explains the new categories of calls and response times.

- <https://www.england.nhs.uk/urgent-emergency-care/arp/>
- https://www.england.nhs.uk/2017/09/ambulance-services-begin-new-response-times/?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+NHSCBoard+%28NHS+England%29

New NHSE Guide for Leading Change

NHSE has published a new guide, tools and a supporting series of webinars for those leading large scale change across health and care systems.

<https://www.england.nhs.uk/ourwork/qual-clin-lead/sustainableimprovement/leading-large-scale-change/>

Practical guides to help disabled patients to access GP online services

Aimed at supporting people with sight loss, hearing loss, autism or learning disabilities, a series of new guides have been developed to help patients use GP services online such as book appointments, repeat their prescriptions and view medical records. All the resources and guides for professionals and the public about accessing GP services on line can be found here:

<https://www.england.nhs.uk/patient-online/support/>

GP Recruitment

NHS England is set to expand the GP workforce with the acceleration of an [international recruitment programme](#), following a series of regional pilots. Working with partners it will start to recruit around 600 overseas doctors into general practice in 2017/18 and aim for a total of at least 2,000 doctors over the next three years.

King's Fund

New Animation explains how all the different elements of the NHS work

https://www.kingsfund.org.uk/audio-video/how-does-nhs-in-england-work?utm_source=The%20King%27s%20Fund%20newsletters&utm_medium=email&utm_campaign=8793341_NEWSL_The%20Weekly%20Update%202017-10-19&utm_content=animation_button&dm_i=21A8,58GZH,FLWOSX,K5NAC,1

National Conference - 29-30 November

https://www.kingsfund.org.uk/events/annual-conference-2017?utm_source=The%20King%27s%20Fund%20newsletters&utm_medium=email&utm_campaign=8627038_MKEVT_J831_annual_conf_launch&utm_content=AC2017%20header&dm_i=21A8,54WNY,FLWOSX,JPNTD,1

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<http://kingsfundmail.org.uk/21A8-570K7-5FFLWOSX4B/cr.aspx>

NICE

Antibiotics Guidelines

We focused on antibiotics prescribing in more detail in a previous position paper. Here is further information from NICE with supporting guidelines about when (and when not) to give antibiotics. <https://www.nice.org.uk/news/article/new-nice-advice-about-when-to-give-antibiotics-for-common-infections>

Consultation on draft guidelines on the care and support of older people with learning disabilities

https://www.nice.org.uk/guidance/indevelopment/gid-scwave0776/consultation/html-content?utm_source=The%20King%27s%20Fund%20newsletters&utm_medium=email&utm_campaign=8849218_NEWSL_HMP%202017-11-10&dm_i=21A8,59O3M,FLWOSX,KB88Z,1

Other Publications

National Audit Office Report: Mental Health in Prisons

This report focuses on the mental health and well-being of prisoners in adult prisons. It covers services that were commissioned by NOMS (in England and Wales) and NHS England (in England only). Report available here:

https://www.nao.org.uk/wp-content/uploads/2017/06/Mental-health-in-prisons.pdf?utm_source=The%20King%27s%20Fund%20newsletters&utm_medium=email&utm_campaign=8764493_NEWSL_HMP%202017-10-13&dm_i=21A8,57UQ5,FLWOSX,K3CN7,1

HFMA Briefing: Sustainability and transformation partnerships - Developing robust governance arrangements

The issue of governance in relation to sustainability and transformation partnerships (STPs), accountable care systems and new models of care is a priority consideration on the watching brief of the HFMA's Governance and Audit Committee. Robust governance arrangements are needed as local plans are implemented, and partnerships evolve.

https://www.hfma.org.uk/docs/default-source/publications/Briefings/stp-paper-for-publication.pdf?sfvrsn=0&utm_source=The%20King%27s%20Fund%20newsletters&utm_medium=email&utm_campaign=8764493_NEWSL_HMP%202017-10-13

Electronic prescription service saves NHS £130 million over three years

By allowing GP surgeries to send prescriptions directly to pharmacies, the EPS system, which has been developed by NHS Digital, has helped to save patients time and money when collecting their medications.

An audit of patients using the system found that 72% said their medicines were ready and waiting for them when they arrived at their pharmacy, with the average prescription collection around 20 minutes quicker under the EPS system.

<https://www.networks.nhs.uk/news/electronic-prescription-service-saves-nhs-ps130-million-over-three-years>

Arts, Health and Wellbeing

The All-Party Parliamentary Group on Arts, Health and Wellbeing (APPGAHW) was formed in 2014 and aims to improve awareness of the benefits that the arts can bring to health and wellbeing. During 2015–17, the APPGAHW conducted an Inquiry into practice and research in the arts in health and social care, with a view to making recommendations to improve policy and practice. Report available here:

<http://www.artshealthandwellbeing.org.uk/appg-inquiry/>

Healthy Homes and Buildings

The All Party Parliamentary Group for Healthy Homes and Buildings seeks holistic and innovative solutions to make sure that everyone has the right to live in homes, and has access to buildings, which are healthy and contribute to their wellbeing. The Group seeks to raise standards and improve building regulations to ensure that every home and building is fit for purpose and does not create, compound or intensify health problems. Their green paper can be found here:

http://healthyhomesbuildings.org.uk/wp-content/uploads/2017/08/APPG_HHB_paper-Reply-by-30-Sept-2017.pdf

National Housing Federation - Home From Hospital

This report sets out the impact of delayed transfers of care, the implications for the NHS and the solutions that are offered by housing providers, including the cost benefits these solutions provide to the NHS.

<http://s3-eu-west->

[1.amazonaws.com/pub.housing.org.uk/Home_from_hospital.pdf?utm_source=The%20King%27s%20Fund%20newsletters&utm_medium=email&utm_campaign=8654034_NEWSL_HMP%202017-09-12&dm_i=21A8,55HHU,FLWOSX,JTJKO,1](http://s3-eu-west-1.amazonaws.com/pub.housing.org.uk/Home_from_hospital.pdf?utm_source=The%20King%27s%20Fund%20newsletters&utm_medium=email&utm_campaign=8654034_NEWSL_HMP%202017-09-12&dm_i=21A8,55HHU,FLWOSX,JTJKO,1)

Market Shaping in Adult Social Care

This paper, published by the Institute of Public Care (IPC) at Oxford Brookes University, aims to capture the key points of a presentation given by IPC Assistant Director Fiona Richardson. It analyses changes in the care home market in England before and after the Care Act (2014) and summarises experience from IPC's work on market shaping.

http://ipc.brookes.ac.uk/publications/Market_Shaping_in_Adult_Social_Care.pdf?utm_source=The%20King%27s%20Fund%20newsletters&utm_medium=email&utm_campaign=8634560_NEWSL_HMP%202017-09-05&dm_i=21A8,552GW,FLWOSX,JQEUY,1

Marmot Indicators 2017

Summary slide set on all the latest figures across the range of indicators can be found here: [http://www.instituteofhealthequity.org/file-](http://www.instituteofhealthequity.org/file-manager/MarmotIndicators2017/life-expectancy-indicators-and-progress-since-the-marmot-review-september-revised.pdf)

[manager/MarmotIndicators2017/life-expectancy-indicators-and-progress-since-the-marmot-review-september-revised.pdf](http://www.instituteofhealthequity.org/file-manager/MarmotIndicators2017/life-expectancy-indicators-and-progress-since-the-marmot-review-september-revised.pdf)

Further briefing information here: [http://www.instituteofhealthequity.org/in-the-](http://www.instituteofhealthequity.org/in-the-news/press-releases-and-briefings-/marmot-indicators-2017-briefing-)

Student Mental Health

Around three-quarters of adults with a mental illness first experience symptoms before the age of 25. With widening access to higher education the student population is more closely reflecting the UK's wider socioeconomic and demographic make-up, and a growing proportion of students would appear to be affected by mental illness. Over the past 10 years there has been a fivefold increase in the proportion of students who disclose a mental health condition to their institution.

https://www.ippr.org/files/2017-09/not-by-degrees-170901.pdf?utm_source=The%20King%27s%20Fund%20newsletters&utm_medium=email&utm_campaign=8634560_NEWSL_HMP%202017-09-05&dm_i=21A8,552GW,FLWOSX,JRCFX,1

NHS Workforce

A new report by NHS Providers "There for Us" highlights the workforce gaps and recruitment challenges facing the NHS including the uncertainties of overseas recruitment.

<http://nhsproviders.org/a-better-future-for-the-nhs-workforce/summary>

National Maternity and Perinatal Care Audit

This report is based on births in NHS Maternity Units during 2015/16, and considers the process and outcomes across the service, and considers the variations.

[http://www.maternityaudit.org.uk/downloads/RCOG%20NMPA%20Clinical%20Report\(web\).pdf?utm_source=The%20King%27s%20Fund%20newsletters&utm_medium=email&utm_campaign=8849218_NEWSL_HMP%202017-11-10&dm_i=21A8,5903M,FLWOSX,KD2Z6,1](http://www.maternityaudit.org.uk/downloads/RCOG%20NMPA%20Clinical%20Report(web).pdf?utm_source=The%20King%27s%20Fund%20newsletters&utm_medium=email&utm_campaign=8849218_NEWSL_HMP%202017-11-10&dm_i=21A8,5903M,FLWOSX,KD2Z6,1)

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