

## **Suffolk Health and Wellbeing Board, 12 May 2016**

*A committee of Suffolk County Council*

### **Information Bulletin**

The Information Bulletin is a document that is made available to the public with the published agenda papers. It can include update information requested by the Committee as well as information that a service considers should be made known to the Committee.

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### **1. Update from Great Yarmouth and Waveney**

#### **Cancer care revolution**

- 1.1 Newly diagnosed cancer patients in the Waveney Valley are receiving better support and easier access to GP services thanks to a new initiative designed to revolutionise care on the east coast.
- 1.2 A group of 12 practice nurses have taken part in a new course, called "an introduction to cancer", which has been designed to support and improve cancer care in general practice.
- 1.3 As part of the course, the nurses were tasked with developing a project in their practices, with many focussing on improving cancer care reviews, which are offered to patients by their GP practice within six months of their diagnosis. Thanks to the nurses' input, a template has been drawn up to standardise the reviews, while they have also been expanded to give patients the chance to talk about practical issues such as exercise, pain management, counselling and local support groups.
- 1.4 The group also looked at improving access to primary care for people affected by cancer, which included flagging patients with GP receptions so that they would be prioritised when they called for an appointment or advice. In addition, they also focused on cancer survivorship and the support which

would be needed in the future as the number of people living with cancer doubles to four million over the next 20 years.

- 1.5 The pilot has been driven by NHS Great Yarmouth and Waveney Clinical Commissioning Group (CCG), the East of England Strategic Clinical Network for Cancer, Macmillan Cancer Support and the Norfolk and Suffolk Palliative Care Academy. Following its success, it is hoped the course will now be rolled out nationally.

For further information, please contact: Maggie Tween, Head of Cancer, Palliative Care & End of Life Care; Email: [Maggie.tween@nhs.net](mailto:Maggie.tween@nhs.net), Telephone: 01502 719897

### **New primary care provider**

- 1.6 NHS Great Yarmouth and Waveney Clinical Commissioning Group (CCG) has announced a new provider of primary care medical services for two GP practices in Kirkley, Lowestoft, following a procurement exercise.
- 1.7 East Coast Community Healthcare Community Interest Company (ECCH) will take over the Kirkley Mill and Westwood GP practices from 1 April this year under a 12 month 'caretaker arrangement' after the current contract holder, Malling Health, served notice on both contracts late last year.
- 1.8 A full and open procurement process has taken place, with ECCH announced as the new provider during the week beginning 25 April 2016. Patients should note that the other practice based at Kirkley Mill and run by the Victoria Road Surgery is not affected by this announcement.
- 1.9 Patients registered at either practice do not need to take any action. Services will continue at both practices as normal.

For further information, please contact: Tracey Bullard, Primary Care Development Manager, Email: [tracey.bullard@nhs.net](mailto:tracey.bullard@nhs.net)

### **Withdrawal of gluten-free foods on prescription**

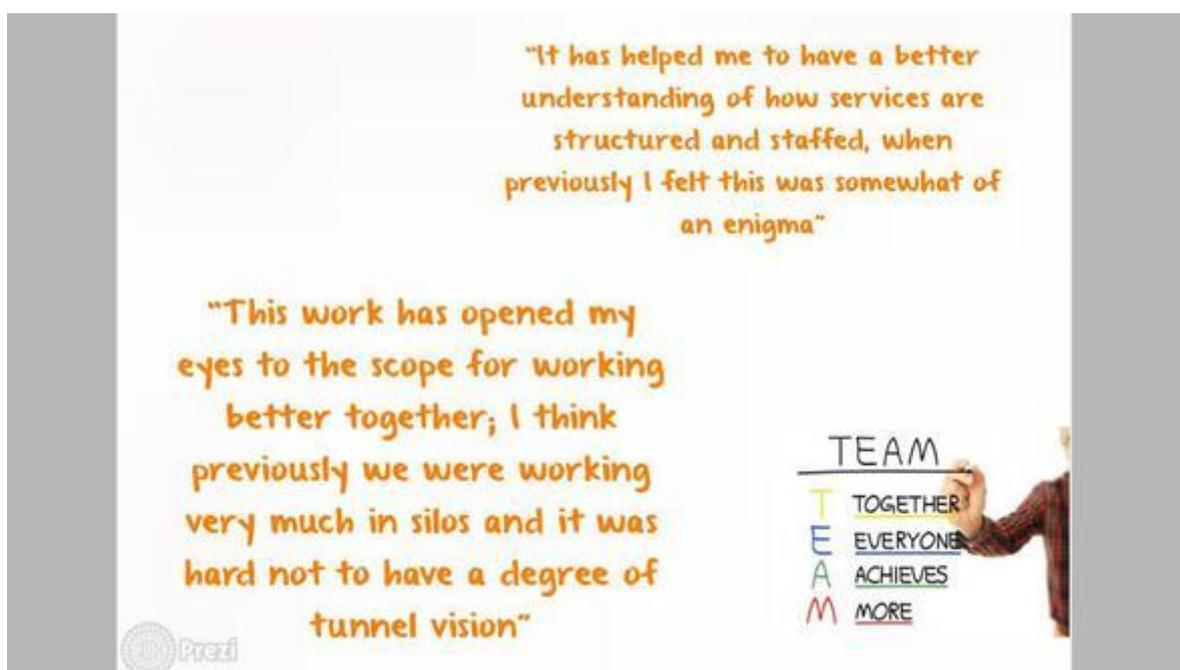
- 1.10 Gluten-free foods on prescription have been withdrawn across Great Yarmouth and Waveney and the savings re-invested in other local health services.
- 1.11 NHS Great Yarmouth and Waveney Clinical Commissioning Group (CCG) made the decision to stop prescribing gluten-free foods to people with coeliac disease due to the wide availability of cheaper products in supermarkets.
- 1.12 The change, which has been fully supported by GPs through both the CCG's clinical executive committee and the prescribing leads forum, was introduced on 1 April and came after several other local CCGs also withdrew funding for gluten-free foods.
- 1.13 In June 2014, the CCG restricted the number of gluten-free foods available on prescription to only bread and flour, and this new decision was to stop prescribing all gluten-free products. The decision was taken because products provided on prescription are priced at a premium, with gluten-free flour, for example, costing the NHS £9.95 compared with £1.70 in the supermarket, and bread priced at £3.80 compared with £1.70.

For further information, please contact: GYW Patient Advice & Liaison Service, Email: [gywccg.pals@nhs.net](mailto:gywccg.pals@nhs.net), Telephone: 01502 719567.

## 2. Update from integration programmes – Ipswich and East and West Suffolk

### Connect

- 2.1 The Connect roll out plan has been developed and approved, with plans to ensure that Integrated Neighbourhood Teams are set up during this financial year. A timetable for roll out has been set out and the resources to support the roll out have been identified. The core principles and the elements of integrated working developed in Sudbury and East Ipswich will be adhered to in the wider roll out, although locality difference will be acknowledged, with local strengths built on.
- 2.2 Governance and project planning is in development to ensure that a planned approach is developed to meet the objects of the programme, within clearly articulated and agreed timeframes.
- 2.3 The Connect roll out is part of the wider health and care integration programme in Ipswich and East and West Suffolk, which is developing both a reactive and proactive care model with the aims of keeping people living healthily independent at home, and supporting them to get home after a health crisis or stay in hospital.
- 2.4 In a recent piece of work with Adult and Community Services staff in Sudbury this is what they said about working in the new health centre



For further information please contact: Rachel Bottomley, Commissioner Health and Social Care Integration Programme Manager; Email: [rachel.bottomley@suffolk.gov.uk](mailto:rachel.bottomley@suffolk.gov.uk)

### **3. Suffolk Workforce Forum**

- 3.1 A meeting of the Suffolk Workforce Forum (SWF) was held on 19 April 2016 and the following points represent the “highlights”:

#### **LEP Sector Skills Plan**

- 3.2 The New Anglia Local Enterprise Partnership (LEP) works with businesses and public sector partners, to help grow jobs in Norfolk and Suffolk. Their aim is to transform the economy through the development and delivery of ambitious programmes, which will ensure that companies have the funding, support, skills, and infrastructure needed, to grow jobs and flourish. The SWF received an overview of the LEP sector skills action plan. The top three priorities as chosen by the project group are:-

- Entry and Retention in the Health and Social Care Sector
- Recruitment and retention of registered nurses in nursing homes
- Leadership and succession planning for registered managers and owners

- 3.3 A project officer post has been part-funded by the Better Care Fund and the Norfolk and Suffolk county councils to drive strategy forwards. The post will be hosted by Suffolk Brokerage and Norfolk Independent Care.

#### **Transformation Challenge Award**

- 3.4 The SWF received an update report on the Transformation Challenge Award (TCA) work activities which are progressing as planned. The Connect East Ipswich Think Big workshop took place on 20 April 2016 and was well attended by practitioners from health, social and community sectors. Connect is expected to be rolled out at a fast pace across the rest of Suffolk so further workshops need to be planned and funded. Sudbury intend to re-scope their second think big workshop to include members from new Connect areas. Steve Griffiee, Transformational Lead Suffolk (workforce planning), is going to do a feasibility study to determine whether existing allocated funding is sufficient, for workshops in the new Connect areas. Connect lunch and learn sessions have been going well with attendance numbers varying from 8 to 37 people.

#### **Sustainability and Transformation Plan**

- 3.5 Meetings held with Health Education East (HEE) Workforce Team and workforce data has been identified. HEE to deliver in early May. This will cover Suffolk and also North East Essex. However it was noted that this does not mirror “Devolution” which is being planned as Norfolk, Suffolk and Cambridgeshire. This will need to be resolved as work progresses.
- 3.6 A potential issue is the capacity to provide support services to accelerate roll out of ten new Connect sites across Suffolk and this is being assessed by the transformational lead.

#### **Integrated Workforce “I” Statements (IWIS)**

- 3.7 The Transformational lead gave a demonstration of the new IWIS tool which can be used to support each organisation to identify Strengths, Weaknesses, Opportunities and Threats (SWOTs) and areas to work on. The tool was

requested by the Integrated Care System group and developed by Steve Griffiee and Fiona Denny (Suffolk County Council). An offer was made to run a pilot of this tool and Lee Taylor (Transformation Lead – Integrated Care, West Suffolk CCG) asked if this could be used at West Suffolk Clinical Commissioning Group. This was agreed and a date is to be arranged.

### **Self-care and prevention update**

- 3.8 The Transformational Lead presented the updates on prevention and self-care. He demonstrated the new NHS OneYou tool which is now available to all employees and the general public. Plans need to be put in place for roll out and Steve Griffiee is in discussions with Public Health.

For further information please contact: Steve Griffiee, Transformational Lead Suffolk (workforce planning); Email: [Steve.griffiee@nhs.net](mailto:Steve.griffiee@nhs.net), Telephone: 07944 212642.

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## **4. Suffolk Better Care Fund Plan 2016/17**

- 4.1 The draft Better Care Fund (BCF) Plan 2016/17 was circulated to Health and Wellbeing Board (HWB) members on 8 April 2016. Comments received back have been incorporated into the Plan and it was signed off on behalf of the HWB on 3 May 2016 by the Corporate Director for Children and Adults, the Chief Executive of the Great Yarmouth and Waveney CCG, the Chief Officer of the Ipswich and East and West Suffolk CCG and the chairman designate of the HWB. The Plan was submitted to the regional and national BCF support teams, who will make an assessment as to whether our plan is credible and deliverable. This will lead to an assurance rating which should be communicated back to us later in May.
- 4.2 The Better Care Fund Plan describes how we will deliver integrated care in Suffolk in 2016/17. It is the only Plan that gives a Suffolk-wide overview of activity, rather than a Clinical Commissioning Group/Sustainability and Transformation Plan level view. We also need to have an approved plan to unlock the £51m of existing funding that makes up the BCF Pooled Fund.

For further information please contact: Jo Cowley, Business Development Specialist; Email: [jo.cowley@suffolk.gov.uk](mailto:jo.cowley@suffolk.gov.uk), Telephone: 01473 265202.

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## **5. Local Digital Roadmap – Approval to Submit**

- 5.1 In early 2014 we formed the Suffolk Informatics Partnership (SIP) Board, and progress updates are regularly received by the Health and Wellbeing Board.
- 5.2 As a supporting document to the NHS 5 Year Forward View, the National Information Board published Personalised Health and Care 2020 in late 2014; this has further informed the Digital Strategy in Suffolk being planned and implemented through the SIP.
- 5.3 In mid-2015 NHS England outlined the requirement for each 'local area' to have a 'Local Digital Roadmap' (LDR) which would need to be signed off by the Health and Wellbeing Board prior to the submission date of 30 June 2016;

the LDR would underpin the local Sustainability and Transformation Plan (STP).

- 5.4 Initial requirements were to submit a footprint – the current Suffolk Footprint encompasses all agencies / services in our geography, with the exception of those covered by Great Yarmouth and Waveney CCG (which is part of the Norfolk footprint); it is accepted that over time LDR Footprints may change.
- 5.5 Guidance as to how to develop the LDR is not specific, but due to the maturity of the SIP, and the existing governance in place, Suffolk has found themselves well placed to develop a mature and innovative first LDR (it is recognised that the LDR will have an annual iterative update). The SIP has therefore aligned its existing function to the needs of the LDR, and been working on a multi-agency approach that encompasses the following:
- a) How to deliver the nationally defined ‘Universal Priorities’ (UPs) in 2016-18
  - b) What the ‘ambition’ is for these and other digital priorities (the ‘Suffolk Priorities’), and how they align to the STP and the UPs
  - c) What the gap in capability and resources is (and how to approach that) between:
    - Where we are now
    - The Universal Priorities
    - The Suffolk Priorities
    - Personalised Health and Care 2020
- 5.6 The development of the LDR is therefore well underway, but there are very tight timescales to its completion and sign off.
- 5.7 As such the Health and Wellbeing Board will be asked to receive this document by email no later than 13 June, and within a week feedback comments and / or approval, so that this may be factored into the final submission. It is also proposed the HWB Chairman be authorised to give final approval of the submission on 29 June 2016.

For further information, please contact: Kate Walker, Suffolk LDR Lead, Head of ICT & Informatics, IES & WS CCG, Email: [kate.walker@suffolk.nhs.uk](mailto:kate.walker@suffolk.nhs.uk), Telephone: 01473 770046.

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## **6. Update on the Poverty Strategy**

- 6.1 The Poverty strategy was launched on 29 March 2016 and it was accompanied by a slide pack. The strategy and accompanying presentation are [here](#).
- 6.2 The Steering Group would like the members of the Health and Wellbeing Board to discuss the poverty strategy in their own organisations, using the slide pack to identify existing work that contributes to either mitigating the effects of poverty or helping to prevent poverty.

6.3 The Steering Group is asking for feedback from partners so that evidence of what works and the outcomes it achieves can be reported back to the Health and Wellbeing Board.

6.4 At its April meeting the Steering Group heard from Phil Aves, Change Manager, Lowestoft Rising, about what works in embedding a strategic plan. His input was invaluable in identifying the following points which will be required if we are to be successful in embedding poverty in all our business as usual:

- **Focus on a few outcomes in order to gain traction and deliver outcomes**

*Action - The steering group will consider at its May meeting.*

- **Recruit a Poverty Lead to be a ‘change maker’ and give them the high level support needed in the same way as Phil Aves’ post.**

*Action – The Steering Group is working on this with a proposal to base a post with the Localities and Partnership Teams funded through the Transformation Challenge Award. The Steering Group is keen to ensure there is sufficient capacity to work county-wide so a full time post would be needed.*

*Action – The Poverty Lead to meet with Suffolk Leaders to talk about some of the key issues identified by the steering group as needing attention. For example, when commissioning services for the people of Suffolk the need for providers to understand the local community to ensure we deliver services that meet the needs of our Suffolk residents.*

- **Hold some events to raise awareness of the poverty strategy and its ‘asks’**

*Action – This approach will require some funding. Can the Health and Wellbeing Board assist in identifying a source of funding?*

*Action - The Steering Group propose we include an item at the Health and Wellbeing Board conference in October to make the links between mental health and poverty.*

For further information please contact: Alison Manning, Strategic Lead Early Years and Childcare, Children and Young People’s Services, and Sarah Nivison, Finance and Performance Manager, Adult and Community Services; Email: [Alison.manning@suffolk.gov.uk](mailto:Alison.manning@suffolk.gov.uk) and [sarah.nivison@suffolk.gov.uk](mailto:sarah.nivison@suffolk.gov.uk), Telephone: 01473 264727 and 01473 265198.

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## 7. Creative Heritage in Mind; mental health

- 7.1 The Health and Wellbeing Board is asked to note the work of 'Creative Heritage in Mind' - a collaboration between the Norfolk and Suffolk NHS Foundation Trust (NSFT) and the cultural sector in Suffolk - that is supporting the Board's priority of ensuring 'people in Suffolk have the opportunity to improve their mental health and wellbeing'.

### Aims and Background

- 7.2 Four professional museum services in Bury St Edmunds, Ipswich, Stowmarket and Sudbury co-created a project with an experienced artist and senior NHS Foundation Trust staff to provide a series of 7-week courses over 12 months that aimed to
- Support small groups of people in their community who are managing mental ill health by developing their confidence and resilience through creative activity that connected them to their local heritage and museum
  - Develop the confidence and expertise of museums to support work in this area
  - Develop informed links between the NHS and cultural sector
- 7.3 Evaluation was agreed and has its ongoing governance through the NSFT with the support of a user group that is now helping to shape the programme. Sharing the learning and outcomes of the programme through booklets and events is built into the programme. 2016 World Mental Health Day in October will be its culmination.
- 7.4 Funding is made up of £39,000 from the Heritage Lottery Fund and a grant of £5,000 from Suffolk County Council with support in kind provided by museums and the NSFT until October 2016.

### Programme and Outcomes So Far

- 7.5 47 people have benefited from the courses so far and of those, 37 attended every session which was a major achievement for some attendees.
- 7.6 Many attendees have developed sufficient confidence to make independent visits to 'their' museums and most did their own course work and research at home.
- 7.7 Evaluation feedback has been very positive – direct testimony from people involved in the courses is perhaps most eloquent. Diana writes
- "From a personal point of view .... I have ... gained confidence, learned new skills and now look at museums in a totally different way and this has contributed enormously to the point where I am quite stable. I am not so naive as to think that I am 'there' but I believe that I have reached a point where I can contain any issues I may have in the future. To put it simply, the skills I have gained over the last year can be transferred to every day issues."*
- 7.8 After attending a Taster session for the project, two Peer Support Workers from the Integrated Delivery Team in Bury South reported they 'came away full of inspired energy after the event ... at the museum. We will spread the

*word throughout the Trust of the exciting, meaningful, co-operative work being achieved and the opportunities Creative Heritage in Mind offer.'*

For further information please contact: Lyn Gash, Museum Development Manager, Suffolk County Council; Email: [lyn.gash@suffolk.gov.uk](mailto:lyn.gash@suffolk.gov.uk), Telephone: 01473 265241.

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## 8. Suffolk's Year of Walking

- 8.1 This information item is brought to the Health and Wellbeing Board as a follow-up to the Active for Life Suffolk Walking Strategy 2015-2020 which was approved by the Board last year.
- 8.2 The walking strategy was launched in June 2015. It sets out a vision to increase the number of people walking in Suffolk, firmly establishing it as a normal form of transport for everyone. The strategy aims for walking to be seen as beneficial, easy, inclusive, accessible, pleasant and safe, and for walking to become the 'default' choice for journeys of 20 minutes walking time or less.
- 8.3 Suffolk's Year of Walking is a campaign celebrating walking in Suffolk. It provides a platform to promote walking events and activities, as well as providing inspiration and opportunities to encourage people to walk more often. It will promote walking in all its formats, from recreational walking to Nordic walking, from long distance walking to walking football and from walking to school and work to walking for health.
- 8.4 The key messages behind Suffolk's Year of Walking are:
- Suffolk is a wonderful county to walk in;
  - Walking is simple, inclusive, accessible, pleasant and safe;
  - Walking is an efficient and effective way to get from A to B;
  - Walking is easy to build in to a busy lifestyle;
  - There are many benefits to walking for both the individual and the community at large.
- 8.5 Key features of the Year of Walking include:
- **A calendar of over 300 walk** related events taking place across the county;
  - **A dedicated website and social media presence;**
  - **A media partnership** with Archant;
  - **Suffolk Walking Festival 2016 and 2017**
  - **Pigs Gone Wild** - Suffolk's biggest ever mass-participation, public art event.
  - **Beat the Street (Sudbury and Great Cornard)** - a fun, free walking game for the whole community. Subject to evaluation from Beat the Street Lowestoft.

8.6 Suffolk's Year of Walking will be launched on Saturday 14 May 2016 and will run until May 2017.

For further information visit [www.suffolkyearofwalking.co.uk](http://www.suffolkyearofwalking.co.uk), <https://twitter.com/SuffolkYOW> and <https://www.facebook.com/SuffolkYOW/> or contact: Adam Baker, Most Active County Project Manager; Email: [adam.baker@suffolk.gov.uk](mailto:adam.baker@suffolk.gov.uk), Telephone: 01473 260821.

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## **9. The District Council contribution to public health: a time of challenge and opportunity, a report by The King's Fund**

- 9.1 This information item relates to good practice elsewhere and its inclusion is at the request of the Board's SCOLT (Suffolk Chief Officers Leadership Team) representative, Charlie Adan. This report was commissioned by the District Councils' Network (DCN) in 2015. Its intention is to contribute to the understanding, assessment and development of the role of district councils in improving the health of their citizens and communities. It focuses on district councils' role in promoting public health through some of their key functions and enabling roles and in their wider role supporting communities and influencing other bodies.
- 9.2 District councils make a major, but often under-recognised, contribution to the health of their citizens and communities. As English devolution and the move towards integrated place-based public services gathers pace they will be critical partners for the NHS and other tiers of local government seeking to develop population health systems.
- 9.3 The King's Fund report is a useful document that highlights both the important current contributions of districts to the health and wellbeing of local communities and the potential for even greater district impact on health outcomes. The key messages and recommendations provide a direction of travel for establishing districts in the mainstream of health and social care policy for the future.

### **Key messages:**

- 9.4 The key messages are:
- a) District Councils influence many factors of good health through their key functions (for example housing, leisure, environmental health etc) and wider community enabling roles (such as planning, economic development, working with complex dependencies).
  - b) Public health reform and localism create opportunities for districts' contributions to health and wellbeing to be more integrated and embedded in future public health systems.
  - c) To assist in this integration, districts require a more robust evidence base of return on investment from their actions on public health, in order to influence and inform health policy decisions.

- 9.5 In order to achieve this integration into mainstream health policy, the report sets out three key factors for districts to focus upon: to continue to lead innovation in services and their delivery, to strengthen their enabling role in the health of their communities and to better demonstrate effectiveness and return on investment.
- 9.6 The King's Fund also provide ten recommendations to help ensure that districts maximise their impact on health. Some of these relate to the District Council Network itself, whilst others focus directly on district councils and local health and care system partners. The following recommendations may be of particular interest to the Board:
- Recommendation 3:** Clinical commissioning groups (CCGs) and county councils should include district councils when discussing alignment as one key part of the 'out-of-hospital care' system. District councils are a key partner in improving the relationship between the health and social care system and the community.
- Recommendation 4:** The DCN should work with directors of public health and their representative bodies (including the Association of Directors of Public Health and the Faculty of Public Health) and the NHS to better articulate district councils' prevention role in the Forward View (for example, through their role in providing leisure services).
- Recommendation 5:** District councils should be more proactive in collating existing evidence on the health economics of their activities (i.e. to better understand cost effectiveness and social return on investment)
- Recommendation 9:** District councils need to invest in health impact assessment (HIA) to move beyond innovative case studies of processes to show demonstrable improvements in health outcomes.
- 9.7 The full set of recommendations can be accessed in the report which is available at: <http://www.kingsfund.org.uk/publications/commissioned/district-council-contribution-public-health>
- 9.8 The King's Fund and DCN have also produced a useful set of infographics that illustrate the key role played by district councils in keeping people healthy: <http://www.kingsfund.org.uk/audio-video/district-councils-contribution-public-health> These are free to use in documents and presentations within your organisations.
- 9.9 Drawing on key themes in the King's Fund report as the starting point, the informal session of the next Health and Wellbeing Board meeting on 21 July 2016 will focus on the district role in health, wellbeing and prevention by showcasing some of the current and planned district level activity within Suffolk.

For further information, please contact: Jonathan Seed, Corporate Manager – Policy & Strategy (Health and Wellbeing), Babergh and Mid Suffolk Councils, Email: [jonathan.seed@baberghmidsuffolk.gov.uk](mailto:jonathan.seed@baberghmidsuffolk.gov.uk)

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## 10. “Easy read” version of the refreshed Joint Health and Wellbeing Strategy

- 10.1. At its meeting on 28 January 2016 the Board approved the Joint Health and Wellbeing Strategy refresh 2016 - 2019 as set out in [Appendix 2 to the report at Agenda Item 5](#).
- 10.2 At the same time, the Board agreed that an “easy read” version of the document should be produced. This has now been completed and is available on the Healthy Suffolk website at <http://www.healthysuffolk.org.uk/assets/Health-and-Wellbeing-Board-Papers/A-Joint-Health-and-Wellbeing-Strategy-for-Suffolk-Refresh-easy-read-DRAFT-1.pdf>

For further information please contact Chris Pyburn, Public Health Manager, Social Marketing and Knowledge; Email: [chris.pyburn@suffolk.gov.uk](mailto:chris.pyburn@suffolk.gov.uk), Telephone: 01473 260094.

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