

## North Yorkshire Health and Wellbeing Board

**Minutes of the meeting held on Wednesday 14 September 2016 at  
Selby District Council Offices, Selby**

**Present:-**

Board Members	Constituent Organisation
<b>County Councillors</b>	
County Councillor Clare Wood <b>(Chairman)</b>	North Yorkshire County Council Executive Member for Adult Social Care & Health Integration
County Councillor David Chance	North Yorkshire County Council Executive Member for Stronger Communities and Public Health
County Councillor Janet Sanderson	North Yorkshire County Council Executive Member for Children and Young People's Service
<b>Local Authority Officers</b>	
Richard Webb	North Yorkshire County Council Corporate Director – Health & Adult Services
Peter Dwyer	North Yorkshire County Council Corporate Director - Children and Young People's Service
Janet Waggott	Chief Officer, District Council Representative
Dr Lincoln Sargeant	North Yorkshire County Council Director of Public Health
<b>Clinical Commissioning Groups</b>	
Amanda Bloor (Vice Chairman)	Harrogate & Rural District CCG
Andrew Phillips	Vale of York CCG
<b>Other Members</b>	
Shaun Jones	NHS England, North Yorkshire & Humber Area Team
Nigel Ayre	Healthwatch, North Yorkshire
Alex Bird	Voluntary Sector (North Yorkshire and York Forum)
<b>Co-opted Members</b>	
Colin Martin	Mental Health Trust Representative (Chief Executive, Tees Esk and Wear Valleys NHS Foundation Trust)
Dr Ros Tolcher	Acute Hospital Representative

**In Attendance:-**

Councillor Jim Clark, Victoria Pilkington (Partnership Commissioning Unit)

**North Yorkshire County Council Officers:**

Wendy Balmain, Clare Beard, Ruth Everson, Katie Needham, Michaela Pinchard and Victoria Turner (Health & Adult Services), Patrick Duffy (Legal & Democratic Services), Sarah Parvin (Business Support)

There was one member of the public present.

---

**Copies of all documents considered are in the Minute Book**

---

## **176. Apologies for absence**

Apologies for absence were submitted by:

- Simon Cox
- Richard Flinton
- Colin Renwick

## **177. Any Declarations of Interest**

There were no declarations of interest.

## **178. Chairman's Announcements**

The Chairman advised that Ros Tolcher's appointment to the Board, in place of Patrick Crowley, had still to be formally ratified by the County Council.

The Chairman asked for an update on the position regarding the appointment by Heathwatch, North Yorkshire of its Chairman. Nigel Ayre advised that the process is on-going.

## **179. Minutes**

**Resolved -**

That the Minutes of the meeting held on 15 July 2016 are approved as an accurate record.

## **180. Public Questions or Statements**

There were no questions or statements from members of the public.

## **181. Joint Health and Wellbeing Strategy Theme: Dying Well**

Considered -

The report of Alex Bird, Chief Executive, Age UK North Yorkshire, updating on activity to ensure people in North Yorkshire receive better end of life care.

Alex Bird commented that this is a national initiative and that North Yorkshire was further ahead than many areas. Everyone has a need for good end of life care, directly or indirectly. The key is how best to harness the passion and enthusiasm that she, Victoria Turner and others have to improve end of life care and to cascade the extremely positive work that is on-going.

Dr Victoria Turner, Speciality Registrar in Public Health, delivered a presentation, highlighting the following:-

- Many people prefer to die at home. The number of deaths at home in North Yorkshire in 2013 was 22.2%. Latest figures suggest this figure has risen to 29%, indicating that more people are dying in their place of choice.
- Main causes of death are cardio-vascular disease, cancer and respiratory disease.
- The Gold Line Initiative, which operates in Airedale, Wharfedale and Craven CCG, supports around 1200 people, taking about 500 calls a month. The service has helped to significantly reduce the number of end of life care patients

attending Accident and Emergency; being admitted to hospital and needing extra home visits.

- National guidance on the economics of end of life care is expected imminently and could be a useful commissioning tool.
- A number of priorities have been identified for Commissioners, including the need to review current and prospective end of life care services in the light of the report findings.

Members were pleased to hear about the excellent progress being made in this key area and looked forward to receiving further updates as work progresses.

In response to a question from Andrew Phillips, Interim Deputy Chief Clinical Officer and Clinical Lead for Unplanned Care, Vale of York CCG, Victoria Turner said that Gold Line currently is the only 24/7 service with access to palliative care consultants, but that other CCGs are planning to increase provision in this area. An integrated system is in development.

Councillor Janet Sanderson, Executive Member for Children and Young People's Services, asked if the interaction with Police has been considered, as the tendency for them to view death at home as being in suspicious circumstances, can be distressing. Alex Bird and Victoria Turner responded that a more holistic approach, including joint training, will assist. The aim is to get the right message to the right people in the right way and to share and spread good practice.

Richard Webb, Corporate Director Health and Adult Services, felt that the Board should consider using its collective strength to challenge the taboos that still exist in this area. Wendy Balmain, Assistant Director, Integration, advised that this could be considered at the Partnership Conference Event, on 21 October.

The Chairman stated that she encouraged the Gold Line initiative as it helps to keep people out of hospital and hoped that this can be moved forward.

#### **Resolved -**

- a) That activity within the Dying Well Theme, to ensure people in North Yorkshire receive better end of life care and the Joint Strategic Needs Assessment Deep Dive Report, be noted.
- b) That partners commit their support to the development of action plans and measures to deliver better care for people approaching the end of life and their families and carers, and CCGs be asked to consider funding for this via their Governing Bodies.
- c) That CCG representatives consider whether they feel any additional needs assessment is required.
- d) That further progress updates be provided to the Board periodically.

#### **182. Healthy Weight, Healthy Lives Strategy 2016/2026 (Green Paper)**

Considered -

The report of Dr Lincoln Sargeant, North Yorkshire County Council Director of Public Health.

Katie Needham, Consultant in Public Health, presented this Item and highlighted the following points:-

- This is an all age strategy, encompassing a ten year vision to improve the health and wellbeing of people in North Yorkshire.
- The strategy highlights both opportunities and challenges. The consultation process received 165 responses which is encouraging. People are passionate about this and much of their feedback is included in the draft.
- Two thirds of the adult population in North Yorkshire are overweight and this is becoming “the norm”.
- The burden of obesity is felt most acutely in low income families.
- Adults who are overweight are more likely to die early from heart disease, stroke or cancer and, in the case of children, they may experience bullying and be more likely to be absent from school.
- The impact is felt across health, social care, education and the economy as a whole.
- The reasons why people may be overweight are complex and varied. Accordingly, different strategies are required to tackle this issue.
- A Healthy Weight Healthy Lives Strategy Group is proposed to oversee implementation of the action plan and provide an annual progress report to the Board.

The Chairman commented that eating disorders, which are not covered in the strategy, are also an important factor.

Richard Webb, mentioned a comment in the consultation feedback about inspiring a healthy weight across generations and felt this could be a good strapline to use. He queried whether the impact between mental and physical health had been referenced sufficiently and whether the strategy says enough about how convenient it is for people to make healthy choices.

Janet Waggott, Chief Executive of Selby District Council, asked what partners could do to help deliver the aims within the strategy. Katie Needham referred to the “One You” Campaign, a national initiative by Public Health England, which is being promoted within the County Council. The initiative is intended to help people get back to being healthier by supporting them to make simple changes towards a longer and happier life. She encouraged partners to sign up to this, to facilitate a system-wide approach.

Councillor Sanderson commented that it is good to see that the strategy includes children and young people.

Alex Bird referred to the importance of walking, which can be an inter-generational activity. How do we harness this and engage with, say, slimming clubs? Katie Needham confirmed that connections will be made with networks at a local level.

Lincoln Sargeant concluded the discussion, stating that evidence and knowledge has been brought together in a local context to enable actions and that the message is far more than merely saying to people “eat less and exercise more”.

## **Resolved -**

- a) That the Healthy Weight, Healthy Lives Strategy 2016-2026 be noted.
- b) That the Director of Public Health be given delegated authority to finalise and formally launch the Strategy at the end of October 2016.
- c) That the Board supports a Healthy Weight Healthy Lives Steering Group to have oversight of the implementation of the action plan and to provide an annual progress report to the Board.

## **183. Mental Health Strategy - Suicide Audit**

### Considered -

The report of Dr Lincoln Sargeant concerning the North Yorkshire Suicide Audit 2010-2014 which will be used to better inform all stakeholders of suicide trends, common causes and demographic characteristics of people who died.

A copy of the “pink book” was circulated for Members’ information. The book has been developed to provide guidance for staff working with children and young people in North Yorkshire and York under the age of 18 (under 25 for those with disabilities or care leavers) who self-harm or feel suicidal. It is targeted at people working in schools and with youth or community groups.

Clare Beard, Public Health Consultant, delivered a presentation and drew Members’ attention to the following aspects in particular:-

- The background to the audit was that the Multi-Agency Suicide Prevention Task Group, created in 2104, developed a suicide implementation plan and identified that an audit of suicides within the county should be undertaken as a priority.
- In total, 227 records were reviewed for the audit.
- The results illustrated that suicide impacts on all communities in all parts of the county.
- “Hotspots” existed in every district and are a mix of urban and rural areas, with no consistency across the seven districts.
- Eight out of ten people who took their own lives were men and there seems to be a particular risk among men aged in their 40s.
- Mental health factors are often associated with suicide but there can be other factors involved. In the audit, mental health factors were identified as an underlying factor in around half of all cases.
- Bereavement was identified as a significant contributory factor in one in five cases. A wish to commit suicide can be triggered by a bereavement many years after the loss of a loved one has occurred.
- The Appendix to the report outlined a number of examples of activity that had been undertaken as a result of the recommendations of the audit.

Colin Martin, Chief Executive of Tees, Esk and Wear Valleys NHS Foundation Trust, commented that the risk factor amongst males aged 40-49 has been picked up in Tees and Durham too. There has been a shift in that profile and among women. The findings need to be communicated into services.

Richard Webb felt there could be a greater push amongst partners to raise awareness of this issue and to encourage people to “open up”.

Lincoln Sargeant advised that the Suicide Prevention Day provides an opportunity to work with the media. There is a need to develop sensitive ways of keeping this issue in the public eye.

Ros Tolcher, Chief Executive, Harrogate and District Foundation Trust, echoed the need to reduce the stigma of suicide. A culture is required which makes it OK for people to talk about their anxieties and concerns, as this can be the difference between seeking help or not.

Wendy Balmain, Assistant Director of Integration, stressed the importance of utilising non-statutory partners, as some people are more inclined to talk to them than statutory agencies.

Councillor Sanderson illustrated the key role of volunteers. A small amount of money given to, say, debt counselling can lead to a positive outcome.

Alex Bird felt that the Innovation Fund could be used to fund work in suicide prevention. Discussions about this are on-going.

Pete Dwyer pointed out that, nationally, the increase in suicide is among women.

Amanda Bloor, Andrew Phillips and Ros Tolcher pointed out that their organisations are also either Mindful Employers, or actively working towards this.

Clare Beard undertook to circulate information to the Board in respect of the following:-

- whether the rate of suicide in females is increasing;
- the number of individuals who were identified as homeless in the audit;
- the number of service personnel who were identified in the audit; and
- evidence of effective interventions to stop individuals going ahead and attempting/completing suicide

#### **Resolved -**

- a) That the contents of the report and the current position on suicides within North Yorkshire be noted.
- b) That the Board supports the recommendations in the report, namely:-
  - Reduce the risk of suicide across North Yorkshire population, particularly targeting high-risk groups.
  - Recognising that multiple stresses multiply risk: enhance service provision in relation to common stressors.
  - Improve the support for those affected in North Yorkshire in the days, months and years after a death.
  - Further develop data collection and monitoring.
  - Increase training and awareness.
- c) That Board Members discuss within their own organisations how they can support implementation of the report.
- d) That responsibility for the audit and management of the suicide surveillance and alert system be held by Public Health Intelligence.

- e) That the Mental Health Strategy Group be asked to consider how underlying work to improve mental health and emotional wellbeing is recognised as fundamental in tackling suicide and self-harm and especially considering how the stigma of mental illness and suicide can be reduced.
- f) That any partners not already signed up to the Mindful Employer Programme be encouraged to do so.
- g) That it be noted that progress against the suicide implementation plan will be reported to the Board.
- h) That information be provided to the Board on the four bullet pointed areas in the paragraph immediately before the resolutions.

**184. Annual Report of the Director of Public Health 2016 - Good work: good for you, good for business**

Considered -

The Annual Report for 2016 of Dr Lincoln Sargeant, North Yorkshire County Council Director of Public Health,

The theme of the report encourages a healthy collaboration – It's good for business and it's good for you. The aim is to engage with employers, health and social care professionals and individuals, as potential employees, so that we can work well together and raise awareness of the health benefits of good work.

The main recommendations are to create healthy workplaces and build a healthy workforce by creating a culture that is diverse and inclusive.

The report links actions to each month of the year.

Healthy workplaces are key, as being in work is one of the best things for helping people to achieve good health and wellbeing. Amanda Bloor and Pete Dwyer felt that consideration should be given to building on this and promoting the benefits of healthy workplaces by developing some form of Kite Mark for North Yorkshire Health and Care Employers.

The Chairman suggested that the phrase in the covering report about promoting North Yorkshire as a good place to live and work rather than a place to "retire and die" should be reworded.

Councillor Chance, Executive Member for Communities and Public Health, commented that the Annual Report is excellent.

**Resolved -**

- a) That the report be noted.
- b) That Amanda Bloor and Pete Dwyer work with Rachel Richards, Public Health Consultant, to explore opportunities around promoting healthy workplaces, which might include the Workplace Wellbeing Charter for organisations who illustrate their commitment to creating a healthy workforce.
- c) That the Director of Public Health work with colleagues to consider:-
  - the actions required to implement the recommendations;

- how to make North Yorkshire a young, vibrant, healthy place to live and promote North Yorkshire as a good place to live and work;
- how to reduce sickness absence and increase productivity; and
- how to avoid making social exclusion worse

#### **185. Annual Report of the North Yorkshire Safeguarding Children Board**

Considered -

The North Yorkshire Safeguarding Children Board Annual Report for April 2015 to March 2016, presented by Pete Dwyer, Corporate Director - Children and Young People's Service.

Pete Dwyer advised that Nick Frost, Professor of Social Work (Childhood, Children and Families) has chaired the Children Safeguarding Board for three years and we benefit from his expertise in this area.

OFSTED adjudged the Safeguarding Board to be "good" in its last Inspection.

He felt that measures such as streamlining governance arrangements, at the request of partners and increasing networking, have put the Children Safeguarding Board in a strong position to respond to national opportunities and hoped this would assure the Health and Wellbeing Board that the Children Safeguarding Board continues to operate at a good level.

The Chairs of the Adult and Children Safeguarding Boards meet as part of the System Leadership Group, which includes representation from City of York Council.

#### **Resolved -**

That the report be received and accepted.

#### **186. Annual Report of North Yorkshire Healthwatch**

Considered -

The report of Nigel Ayre, Delivery Manager at Healthwatch North Yorkshire, highlighting the activities undertaken by Healthwatch North Yorkshire over the last financial year.

Nigel Ayre acknowledge that it had been a challenging year for the organisation.

Richard Webb acknowledged the journey that the organisation has made; the County Council is seeing the impact of the work that is being done.

#### **Resolved -**

- a) That partners continue to support the new staff team, Board Members and volunteers at Healthwatch, North Yorkshire as they seek to:-
  - renew the organisation's engagement with the public;
  - rebuild relations with stakeholders and partners across the county; and
  - deliver on their 2016/17 work plan projects on top of any reactive work
- b) That Nigel Ayre discuss with Alex Bird the collaborative project between the Health and Wellbeing Board and Healthwatch North Yorkshire, focusing on best practice in North Yorkshire's end of life care provision.



## **187. Annual Report of the North Yorkshire NHS Complaints Advocacy Service**

Considered -

The report of Bob Carter, Assistant Director, Cloverleaf Advocacy, introducing the Annual Report for the period 1 April 2015 to 31 March 2016.

The NHS Complaints Advocacy Service helps individuals to get a clear response to their complaint, which aids resolution learning and service improvements in the future.

The Chairman suggested that the key recommendations be examined by CCGs. Richard Webb added that this will be discussed at the next mid cycle briefing for the Health and Wellbeing Board.

The Chairman reminded the Board that the sponsor role for a new relationship with people who use services is still unfilled and asked Members to consider whether they would wish to volunteer for this role and, if so, to contact Wendy Balmain.

**Resolved -**

- a) That CCGs be asked to consider the following aspects through their Governing Bodies:-
  - i. To consider how the essential outcome learning from all NHS complaints, including those supported by North Yorkshire Independent Health Complaints Advocacy Service, can best be shared and used to enhance processes and help shape the future quality of delivery.
  - ii. To ensure that the leadership across the health sector actively encourage and support patients to raise concerns to secure appropriate and effective resolution, explanation, apology and learning at the earliest possible opportunity, while also supporting a more “open” culture change.
  - iii. To consider how the local health sector can improve how an individual complainant or patient who considers that their NHS care or treatment was not of the expected quality, can best be made central to all investigations and subsequent decision making.
- b) That it be noted that a number of national reviews have taken place which have recommended improvements to the NHS Complaints processes and supporting regulations, but to date no changes have actually been adopted.
- c) That it be noted that the service will progressively adopt the Local Government Association Practice Guidelines developed with Department of Health/Healthwatch England/Which etc., so that the service is identified as the North Yorkshire Independent Health Complaints Advocacy Service.

## **188. Future in Mind Transformation Plans - Update**

Considered -

The report of Victoria Pilkington, Head of the Partnership Commissioning Unit (PCU), updating the Board on progress and next steps against the Transformation Plans for children and young people’s emotional and mental health.

The deadline for refreshing the Plans is 31 October 2016 and the PCU is working closely with the CCGs, City of York Council and the County Council to ensure this deadline is met.

The two main priorities are improvements in the Eating Disorders Service to ensure access and waiting times are improved and development of the School Wellbeing Project.

Pete Dwyer advised Members that the development of the School Wellbeing Project is around how to enhance the capacity of a specialist nature to interface effectively with schools.

**Resolved -**

- a) That the contents of the Position Statement be noted.
- b) That the refreshed Plans be emailed to the Board for any comments prior to submission.
- c) That authority be delegated to the Corporate Director, Children and Young People's Service, and CCG Chief Officers to approve the refreshed Plans.
- d) That future updates on the progress of plans for children and young people's emotional and mental health be made, as required.

**189. North Yorkshire Better Care Fund Plan**

Considered -

The report of Michaela Pinchard, Head of Integration, updating the Board on the submission of the 2016/17 North Yorkshire Better Care Fund Plan and subsequent arrangements to further improve joint working between health and social care in North Yorkshire.

Michaela Pinchard acknowledged that the process this year has been challenging. Formal assurance of the plan has still to be confirmed but NHS England have issued a draft rating that the Plan is "approved".

Partners are committed to learning from this year's experience and working better together. As part of this, the North Yorkshire Commissioner Forum is developing a joint commissioning programme to support sustainability of the local health and social care system. Progress will be provided to the Board.

**Resolved -**

- a) That the submission and draft approval of the North Yorkshire Better Care Fund be noted.
- b) That the co-operation between partners in reaching agreement to the North Yorkshire Better Care Fund be acknowledged.
- c) That the development of a joint commissioning programme by the North Yorkshire Commissioner Forum be noted and that updates be received in due course.

## **190. Work Programme/Calendar of Meetings**

Considered -

The Work Programme/Calendar of meetings for 2016/17.

Michaela Pinchard summarised the main elements:-

### Workforce Summit 13 October 2016

Workforce is a key enabler in the Joint Health and Wellbeing Strategy. This Event will play a key part in shaping an Integrated Workforce Strategy.

### Partnership Event 21 October 2016

All Members of this Board and the Children and Adult Safeguarding Boards have been invited. This will provide an opportunity to progress elements of the Joint Health and Wellbeing Strategy and raise its profile further.

### Development Session – 25 November 2016

The content is being worked up, but will include the changing health and wellbeing landscape and what this means for the Board.

### **Resolved -**

- a) That the Work Programme and the update provided at today's meeting, be noted.
- b) That confirmation of the Development Session on 25<sup>th</sup> November be sent to Members of the Board and they be invited to suggest topics for consideration.

## **191. North Yorkshire Delivery Board Workshop with Providers: Building the Right Support - 14 July 2016**

Considered -

The Notes of the Workshop held on 14 July 2016. Noted.

The meeting concluded at 4.10 p.m.

PD