

Health and Wellbeing Board

Thursday, 16 September 2021

Present: Councillor K Clark (Chair)
Councillor P Earley
Councillor T Mulvenna
W Burke, Director of Public Health
R Scott, North Tyneside NHS Clinical Commissioning Group
J Charlton, Healthwatch North Tyneside
P Jones, Healthwatch North Tyneside
R Wigham, Northumbria Healthcare NHS Trust
A Oxley, Cumbria, Northumberland, Tyne & Wear NHS Trust
P Whelan-Moss, TyneHealth
Steven Thomas, Tyne & Wear Fire & Rescue Service
Claire Wheatley, Northumbria Police
S Robinson, Age UK North Tyneside
Cheryl Gavin, Voluntary and Community Sector Chief Officer Group
Dean Titterton, YMCA North Tyneside

In attendance: M Robson, M Taylor, S Woodhouse, L Gray, P Colby, C Woodcock
and B Khazeali, North Tyneside Council

Apologies: Councillors C Burdis and M Green
J Old, Director of Children's and Adult Services
L Young-Murphy and A Paradis, North Tyneside NHS Clinical
Commissioning Group
M Graham, Newcastle Hospitals NHS Trust
C Riley and N Contogiorgi, Northumbria Healthcare NHS Trust
K Kale, Cumbria, Northumberland, Tyne & Wear NHS Trust
S Thompson, TyneHealth
D McNally, Age UK North Tyneside

HW1/21 Appointment of Substitute Members

Pursuant to the Council's constitution the appointment of the following substitute members was reported:-

Councillor T Mulvenna for Councillor M A Green
A Oxley for K Kale (Cumbria, Northumberland, Tyne and Wear Trust)
R Wigham for C Riley (Northumbria Healthcare Trust)
P Whelan-Moss for S Thompson (TyneHealth)
Sn Robinson for D McNally (Age UK North Tyneside)

HW2/21 Declarations of Interest and Dispensations

Councillor K Clark declared a registerable personal interest in relation to the information provided by the People's Health Trust because she is an employee and Trustee of the Justice Prince Trust which has supported the work of the People's Health Trust in

Longbenton.

Councillor P Earley declared a registerable personal interest in relation to the report presented by Healthwatch North Tyneside because he is a Trustee of the North Tyneside Carers Centre.

HW3/21 Minutes

Resolved that the minutes of the previous meeting held on 8 July 2021 be confirmed and signed by the Chair subject to an acknowledgement that the proposed Office of Health Promotion was now to be called the Office of Health Improvement and Disparities.

HW4/21 Joint Health & Wellbeing Strategy

The Board received a comprehensive presentation on work being undertaken to develop a new Joint Health & Wellbeing Strategy focussed on addressing health inequalities.

The Board were presented with an analysis of what inequalities were. It was stated that inequalities were unfair and avoidable differences in socioeconomic circumstances across the population, and between different groups within society. They involved differences in health status, behavioural risks, wider determinants of health, access to care and quality and experience of care.

An officer working group had been established, under the direction of the Chair of the Board, to co-ordinate the work to develop a new Joint Health & Wellbeing Strategy.

As part of this work an impact analysis had been undertaken of the direct and indirect impacts of the Covid-19 pandemic. The Board were presented with the findings to emerge from this analysis. There had been multiple impacts on communities both direct from the burden of disease and mortality and the indirect effects of the response to the pandemic and the control measures that had been put in place. The Covid-19 pandemic and wider governmental and societal response had exacerbated some of health and wider inequalities already in existence at a national and local level. Due to their nature, these inequalities often overlapped and became more pronounced. Evidence suggested that those people who were least able to deal with the impact of the pandemic had been hit the hardest.

The Board were also presented with a summary of the evidence base which had been compiled for tackling inequalities. Particular reference was made to the 'Marmot Approach' proposed by the Institute of Health Equity and considered to be the most current, comprehensive and robust evidence base. The evidence indicated that inequalities arise because of the conditions in which we are born, grow, live, work and age. An inequalities strategy would need to take account of all of this, not just the visible consequences. A collaborative approach and action was needed across the whole of society and across the whole of the life course. It was suggested that the framework for a strategy should be in line with the Marmot approach and the six Marmot policy objectives with universal action that is at a scale and intensity, appropriate to the level of disadvantage and need.

Further work to profile current activity and approaches in the borough to tackle inequalities was underway and a consultation and engagement plan was in place, including use of the annual State of the Area Event in October. Once this work was complete a draft strategy

would be presented to the next meeting of the Health and Wellbeing Board in November.

The Board considered the plans to engage with hard to reach communities both during the development of the strategy and beyond when identifying the deliverables and formulating action plans.

In noting the startling impact of Covid-19 so far in North Tyneside, Board Members discussed the preparedness of local systems should a further wave of infections and restrictions occur. A number of key lessons had been learned throughout the past 18 months, particularly in relation to care homes and schools, and these lessons needed to be captured to ensure that the experience placed the system in a stronger position to deal with any future emergencies. Healthwatch North Tyneside had collated a lot of evidence relating to people's experiences of the pandemic which could help inform such an exercise. The Board acknowledged that much of the impact of Covid-19 was dependent on national policy and beyond local control.

The Board highlighted the long term challenges relating to housing and employment in tackling health inequalities and the limited interventions available to local authorities through the licensing and planning systems.

Resolved that the progress report on work to develop a new Joint Health & Wellbeing Strategy focussed on addressing health inequalities be noted.

HW5/21 People's Health Trust

The Board was presented with details of the work undertaken by the People's Health Trust in relation to its resident-driven approaches to address the underlying causes of health inequalities. Member of the Board were invited to consider this information, and the approaches adopted by the People's Health Trust in addressing health inequalities, when developing the new Joint Health & Wellbeing Strategy.

HW6/21 Healthwatch North Tyneside

The Board received a progress report from Healthwatch North Tyneside which provided an update on the activities of Healthwatch North Tyneside during the first half of 2021/22, highlighted the key pieces of work being undertaken and the feedback it had received during this period and described some of its activities for the coming months.

The Board were presented with copies of the Living Well booklet used to share important information with people receiving their Covid-19 vaccinations. The Living Well website was to be launched on 20 September 2021.

Healthwatch presented a summary of the feedback it had received from service users in relation to the Covid-19 vaccination programme, GP access and Livi, Menopause support, waiting for treatment, maternity and child health during Covid-19, pharmacy and prescriptions, carers experiences during Covid-19 and adult social care engagement.

It was suggested that the Board receive a more detailed report on the outcomes of consultation with carers carried out in conjunction with the North Tyneside Carers Centre and the North Tyneside Carers Partnership Board.

The Board acknowledged the efforts of staff at Healthwatch North Tyneside for what they had achieved working with the help and support of others in very difficult circumstances.

Resolved that (1) the work undertaken by Healthwatch North Tyneside be endorsed; and (2) the issues raised with Healthwatch by local residents be noted and be given due consideration within those relevant organisations represented on the Board.

HW7/21 North Tyneside All Age Autism Strategy 2021-2026

The Board were presented with the North Tyneside Autism Strategy 2021-26. The strategy would move North Tyneside to a position that positively supported autistic people and their family members with an ultimate aim that North Tyneside was “autism friendly”. The strategy was also to be presented to the North Tyneside Children’s Board on 20 September 2021.

The strategy had been the result of working in partnership over the last two years to ensure that it was fully aligned to the requirements of local people but also was achievable and within the abilities of partner organisations that will deliver on the identified and agreed priorities. Autistic people and their families were to be at the heart of the strategy and its priorities. The following six priority areas contained in the strategy had come from people and family members.

- Being Listened to
- Awareness Raising
- Inclusive Communities
- Good Support
- Support through Life Changes
- Understanding yourself

Formulation of the strategy had coincided with the Government publishing an update to the National Autism Strategy in July 2021 and so the work in North Tyneside had been able to be aligned to and in keeping with the new national strategy. The six priority areas in the national strategy were:

- Helping people understand autism
- Helping autistic children and young people at school
- Helping autistic people find jobs and get the skills and training they need
- Making health and care services equal for autistic people
- Making sure autistic people get help in their communities
- Help autistic people in the justice system

The Learning Disability Integration Board would take the lead on the delivery of the strategy and the work plan to ensure the priority areas are developed and outcomes achieved. An Autism Delivery Working Group would be put in place to undertake this work, this group will largely be those individuals and organisations that were included in the development of the strategy.

Resolved that (1) the North Tyneside Autism Strategy 2021-2026, taking into account the National Autism Strategy priorities for 2021, be approved; (2) the scope and work of the Learning Disability Integration Board be extended to include Autism and an Autism Strategy Steering Group be established to formulate and agree a detailed delivery plan;

- (3) a timeframe for the Board receiving future updates and monitoring progress of the priorities be determined as part of formulation of the Board's work programme once the new Joint Health & Wellbeing Strategy has been agreed; and
- (4) the priorities identified in the Autism Strategy be linked into and aligned with updated priorities from the upcoming refresh of the Joint Health and Wellbeing Strategy.

HW8/21 Healthy Weight Declaration

The Covid-19 pandemic had put the obesity epidemic once again into the spotlight by evidence of the link to an increased risk from Covid-19. Living with excess weight put people at greater risk of serious illness or death from Covid-19. Evidence suggested that whilst more people had exercised during lockdown, the nation's exercise levels had not increased overall and snack food and alcohol sales had increased substantially. In response the Government had launched a new obesity strategy in July 2020 the Better Health campaign.

Tackling obesity was one of the greatest long-term health challenges and one of the most important factors in improving the health of the population. Obesity is the result of complex relationships between genetic, socioeconomic, and cultural influences and as a result requires a whole systems approach, across the lifecourse to address the root causes. The Board had previously established a Healthy Weight Alliance to bring together partners to develop a plan to address obesity at a population level across the borough.

The Local Authority Declaration on Healthy Weight had been developed by Food Active, a charitable organisation established to support organizations and their partners to take action to prevent excess weight and secure the health and wellbeing of the population. The Declaration was a strategic, system-wide commitment to tackling excess weight and physical inactivity. It was suggested that it could provide an effective platform and framework to deliver the Health Weight Alliance's plan.

The declaration comprised 16 standard commitments which were designed to be bold but achievable, with the opportunity for areas to make further local commitments to supplement the declaration if they wish. The 16 commitments are grouped under the following headings:

- Strategic / System Leadership
- Commercial Determinants
- Health Promoting Infrastructure / Environments
- Organisational Change / Culture Shift
- Monitoring & Evaluation

A Healthy Weight Alliance workshop had been held on the 27 July 2021 with partners across the system led by the public health team and chaired by the Councillor Karen Clark, setting out the context and challenges of tackling obesity in North Tyneside and outlining the benefits of adopting the Declaration. The proposal to adopt the Declaration was well received by partners and gained overwhelming support. In addition, Northumbria Healthcare Trust (NHCT) also expressed an interest in adopting the Declaration, which would support their work as an Active Hospital. The intention was to aim for a joint launch event with the Trust in January 2022.

The Board considered how the Declaration could complement the Better Health Work Award and North Tyneside CCG's How Fit campaign.

Resolved that (1) the Board take a lead role, through the work of the Healthy Weight Alliance, in ensuring there is a whole systems approach to preventing excess weight by addressing both the obesogenic environment in which we all live, as well as supporting individuals; and

(2) the Board encourages and supports North Tyneside Council and Northumbria Healthcare NHS Trust to adopt the Healthy Weight Declaration and achieve its 16 commitments; and

(3) the Board continues to oversee the delivery of the Healthy Weight Alliance's plan to address obesity at a population level across the borough.