

Committee(s)	Dated:
Health and Wellbeing Board	27.11.2015
Subject: Joint Health and Wellbeing Strategy Action Plan Progress Report	Public
Report of: Director of Community and Children's Services	For Information

Summary

In September 2014, the Health and Wellbeing Board (HWB) approved an action plan to support the Joint Health and Wellbeing Strategy (JHWS). The action plan set out how each of the key priorities would be delivered. This report provides an overview of progress and shows that we are on track to deliver the required health and wellbeing outcomes for residents, rough sleepers and workers in the City of London.

Recommendation

Members are asked to:

- Note the report.

Main Report

Background

1. The Joint Health and Wellbeing Strategy (JHWS) sets out the priorities of the City of London Health and Wellbeing Board (HWB). It is accompanied by an action plan that describes how the strategy will be implemented. Both documents are refreshed annually and in September 2015 the HWB approved the updated action plan, which covers the final year to the end of the current strategy period.
2. The current priorities of the City of London's JHWS are:
 - More people with mental health issues can find effective, joined up help
 - More people in the City have jobs and more children grow up with economic resources (reduce child poverty)
 - More people in the City are physically active
 - City air is healthier to breathe
 - More people are socially connected and know where to go for help
 - The City is a less noisy place
 - Children and young people enjoy good physical and mental health
 - Promote integrated working between social care and health
 - More rough sleepers can get health care, including primary care, when they need it
 - Fewer City workers live with stress, anxiety or depression
 - More City workers have healthy attitudes to alcohol and City drinking
 - More City workers quit or cut down smoking

3. The JHWS and action plan are available via the Health and Wellbeing pages on the City of London website: <https://www.cityoflondon.gov.uk/services/health-and-wellbeing/Pages/health-and-wellbeing-board.aspx> .
4. The HWB has asked to receive a progress report every six months, providing an update of progress against the action plan. The last report was received by the HWB in April 2015 and showed good progress against the action plan.
5. Performance reports are also submitted to the HWB every six months and include a range of health and wellbeing performance indicators (most recently in September 2015). Together with the performance reports, this progress report aims to pull together activity from across the different priority areas of the JHWS and enable the Board to monitor progress and identify further actions.

Current Position

6. The table below highlights key activities and progress in each of the JHWS priority areas, including future actions that have been identified:

Priority	Progress update
Residents	
<p>More people with mental health issues can find effective, joined up help</p>	<ul style="list-style-type: none"> • Mental health needs assessment (City Supplement): A City-specific version of the MHNA has been written. <ul style="list-style-type: none"> - The key factors influencing mental health were found to be: The ethnic make-up of City of London, its diverse range of religious faiths, the wide disparities between levels of deprivation in the City, its higher proportion of over-crowded households, the high number of rough sleepers and the high pressure and long hours of City roles. - Key findings regarding children and young people’s mental health were: Living in a low income family, having special education needs, being in Local Authority Care, being in the Youth Justice System and having poor physical health or a physical disability can increase a young person’s risk of having a mental health issue. Based on MINI2K-adjusted estimates in 2014 there were 52 children (age from 5-15) with a mental health disorder. - Key findings for adults’ mental health: Based on MINI2K-adjusted estimates in 2014 there were 190 adults) suffering from depression, 32 adults suffering from psychosis, 41 from schizophrenia and 83 from bipolar disorder. 1,294 are estimated to be suffering from a common mental health problem. High levels of depression are currently seen in the wards of Cripplegate and Portsoken in the City. By 2026 there is expected to be a 17% increase in the number of people with depression in City. - Key findings for older people’s mental health: Social

isolation is a risk factor for depression in older people and is likely to be more common amongst people who live alone. The number of older people living alone in City is currently around 381 and is expected to increase to 480 by 2020. Long-term conditions is a risk factor for mental health problems, the number of older people with a limiting long-term illness is expected to increase from around 415 to 530 by 2020. In 2012, there were estimated to be around 26 people aged 65+ in City suffering from depression. The total number of City residents predicted to have dementia in 2014 was 68 and this is predicted to increase to 104 by 2030. Around 17 older people are predicted to suffer from serious mental illness in City.

- **Mental Health Strategy:** A draft mental health strategy has been written and is due to be approved at November's HWB. The strategy sets out the overarching aim for more people in the City to have good mental health, and describes how we intend to achieve this. It identifies four priorities which are: Prevention, Personalisation, Recovery, and Delivery.
- **Commissioning of public mental health services:** Following the approval of the Mental Health Strategy, a commissioning plan for public mental health services will be brought to the HWB in early 2016, focusing on prevention.
- **CCG:** Mental health is identified as a priority issue in the CCG's commissioning intentions and forward plan. The full commissioning intentions for 2016/17 are currently being finalised and will be brought to the HWB in early 2016.
- **Five to Thrive:** The CCG has taken the 'Five Ways to Wellbeing', a set of five things that people can do to improve and support their mental health and wellbeing, and created 5 to Thrive – a series of events and resources that anyone can use and take part in.
- **City and Hackney mental health crisis line:** East London NHS Foundation Trust has launched a 24 hour mental health crisis response helpline for City of London residents. The helpline is staffed by mental health professionals and will support people with expert guidance in times of mental health distress and referrals to local services, with the aim of empowering and encouraging callers on their road to recovery.
- **Learning Well:** The City of London Adult and Community Learning team has developed Learning Well, a community-based programme of activities which are designed to promote health recovery and wellbeing, specifically focusing on low-level mental health problems. It aims to create a space for mental wellbeing, self-understanding, treatment and recovery. The project will work with local partners such as Recovery Colleges, community-based projects, GPs and schools to deliver a wide-ranging programme of activities including Yoga, Pilates, creative writing, food and mood workshops,

	<p>mindfulness, singing, and routes back to employment.</p> <ul style="list-style-type: none"> • Dementia Friendly City: Following the implementation of the Dementia Strategy, the City of London Corporation is making great strides in creating a 'Dementia Friendly City', where residents and local retail outlets and services have a keen awareness of the disease and offer support in a respectful and meaningful way. The Alzheimer's Society has now awarded the Corporation with 'Dementia Friendly Community' status. The 'Dementia Friends' campaign aims to remove the stigma of dementia, reduce people's fear and misunderstanding, and encourage people to remember that someone with dementia does not stop being an individual with unique life experiences, whilst also helping people understand the benefits of early diagnosis and care. • "Think Family" approach (social care): In order to embed a "Think Family" approach, Children and Families and Adult Social Care have developed a joint protocol for mental health. It is designed to support staff when assessing and supporting families where a parent or carer is believed to have a mental health problem, or where a child or young person may require a mental health assessment or support as part of transition arrangements. It recognises that mental health problems can impact on the whole family, and aims to ensure that issues are identified and supported in a holistic way. • Mental health needs assessment: The needs assessment has now been completed for City and Hackney. A City Supplement is being developed, considering the mental health needs of both residents and workers. Following this a strategy for mental health and commissioning options will be brought to the HWB and CCS Committee for approval.
<p>More people in the City have jobs and more children grow up with economic resources (reduce child poverty)</p>	<ul style="list-style-type: none"> • The Department of Community and Children's Services has received a report on child poverty in the City, prepared by the Family Intervention Project (FIP). The report is based on consultation and engagement with providers, community representatives and other stakeholders working across the housing estates at Golden Lane, Mansell Street and Middlesex Street. The intention of this work was to identify if any common needs or service gaps that the City might address. Their work found that the incidence of child poverty in the City is low, and specific households (and their individual needs) are hard to identify. Some families do not engage with support for reasons that include lack of awareness, stigma, and cultural and language barriers. The work will be discussed at the Early Help Group in order to develop an action plan.
<p>More people in the City are physically active</p>	<ul style="list-style-type: none"> • Exercise on referral: This service continues to consistently hit targets, as reported to the HWB during bi-annual reporting. • Health Checks, Obesity and Physical Activity service tender: A tender process was completed for this service earlier this year, for which the City received a good number of bids

however the panel did not feel in a position to appoint. There were a number of learning points for both commissioners and bidding organisations based on this process, including looking at locations, governance and a key understanding of the City's population. This has been fed back to bidders and the market has been engaged in a review of the specification and tender documents. The service has now been put back out to tender, and it is anticipated that the new service will be in place by November 2016.

- Healthy Schools: We are working with Sir John Cass Foundation Primary School to pilot a healthy schools programme, which includes joint exercise classes for parents and children, family walks throughout the City, healthy cooking classes, and fresh food stalls held in the school playground. A final report on the pilot will be brought to the HWB in January 2016.
- Promoting walking and cycling: There is a great deal of work underway in the City to encourage more walking and cycling amongst both residents and workers:
 - Transportation and Public Realm currently spend in excess of £10m per annum on green spaces, improving the built environment and generally making areas more attractive for pedestrian use (and cyclists).
 - In new developments planners are actively seeking to locate stairs next to lifts to encourage walking.
 - The City is actively looking to put in place cycle quietways to support the Mayor of London's strategy.
 - The City has supported the installation of "Boris Bike" stands, arranged Dr Bike sessions for cyclists and has a programme of installing cycle stands.
 - The City Corporation works with Living Streets who encourage walking by conducting street audits, running 'Walk Doctor' sessions for City businesses and running campaigns to promote walking in the City and our estates.
- Golden Lane Leisure Centre: Fusion ran a number of campaigns during the summer months to increase participation, including a Great Outdoors campaign about outdoor classes and sessions, Swim School promotions and links to Sport England's "This Girl Can" campaign via social media. Total participation in the GLSF centre at the end of Q2 was 69,969, only just below the YTD target at 99.6%, an increase of 3% on 2014/15. fusion have established links with a physiotherapist provider delivering physio sessions from the GLSF treatment room, with those attending signposted to GLSF membership to enable them to remain active and healthy.
- Sports Development:
 - Key areas of Sports Development activity in Q2 included the Fit for Sport summer camp which had an

	<p>average attendance of 42 children per day and a total of 1,129. An initial breakdown of postcodes indicates that 25% of attendees were from CoLC postcodes.</p> <ul style="list-style-type: none"> - London Youth Games, Europe’s largest annual youth sports event, saw children from schools in the City pick up Gold in Special Educational Needs and Disability (SEND) Football, Silver in the Water Polo, Silver in Para-Athletics and Bronze in the Aquathlon. - The Exercise on Referral programme received 32 referrals to the programme in Q2, of which the majority (27) were for City residents. As at the end Q2 the service was slightly above the YTD target for referrals received (118%). The Neaman practice continues to refer the highest proportion of clients into the service, referring 21 (65%) of the clients referred in Q2. The number of referrals from other partners in Q2 was down with only 2 other partners referring into the scheme. Of the 14 people due a 6-month follow up in Q2, 12 were successfully contacted and 8 of these were still active. - Young at Heart membership at the end of Q2 was below target (82%) - a marketing campaign is taking place in Q3 to increase membership. Attendance at YAH sessions is good .
<p>City air is healthier to breathe</p>	<ul style="list-style-type: none"> • Air Quality Strategy: An updated Air Quality Strategy for 2015 – 2020 has been published. • The City continues to monitor air pollutants to assess compliance with air quality objectives and provide alerts when pollution is high including installing detailed monitoring systems at Sir John Cass School. • Air promotion: Information is provided to Healthwatch for dissemination at events, over 6000 downloads of the CityAir smartphone app. • The city influences air quality policy across London to secure lower levels of air pollution in the Square Mile: The City provides the chair for the London Air Quality Steering Group and supports research by Policy Exchange on actions required across London to meet air quality limit values. • Local projects: <ul style="list-style-type: none"> - Barbican and Mansell Street residents monitored local air quality in a year-long citizen science project. - Worked with Bart’s Health NHS Trust to reduce their local impact on air quality and train clinicians to provide advice to vulnerable patients about poor air quality. Engaging staff at Barts Health to switch to active travel. - A pioneering CityAir business engagement programme has been rolled out across London. 20 CityAir businesses have been recognised as air quality champions. - The city awards an Annual Sustainable City Award for Airy Quality and an Annual Considerate Contractors

	<p>Environment Award</p> <ul style="list-style-type: none"> - 20 mph zones - Actions to deal with idling engines including signs in hotspot areas and CEOs to ask drivers to turn engines off. - Ensure new developments are air quality neutral and new vehicles are low emission. <ul style="list-style-type: none"> • Planned work in the next six months includes: <ul style="list-style-type: none"> - Feasibility study to look at options for significant reduction in emissions from diesel vehicles. - Look at feasibility of establishing a Low Emission Neighbourhood in the City. - Install PM2.5 analyser at Sir John Cass School. - Detailed Air Quality monitoring around Bank junction and Cheapside BID - Develop policy for air quality and procurement - Develop communications strategy for days of high air pollution.
<p>More people in the City are socially connected and know where to go for help</p>	<ul style="list-style-type: none"> • City Advice Service: Following the recent re-tender of the City Advice Service, Toynbee Hall, in partnership with the Royal Courts of Justice CAB (RCJCAB), has been awarded the new three year contract to provide information and advice services to all communities within the City. The service will deliver targeted, free and impartial information and advice on a range of issues, such as benefits, employment and housing, through drop-in advice surgeries, a telephone advice line and casework. The new service will start mid-October. Key changes include: <ul style="list-style-type: none"> - raising awareness of issues such as the Care Act or Welfare Reform changes, through targeted workshops, campaigns and events - helping service users become more confident in using online and phone channels of advice and self-help, where appropriate - appointing community ambassadors to direct people in need to the service. • Adult Community Support Services: <ul style="list-style-type: none"> - There are currently three contracts with providers supporting adults within the community-the City 50+ Service, the City Memory Group and the City Carers Service. - Following market research and service user consultation, Adult Community Support Services were remodelled to give a lead provider model integrating all three services. The specification was based on an outcomes model rather than an outputs-based model. The outcomes of the tender were: 2 bidders responding- 1 compliant and 1 non-compliant. - During the evaluation process, one of the subcontractors withdrew from the bid making it non-compliant. Additionally, the research from the

	<p>development of the carer’s strategy and feedback from carers raised some questions with the proposed model. The steering group is considering a revised approach to this specification including:</p> <ul style="list-style-type: none"> ○ A more flexible approach to the outreach and support group model to appeal to diverse carers, older people and people living with Dementia across the City ○ greater focus on the identification of unknown/unengaged carers ○ an increased budget ○ a reduced focus on events ○ no requirement for providing transport to events – the City can make use of the taxi contract for certain event transport ○ Letting the contract in lots ○ Re-branding the title of the tender to “Reach out Services” <p>- The revised timescale is to go out to tender in December 2015, with a plan to start the new service in September 2016</p> <ul style="list-style-type: none"> ● Social prescribing: The CCG is continuing to fund a social prescribing model to improve the health of isolated over 50s who are registered with the Neaman Practice. The scheme aims to link people to non-medical services, such as local voluntary services or community activities to help improve their health and wellbeing. ● Volunteering: We are continuing to work with SPICE to encourage volunteering in the City. The Time Credits scheme is a great success, with numbers of people signed up and credits earned/spent well above target. ● Social isolation research: As part of a Knowledge Transfer Partnership with Goldsmiths University, the City Corporation is working on a research project into social isolation in the City. This research aims to examine the factors that contribute to the social isolation of residents in the City of London, and recommend community approaches and policy initiatives to increase social connectivity.
<p>The City is a less noisy place</p>	<ul style="list-style-type: none"> ● Noise Strategy: The Noise Strategy Action Plan update has been submitted to the HWB, and outlines the steps to be taken to further manage and reduce noise, whilst also mitigating the effects on the wellbeing of residents, workers and visitors. The strategy is available online: www.cityoflondon.gov.uk/business/environmental-health/environmental-protection/Pages/Noise-strategy-and-policy.aspx. ● Work has begun on refreshing the Noise Strategy for 2016 – 2020. ● Work has begun to develop an ‘Environmental’ Supplementary Planning Document to assist architects,

	<p>developers and others to meet the City's requirements on a range of issues including noise.</p> <ul style="list-style-type: none"> • Noise mitigation and control is being embedded into the City's procurement policies. • We are working with TFL to ensure re-timed deliveries (night time freight) are carried out to avoid impact on the sleep of City residents. • Responsible licensing: We continue to support the Safety Thirst scheme, which includes consideration of noise from the night time economy.
<p>Children and young people enjoy good physical and mental health</p>	<ul style="list-style-type: none"> • We are developing our database and assessing the health needs of 0-19 year olds through two needs assessments. • Children's and young people's plan: We have developed our new children's and young people's plan which includes the objective of improving physical and emotional health and wellbeing from conception to birth and throughout life. An action plan will be developed. • The new health visiting specification is out to tender and should be up and running by November 2016. This new service will be focused on prevention. • Healthy Schools: We are working with Sir John Cass Foundation Primary School to pilot a healthy schools programme, the focus of which is reducing childhood obesity. This includes joint exercise classes for parents and children, family walks throughout the City and healthy cooking classes. A final report on the pilot will be brought to the HWB in January 2016.
<p>Promote integrated working between social care and health</p>	<ul style="list-style-type: none"> • There are a number of ways in which the City Corporation facilitates integrated care: <ul style="list-style-type: none"> - The Adult Social Care Team is an integrated team including social workers, reablement workers, an Occupational Therapist and Mental Health Support. They work with a wide range of health partners and work with the One Hackney and City model- an integrated care model for adults with complex or long term conditions. The model includes hospitals, GPs, our Care Navigators and the Adult Social Care Team working together to ensure people's needs are met in an holistic and co-ordinated way. It also provides a range of voluntary sector services which City of London residents can access. - Two Care Navigators are in place to help City residents to ensure they get the services they need when leaving hospital. - The City Corporation has its own Better Care Fund (BCF) which sets out plans to facilitate health and social care to work together at a local level. The plan was agreed by the Health and Wellbeing Board in September 2014 and is now being rolled out with quarterly performance reports being signed off by the Health and Wellbeing Board. It

	<p>has been announced that there will be another round of the BCF for 2016/17. Early discussions on what could be included are underway</p> <ul style="list-style-type: none"> - Work with health partners is underway to develop integrated IT systems to share information in order to deliver joined up care and support
Rough sleepers	
More rough sleepers can get health care, including primary care, when they need it	<ul style="list-style-type: none"> • Homelessness strategy: We are implementing the homelessness strategy, which includes specific support to tackle rough sleeping. • Outreach GP: An outreach GP is provided for rough sleepers in the City, working closely with our homelessness outreach service which aims to address physical health, mental health and substance misuse needs in a holistic way. • Tuberculosis (TB): We support a TB find and treat mobile x-ray screening service, which also tests for other blood-borne viruses.
City Workers	
Fewer City workers live with stress, anxiety or depression	<ul style="list-style-type: none"> • Business Healthy: Mental health is a key issue for City businesses, and we are supporting them through Business Healthy, our workplace health programme. This has included a high profile event hosted by the Lord Mayor for City business leaders in September focusing on mental health at work, and ongoing peer support and resources through our Business Healthy website and meetings. • Mental Health Strategy: The strategy considers the mental health needs of City workers as well as residents and rough sleepers.
More City workers have healthy attitudes to alcohol and City drinking	<ul style="list-style-type: none"> • Integrated Substance Misuse and Tobacco Control Services: Our new Integrated Substance Misuse and Tobacco Control Service launched in October. The service includes a remit on alcohol misuse by City workers. Prevention and promotion of healthy behaviours are central to the new service. • Business Healthy: Our members have identified alcohol and substance misuse as a key issue. In support of this we have hosted sessions on alcohol, drugs and addiction in the workplace and have focused many of our resources on the website on this issue.
More City workers quit or cut down smoking	<ul style="list-style-type: none"> • Smoke free children's play areas: On the 16th November, signs were placed in Tower Hill gardens, West Smithfield Rotunda Gardens and Portsoken Street Garden children's play areas asking smokers not to smoke in these areas. It is intended that having smoke free play areas will de-normalised smoking for children and reduce their risk of exposure to second hand smoke. • Smoking Harm Reduction initiatives: In March 2014 the City started a harm reduction pilot programme within stop smoking services, with the aim of getting more

	<p>people engaged in stop smoking services and increasing the quit rates of those entering services. These programmes included a “cut down” programme, an extended 12 week stop smoking programme, and the use of electronic cigarettes in addition to traditional stop smoking services. The area that has been most successful is the electronic cigarette pilot within level III stop smoking services, and this part of the programme was agreed by members to be continued alongside traditional smoking cessation programmes.</p>
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7. As the activities described in the above table demonstrate, good progress is being made against the JHWS action plan and this will ensure that the agreed outcomes are delivered. Where appropriate, further actions have been identified to ensure this progress continues. There are no areas for concern where additional action is required.
8. The next progress report will be submitted to the June meeting of the HWB.
9. The current JHWS runs for a three year period from 2012/13 to 2015/16 and will be re-written in 2016, along with the accompanying action plan.

Corporate & Strategic Implications

10. The action plan supports the JHWS, which is the key strategy of the HWB.
11. It is a statutory requirement for HWBs to produce a JHWS, and for it to be kept up-to-date.

Conclusion

12. Good progress is being made against the action plan to deliver priority areas in the JHWS.
13. The JHWS is due to be rewritten in summer 2016, when both the priorities and action plan will be reviews.

Background Papers

- 30th September 2014 – Joint Health and Wellbeing Strategy: Action Plan
24th April 2015 – JHWS Action Plan Progress Report
18th September 2015 – Joint Health and Wellbeing Strategy Refresh

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