
OVERVIEW OF HEALTH AND PARTNERSHIPS PORTFOLIO

Purpose of the Report

1. Since the last meeting of Council, the main areas of work under my Health and Partnerships Portfolio were as follows.

Public Health

NHS Health Checks

2. The NHS Health Checks programme is a mandated Public Health programme for which the Authority has responsibility to commission. This programme invites all individuals aged 40 to 74 years for a cardiovascular check once every five years. In Darlington, the NHS Health Checks programme is undertaken by all local GP Practices.
3. The cumulative number of eligible individuals who have been offered and received an NHS Health Check in Darlington has risen faster than the England average. In Darlington, 24 per cent of the eligible population were offered a health check and of those, 44 per cent of individuals received a check.

Smoking

4. The trend for smoking prevalence in Darlington continues to decrease, with a value of 19.1 per cent of the adult population being smokers in 2013 compared to 22.3 per cent for the North East and 18.4 per cent for England. The trend for prevalence of smoking in the priority groups, including 'Routine and Manual Workers', remains unchanged at 31.5 per cent along with the rate for women smoking at time of delivery slightly down from 21.1 per cent in 2012/13 to 20.4 per cent in 2013/14. The rate of people stopping smoking in Darlington is better than that of England and comparable to that of the North East. Darlington residents have access to stop smoking support through local GP surgeries and pharmacies.

National Child Measurement Programme

5. The proportion of those children in Reception who were overweight or obese increased in Darlington from 21.5 per cent in 2012/13 to 25 per cent in 2013/14 which is comparable to the proportion in the North East of 24.4 per cent. For those in Year 6, the proportion of those who were recorded as being overweight and obese also increased from 33.5 per cent in 2012/13 to 34.6 per cent in 2013/14, which is lower when compared to an average for the North East of 36 per cent. Work continues with local schools and families and young people to provide a

range of evidence-based interventions and support for those who are identified as being overweight or obese.

National Smile Month: 18 May to 18 June

6. National Smile Month is the UK's largest and longest-running oral health campaign which ran from 18 May to 18 June. The Campaign aimed to improve the UK's oral health which is a priority for Darlington as the North East has one of the highest rates in the country for tooth decay in children.
7. Approximately 30 per cent of children aged less than five years in the North East have tooth decay and Darlington is amongst one of the highest areas for the disease within the region.
8. During National Smile Month, County Durham and Darlington NHS Foundation Trust's Oral Health Improvement Team worked in partnership with Darlington Borough Council to raise awareness of the importance of good oral health and gave advice and information to parents and children.
9. The campaign had three key messages of brush teeth last thing at night and on at least one other occasion, with fluoride toothpaste; cut down on sugary foods and drinks; and visit the dentist regularly, as often as they recommend.
10. Darlington focused especially on the message related to sugary drinks and launched 'Rethink Your Drink!' which encouraged the choice of water as a between meal drink in place of soft drinks.
11. A range of interactive activities for parents and children took place across Darlington during National Smile Month within local children's centres and early years' settings.
12. Mount Pleasant and Dodmire Children Centres have both enjoyed dentist visits and Skerne Park Children's Centre have a session planned for this month. The visits provide staff, parents and children the chance to learn about good oral health and watch practical demonstrations given by the dentist.

Men's Health Week

13. In the UK, one man in five dies before he reaches 65. Men's Health Week was held from 15 to 21 June and focussed on healthy living for men. It challenged men to look after their relationships and wellbeing, not to smoke, drink less alcohol, be active, maintain a healthy weight and attend their NHS Health Check.
14. The Men's Health Forum explained the need for a focus on Men's Health, 'Men are less likely to lead a healthy lifestyle. They are more likely to smoke, drink alcohol to hazardous levels and be overweight or obese. These lifestyles can lead to serious diseases such as cancer, heart disease and strokes, the risk of which can be reduced by leading a healthy lifestyle.'

15. The Darlington Health Profile 2015 produced by Public Health England, indicates that, in Darlington, male life expectancy is on average four years lower than that of females.
16. In Darlington, during Men's Health Week, the Healthy Darlington team offered free twenty-minute, confidential Man MOT appointments at three separate venues on 16, 17 and 19 June.

Darlington Partnership

17. Darlington Partnership held a successful Best of Darlington Awards event on 22 May. Over 300 people attended to celebrate the effort and achievements of people across the spectrum of life in Darlington. The winners and the citations of the finalists can be found on the Darlington Partnership website www.darlington.org.uk/dsp/best-darlington/ . As in previous years the event was entirely funded through sponsorship.
18. The Partnership has brought together a Financial Inclusion Action Group which met for the first time in March. Poverty has emerged as a key area of work for the Partnership and featured strongly in the revised strategy for Darlington, One Darlington Perfectly Placed and this group targets its work on those most in need, aiming to reduce levels of financial exclusion. This will be achieved by maximising income; improving financial capability; improving access to a broader range of financial products; ensuring there is access to quality financial advice; and ensuring there are lower cost options for unavoidable expenditure.
19. It has instigated work to co-ordinate resources that fund financial inclusion services and is developing an on line information tool for the public and advice agencies.
20. Having identified a growth in work poverty, approaches have been made to Darlington Cares to explore how debt advice can be made available by companies to their employees.

Healthwatch

21. Healthwatch Annual General Meeting and Volunteer Forum was held on 17 June in Darlington. This gave an opportunity to look back over the work of the past year and to look forward to the year ahead. Healthwatch has continued to provide support for a range of Health and Social Care Awareness weeks including those mentioned earlier in this report. Further details can be found by looking at their website on www.healthwatchdarlington.co.uk.
22. A key part of the role of Healthwatch is to ensure that the voice of residents can influence health and social care. One way of doing this is through gathering comments and information from users of services and a number of surveys have been undertaken or are in progress. Currently information is being requested on:

- (a) Mental Health
- (b) Ambulance Services
- (c) Social Care
- (d) Urgent Care

23. In addition to web-based surveys Healthwatch continue to provide outreach drop-in sessions and to take comments via telephone or letter. Healthwatch are also continuing to develop effective ways of working with Black and Minority Ethnic groups and young people to ensure that their views influence policy and strategy and delivery.

Welfare Rights

24. During May, £9,718 was secured in additional benefit for clients. The total raised to date for 2015/16 is £48,192.

Health and Well Being Board

- 25. The Board agreed a Darlington Declaration on Alcohol as a useful tool to agree actions at a local level as it was reported that, whilst delivering positive benefits, including its role in economic growth and leisure, alcohol placed a burden upon communities and services.
- 26. The Balance North East Alcohol Behaviour and Perceptions Survey 2014 provided a detailed snapshot of North East residents' behaviour and attitude to alcohol and enabled Balance to monitor progress against key performance measures associated with changing the way North East residents thought about and drank alcohol.
- 27. Workstreams within the project included Primary Care, Care Homes, Nursing and Residential Home pilot Hospital to Home and Front of House. The Board was advised that although the Darlington Clinical Commissioning Group had led the project this was transferring to the Primary Health Care Darlington Federation.
- 28. The Board considered the local progress in meeting the requirements of the Crisis Care Concordat Local Action Plan, as set out in the national Mental Health Crisis Care Concordat, launched in 2014.
- 29. The Concordat aimed to develop joined up service responses to people who were in mental health crisis, focussing in Darlington on mental health partnership working, through a number of strategies and forums and the establishment of a multi-agency task and finish group to take forward the development of the local action plan.
- 30. The Board welcomed the inclusion of reference to children and young people within the document and how their needs would be incorporated and met by linking to the Children and Adolescents Mental Health Services (CAMHS).

31. The Board considered the next stage in developing a sustainable health and care economy for Darlington, following on from the Vanguard application made under the NHS Five Year Forward View.
32. Health and care partners in Darlington have recognised the need to work differently because of both budget pressures and the desire to see better public and patient outcomes and new ways of working were already underway such as multi-disciplinary teams for the frail and elderly and a collaboration to support people with long-term conditions.
33. A local Health and Care Summit held on 11 June was used as a launch pad for the next steps in developing a more sustainable health improvement, health treatment and care economy. Discussions have been held with partners, involved in the Vanguard application, about developing documentation to be used more widely with the public to help them to contribute to the development of new ways of working.
34. The Board approved a Section 75 Agreement between Darlington Clinical Commissioning Group and Darlington Borough Council Commissioning in relation to the Better Care Fund (BCF) for the financial year 2015/16 as required by the Care Act 2014, to establish pooled budgets between the two organisations and the delegation of functions of one organisation to another.
35. The Board received a report on the quality of clinical services provided to Darlington residents and providing assurances that actions were being undertaken with providers where necessary. Services commissioned by NHS Darlington Clinical Commissioning Group and services commissioned by Darlington Borough Council were included in the report.
36. Details were included of two GP practices in Darlington which had been visited by the Darlington Clinical Commissioning Group and NHS England for which Action Plans were now in place.

Financial Wellbeing – Social Fund

37. Cabinet approved the amended Social Fund Policy 2015-16 which has been reviewed to increase efficiency whilst ensuring assistance for the most vulnerable is maintained.
38. Anticipated savings from the changes to the Social Fund are £125k against the current MTFP and it is proposed that these will be allocated to support preventative work across the Borough including the provision of advice in conjunction with Darlington Partnership through the Financial Inclusion Action Group.

Healthy Darlington – HD Hub

39. For the period January-March 2015, a total 20,682 customers visited the Hub and 376 individual clients accessed 1:1 consultations within the Hub over this same period. Approximately 100 appointments take place each week, with each appointment lasting approximately one hour. Most clients come for appointments

once or twice each week or fortnight, generally for support for weight management, healthy eating and physical activity. Clients are either referred or signposted by a medical professional, or attend on a walk-in basis. Clients are able to access support from the Hub team for as long as they need it. The retention rate at twelve weeks is 57 per cent, which is high for this type of behaviour change service, with 98 per cent of those clients reporting that they have made a positive health behaviour change as a result of engagement with the service.

40. In addition to the provision of the behaviour change support service in the Hub, another key role for the Healthy Darlington team is to work with community partners to increase access for those who experience the most barriers. Some of the work that has taken place during this reporting period includes; partnership with the early years team to work alongside young children and families, work as part of the Dementia Friends campaign (including provision of support to set up the Darlington Dementia Action Alliance), support of Age UK Darlington to deliver sessions and work 1:1 with clients, and delivery of sessions and workshops as part of national campaigns such as Men's Health Week and Diabetes Awareness Week.

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