

North Lanarkshire Council Report

Adult Health and Social Care Committee

approval noting

Ref

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Prevention, Early Intervention, Community Capacity Building and Wellbeing

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Executive Summary

The purpose of this report is to update Committee of the range of programmes that support the Prevention, Early Intervention, Community Capacity Building and Wellbeing agendas across the Health and Social Care Partnership. Significant work was developed and delivered during 2019/20 and programmes were adapted in response to the COVID-19 pandemic. Recovery plans will incorporate learning from the pandemic response and ensure work is inequalities focused to support those who will be most negatively impacted.

Recommendations

It is recommended that the Adult Health and Social Care Committee:

- (1) Notes the progress made across the range of prevention and early intervention programmes in 2019/20
- (2) Notes the flexible and dedicated response of the Community Solutions programme to the pandemic
- (3) Notes the programmes developed to support the health and wellbeing of the staff of the HSCP, and how that has been expanded to include the voluntary and independent sectors

The Plan for North Lanarkshire

Priority Improve the health and wellbeing of our communities

Ambition statement (13) Improve preventative approaches including self-management and giving people information and choice over supports and services

1. Background

- 1.1 The 2020-2023 Strategic Commissioning Plan (SCP) for Health and Social Care North Lanarkshire demonstrates a clear commitment to prevention and early intervention approaches and the delivery of the Lanarkshire Mental Health and Wellbeing Strategy. This builds on the progress achieved by the Health and Social Care Partnership (HSCP) across a range of prevention and early intervention programmes in recent years.
- 1.2 Engagement with stakeholders during the development of the SCP highlighted that staff health and wellbeing would be an important element of delivering our ambition to “Ensure North Lanarkshire is the best place to work, volunteer and care”. Accordingly a programme of work was developed to deliver this key ambition which aims to include colleagues from the community and voluntary sector and independent sector recognising the crucial roles they play in the partnership.
- 1.3 Under the ambition statement of “Promote prevention and early intervention”, the SCP affirms its commitment to invest in the Community Solutions programme which is a longstanding programme of community capacity building delivered in partnership with Voluntary Action North Lanarkshire and our community and voluntary sector.
- 1.4 One of the underpinning principles of the HSCP is to reduce inequalities and this has informed our response to the COVID-19 pandemic as we look to mitigate the impact of the pandemic which will be more severe on those who are most socio-economically disadvantaged and experiencing inequality.

2. Report

Prevention and Early Intervention Programmes

- 2.1 The HSCP delivers a broad range of prevention and early intervention programmes with a focus on reducing inequalities. Some highlights from 2019/20 are provided below.
 - 2.1.1 The *Keep Well* team delivers a holistic primary prevention service to individuals aged 16 years and over as well as specific populations who are from areas of deprivation or vulnerable groups (e.g. community justice, addictions, homeless, deaf community, BAME community) and are less likely to access primary care services. The team delivered 528 health checks across North Lanarkshire in 2019/20 with over half of these clients requiring case management support due to the complexity of issues identified. Outcome measures show that on average there is an 80% improvement in the person’s well-being score on discharge from the service.
 - 2.1.2 The *Lanarkshire Green Health Partnership* has continued to develop during 2019/20 with the aim of connecting people with nature and maximising the use of health inducing green assets. Highlights include provision of gardening sessions at 5 community hospitals (2 in NL); integration of green health pathways to existing referral pathways (e.g. Active Health programme with North Lanarkshire Culture and Leisure); raising awareness of the benefits of nature with over 300 HSCNL professionals; and infrastructure changes and resources developed to improve active travel and physical activity opportunities. One of the aims is to improve green health opportunities for people living in SIMD 1 and 2 and this has been progressed in Wishaw where significant investment was secured to upgrade the access to, and quality of, King George Vth Park which sits in front of University Hospital Wishaw.

- 2.1.3 The *Lanarkshire Weight Management Service* has continued to deliver community based and specialist support and services in partnership with Culture and Leisure colleagues. A key focus in 2019/20 was to transition individual programmes to an integrated service model which cover all four tiers and across the life course and which meets the requirements of the Diabetes Prevention Framework. Key to this is the roll out of the Healthy Schools approach which is now used by 80% of primary schools in North Lanarkshire. Work continues to develop a framework for use by secondary schools which is being piloted in this academic year.
- 2.1.4 Work has continued to implement the *Lanarkshire Tobacco Control Strategy 2018-23*. The strategy puts children firmly at the centre with a vision to create a society which is smoke-free and where adults are positive anti-tobacco role models, whether they smoke or not. Commitment from NLC and NHS Lanarkshire was secured when they signed up to the national smoke-free charter in 2019. Additionally the service met its national target to reduce the number of smokers in SIMD 1 and 2 with North Lanarkshire contributing 557 quits at 12 weeks to the overall target of 902.

Impact of COVID-19 on prevention and early intervention programmes

- 2.2 The Health Improvement teams who deliver the prevention programmes described above either paused or amended their services to adapt to the pandemic. An initial task was to risk assess all programmes and establish what could be delivered safely. Online platforms have been utilised as appropriate and adaptations implemented, e.g. the Lanarkshire Green Health Partnership produced the resource *19 Ways to Stay Connected with Nature during COVID-19* to support people's wellbeing during lockdown.
- 2.2.1 Many health improvement staff have been redeployed to other teams/roles including NL Community Assistance Line, Public Health, Test and Protect, and Community Assessment Centres. Despite the fact that a number of staff are still supporting the public health response, recovery plans are in place with a renewed emphasis on inequalities to mitigate the impact of the pandemic which we know will be more severe on those who are most socio-economically disadvantaged and experiencing inequality.
- 2.2.2 Support to EQIA in recovery plans

Lanarkshire Mental Health and Wellbeing Strategy

- 2.3 The Lanarkshire Mental Health and Wellbeing strategy was launched in October 2019 with four main workstreams:
- Good Mental Health for All
 - Improving Access to Mental Health Support and Services
 - Children and Young People Mental Health & Wellbeing – fully integrated in the North Lanarkshire and South Lanarkshire Children's Services Plans
 - Specialist Mental Health Services
- The programme team has also been supporting implementation in Lanarkshire of the national Dementia Strategy.
- 2.3.1 The Strategy Board has not met since January 2020 but a workshop took place last month to restart implementation of the strategy and re-engage stakeholders. The aims of the workshop were to reflect on progress, take stock of where we find ourselves in the wake of COVID-19, re-affirm the ambitions set out in the Strategy, and review the governance and engagement arrangements to make sure the

ambitions of the strategy can be delivered with the full involvement of all stakeholders.

- 2.3.2 Workstream leads provided an update to members of the North Lanarkshire Partnership Strategic Group in July 2020 taking the opportunity to highlight concern of the impact of COVID-19 on the population's mental health and wellbeing both directly and indirectly. Discussion explored the ways that the NLP strategic leaders could support the work of the strategy as services and programmes restart and respond to the pandemic.

Community Solutions - community capacity building

2.4 Community Solutions is a community led, health and social care investment programme operating across North Lanarkshire focused on building communities where people can have full, independent lives. The programme, which has been in place since 2012, is a partnership between HSCNL, Voluntary Action North Lanarkshire (VANL), and the community and voluntary sector of North Lanarkshire.

2.4.1 Community Solutions aims to improve people's quality of life and wellbeing by taking action which:

- strengthens social connection and support, helping to reduce isolation and loneliness
- promotes equality and human rights and reduces inequalities through services and activities developed in partnership and delivered by the community and voluntary sector

2.4.2 The Community Solutions annual report for 2019/20 provides a summary of outcomes achieved for the year. The full report is available in section 6.

Outcomes	No of people
Reduction in isolation and loneliness	10 685
Enhanced use of information, advice and education	12 674
Improved independence and well-being	10 778
People feel included, connected and safe	12 405
Citizens have greater access to health and wellbeing supports and services	10 116
Outcomes for Carers	
Carers:	
Have accessed a short break from caring	1690
Have increased ability to manage or cope with their caring role	1934
Health and wellbeing are optimised	2168
Have been referred to direct carer support services	1032
Have been signposted to direct carer support services	1585

Outcomes for Children and Families	No of people
Sense of wellbeing is increased	2295
Mental health is optimised	2203
Parental/carers attachment is improved	2218
Physical activity is increased	2344
Resilience is improved	2231

Community and Voluntary Sector Response to COVID-19

2.4.3 During March-July 2020, 83 community and voluntary sector organisations provided emergency support to vulnerable people across NL. This included:-

- 29 organisations or groups all or part-funded through Community Solutions
- 54 organisations which do not receive funding through Community Solutions including existing organisations and newly established COVID-19 Community Resilience groups

2.4.4 VANL contacted all Community Solutions funded organisations and groups in the early weeks of the pandemic to review existing agreements and discuss and agree adaptations. As per government guidelines, services closed their premises to the public, meaning any previously face to face group and individual activities were suspended.

2.4.5 Organisations agreed a range of adaptations so that they could continue to support communities. Examples include:

- Locality host organisations became community anchors, either responding directly to referrals from the NL Community Assistance helpline or directing them to other sources of community support appropriately
- Online Strength and Balance classes provided and postural stability booklets printed for NHS staff to issue to older adults to support exercise at home
- Carer funded projects moved to telephone support and The Haven developed a new Wellbeing Support Service

2.4.6 The response to the pandemic resulted in closer partnership working between VANL, the NLC Communities Team and the Health Improvement localities teams. Initially, this was to ensure there was capacity to deal with the volume of enquiries that the community and voluntary sector were receiving from the NL Community Assistance helpline as shielding was implemented. However this positive working relationship led to the formation of Joint Locality Teams to maximise the relationship, support the development of Community Boards, and prepare for future surges of COVID-19.

Staff health and wellbeing

2.5 In response to the pandemic, a HSCNL Staff Health and Wellbeing (SHWB) Group was formed to implement the health and wellbeing plans relative to North Lanarkshire from the Bronze Command Workforce Health and Wellbeing Group. An action plan was drafted aligned to the Strategic Commissioning Plan and its programme of work was adapted to reflect the additional support for staff as they dealt with the unprecedented pressures resulting from the COVID-19 pandemic.

2.5.1 The members of the SHWB Group worked with Psychological Services in the scoping and assessment of supports required by the community workforce to ensure equitable but tailored support for the diverse staff group resulting in a pan-Lanarkshire model of community staff support being agreed to serve Health and Social Care staff regardless of employer. A Staff Wellbeing Collaboration Operational Guide (OP Guide) was developed, establishing staffing roles, resource, and governance pathways. There are adapted versions for staff working in the HSCP and those working within the voluntary and independent sectors. An online learning package has been created to support the use of the OP Guide and forms part of the

All of Us programme and service which aims to ensure that every member of the Health and Social Care Sector staff across Lanarkshire has access to an appropriate level of support during this period of crisis and beyond. See section 6 for more information.

- 2.5.2 Four care homes have been identified to test the *All of Us* programme for their staff. Further engagement is in progress, but initial feedback suggests that care home managers are most welcoming of the support to upskilling staff in-house as Wellbeing Supporters as they have found their staff are more likely to make use of natural contacts within their workplace than use phone support. Many have also established Rest Areas within their units. The SHWB Group is working closely with the Care Home Liaison Team and the Care Home Assurance Team to progress this work.
- 2.5.3 Ten community and voluntary sector partners have identified their wish to be involved in the training and delivery of peer support via the *All of Us* programme. The adapted OP Guide has been shared and the induction process will proceed once the self-directed modules have been completed. Whilst capacity is an issue, support from the community and voluntary sector has been vital over the pandemic therefore HSCNL is committed to share the resources and learning available to support our colleagues.

3. Equality and Diversity

- 3.1 Fairer Scotland Duty
This report does not adversely impact the delivery of the Fairer Scotland Duty.
- 3.2 Equality Impact Assessment
The relevant work programmes have completed Equality Impact Assessments. Additionally, all HSCP recovery plans have undertaken Equality Impact Assessments.

4. Implications

- 4.1 Financial Impact
Planned programmes and activity in respect of prevention, early intervention, community capacity building and wellbeing are supported by core Service budgets. The outbreak of the Covid pandemic has created additional financial pressures and these costs are tracked and monitored in a variety of ways including formal returns to the Scottish Government and the Service's financial monitoring reports. The Service observes Scottish Government guidelines in the treatment and reporting of Covid costs and corresponding grant claims/returns.
 - 4.2 HR/Policy/Legislative Impact
None
 - 4.3 Environmental Impact
None
 - 4.4 Risk Impact
Risks will be identified by each programme and reported to the relevant risk register.
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5. Measures of success

- 5.1 Some highlights of the previous year (2019/20) are outlined above. More generally, each area of work described in this report has its own associated performance framework which reports through the relevant governance structure.

6. Supporting documents

- 6.1 Community Solutions Annual Report 2019/20
http://www.voluntaryactionnorthlanarkshire.org/sites/default/files/community_solutions_report_19-20_final-compressed.pdf
- 6.2 All of Us staff health and wellbeing support programme
<https://www.nllife.co.uk/hscpallofus/>



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