



READING HEALTH AND WELLBEING BOARD

DATE OF MEETING:	17 March 2023		
REPORT TITLE:	Health and Wellbeing Strategy Quarterly Implementation Plan Narrative Update Report		
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1. PURPOSE OF REPORT AND EXECUTIVE SUMMARY

- 1.1 This report presents an overview on the implementation of the Berkshire West Health and Wellbeing Strategy 2021-2030 in Reading and, in Appendix A, narrative information updates on performance and progress towards achieving the local goals and actions set out in the both the overarching strategy and the locally agreed implementation plans.
- 1.2 The Health and Wellbeing Implementation Plans narrative update report (appendix A) contain an update on actions agreed for each of the implementation plans and the most recent update of key information in each of the priority areas.

2. RECOMMENDED ACTION

2.1 That the Health and Wellbeing Board notes the following updates contained in the report:

Priority 1 - Tasks supporting Actions 1 to 8 within this priority area including, development of an Inequalities Dashboard, promotion of health checks, partnership working to support higher risk groups to reduce health inequalities.

Priority 2 - Tasks supporting Actions 1 to 6, focusing on identifying health and care needs of individuals at risk of poor outcomes and actions for supporting them. Including engaging with and funding projects that enable people to access information and support at a time and in a way that meets their needs.

Priority 3 - Tasks supporting Actions 1 to 7 have been updated, focusing on the development of evidence-based parenting programmes and increasing uptake of two-year-old funding. There has been significant progress in all priorities.

Priority 4 - Tasks supporting Actions 1 to 7 have been updated on with a focus on the work of the Mental Health Support Teams (MHSTs) and Primary Mental Health Team.

3. POLICY CONTEXT

3.1 The Health and Social Care Act 2012 sets out the requirement on Health and Wellbeing Boards to use a Joint Strategic Needs Assessment (JSNA) and a Joint Health and Wellbeing Strategy (JHWS) to develop plans which:

- improve the health and wellbeing of the people in their area;
- reduce health inequalities; and
- promote the integration of services.

3.2 In 2021 The Berkshire West Health and Wellbeing Strategy for 2021-2030 was jointly developed and published on behalf of Health and Wellbeing Boards in Reading, West Berkshire and Wokingham. The strategy contains five priority areas:

- Reduce the differences in health between different groups of people
- Support individuals at high risk of bad health outcomes to live healthy lives
- Help families and children in early years
- Promote good mental health and wellbeing for all children and young people
- Promote good mental health and wellbeing for all adults

3.3 In Reading the strategy was supplemented by the development of implementation plans for each priority area. These were presented to the Health and Wellbeing Board and approved in March 2022.

3.4 In 2016 the board had previously agreed to introduce regular performance updates, including a Health and Wellbeing Dashboard Report, at each meeting to ensure that members of the board are kept informed about the Partnership's performance in its priority areas. The current Health and Wellbeing Dashboard Report has been developed to reflect the new priorities set out in the Berkshire West Health and Wellbeing Strategy 2021-2030 and the associated implementation plans.

3.5 The Health and Wellbeing Dashboard provides the latest data available to support the Board to scrutinise and evaluate the performance of the Partnership against the agreed priorities set out in the Health and Wellbeing Strategy. Some of the national data used to measure public health outcomes, particularly for those indicators based on annual national survey and hospital data, goes through a process of checking and validation before publication, which can mean that it is published some time after it was collected. Other data contained in this report is reported directly from local health service providers, including primary care providers, and, as these data are not validated or processed before publication, there may therefore be some minor discrepancies and corrections between reports.

3.6 At each Health and Wellbeing Board meeting Health and Wellbeing Strategy Priority Leads for Reading Borough Council will provide a narrative update against selected tasks and priority items that have been actioned during that period. Statistical data will be refreshed every six months. The schedule for reporting for 2022/23 is therefore as follows:

Health and Wellbeing Board	Narrative updates - selected tasks and priorities	Data refresh
July 2022	✓	✓
October 2022	✓	✗
January 2023	✓	✓
March 2023	✓	✗

4. THE PROPOSAL

4.1 Overview

Priority 1 - Reduce the differences in health between different groups of people

A Berkshire West wide Inequalities Dashboard has now been developed and was shared with the Reading Integration Board in January 2023. We are now working towards mapping the general inequalities highlighted in the dashboard against priority groups identified in the strategy. We continue to work with our partners in health and the voluntary sector to ensure that a good range of services are provided to support people to stay healthy and well, and that these are communicated to people who may be at more risk of experiencing poor health or long-term health conditions. A new Dementia service is being developed and consideration is being given to the potential to create a “Dementia Hub” in Reading that supports both older people and younger people who have been diagnosed with dementia.

Priority 2 - Support individuals at high risk of bad health outcomes to live healthy lives

Our Multi-Disciplinary Team (MDT) meetings operating within the Primary Care sector are effective in supporting people who are high users of primary and secondary services. One of the Reading Integration Board (RIB) projects was to develop a platform for social prescribing referrals to be made easily by GPs or Social Prescribers, or even self-referral options. Our Voluntary Care Sector (VCS) partners have led this piece of work and have now procured a platform to support timely referrals, with the ability to report the outcomes and provide information on potential commissioning gaps in services. We have also invested in Technology Enabled Care (TEC) which provides devices to support people to remain as independent as possible in their own homes. The Disabled Facilities Grant, which is one element of the Better Care Fund (BCF), enables both major and minor works to be undertaken where people are eligible for funding, and to avoid hospital or long term residential/care home admissions. Our Reablement services support people on hospital discharge to regain independence with a focussed strengths-based approach.

Priority 3 - Help families and children in early years

The under 5s workstream of the One Reading partnership is leading on priority 3 to help families in early years in Reading. There are seven key priority areas and we are working across the partnership including maternity services, health visitors, paediatricians, education and the voluntary sector to drive forward priority areas. There continues to be progress in all priorities. A workstream is being established to consider infant feeding in Reading and supporting more parents to breastfeed.

Priority 4 - Promote good mental health and wellbeing for all children and young people

The Consistent Approaches to the Mental Health and Emotional Wellbeing for Children and Young People Group has focused on the following: inequalities in mental health, whole school approaches to emotional wellbeing, provision of the Mental Health Support Teams, Primary Mental Health Team and Educational Psychology Service in schools, support and interventions for children and young people, and training for professionals and parent/carers.

Priority 5 - Promote good mental health for all adults

The Mental Wellbeing Group have focused on developing links around low-level mental health support in the last quarter. The focus has been on demystifying support available for low level mental health and the process to access these services. Work has been ongoing around upskilling the workforce through a range of mental health training sessions including Mental Health First Aid and a wide range of courses delivered by Compass Recovery College.

5. CONTRIBUTION TO READING'S HEALTH AND WELLBEING STRATEGIC AIMS

- 5.1 This proposal supports Corporate Plan priorities by ensuring that Health and Wellbeing Board members are kept informed of performance and progress against key indicators, including those that support corporate strategies.

6. ENVIRONMENTAL AND CLIMATE IMPLICATIONS

- 6.1 The recommended action will have no impact on the Council's ability to respond to the Climate Emergency.

7. COMMUNITY & STAKEHOLDER ENGAGEMENT

- 7.1 A wide range of voluntary and public sector partners and members of the public were encouraged to participate in the development of the Health and Wellbeing Strategy. The indicators included in this report reflect those areas highlighted during the development of the strategy and included in the final version.

8. EQUALITY IMPACT ASSESSMENT

- 8.1 An Equality Impact Assessment is not required in relation to the specific proposal to present an update to the Board in this format.

9. LEGAL IMPLICATIONS

- 9.1 There are no legal implications

10. FINANCIAL IMPLICATIONS

- 10.1 The proposal to update the board on performance and progress in implementing the Berkshire West Health and Wellbeing Strategy in Reading offers improved efficiency and value for money by ensuring that Board members are better able to determine how effort and resources are most likely to be invested beneficially on behalf of the local community.

11. BACKGROUND PAPERS

APPENDIX A - HEALTH AND WELLBEING IMPLEMENTATION PLANS UPDATE



APPENDIX A - HEALTH AND WELLBEING IMPLEMENTATION PLANS AND DASHBOARD REPORT UPDATE

PRIORITY 1: Reduce the differences in health between different groups of people

Priority 1 - Implementation Plan narrative update

Action name	Status	Commentary (100 word max)
Take a 'Health in All Policies' approach that embeds health and wellbeing across policies and services.	Green	When developing or updating policies and procedures, consideration is given to what the impact will be in relation to the health and wellbeing of our residents and our staff.
Address the challenge of funding in all areas and ensure that decisions on changing services, to improve outcomes, does not adversely affect people with poorer health.	Green	The Reading Integration Board priorities and projects focus on health inequalities, and groups of people who have been identified as being at a higher risk of poor health outcomes. The board is comprised of system partners from adult social care, voluntary care sector, acute hospital, primary care and community care as well as Healthwatch Reading, who represent the voice of the service users, and will work together in our approach to planning of the Better Care Fund (BCF). We continue to work closely with our commissioning colleagues to ensure effective services are commissioned to support the needs of our Reading residents in the most effective and efficient way, without adversely affecting those with poorer health.
Use information and intelligence to identify the communities and groups who experience poorer outcomes and ensure the right services and support are available to them while measuring the impact of our work.	Green	A Population Health Management Approach is being used to inform priority areas of work. The aim of the Better Care Fund, and as such the board, is to enable integrated working for the best use of resources and to enable care that is tailored to the needs of individuals, that is informed by population health management data. Reducing pressure on acute hospitals by implementing intermediate care to enable people to remain at home, living as independently as possible for healthy and active lives.
Ensure an effective programme of NHS Health Checks and follow up support services that are designed to meet the needs of all people in the community, ensuring appropriate communication and engagement methods that are culturally sensitive.	Green	The key projects agreed at the Reading Integration Board (RIB) include supporting and promoting health checks and developing a Self-Neglect pathway, and we are continuing with our Multi-Disciplinary Team programme within the Primary Care Networks, which has seen significant successes. One of the projects focusses on supporting people with Learning Disabilities to receive their Health Checks and this has been flagged as a priority area and is being led by members of our Public Health team in collaboration with community groups and GPs.

Action name	Status	Commentary (100 word max)
Continue to develop the ways we work with ethnically diverse community leaders, voluntary sector, unpaid carers, and self-help groups that sit within Local Authorities.	Green	The Covid Vaccine Champions Programme built on the community connections made through the Community and Participatory Action Research group. There are several forums at which our Voluntary Care Sector are engaged, along with Carers and community service leads. One of the RIB Projects is supporting a local community service, who support high numbers of residents from ethnic minority backgrounds, to provide access to digital devices, training, and support in how to use these and in turn digital access to health advice and support, as well as community services to support both mental and physical health. Workshops have been held at Integration Care System (ICS) level to review and improve services available to unpaid carers, as well as running effective Carer's Forums and Carer's Advice services.
Ensure fairer access to services and support for those in most need through effective signposting, targeted health education and promoting digital inclusion, all in a way that empowers communities to take ownership of their own health.	Green	The social prescriber model that is in place within Reading is working well, ensuring people are referred in a timely way to the most appropriate services to support their health and wellbeing needs. Facilitation of improved access to information and services for Reading residents is a priority for the Reading Integration Board (RIB), to ensure the right support is accessible and resources are used effectively. A Social Prescribing platform has been procured by one of our Voluntary Care Sector partners, funded through the RIB Projects fund.
Increase the visibility and signposting of existing services and improve access to services for people at higher risk of bad health outcomes, whilst also providing pastoral support through faith-based organisations linked to health and social care services.	Green	The three main projects within Priority 4: Care Navigation and Education, for the Reading Integration Board are: <ol style="list-style-type: none"> 1. Improve access to and awareness of services available (New) 2. Co-ordinate the Making Every Contact Count (MECC) Programme in Reading (New) 3. Digital Inclusion - Ensuring people are enabled to use digital technologies (New) Reading is investing in voluntary care sector engagement to support their Front Door services to ensure effective referral and signposting to the right support to meet the needs of the individual.
Monitor and assess how Covid-19 has differentially impacted our local populations, including through the displacement or disruption of usual services. Ensure health inequalities exacerbated by COVID-19 are addressed as we recover and ensure access to services.	Green	There are regular updates on Covid at the Reading Integration Board and the activity in progress to address any areas of low vaccine uptake, both for Covid and for seasonal Flu. Many people suffered from 'low level' mental health issues, during Covid and we continue to promote the use of the Recovery College. The Multi-Disciplinary Team meetings that are taking place at Primary Care Network (PCN) level have regular membership from mental health services to ensure appropriate referrals and support for people with low level mental health needs. The Reading Integration Board have funded the Compass Recovery College to expand their Outreach support and we are also engaging with the Social Inclusion Group to ensure there is a raised awareness of schemes and services available.

PRIORITY 2: Support individuals at high risk of bad health outcomes to live healthy lives

Priority 2 - Implementation Plan narrative update

Action name	Status	Commentary (100 word max)
Identify people at risk of poor health outcomes, using Population Health Management data and local data sources, as well as increase visibility of existing services, and signposting to those services, as well as improving access for people at risk of poor health outcomes.	Green	The Reading Integration Board is using a Population Health Management (PHM) approach to identify people who could be supported by a Multi-Disciplinary Team (MDT) review to ensure they have the right care and support wrapped around them. The shared care records system, Connected Care, is used for case finding based on specific conditions that we know are more prevalent, and particularly in areas where there are pockets of deprivation. Care Home Residents, and some patients with long-term conditions and at high risk of deteriorating are being enrolled in a new remote management and monitoring service. Patients input information such as blood pressure, pulse, blood glucose readings which can be monitored by their GP and the Multi-Disciplinary Teams, as appropriate.
To raise awareness and understanding of dementia. Working in partnership with other sectors, we can introduce an integrated programme ensuring the Dementia Pathway is robust and extended to include pre diagnosis support, and improve early diagnosis rates, rehabilitation and support for people affected by dementia and their unpaid carers.	Green	The Dementia Friendly Reading group provides a collaborative platform for working towards supporting people with Dementia and a new Day Service is planned during the next two years, and opportunity to consider creating a Dementia Hub within Reading.
Improve identification and support for unpaid carers of all ages. Work with unpaid carers and partner agencies to promote the health and wellbeing of unpaid carers by giving them a break from their caring responsibilities, whilst allowing them to fulfil their caring role.	Green	Our Carer's Information, Advice & Guidance Service is part of a consortium commission with West Berkshire Council, the NHS Integrated Care Board, Adult Social Care and Brighter Futures for Children. The commissioning of this service is in line with our statutory duties under the Care Act 2014.
We will work together to reduce the number of rough sleepers and improve their mental and	Green	Within Reading Borough Council (RBC), Adult Social Care (ASC) Advice and Wellbeing Hub and Housing are working together to create a joint approach to address health, wellbeing and housing needs. Working with the Rough Sleeping Interventions Team a jointly funded post for an experienced social worker to support our residents who have experience of rough sleeping, rough sleeping lifestyles and homelessness, and will enable us to support the government's Rough Sleeping Strategy to end rough sleeping by 2027.

Action name	Status	Commentary (100 word max)
physical health through improved access to local services.		There are a range of commissioned services, through the Voluntary Care Sector, to support rough sleepers in the Reading area.
Prevent, promote awareness, and provide support to people affected by domestic abuse in line with proposals outlined in the Domestic Abuse Bill.	Green	We continue to work closely with our Voluntary Care Sector Partners, Adult Social Care, Housing and Thames Valley Police to ensure safeguarding concerns are reported to enable action to be taken to support people at risk of domestic abuse, and a Tackling Domestic Abuse Strategy has been developed.
Support people with learning disabilities through working with voluntary organisations in order to concentrate on issues that matter most to them.	Green	We work with our Voluntary Care Sector partners, some of whom are specialists in supporting people with Learning Disabilities, who are involved in a range of forums to enable engagement and feedback to support commissioning and priorities across Reading and the wider Berkshire West "Place". We have funded a part-time Autism Outreach worker post and have contributed to the Autism Strategy for Berkshire West.

PRIORITY 3: Help families and children in early years

Priority 3 - Implementation Plan narrative update

Action name	Status	Commentary (100 word max)
<p>Explore a more integrated universal approach that combines children's centres, midwifery, health visiting as outlined in the Best Start for Life report.</p> <p>This will aim to improve the health, wellbeing, development, and educational outcomes of children in Reading</p>	Green	<p>One Reading Partnership Under 5s workstream ensures partners are working collaboratively on the action plan and priorities to support families and young children have the best start for life</p> <p>An infant feeding workstream is being established across partners to work with public Health to increase the take-up of breastfeeding in Reading.</p> <p>Working to develop the continuity of care maternity team in Whitley to include wider partners- health visiting, housing, social prescribing</p>
<p>Work to provide evidence-based support for mothers, fathers, and other carers to help prepare them for parenthood and improve their personal and collective resilience during pregnancy and throughout the early years.</p>	Green	<p>Parenting programme supporting pregnant women and soon to be fathers are running across Reading.</p> <p>Maternity one stop shop held at Sun street Children's centre in January for non-English speaking pregnant women and families was well attended by pregnant women and families as well as professionals. These will be run every two months.</p>
<p>Increase the number of 2-year-olds (who experience disadvantage) accessing nursery places across Reading</p>	Green	<p>Continue to increase -Autumn term take-up 73%</p> <p>Marketing and promotion of offer embedded in health visitor 2.5 health checks.</p> <p>Children's centres contact all parents to promote offer</p> <p>Parent champion promote via libraries and voluntary groups</p>
<p>We will ensure that early year's settings staff are trained in trauma-informed practice and care, know where to find information or help, and can signpost families</p>	Green	<p>Developed a TI network for practitioners facilitated by TI coordinator and early Years team</p> <p>Over 150 EYs practitioners trained to level 2</p> <p>Networks/workshops established across the sector</p>
<p>We will publish clear guidelines on how to access financial help;</p>	Green	<p>DWP advisors in post to support parents of young children in a non-judgemental manner</p>

Action name	Status	Commentary (100 word max)
tackle stigma around this issue where it occurs.		
Develop a speech, language, and communication pathway to support the early identification and low-level intervention to prevent later higher cost services	Green	<p>Published roadmap for parents and professional.</p> <p>Waiting time for a speech and language therapist has reduced from 18 months to 4-5 months.</p> <p>Waiting list has reduced by 43% over last 12 months.</p>
Explore the systems for identification of need for ante natal and post-natal care of pregnant women and unborn/new-born babies to reduce non-accidental injuries	Green	No non-accidental injuries reported over last 12 months.

PRIORITY 4: Promote good mental health and wellbeing for all children and young people

Priority 4 - Implementation Plan narrative update

Action name	Status	Commentary (100 word max)
Provide early intervention for children and young people with the right help and support at the right time	Green	Whole School approach, provided by the following teams: 2 Mental Health Support Teams offering early intervention and training for mild to moderate needs. Primary Mental Health Team offers training and more intense therapeutic work with CYP with mild to moderate needs.
Support settings and communities in being trauma informed and using a restorative approach	Green	Reading schools are supported in using the Therapeutic Thinking Schools approach. Regular network meetings are held to help support trauma informed and Therapeutic Thinking in practice.
Coproduction and collaboration with children and young people, families, communities and faith groups to shape future mental health services and in delivering transformation of mental health and emotional wellbeing services	Amber	Inequalities in mental health work is continuing, with focus groups with CYP and meetings with community and faith leaders.
Develop an easy to navigate local mental health and emotional wellbeing offer for children, young people, parents, carers and professionals/practitioners.	Amber	Berkshire West/ BOB project feedback is being analysed.
Identify and provide services for targeted populations i.e. the most vulnerable children and young people to ensure equality of access to support and services	Green	Reading is an Autism Education Trust training hub, and the training is being rolled out across schools. See inequalities project above.
Recovery after Covid-19/ adolescent mental health	Green	The Emotionally Based School Avoidance (EBSA) project is being well received by schools and families, with some data on progress indicating the success of CYP and families in using this support.
Local transformation plan	Green	Priorities in place and monitored.

PRIORITY 5: Promote good mental health and wellbeing for all adults

Priority 5 - Implementation Plan narrative update

Action name	Status	Commentary (100 word max)
Raise mental health awareness and promote wellbeing	Green	<p>The Physical Activity for Mental Health (PAMH) Partnership continues to grow with a broad range of partnership members engaging in mental health training, as well as the networking opportunities presented through this project which has improved awareness around services available. The frontline worker mental health resource pilot continues with positive feedback particularly from work coach colleagues at the DWP who have been signposting clients to the support available locally.</p> <p>The Berkshire Healthcare Foundation Trust low level mental health mapping project looks to increase awareness of 'step down' support services in the community for BHFT colleagues to refer patients to as their mental health needs decrease.</p>
Address social factors that create risks to mental health and wellbeing, including social isolation and loneliness	Green	<p>The Let's Connect Community Wellbeing Network continues to work to reduce social isolation and loneliness. Reading Voluntary Action continue to coordinate the Befriending Forum which brings together many of the services that support people who may be lonely or socially isolated, promoting the support available locally as well as connecting that support to service who are likely to work with service users at risk of loneliness and social isolation.</p> <p>Housing colleagues have attended, and continue to attend, Mental Health First Aider and Mental Health Awareness sessions including members from the sheltered housing team and the social inclusion team.</p>
Focus targeted support on groups at greater risk of experiencing mental health challenges, loneliness and social isolation and health inequalities in order to support early identification and intervention	Amber	<p>Work on the Mental Health Needs Assessment continues. The pan Berkshire Suicide Prevention Strategy is currently in consultation with plans for a local action plan continuing to progress. As further data is released from the 2021 census new datasets, including those around inequalities are being developed and shared with plans for this information to direct and inform targeted support. Newly commissioned services under Closing the Gap and grants given by the BOB ICB provide targeted mental health support including the Reading Community Outreach Service which support refugees and asylum seekers with their mental health and Greyfriars Church at the Atrium drop in also support refugees and asylum seekers.</p>
Foster more collaborative working across health, care and third sector services to recognise and address mental health support needs	Green	<p>At the last Mental Wellbeing Group colleagues from the Berkshire Healthcare Foundation Trust MHICS (Mental Health Integrated Community Service) team presented to the group detailing the work they're doing within Primary Care Networks and the community. This has initiated connections with wider partners which continue to develop.</p>
Develop and support peer support initiatives, befriending and volunteer schemes, particularly recognising the impact of Covid-19 on smaller voluntary sector groups	Green	<p>Reading Voluntary Action continue to lead this work with their Chat, Connect, Befriend campaign continuing along with the Vision for Volunteering strategy. The next Befriending Forum is due to take place at the end of March and RVA continue to provide support for volunteers across Reading as well as the organisation the volunteers sit within.</p>
Build the capacity and capability across the health and social care workforce to prevent mental health problems	Green	<p>The training programme offered through the Physical Activity for Mental Health (PAMH) Partnership has increased capacity and confidence across partners in supporting people with mental health need - this includes Mental Health First Aider training, Culturally Tailored Mental Health Awareness and Suicide First Aid, delivered by the Alliance for Cohesion and Racial Equality and Reading Community Learning Centre. Compass Recovery College also continue to deliver a training programme for the voluntary and community sector supporting with understanding common mental health challenges, understanding bipolar, living with psychosis and more. The NHS Wellbeing Matters team also launched a programme of Mental Health First Aider courses available to health and social care staff.</p>

Action name	Status	Commentary (100 word max)
and promote good mental health		
Support people affected by Covid-19 with their mental wellbeing and associated loneliness and isolation	Green	This priority continues to be delivered through mental health training offered to partners.
Develop local metrics to measure progress linked to Reading Mental Health Needs Assessment	Amber	Work on the Mental Health Needs Assessment continues, informed by insight contributed by local services along with health data.