

Contextual Information

5. This report outlines key issues and developments, coproduction and collaboration, progress against metrics, and upcoming priorities within each theme of the Strategy.
6. This report sets out the activity of the Hampshire Health and Wellbeing Board. This is one board in the system overseeing aspects of work on health and wellbeing. Therefore, there will be many other strategies and plans related to organisations and the system not reported here.

Review by Theme

Strategic Leadership

7. There have been several changes to the Board over the course of the year. A new Chair and Vice Chair were elected with the Vice Chair continuing to lead the Living Well theme. The Board continues to evolve with a renewed focus on the Boards working relationships, engagement, and communication with all key stakeholders. This is alongside the close alignment of the Board strategy with the ICS and ICP Strategies.

Joint Strategic Needs Assessment (JSNA) and Programme of Work

8. The Joint Strategic Needs Assessment [JSNA](#) (JSNA) work programme which is published by the Public Health Team has progressed over the last year and acts as a vital source of information on the Hampshire population. Reports published include [JSNA Healthy Lives](#) including lifestyle factors which influence health, [JSNA Healthy People and long term conditions](#) including for example data on mental health and wellbeing, and [JSNA Inclusion Health Groups](#) which focuses on people who are socially excluded and typically experience multiple overlapping risk factors for poor health.

Health Protection Annual Report

9. The Board received the annual update on Health Protection which covered the period of April 2021 to March 2022 recognising we were coming out of COVID and identifying further priorities including responding to emerging health protection issues including tuberculosis, Antimicrobial Resistance (AMR) and the monitoring of other threats including hot and cold weather events.

Hampshire Place Assembly

10. Following the advent of Integrated Care Partnerships in July 2022 (Hampshire & Isle of Wight and Frimley), new ways of working together with system partners to improve health and wellbeing across the ICP footprints were adopted. The Hampshire Place Assembly was launched on 6 October 2022, and has built on the work of the Hampshire Health and Wellbeing Board.
11. The Assembly has a broad membership with attendance of between 60 and 100 people attending each assembly. This approach has seen the Assembly

support the co-production of the ICPs new Health and Wellbeing Strategies with Assembly members. Alongside utilising the knowledge, insights, and passion of Assembly members to launch the Hampshire 'Live Longer Better' program in March 2023 and raise awareness about the prevalence and impacts of loneliness in June 2023. Going forward feedback from the Assemblies will be drawn upon to shape and improve the Assemblies outputs and co-production.

Starting Well

Key Issues and Updates

12. Health School Teams (MHST) coverage of Hampshire Schools has improved as the Wave 6 to Wave 10 MHST expansion programme is implemented. Each MHST increases early help support to Mental school populations of approximately 8,000 pupils. As of April 2023, Hampshire has seven fully mobilised MHSTs, supporting approximately 56,000 pupils. A further four MHSTs will complete mobilisation in February 2024, with a further two Wave 10 MHSTs starting their mobilisation in January 2024.
13. A Substance Misuse Needs Assessment has been undertaken which, alongside stakeholder workshops, has shaped the priorities for the Hampshire Strategic Drug and Alcohol Partnership Substance Misuse Local Delivery Plan 2023 – 26. The plan includes priorities focused on reducing the number of young people misusing substances and ensuring access to support and treatment where required.
14. The most recent data for 22/23 shows a continuing trend for increasing the number of referrals of pregnant smokers into the stop smoking service and increasing numbers of pregnant smokers setting a quit date, quitting for four weeks, and remaining quit after 12 weeks. The NHS Long Term Plan tobacco dependency programme has increased collaboration on this agenda across the system. Over the last year, the Smokefree Hampshire Service and Public Health Commissioners have worked with maternity services to support the design and embedding of the new in-house maternity stop smoking service, including training of new Tobacco Dependency Advisers (TDA) advisers for maternity, and ensuring a uniform approach across the system.
15. The numbers of education staff who have increased skills and confidence to support children and young people at risk of suicide has been increased though a range of training opportunities, these have included.
 - A pilot of suicide prevention training and supervision groups across the North and West of the County
 - Papyrus youth suicide prevention training was delivered to a further 35 Designated Safeguarding Leads
 - Grassroots Suicide First Aid and,
 - Hampshire Safeguarding Childrens Partnership (HSCP) Suicide Awareness webinars.

Key Priority

16. A number of high-profile publications and initiatives were anticipated during 2022, including the rollout of Government funding of the Family Hubs model. In response to this, Children's Services initiated a review of the current early help system to consider the opportunities that could come from a better aligned and coordinated system of early help. Ultimately the review recommended adopting a Community Hub model, to build on existing resources and services to develop a model of universal and community support that could improve health and wellbeing.

Living Well

Key Issues and Updates

17. Work has been ongoing to support the Smokefree Hampshire 2030- a tobacco control strategy to end smoking in Hampshire alongside the Hampshire Tobacco Control Alliance launch in February 2023. The Strategy focuses on three priority areas including helping smokers to stop, promoting smokefree communities and preventing uptake in young people. Partners are working together to support a new pathway for pregnant smokers as per the NHS Long-Term Plan to tackle Tobacco Dependency in Maternity settings.
18. 'We Can Be Active' which is Hampshire's Physical Activity Strategy was created by over 800 individuals and organisations across Hampshire and the Isle of Wight. The Strategy was launched in October 2021 with Energise Me leading the Strategy supporting active lifestyles across the life course. Energise Me seek to encourage positive early experiences for children and young people and hosted the Hampshire School Games in June 2023. System partners across health, the local authority, district and borough councils and community and voluntary sector continue to embed movement into education settings, planning and transport systems, wellbeing initiatives utilizing green and blue spaces and providing training to professionals around the benefits of physical activity.
19. The Hampshire Mental Wellbeing Strategy 2023-2028 was endorsed by the Board in June 2023. The Strategy highlights the commitment and the steps needed to ensure all system partners are working together to support the end goal of improving mental wellbeing for Hampshire's population. The priorities are a focus on prevention, the wider determinants of health and mental wellbeing and lessening the stigma so that people alongside ensuring that the workforce in Hampshire are confident when talking about mental health and wellbeing.
20. Alongside the Strategy there has been the launch of a dedicated Mental Wellbeing Hampshire website for the public and professionals which offers information, advice, sign posting and links to commissioned services.
21. The Hampshire Suicide Prevention Plan 2023-2028 has now been launched, the Suicide Prevention Forum member organisations have worked together to establish a local real time surveillance system, commissioned Amparo suicide bereavement support services, supported Hampshire Voices who work

collaboratively with organisations across Hampshire on suicide related action and focused on workforce development and primary care suicide prevention training.

22. The Government's Household Support Fund was presented to the Board which brought system connection and collaboration. The Government's Household Support Fund to support households in the most need with food, energy, and water bills during October 2022 to March 2023 was administered by the connect4communities programme. Hampshire County Council's share of the Household Support Grant was £7.124 million. The connect4communities programme administered food vouchers to foster carers, care leavers, families open to Disabled Children's Teams, households eligible for council tax support of housing benefit. Alongside targeted grants to those adults and families open to social care teams, unpaid carers and holders of the Gateway Card. Local Citizen's Advice branches also provided targeted support with fuel bills dependent with approximately 1700 household benefitting from this support. This was part of the Health and Wellbeing Board partner organisations who developed their responses to the cost-of-living crisis in 2022.
23. To date there are 19 community pantries in Hampshire and 11 mobile larders, anyone can access their local community pantry. Community Pantries provide a range of fresh, frozen, cupboard and general groceries at a lower cost than supermarkets or shops. Community pantries also organise activities, provide wraparound support services and opportunities for social interaction for all their members. The Community Pantries listen to their local communities and aim to provide additional services and activities to meet their local needs.

Key Priority

24. We will continue to support the delivery of the living well strategies that the Board has endorsed this year with particular focus on Tobacco Control, Mental Wellbeing and Suicide Prevention. With our system partners over the next year our focus will also include drugs and alcohol, cardiovascular disease and healthy weight and physical inactivity.

Aging Well

Key Issues and Developments

25. Demand for our services continue to grow alongside a greater complexity in the needs of the ageing population in Hampshire. There are 317,080 over 65+ year olds in Hampshire or 22.3% of the population (2021) with the prevalence of dementia growing. 23,710 people estimated across Hampshire.
26. Short term services (Home and Bed based) which have been in place since the spring of 2020 has experienced the busiest year to date from April 2022 to March 2023 with 5130 individuals receiving a short-term service, 72,870 days of care delivered across step up and step-down beds with 41% of individuals having returned to their home from a step-up bed. Through the creation and implementation of a Care Home Framework in 2024, the strategic intention remains to move those appropriate away from long-term care and aims to

support a higher proportion of people to remain independently (or with care) in their own homes and in more enabling care settings, such as extra care housing. The implementation of both step-up and step-down service opportunities in a person's own home and in a temporary bed, have enabled Social Care teams to support individuals to be assessed in a supportive and enabling environment, regularly enabling opportunities for people to return or stay in their own home rather than moving to long term care.

27. The board received the Director of Public Health's 2023 [Annual Report](#) which highlighted ageing and how our lives and lifestyle choices can have a positive impact on how we age.
28. The Live Longer Better Hampshire Programme was launched in March 2023. The Programme focuses on four key areas where positive changes now will give the best opportunities of staying independent in later life; being active, stay steady, hydration and continence and keep connected. The Communities of Practice championing the programme in local areas with district and borough councils, health, voluntary services and adults' health and care was launched at the Hampshire Place Assembly with an address by Professor Sir Chris Whitty.
29. An important focus of work, with regard to improving older people's wellbeing and independence, includes Hampshire County Council's falls prevention programme including Steady and Strong classes and Falls Friends champion training. The Steady and Strong programme continues to grow with over 90 classes available including online options. This is alongside the launch of a fall's prevention checklist for professionals and the public and working with the NHS on extending initiatives such as the falls car which is funded by Fire and Rescue Services and the NHS.
30. The Board has a statutory role in signing off the Better Care Fund. For 2022/23 the BCF allocated £155.6m placing the emphasis on three core areas: admission avoidance reducing flow into our Acute Hospitals, placed based support of the individual in their own community and discharge to assess (Discharge to Assess) models for both health and social care through reablement and community-based services.
31. Hampshire and Isle of Wight Fire and Rescue Service have been working closely with the Integrated Care Partnerships and have supported the development of the ICP strategic objectives. There has been a strong focus on engaging with Primary Care Networks to provide training and awareness to General Practitioners and are working with PCNs in Basingstoke to work with cohorts of vulnerable patients with regards to prevention and improving health outcomes. Hampshire and the Isle of Wight Fire and Rescue Service completed 12,319 safe and well visits between April 2022 and March 2023 which is an increase of 6210 visits from the same period in 2021/22.

Next Priorities

32. The Hampshire Live Longer Better Programme will continue to develop and embed Communities of Practice across Hampshire to encourage older adults' to be physically and mentally active to influence and ensure we age healthily.

This includes supporting professionals to become ambassadors within their workplace for the programme.

33. The opportunity for developing the digital landscape and initiatives with the NHS to cross boundaries using technology and digital platforms where there are common areas of interest and Integrated working including which include anticipatory care, urgent care responses, the potential for direct referral routes into TEC e.g., Falls Care, Delirium Pathway, Dementia Services including supporting Carers to care longer and avoid escalation to secondary care.

Dying Well

Key Issues, Developments and Next Steps

34. Following on from a deep dive presentation to update the Health and Wellbeing Board in June 2023, Hampshire and the Isle of Wight and Frimley ICSs continue to focus on partnership working across their respective footprints and jointly with respect to county wide and regional Palliative and End of Life Care (PEOLC) programmes of work and representation.
35. The Death and Bereavement Public Mental Wellbeing Campaign is being shaped by insight from professionals, volunteers, and Hampshire residents over the Summer of 2023 with the proposed aims to destigmatise talking about death, dying and bereavement and normalising grief.
36. In developing the new Hampshire and the Isle of Wight PEOLC Strategy the shaping of the strategy has focused on utilising an engagement and inclusion approach that has involved our patients, carers and loved ones, community, and staff around what is important to them and or impact them positively on palliative and end of life care. The all age Palliative and End of Life Care Strategy 2023-2026 is due for publication in Autumn 2023.
37. Within Hampshire and the Isle Wight ICS footprint a Hospice collaborative has been established which will strengthen links between independent and trust based hospices. Equally both Hospices within Frimley ICS are working together and aligning their services to promote equitable care across the system and as part of the commissioning process.
38. Ensuring that people have equity of outcomes at the end of life requires an awareness and commitment to deliver appropriate palliative care. We are looking to further work on our health inequalities as identified through the protected characteristics but also disease specific inequalities.

Healthier Communities

Key Issues and Developments

39. The Healthier Communities priority recognises that to improve the health of the whole population and address health inequalities, recognises the role of district and borough partners and that the population and geography of Hampshire is varied and diverse. Below are some of the examples of work led by the districts and boroughs across the county often in conjunction with the community and voluntary sector, commissioned providers and health partners.

40. New Forest District Council have through the Local Children Partnership piloted the Back to Basics campaign aimed at supporting school age young people to manage their mental health and to train significant adults to have constructive conversations regarding the basic steps that can help to improve resilience, such as increasing activity levels, getting enough sleep and more eating healthily.
41. Eastleigh Borough Council delivered the Park Sport Programme, which is an annual activity programme for young people aged 5-16, attracting 2382 people over four weeks across the summer and provided discounts for families in receipt of benefits.
42. East Hampshire District Council in partnership with East Hampshire Locality Leisure and Health Service, Everyone Active and Primary Care Network's started a new pilot project. There are 1 full time Health Coaches in each Leisure Centre, to provide a bespoke client physical activity plan for six months. This is a free service (to those in receipt of benefits) for people aged 11 years plus. The project has seen over 500 referrals from GP's and Social Prescribers.
43. Winchester City Council Winchester organised free park yoga sessions to residents within the local community of St Michael's Ward during May – September 2022/23 to improve physical activity rates, mental wellbeing and to promote active lifestyles. On average just over 50 people of all ages and abilities attended each week.
44. Test Valley Borough Council through a focus on a ward of highest deprivation in Andover in collaboration with a H10WICB funded multi –agency community lead approach to address health and wellbeing inequalities have included initiatives such as; Walk 'n' talk for mental health walks, training for local Mental Health First Aiders, the grow your own food project, community gardens, Mental Health drop-ins, Family drop-ins, craft & lunch in school holidays and a Mental Health & Young People strategy and action plan.
45. Basingstoke and Deane Borough Council commission "Relax Kids" to work with young children to tackle anxiety in schools. These 6-week sessions receive very positive feedback from pupils, teachers and parents and often schools commission further sessions once "taster" has ended.
46. Hart District Council Community Partnerships Team have created 'Here for Hart'. It is the umbrella under which we are working with our partners and communities to help people, stay well, feel included in their community, and supported through the challenges they face.
47. Fareham Borough Council have supported H10WICB by developing a Health and Wellbeing webpage where members of the Public and Social Prescribers are able to easily find information on the support that is available across the Borough.
48. Rushmoor Borough Council have developed several health and wellbeing projects including recruiting a Health Walks Development Officer in collaboration with Rushmoor Voluntary Services will seek to raise physical activity levels and support local people to make social connections. Rushmoor

Link has also been launched acting as a local community directory promoting the local health and wellbeing offer.

Next Priorities

49. Areas of focus include working strategically with Partners to consider climate change mitigation, adaptation and impacts including within Hampshire County Council, Districts and Borough Councils, ICSs, and wider networks.
50. Promoting accessible transport and active travel across the Hampshire geography including within our own anchor institutions and allied corporate and business strategies.

Collaboration and Co-Production

51. All Board member organisations and our wider system partners recognise the importance of collaboration and co-production between and within our organisations and with Hampshire's residents. There are multiple examples of collaboration and co-production in the work of the Board and its member organisations, and this shall remain a central element of all work programmes initiated, actioned and endorsed both by the Board and its members.
52. The refreshed Children and Young People's Plan 2022 – 2025 was launched in June 2022 by the Children's Trust. To develop the Plan, the views of over 120 children taking part in focus groups and over 800 parent, carers and professionals responding to a survey were taken into consideration. This resulted in five core priorities for children reflecting their health, wellbeing, and their needs for the future, as well as their relationships with friends, family and their community. The Children's Trust, with a strong interrelationship with the Health and Wellbeing Board is responsible for delivering the plan's objectives.
53. System partners have worked closely with Voices: People with Living Experience of Suicide through the development and publication of Hampshire's Mental Wellbeing Strategy and Suicide Prevention Plan. In making suicide prevention everybody's business a key principle is that actions will be co-designed and developed alongside Hampshire Voices.
54. All Board member organisations worked throughout the autumn and winter of 2022/23 to develop, collaborate, and disseminate information, resources and grants in relation to the Cost of Living crisis. This included the Hampshire wide Keep Warm Keep Well campaign, each district and borough council offering guidance and information locally in partnership with their place-based partners including local community and voluntary sector organisations and all health partners ensuring information is shared both with residents and their workforces.
55. Hampshire and the Isle of Wight ICS has worked with communities which has included a focus on people with a learning disability recognising what has gone well and key challenges. For 2023/24 the focus will be on continuing to develop and run Community Conversations and work with supporting a community conversation. There is also the development of a co-produced HIOWICS PEOLC Webpage which will hold what is important to our patients, their loved ones, carers, staff, and communities. Frimley ICS is continuing to

develop end of life care videos translated into languages that are the most spoken within their footprint. As part of the commissioning of specialist palliative care services patient and carers views are and will continue to be sought.

Key Communications Updates

56. Suicide prevention training Zero Suicide Alliance training: this free, 20 minutes training is accessible to anyone and supports conversations around suicide. Promotion of this training is planned as part of World Suicide Prevention Day.
57. Hampshire Live Longer Better Programme will continue to develop and embed Communities of Practice across Hampshire to encourage older adults' to be physically and mentally active to influence and ensure we age healthily.
58. The Death and Bereavement Public Mental Wellbeing Campaign will be launched in the autumn of 2023.

Finance

59. The work and priorities of the Health and Wellbeing Board Business Plan are delivered within the existing financial resources of the partner organisations involved.

Conclusions

60. The Health and Wellbeing Board and its members will in the next year continue to focus on enabling strategic change to improve the health outcomes of Hampshire's population, continue to tackle inequalities and ensure that prevention and early intervention is at the forefront of work programmes. The Board in the next year will support the co-production of a new Hampshire Health and Wellbeing Strategy which will shape future ways of working, develop associated metrics and deliverables for the next five years.

REQUIRED CORPORATE AND LEGAL INFORMATION:

Links to the Strategic Plan

Hampshire maintains strong and sustainable economic growth and prosperity:	No
People in Hampshire live safe, healthy and independent lives:	Yes
People in Hampshire enjoy a rich and diverse environment:	No
People in Hampshire enjoy being part of strong, inclusive communities:	Yes

Other Significant Links

Links to previous Member decisions:	
<u>Title</u> A Strategy for the Health and Wellbeing of Hampshire 2019-2024 Health and Wellbeing Board Annual Report	<u>Date</u> July 2022
Direct links to specific legislation or Government Directives	
<u>Title</u>	<u>Date</u>

Section 100 D - Local Government Act 1972 - background documents

The following documents discuss facts or matters on which this report, or an important part of it, is based and have been relied upon to a material extent in the preparation of this report. (NB: the list excludes published works and any documents which disclose exempt or confidential information as defined in the Act.)

<u>Document</u>	<u>Location</u>
None	

EQUALITIES IMPACT ASSESSMENT:

1. Equality Duty

The County Council has a duty under Section 149 of the Equality Act 2010 ('the Act') to have due regard in the exercise of its functions to the need to:

- Eliminate discrimination, harassment and victimisation and any other conduct prohibited by or under the Act with regard to the protected characteristics as set out in section 4 of the Act (age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex and sexual orientation);
- Advance equality of opportunity between persons who share a relevant protected characteristic within section 149(7) of the Act (age, disability, gender reassignment, pregnancy and maternity, race, religion or belief, sex and sexual orientation) and those who do not share it;
- Foster good relations between persons who share a relevant protected characteristic within section 149(7) of the Act (see above) and persons who do not share it.

Due regard in this context involves having due regard in particular to:

- The need to remove or minimise disadvantages suffered by persons sharing a relevant protected characteristic that are connected to that characteristic;
- Take steps to meet the needs of persons sharing a relevant protected characteristic that are different from the needs of persons who do not share it;
- Encourage persons sharing a relevant protected characteristic to participate in public life or in any other activity in which participation by such persons is disproportionately low.

2. Equalities Impact Assessment:

It is expected that Equalities Impact Assessment will be completed as appropriate across the system for specific work programmes or decisions.