

# Joint Health and Wellbeing Strategy Update

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Lincolnshire Health and Wellbeing Board  
5 December 2023

Agenda Item 7a



# Background

- In June, the HWB
  - reaffirmed the priorities
  - Agreed to merge the current two mental health and dementia priorities into a single priority
  - Change the name of the Housing and Health Priority to ‘Homes for Independence’
  - The JHWS will follow a life course approach
- Priority Delivery Groups have been asked to identify a set of objectives and outcomes (*‘what difference will we see’*) for each life course.

# Carers

## We Will...

- |                   |   |
|-------------------|---|
| <b>Start Well</b> | <ul style="list-style-type: none"><li>• Work in partnership to identify carers at the earliest possible opportunity.</li><li>• Work collaboratively with other professionals to develop working practices, including the 'whole family approach'.</li><li>• Support all professionals working with Young Carers, including the transition from children to adult services.</li></ul>              |
| <b>Live Well</b>  | <ul style="list-style-type: none"><li>• Raise awareness and increase the number of carers that receive support by providing good quality information, advice, and guidance.</li><li>• Engage with carers to identify their needs and improve their outcomes.</li><li>• Support working age unpaid carers to access voluntary and working opportunities.</li></ul>                                 |
| <b>Age Well</b>   | <ul style="list-style-type: none"><li>• Improve and develop digital options that support unpaid carers.</li><li>• Improve how we identify unpaid carers and strengthen support for them to manage their own health needs which can increase as they age.</li><li>• Ensure carers have contingency conversations and have plans in place should they be unable to care for an individual</li></ul> |

# Healthy Weight

## We Will...

### Start Well

- Ensure families have access to the right information & support to empower them to make healthy choices from birth.
- Provide services and support to families with children identified as being overweight or obese as part of the National Child Measurement Programme.
- Support children to be happy, healthy & well.

### Live Well

- Ensure everyone who wants to lose weight can access services that can help.
- Reduce inequalities by working to lower barriers to accessing services in areas of higher need.
- Ensure equity of access to specialist weight management services.
- Develop a 'whole system approach' by working with partners to address the factors that make it easier to gain weight.

### Age Well

- Ensure support is available to older adults to lose weight and stay healthy.
- Ensure support is proactively offered to those who could benefit, including adults with hypertension, musculoskeletal condition.

# Homes for Independence

## We Will...

### Start Well

- Enable pregnant women, babies, infants and children to live in a safe and warm home environment which is not overcrowded.
- Improve our understanding of housing conditions and the impact on children and young people's physical and mental health.
- Tackle poor housing standards and maximise opportunities to effectively target low-income families.
- Support children and young people to find, manage and maintain a suitable home when leaving care.

### Live Well

- Make a strong case for investment in housing to reduce health and care costs.
- Facilitate quality, choice, and diversity of housing for people with care and support needs to achieve a proportional move towards maximising independence for working-age adults.
- Address the underlying causes leading to homelessness and provide appropriate support for those who need it.
- Ensure services to support people to remain living in their current home complement each other as a system-wide approach and are easy to access by all.

### Age Well

- Influence delivery of new-build housing to provide greater choice of homes with care and support across all tenures.
- Improve services to extend people's housing choices in preparation for later life.
- Make best use of digital technologies to enable homes for life.
- Provide more extra care housing of different levels to meet demand.

# Mental Health and Dementia

	We Will...
<b>Start Well</b>	<ul style="list-style-type: none"><li>• Ensure children and young people stay healthy through increased public mental health promotion and prevention.</li><li>• Focus on perinatal mental health and parent-infant relationships during early years.</li><li>• Increase access to timely and effective early intervention support or advice in schools or in communities.</li><li>• Ensure all children and young people suffering from mental illness can access a high-quality timely mental health assessment and support in their community.</li></ul>
<b>Live Well</b>	<ul style="list-style-type: none"><li>• Embed seamless pathways between children and young people's and adults' mental health services to ensure smooth transitions between them.</li><li>• Improve the range of community-based provision for adult mental health and wellbeing services and ensure care is provided as close to home as possible.</li><li>• Reduce the stigma surrounding suicide and ensure a range of provision to support people</li><li>• Develop focused dementia prevention programmes ensuring appropriate advice and support is available.</li><li>• Improve uptake of Severe Mental Illness health checks over the next two years, ensuring timely follow up and intervention</li></ul>
<b>Age Well</b>	<ul style="list-style-type: none"><li>• Embed seamless pathways between adults and older adults' mental health, ensuring timely identification, referral, diagnosis, post-diagnosis support through to end-of-life care.</li><li>• Ensure appropriate peri-diagnostic support and care planning is available for all those with dementia.</li><li>• Promote care planning whilst people can communicate their needs and wishes.</li></ul>

# Physical Activity

## We will...

### Start Well

- Support the sport and physical activity sector workforce with skills and innovation to develop the children and young people offer.
- Advocate and support excellence in welfare, safeguarding, safety, and an inclusive offer for participants.
- Support education providers, community groups and statutory authorities to build options to be active and remove barriers.

### Live Well

- Build relationship between health and care partners, the physical activity sector, employers, and citizens to embed physical activity into pathways and touch points.
- Develop the sport and physical activity workforce to respond to and reflect the characteristics and needs of the people it serves.

### Age Well

- Focus on those experiencing the greatest inequalities, protected characteristics and deprivation.
- Advocate for social change to reduce ageism and recognises a personalised and strengths-based approach.
- Support the sport and physical activity workforce with skills and innovation to meet the needs of older adults.

# Next Steps

- Finalise objectives and outcomes with the Delivery Groups by mid-January.
- Produce a draft delivery plan for 2024/25.
- Ensure the work is aligned with the development of the next iteration of the Integrated Care Strategy.
- Both strategies to be presented to the Health Scrutiny Committee on 21 February 2024.
- New JHWS signed off by HWB on 12 March 2024 and published by end of March.