

Joint Health and Wellbeing Strategy Update

Page 1

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...

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

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

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.