

NORTH YORKSHIRE COUNTY COUNCIL

14 November 2018

STATEMENT OF THE PUBLIC HEALTH, PREVENTION & SUPPORTED HOUSING
PORTFOLIO HOLDER COUNTY COUNCILLOR CAROLINE DICKINSON**Director of Public Health Annual Report 2018**

Our Director of Public Health, Dr Lincoln Sargeant, launched his 6th annual report in October at our Partnership Conference (<http://www.nypartnerships.org.uk/dphreport2018>). The report looks back over the past 5 years that the Council has had responsibilities for Public Health and notes the progress made against the recommendations made in the previous reports. Dr Sargeant includes data on the health of residents in North Yorkshire and reports on the priorities that we and our partners, including the public have identified for the next years to 2025.

Whilst we have made progress on population health outcomes, we cannot be complacent. In parts of our County, for example, the period that men can expect to live in full health is higher than the entire life span that men in other parts will live. Furthermore, according to the report the period of ill-health and disability can start in the mid-50s for some men depending on where they live compared with some 20 years later for their counterparts elsewhere. Dr Sargeant recommends action to reduce this gap and also to improve the mental health of our residents.

Winter Health

I attended a Winter Health partnership event last month which brought together a range of partner agencies who are implementing our winter health strategy. We received updates on NHS winter health planning, falls prevention initiatives including the exercise programme for older people – Strong and Steady – which is being rolled out across the County, and the Warm and Well project that supports residents in cold homes to get the help they need.

Participants also took part in workshops that focused on these topics as well as flu vaccination uptake and raising awareness and identifying vulnerable people. The workshops identified key actions to be taken forward over the next year.

Community First North Yorkshire has been awarded over £300,000 to deliver a wide range of activities through Warm and Well partnership, including home visits to clients to deliver an energy home check, advice sessions for debt and bill management and a range of awareness raising sessions with different groups. The project will be running from October 2018 until March 2021, delivering activities over 3 winters.

Seasonal Flu vaccination

Our Public Health team are working closely with our colleagues in the NHS and with Public Health England to promote the seasonal flu jab which is available to everyone over age 65 years and to younger people with health conditions that increase their risk of complications from the flu. The national flu programme provides free vaccinations to vulnerable groups and staff working with at risk groups. Staff who are eligible for the national programme can access the vaccine from their GP or any pharmacist. The Council has also developed an internal programme for staff, and all residential and domiciliary staff are being encouraged to access the vaccination from their GP or local pharmacist. In addition we have arranged for social care staff to access the flu jab through a number of drop-in events around the County. Within the

HAS directorate alone, Richard Webb, Corporate Director, and 60 other managers, were all immunised on a single day!

Strong and Steady

Strong and Steady is a Public Health Grant funded programme aimed at people over the age of 65 who are at risk of, or who have had, a fall. The programme is managed by North Yorkshire Sport across the County with sessions in each of the Districts, delivered by local, trained and experienced professionals. Classes are year round and people can join at any time for a 12 week period, at the end of which they are supported to either access activity in the community or repeat the programme dependant on need. Classes are designed to: reduce injury due to falls, improve balance & strength, increase confidence & independence, improve ability in everyday tasks, improve stamina & energy levels and improve cognition. Running alongside Strong and Steady is a signposting service to encourage anyone within the post 65 age category to be more physically active, highlighting what is available in the community.

Safe and Connected

HAS is participating in a Government-funded trial which involves postmen and postwomen from Royal Mail's Whitby delivery office visiting participants twice a week to check on their wellbeing. They ask set questions about the participant's health and happiness, whether they have had difficulty taking part in social activities, whether they've had problems with anyone bothering them and whether they would like to speak to someone about anything they need help with or that is worrying them. The postal workers record the responses on their handheld mobile devices.

Any issues are reported to the County Council's Living Well team and a member of the team contacts the participant to talk about their concerns and discuss what support is required.

The six-month Safe and Connected trial scheme, focuses on Whitby, Sleights and Goathland and will work with up to 100 people aged over 65.

"This is about offering a helping hand to people who are living independently, but are perhaps at risk of becoming isolated or lonely or would benefit from someone checking up on them regularly"

Safe and Connected fits very well with the work of the council's Living Well team – helping people to make the most of the assets in their own communities and support each other.

Loneliness and isolation can take their toll on people's wellbeing. Safe and Connected offers a chance to address these issues early.

The trial, which will run until March next year, is funded by the Home Office and is running at three locations across the country. The other locations are Liverpool and Kingston-upon-Thames. The start of the trial coincided with launch of the Government's Loneliness Strategy on Monday, 15 October, and forms part of the Home Office's contribution to the strategy. The trial is based on the successful Call and Check scheme operated in Jersey.

Living Well

Living Well was launched by the County Council in 2015 to work with people to prevent them becoming isolated, help to improve their health and to help them to be more connected in their communities. Team members provide help with practical and emotional issues. Since it was launched they have visited more than 5,000 people, many of them over 75 and living alone.

A two-year evaluation report has just been published. Undertaken by an independent research company the report provides evidence of the value of the service.

Over the two year period, almost three quarters showed a meaningful improvement in their wellbeing and more than 90 per cent of people visited say the support was successful.

Carruthers Review

Members from across the County Council continue to keep a close eye on the work which is being undertaken by Sir Ian Carruthers to review the clinical sustainability of services and the organisational arrangements for NHS Acute Trusts in the Tees Valley. As yet, there are no detailed proposals. However, we will continue to make the case for locally accessible and specialist services provided between the James Cook, Darlington Memorial and Friarage sites.

Katie Needham

Katie Needham, consultant in Public Health, has been appointed Interim Director of Public Health with Stockton-on-Tees Borough Council and takes up this secondment for a period of up to one year starting this November. Katie transferred to the Council in April 2013 and has led the Public Health team's work on children and young people and several of our Public Health service developments. Among her many achievements are the development of our Healthy Weight, Healthy Lives Strategy and the implementation of new services to support weight management for children and adults. We wish her well in her new role.