



# **Leicester Health and Wellbeing Scrutiny Commission**

**11<sup>th</sup> August 2022**

**Update on the development of the  
Leicester Health, Care and Wellbeing Strategy  
2022-2027 / Place Led Plan**

# “Place”: an important building block for health and care integration

The stated ambition is to create an **offer to the local population of each place**, to ensure that in that place everyone is able to:

- access clear advice on **staying well**;
- access a range of **preventative services**;
- access **simple, joined-up care and treatment** when they need it;
- access digital services (with non-digital alternatives) that put the citizen at the heart of their own care;
- access proactive support to keep as well as possible, where they are **vulnerable or at high risk**; and to
- expect the NHS, through its employment, training, procurement and volunteering activities, and as a major estate owner to play a full part in **social and economic development** and **environmental sustainability**.

(Integrating care: Next steps to building strong and effective integrated care systems across England report Nov. 2020)

<https://www.england.nhs.uk/publication/integrating-care-next-steps-to-building-strong-and-effective-integrated-care-systems-across-england/>

**\*\*Not sure slide needed\*\***

# Local context

- The Health and Wellbeing Board has a statutory duty to produce a Joint Health and Wellbeing Strategy jointly between the Clinical Commissioning Group and Leicester City Council
- Existing Joint Health and Wellbeing Strategy (2019 – 2024)
- Pandemic and Health Inequalities
- Health and Wellbeing Board July 2021 – Agreement to undertake a refresh of Strategy and development delivery plan to mobilise action
- Leicester Health, Care and Wellbeing Strategy 2022-27
- Working group

H E A L T H Y   L E I C E S T E R

THE  
Joint Health and  
Wellbeing Strategy  
2019 - 2024



# Summary of proposed priorities:

Strand	Proposed Priority
<b>Healthy Places</b> Making Leicester the healthiest possible environment in which to live & work	<b>Improving the built environment to support people's long term health and wellbeing</b>
	<b>Improving access to primary and community health and care services</b>
	<b>Supporting a move towards a carbon neutral city</b>
	<b>Creating Mental Health &amp; Dementia friendly communities within Leicester</b>
<b>Healthy Start</b> Giving Leicester's children the best start in life.	<b>Give every child the best start in life by focusing on the critical 1001 first days of life.</b>
	<b>Making sure children are able to Play and Learn</b>
	<b>Mitigating the impacts of poverty on children and young people.</b>
	<b>Empowering health self-care in families with young children</b>
<b>Healthy Lives</b> Encouraging people to make sustainable and healthy lifestyle choices	<b>Reducing levels of unhealthy weight across all ages</b>
	<b>Increasing early detection of heart &amp; lung diseases and Cancer in adults</b>
	<b>Promoting independent living for people with long term health conditions</b>
	<b>Improving support for Carers</b>
<b>Healthy Minds</b> Promoting positive mental health within Leicester across the life course	<b>Improving access for children &amp; young people to Mental Health &amp; emotional wellbeing services</b>
	<b>Improving access to primary &amp; neighbourhood level Mental Health services for adults</b>
	<b>Reducing social isolation in older people and adults</b>
	<b>Work towards having no deaths from suicide in the city.</b>
<b>Healthy Ageing</b> Enabling Leicester's residents to age comfortably & confidently	<b>Enabling Leicester's residents to age comfortably and confidently</b>
	<b>Promoting independence for frail older people</b>
	<b>Reducing the number of falls for people aged 65+ in Leicester City</b>

# **ENGAGEMENT FEEDBACK - HEADLINES**

# Engagement approach

Online engagement ran from 8<sup>th</sup> November 2021 to 9<sup>th</sup> January 2022 (8 weeks).

It was supported by:

- An Easy read version
- Social media campaign
- Radio Promotion
- Promotion of link and feedback from a wide range of stakeholder groups meetings

**KEY  
QUESTIONS  
WE  
REQUESTED  
FEEDBACK  
ON:**

**Question 1:**

Do you think we have got these high-level priorities about right?

**Question 2:**

Of these priorities which five do you think are the most important to progress in the next couple of years?

**Question 3:**

Are there any important issues that we have missed, which from your experience you think need addressing?



# Engagement feedback headlines (1)

## Response numbers:

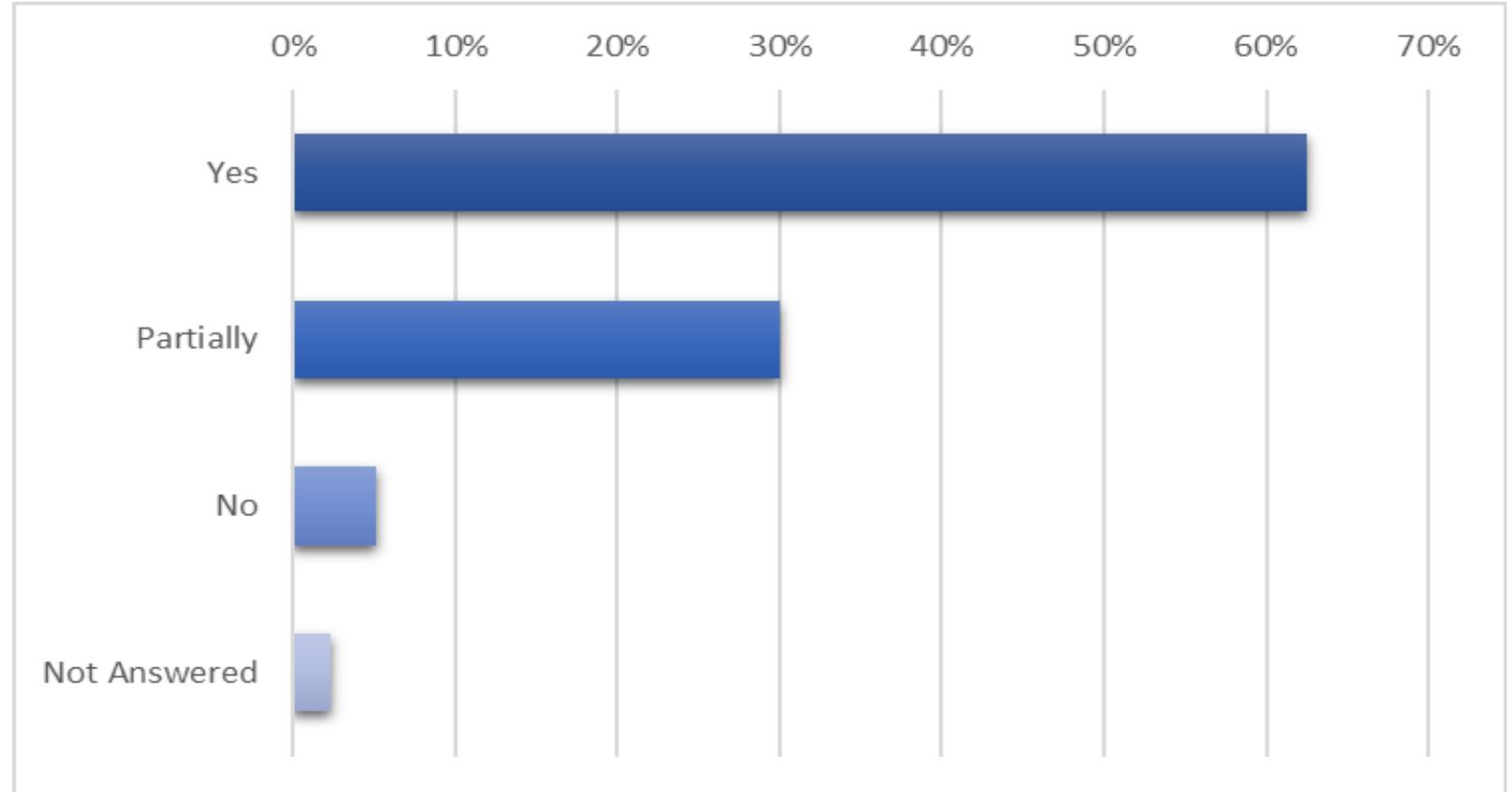
- 213 responses received following wide promotion of engagement.
- 66% responses from members of public or representatives of community organisations

## Demographics:

- 84% of respondents lived in Leicester City
- 60% of respondents were female
- Majority of respondents aged 55 plus.
- 65% of respondents White British/European, 29% from BAME communities and 6% preferred not say/not answered.
- 23% of respondents declared a disability.

# Q1 Do you think we have got these high-level priorities about right?

There were 208 responses to this part of the question.



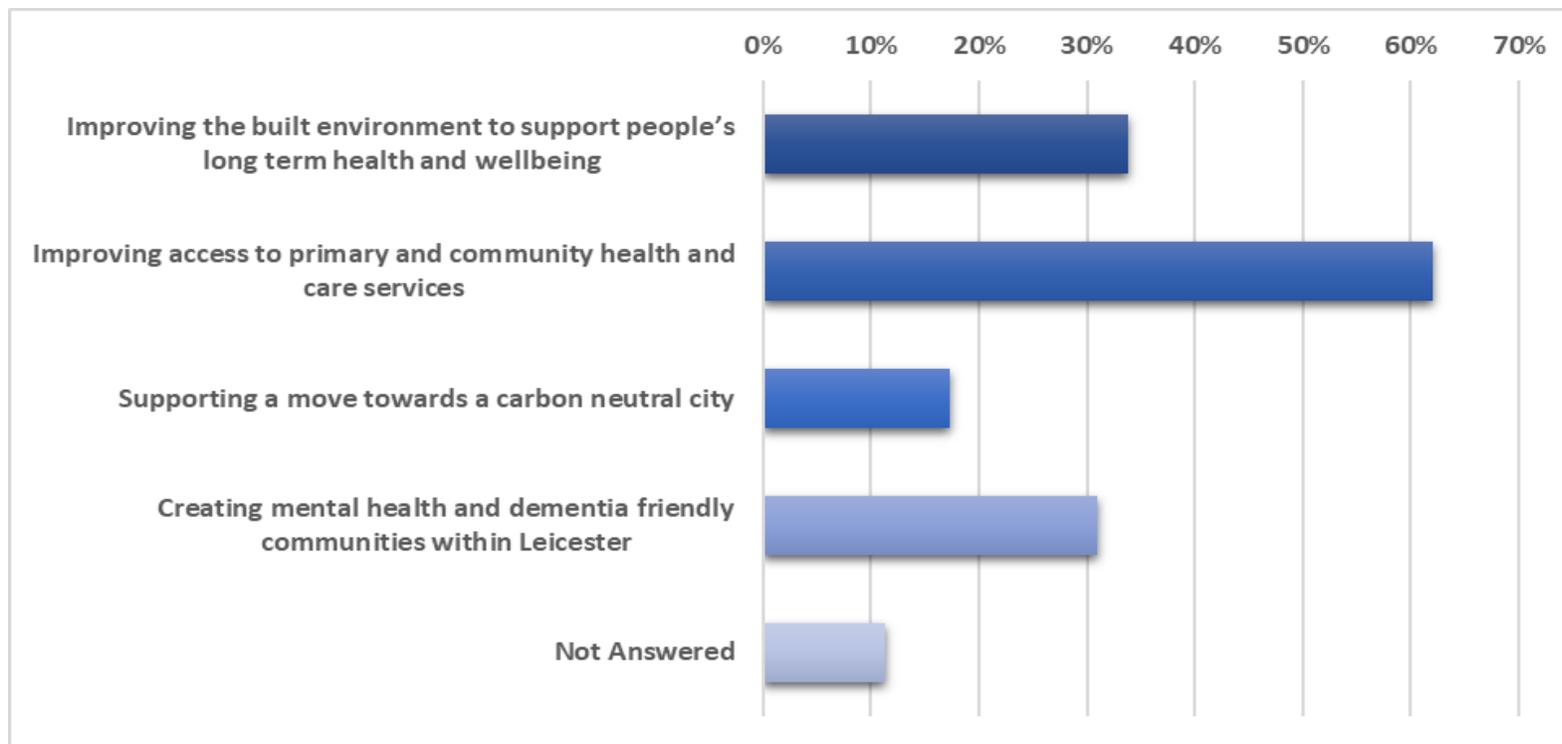
Option	Total	Percent
Yes	133	62.44%
Partially	64	30.05%
No	11	5.16%
Not Answered	5	2.35%

**Q2. Which of these priorities do you think are the most important to progress in the next couple of years?**

- We asked for the top 5 priorities
- We did not ask for the top priority within each theme, but feedback from a number of forums considered this best approach.
- The feedback has therefore been collated on a theme by theme basis:

# Healthy Places

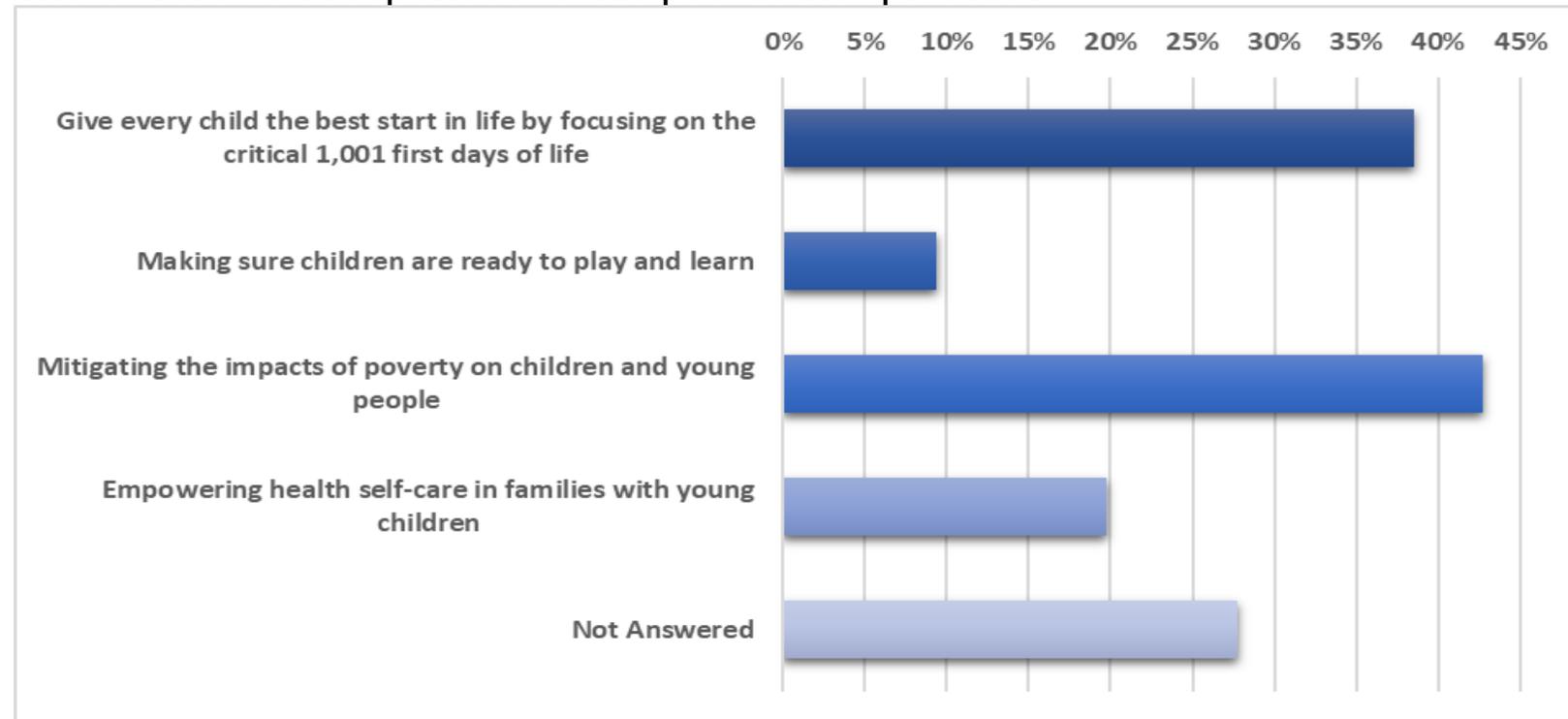
There were 189 responses to this part of the question.



Option	Total	Percent
Improving the built environment to support people's long term health and wellbeing	72	33.80%
Improving access to primary and community health and care services	132	61.97%
Supporting a move towards a carbon neutral city	37	17.37%
Creating mental health and dementia friendly communities within Leicester	66	30.99%
Not Answered	24	11.27%

# Healthy Start

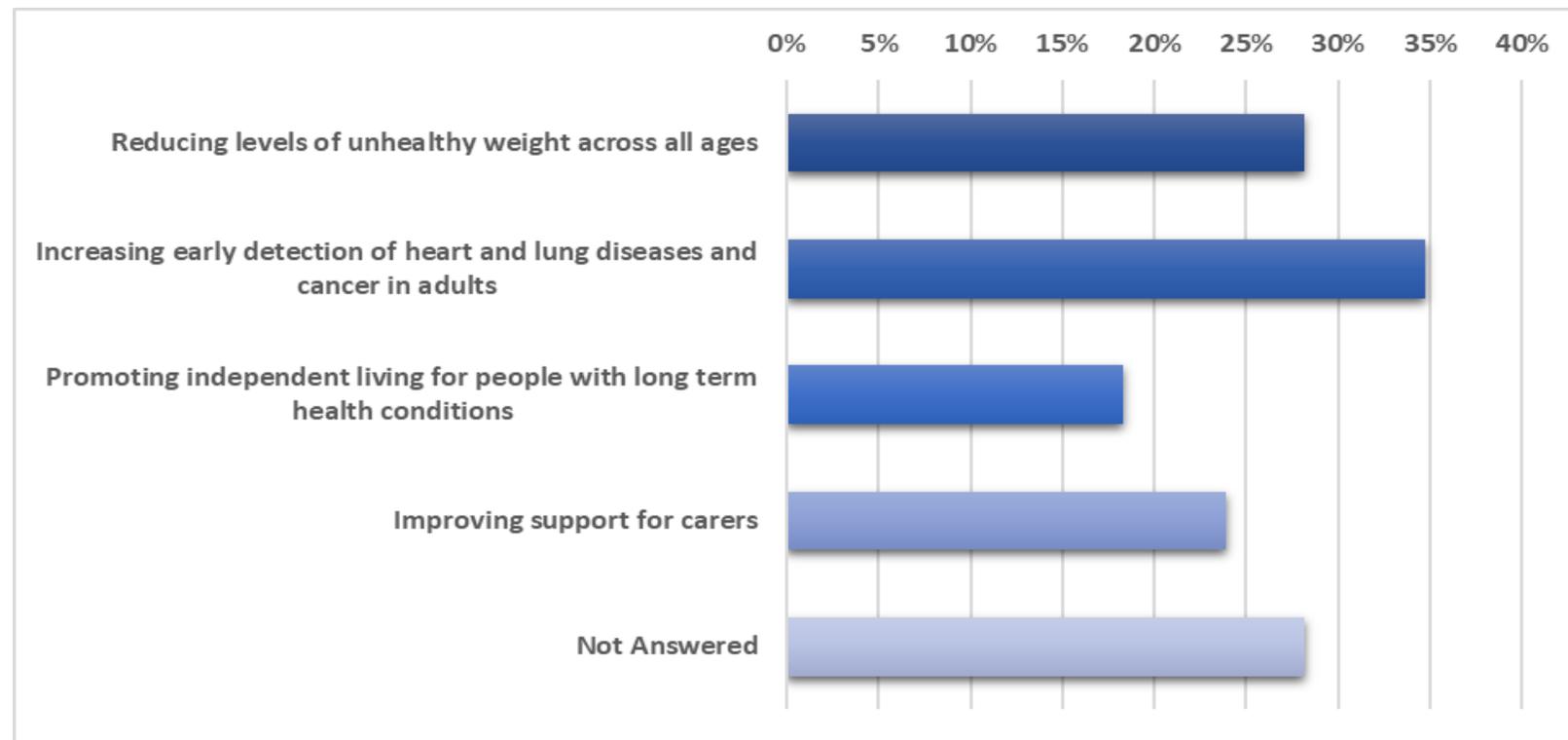
There were 154 responses to this part of the question.



Option	Total	Percent
<b>Give every child the best start in life by focusing on the critical 1,001 first days of life</b>	82	38.50%
<b>Making sure children are ready to play and learn</b>	20	9.39%
<b>Mitigating the impacts of poverty on children and young people</b>	91	42.72%
<b>Empowering health self-care in families with young children</b>	42	19.72%
<b>Not Answered</b>	59	27.70%

# Healthy Lives

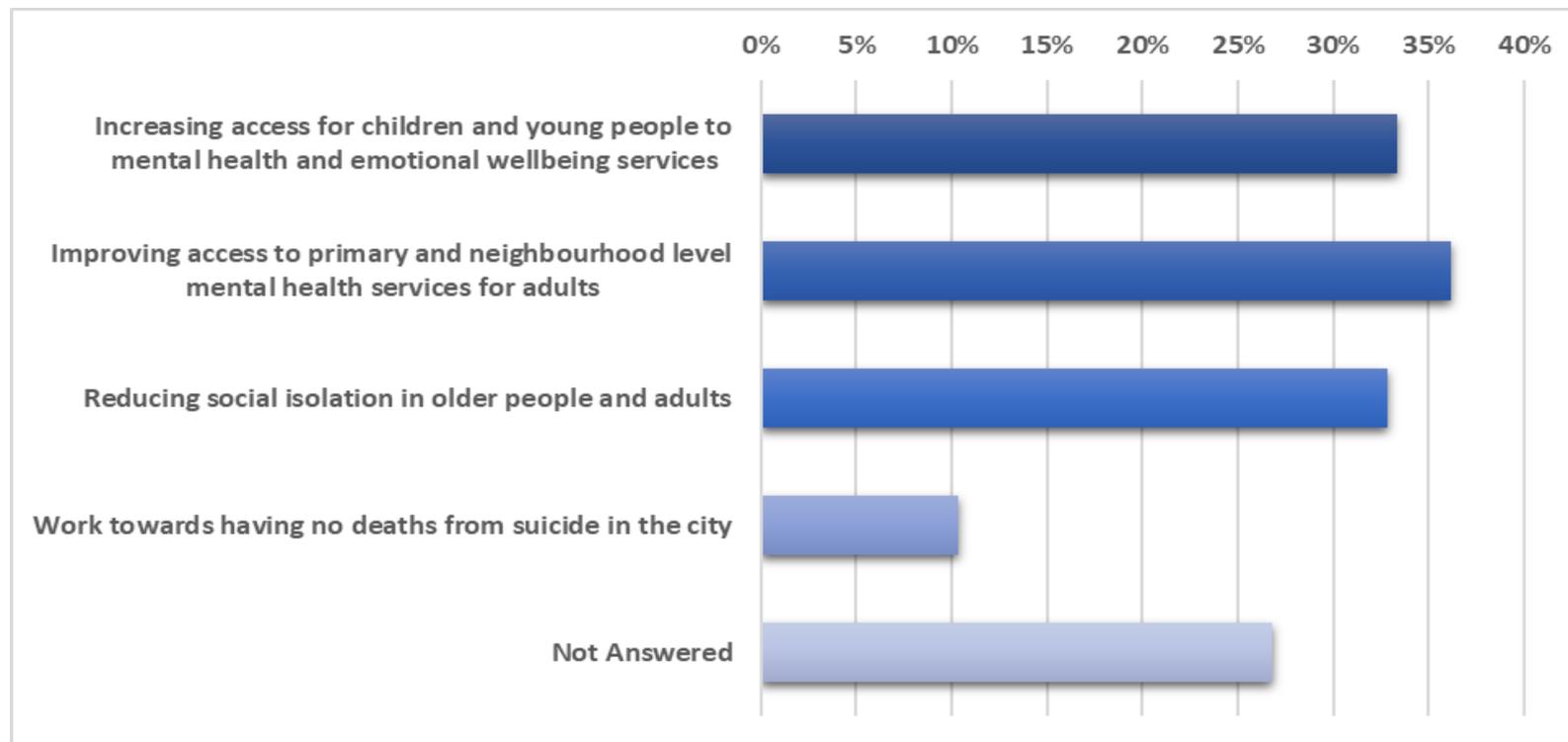
There were 153 responses to this part of the question.



Option	Total	Percent
Reducing levels of unhealthy weight across all ages	60	28.17%
Increasing early detection of heart and lung diseases and cancer in adults	74	34.74%
Promoting independent living for people with long term health conditions	39	18.31%
Improving support for carers	51	23.94%
Not Answered	60	28.17%

# Healthy Minds

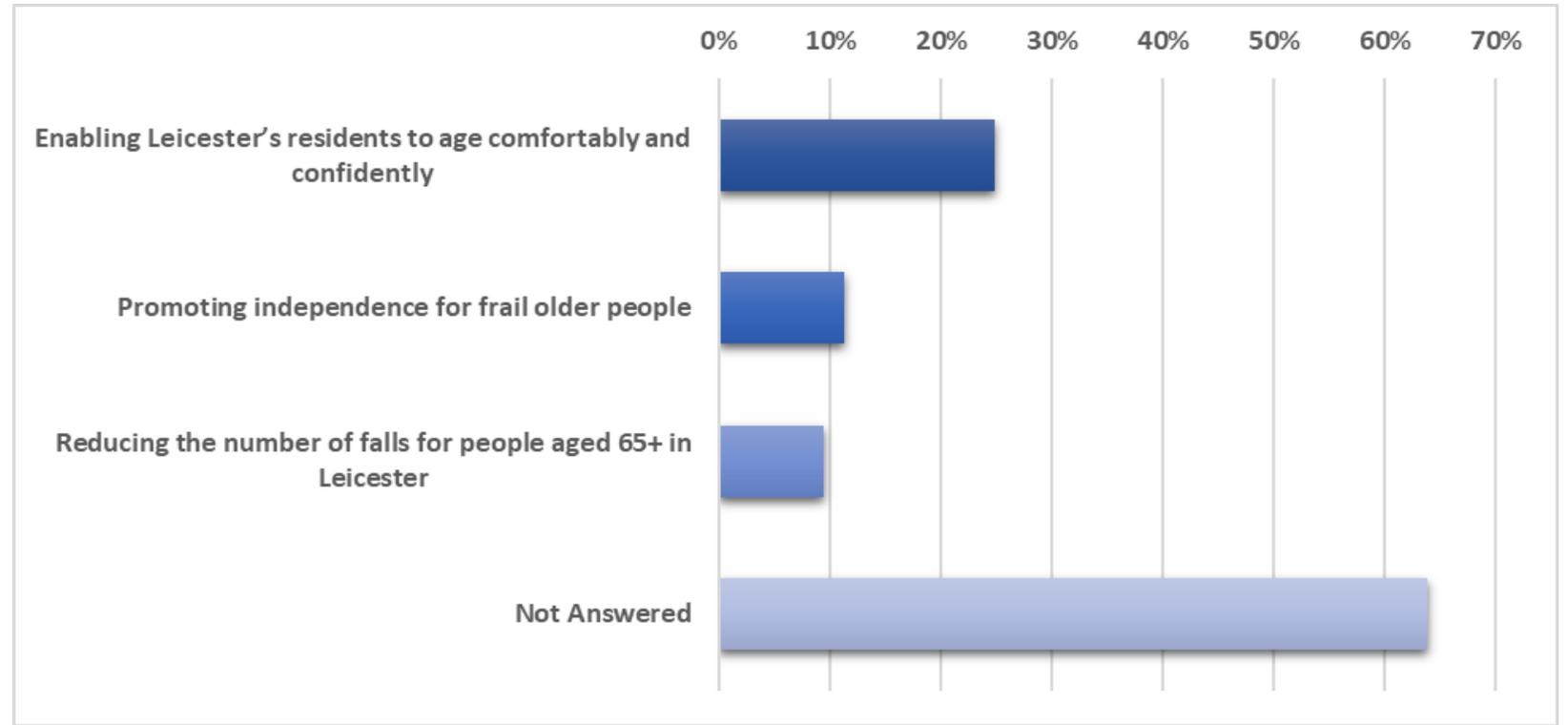
There were 156 responses to this part of the question.



Option	Total	Percent
<b>Increasing access for children and young people to mental health and emotional wellbeing services</b>	71	33.33%
<b>Improving access to primary and neighbourhood level mental health services for adults</b>	77	36.15%
<b>Reducing social isolation in older people and adults</b>	70	32.86%
<b>Work towards having no deaths from suicide in the city</b>	22	10.33%
<b>Not Answered</b>	57	26.76%

# Healthy Ageing

There were 77 responses to this part of the question.



Option	Total	Percent
Enabling Leicester's residents to age comfortably and confidently	53	24.88%
Promoting independence for frail older people	24	11.27%
Reducing the number of falls for people aged 65+ in Leicester	20	9.39%
Not Answered	136	63.85%

**PROPOSED APPROACH TO SUPPORTING  
& MONITORING PROGRESS OF  
PRIORITIES**

# Proposed ‘Do, Sponsor, Watch’ approach

We are proposing a ‘Do, Sponsor, Watch’ approach to give initial focus to one or two priorities within each theme:

Approach	Supporting expectations	No. in each theme
DO	<ul style="list-style-type: none"><li>▪ Agreed by HWB as the most important priorities to progress in initial years.</li><li>▪ Underpinned by detailed reference to plans &amp; supporting metrics within the Health, Care &amp; Wellbeing <a href="#">Joint Delivery Plan 22/24</a>.</li><li>▪ Proposal: A member of the HWB designated to champion each DO priority.</li><li>▪ An expectation of regular progress reporting to Place based groups.</li></ul>	1-2
SPONSOR	<ul style="list-style-type: none"><li>▪ Plans &amp; supporting metrics outlined within the <a href="#">Joint Delivery Plan 22/24</a>.</li><li>▪ Any risk to progress escalated through reporting to Place based groups.</li></ul>	1-2
WATCH	<ul style="list-style-type: none"><li>▪ Plans outlined within the <a href="#">Joint Delivery Plan 22/24</a>.</li><li>▪ Any risk to progress escalated through reporting to Place based groups.</li></ul>	1-2

# Benefits of approach

- Will help ensure some level of focus on all priorities identified.
- The 'Do', Sponsor & Watch' list can be published for transparency and reviewed at an agreed frequency by the HWB.
- Support consistently across the LLR ICS, as similar approach is being adapted by Leicestershire County & Rutland County Council.

# Determining where priorities should go within the Do, Sponsor, Watch framework?

In considering which category each priority should be within, the core working group have considered the following factors:

- Engagement feedback
- Current level of Place/ System Partnership working on priority.
- Importance of priority to the health of the city ( e.g. influence on other outcomes ).
- Potential to directly reduce Health inequalities

## Proposed DO priorities (6)

Theme	Priority
<b>Health Places</b>	<ul style="list-style-type: none"><li>Improving access to primary and community health/care services</li></ul>
<b>Healthy Start</b>	<ul style="list-style-type: none"><li>Mitigating the impacts of poverty on children and young people</li></ul>
<b>Healthy Lives</b>	<ul style="list-style-type: none"><li>Increasing early detection of heart &amp; lung diseases and cancer in adults</li></ul>
<b>Healthy Minds</b>	<ul style="list-style-type: none"><li>Improving access to primary &amp; neighbourhood level Mental Health services for adults.</li><li>Increasing access for children &amp; young people to Mental Health &amp; emotional wellbeing services.</li></ul>
<b>Healthy Ageing</b>	<ul style="list-style-type: none"><li>Enabling Leicester's residents to age comfortably and confidently - <i>proposed focus on reducing health inequalities through a person-centred programme of frailty prevention.</i></li></ul>

## Proposed SPONSOR priorities (7)

Theme	Priority
<b>Health Places</b>	<ul style="list-style-type: none"><li>• Improving the built environment to support people's long-term health and wellbeing</li><li>• Creating Mental Health &amp; Dementia friendly communities within Leicester</li></ul>
<b>Healthy Start</b>	<ul style="list-style-type: none"><li>• Give every child the best start in life by focusing on the critical 1001 first days of life</li></ul>
<b>Healthy Lives</b>	<ul style="list-style-type: none"><li>• Reducing levels of unhealthy weight across all ages</li><li>• Improving support for Carers</li></ul>
<b>Healthy Minds</b>	<ul style="list-style-type: none"><li>• Reducing social isolation in older people and adults.</li></ul>
<b>Healthy Ageing</b>	<ul style="list-style-type: none"><li>• Reducing the number of falls for people aged 65+ in Leicester City</li></ul>

## Proposed WATCH priorities (6)

Theme	Priority
Health Places	<ul style="list-style-type: none"><li>Supporting a move towards a carbon neutral city</li></ul>
Healthy Start	<ul style="list-style-type: none"><li>Making sure children are able to Play and Learn</li><li>Empowering health self-care in families with young children</li></ul>
Healthy Lives	<ul style="list-style-type: none"><li>Promoting independent living for people with long term health conditions</li></ul>
Healthy Minds	<ul style="list-style-type: none"><li>Work towards having no deaths from suicide in the city.</li></ul>
Healthy Ageing	<ul style="list-style-type: none"><li>Promoting independence for frail older people.</li></ul>

**Leicester City  
Joint Health  
and  
Wellbeing Strategy  
(JHWS) 2022-2027**

Sets to vision for improving the health and wellbeing of Leicester’s residents through the themes of: Healthy Places, Health Minds, Healthy Start, Healthy Lives & Healthy Ageing.

**‘Leicester City Health, Care & Wellbeing Joint Delivery Plan’  
(2022-24)**

This is the delivery arm of the JHWS, setting out key citywide & neighbourhood level priorities across partner organisations to:

- **Strengthening self care & prevention services**
- **Address the wider determinants of health**
  - **Improve health equity**
- **Improve access to and integration of health and care services**
  - **Respond to expected demographic & housing growth**

# **Leicester Health, Care and Wellbeing Delivery Plan 2022-24**

**Linked to the delivery of Leicester Health, Care and Wellbeing Strategy 2022-27**

# Strategy journey

**April 2022** – Leic City HWBB

Formally supported and approved (with minor wording edits)

**June 2022** – Leic City Council City Mayor Briefing

Formally supported and approved (with minor wording edits)

**Aug 2022** – Presentation to Leicester Health and Wellbeing Scrutiny Commission

**Autumn 2022** – Planned presentation of strategy to ICB

**Summer/Autumn 2022** – Ongoing development of the delivery plan

# Delivery plan development

- Focus on six 'Do' priorities initially
- Development in partnership/collaboration
- Development co-ordinated through Core Working Group
  - Linking in to other partnership groups and boards to develop the plan
- Delivery plan will be based upon outcome focused actions with clear measures/KPIs in place so progress can be tracked and reported to Health and Wellbeing Board and other related groups/boards (Integrated Systems of Care/Joint Integrated Commissioning Board).
- Timeline: summer to autumn 2022

# Priorities for 2022 - 2024

Theme	Priority
<p><b>HEALTHY PLACES</b></p> <p>Making Leicester the healthiest possible environment in which to live &amp; work</p>	<p>We will improve access to primary and community health/ care services</p>
<p><b>HEALTHY START</b></p> <p>Giving Leicester's children the best start in life.</p>	<p>We will mitigate against the impacts of poverty on children and young people.</p>
<p><b>HEALTHY LIVES</b></p> <p>Encouraging people to make sustainable and healthy lifestyle choices</p>	<p>We will increase early detection of heart &amp; lung diseases and Cancer in adults.</p>
<p><b>HEALTHY MINDS</b></p> <p>Promoting positive mental health within Leicester across the life course</p>	<p>We will improve access for children &amp; young people to Mental Health &amp; emotional wellbeing services.</p>
	<p>We will improve access to primary &amp; neighbourhood level Mental Health services for adults.</p>
<p><b>HEALTHY AGEING</b></p> <p>Enabling Leicester's residents to age comfortably &amp; confidently</p>	<p>We will enable Leicester's residents to age comfortably and confidently through a through a person-centred programme of frailty prevention.</p>

# **Supporting Evidence/Background to Priorities for 22-24 Delivery Plan**

# Priority : Improving access to primary & community Health and Care services

## Healthy Places

**Level:** City wide

### Why a Priority?

- Insights from recent local NHS engagement and consultations indicate accessibility, mobility and parking issues need to be addressed to enable wider service access.
- Insights also indicate shared assessments/ information between health and social care service ("joined-up working") is important and people don't want to keep telling their story to different agencies, given over a 185 languages are spoken in the city.
- Local people think digital access and improved IT systems are important too but this need to ensure no groups are digitally excluded.
- Significant housing growth planned over next 15 years & there is a recognised lack of available space to meet growing demand and/or poor quality premisses across the City. In LLR city practices makes up half of those in greatest need of support due to unsuitable premises and insufficient space to meet current and projected demand.

**Key Partners:** LA Planning Department, Primary Care/ PCNs , LA Adult Social care, CCG's, LPT, UHL

### Current improvement plans include:

- New models of care should focus in integrated health and care services to support quality and continuity of care. In particular:
  - Developing shared records across health and social care providers
  - Maximising opportunities for colocation of health and care services
- Maximising access to S106 development grants from housing developers
- Partnership work to inform local joint planning policy and support greater care integration and neighbourhood developments.
- Health Inequalities Grant allocation 2021-24 (£165k) to address the digital divide- Investment in programme of education and training, infrastructure development, and devices. This project plans to link closely with community connectors to recruit and train a network of digital champions across the city.

### Measuring progress:

tbc

# Priority: Mitigating the impacts of poverty on children and young people

## Healthy Start

**Level:** Citywide but in particular in central, South & NW neighbourhoods

### Why a Priority?

- Leicester has a higher than average number of low incomes families than the England average.
- Key stage 4 attainment score for Leicester is lower than national average. South and NW HNN are significant city outliers.
- South, NW and Central HNN's have a higher % of wards in the most deprived quintile in the UK. Poverty is recognised to impact negatively on all aspects of children's lives and their ability to thrive and achieve later in life. Health inequalities are exacerbated when poverty is also present.

**Key Partners :** All LA Departments, Health commissioners/ Providers, Schools, VCSE sector, Community organisations  
Private businesses

### Current improvement plans include

- The city council is currently developing an anti-poverty strategy which will bring together up-to-date data on poverty trends across the city, with data at a neighbourhood level where it is available. It will also present the information obtained through extensive engagement across services which offers insight into the lived experience of poverty in the city.
- The strategy will enable council services and external partners to better understand the nature and impact of poverty on the people that use their services, thereby providing opportunities to make changes to services or develop new ones.

### Measuring progress:

- Improvement in Leicester city and neighbourhood level Indices of Multiple Deprivation over the coming years.
- Additional local indicators to including employment levels, income levels, benefits claimed, etc.

# priority : Increasing early detection of heart & lung diseases and Cancer in adults

## Healthy Lives

**Level:** Through City wide and neighbourhood level initiatives

### Why a Priority?

- Cancers are the main cause of premature deaths (in the under 75s) in Leicester, accounting for over a third of early deaths, followed by heart disease and respiratory diseases.
- NHS 'RightCare Pack' indicates Leicester has the lowest colorectal cancers detected at any early stage compared to peer authorities.
- Leicester is a significant regional and England outlier for under 75 years or age death from CVD.
- Rates of diabetes are significantly higher in Leicester compared to England. Central and NE HNN are outliers in city for CHD and Diabetes Prevalence.
- Leicester is a significant regional and England outlier for under 75 years or age death from CVD.
- Central HNN-Outliner for CVD under 75 mortality.
- NW and South HNN outliner for early death from cancer and respiratory diseases

### Key Partners :

Public Health, Primary care/PCN's, local authority, Community and secondary care health services, VCSE sector, Local community organisation

### Current improvement plans include:

- Promote national cancer screening programmes on a city wide level and through work in neighbourhoods, particularly in NW and South HNN's
- Implementing high blood pressure through community pharmacies, in line with national guidelines
- Promote physical health checks for eligible adults under existing criteria and seek to expand provision
- Promoting Learning Disabilities and SMI annual physical Health checks
- Promote pre-diabetes checks particularly in in Central and NE HNN's
- Health Inequalities Grant allocation 2021-24 (£330k) to develop culturally competent comms strategy/ peer educators/ support to community groups in order to Promoting uptake of cancer and cardiac screening, health checks, and vaccinations in groups with lower uptake e.g.. some BAME and disadvantaged groups..

### Measuring progress:

- Improvements in health screening rates for adults including learning disabilities and SMI annual health checks rates.
- Reduction in early death from cancer and respiratory diseases, in particular in NW and South HNN's
- Reduction in under 75 years or age death from CVD
- Reduction in prevalence of diabetes

# Priority : Improving access for CYP to MH & emotional wellbeing services

## Healthy Minds

**Level:** City wide

### Why a Priority?

- In Leicester one in ten children aged 5-16 years has a mental health problem and, of adults with long-term mental health problems, half will have experienced their first symptoms before the age of 14.
- Failure to treat mental health disorders in children can have a devastating impact on their future, resulting in reduced job and life expectations.
- National target that 35% of CYP with a diagnosable MH condition receive treatment from an NHS-funded community MH service- In Leicester City current rates is 21% compared to 38% in Leicestershire County and a midland average of 33%. This lower access rate is indicated to be due to a combination of services capacity, need to promote services and ensuring data recording of people seen.

### Key Partners :

LPT CYP services, LA children services, CCG's, Primary care/PCN's., VCSE & Third sector, Community organisations

### Current improvement plans include:

CCG's /LPT/ City Council are working together to:

- Raise awareness of CYP MH services across the city
- Developing new and enhanced services including;
  - The City Early Intervention Psychology Support (CEIPS)- additional resources to deliver new 'Calm Clinics'.
  - Additional two mental health support teams in Leicester City schools
  - Community Chill Out Zone - 140 pop up Community Chill Out Zones covering more areas in Leicester City, including targeting faith.
  - Family Action Post Sexual Abuse Counselling Service – Additional resources allocated to increase referrals
  - Triage and Navigation Service – Additional resources to receive more referrals, including self-referral.
- Improving flow of data from services provided by the City Council and Third sector.

### Measuring progress:

Improvement in NHSE national target that 35% of CYP with a diagnosable MH condition receive treatment from an NHS-funded community MH service. In 2021/22 this equates to 3,087 CYP in Leicester City.

# Priority : Improving access to primary & neighbourhood mental health services for adults

## Healthy Minds

**Level:** Delivered through Integrated Neighbourhood working

### Why a Priority?

- Poor mental health is the most common condition affecting people in the UK. Local survey data shows 17% of Leicester's 16+ population report a poor mental wellbeing score. The unemployed, long term sick/disabled and social renters are all more likely to report poor mental health
- In Leicester it is estimated that between 34,000 and 38,000 people live with a common mental health problems & 3,400 people live with an enduring mental health condition, such as schizophrenia or bipolar disorder.
- Difficulty accessing support when needed can lead to poor outcomes. Further people with poor mental health are more likely to engage with unhealthy behaviours and poor lifestyle choices, contributing to premature death.
- Delivering community mental health services at a primary and neighbourhood level is a key NHSE transformation priority

### Key Partners :

LPT, LA ASC Mental Health services, CCG's Primary care/PCN's , VCSE sector, Housing

### Current improvement plans include:

- Increasing the number of primary care based mental health roles
- Transforming existing LPT Community Mental Health Teams to be integrated teams working alongside GP's to support people with a Severe Mental Illness.
- Strengthening VCS mental health and wellbeing support services in neighbourhood and local communities
- Improving mental health support services for vulnerable group ( homeless, offenders).
- Adopt, embrace and deliver through all services in system to be focused on individual 'recovery' and individuals to live well with their mental health

### Measuring progress:

- Delivery of planned 4 week waiting time standards for CMHT's
- Increase in SMI health checks towards national 60.0% target
- Feedback from annual LPT community mental health surveys from patients.
- Feedback from independent evaluations of community mental health transformations
- Increasing number of individuals with SMI supported into employment

# Priority: Enabling Leicester's residents to age comfortably and confidently

## Healthy Ageing

**Level:** City wide

### Why a Priority?

- We have an ageing population: in the UK there are now half a million people in their 90s, more than two and half times the number in 1985.
- National evidence indicates years in poor health (the difference between life expectancy and healthy life expectancy) increased from 18.1 years to 19.1 year Having more than one condition increases with age.
- Healthy life expectancy in Leicester is around 60 years for men and 59 years for women in 2015 to 2017. This means men have on average 17 years and women have 22 years of their overall life expectancy where their health is not good. Compared with peer areas, Leicester men and women have the 3rd and 4th lowest rate of healthy life expectancy

**Key Partners** : Public Health, Primary care, LA ASC Older Persons services, LPT, UHL, VCSE sector, Housing

### Current improvement plans include:

The Joint Health and Wellbeing Strategy recognises the need:

- Support older people to manage their wellbeing can involve promoting good lifestyle choices such as a healthy diet, fluid intake, exercise, oral health, flu (and other) vaccinations and regular NHS, or other, health checks.
- Making positive changes that will improve their mental and physical health by working with partners to signpost and refer people to relevant lifestyle services.
- Work with partners to make sure that older people feel safe and confident in their own homes and around the city
- Encourage older people to access leisure and cultural spaces in their local communities to improve mental and physical health.

Work will be supported by Health Inequalities Grant allocation 2021-24 (£330k) and Public Health funding ( £120k) to employ six 'community connector's to help reducing social isolation & improving health

### Measuring progress:

- Improvement the number of years Leicester city males and females spend in living in 'poor health'
- Qualitative feedback from older persons forums