

**HEALTH AND WELLBEING BOARD: 26 SEPTEMBER 2019****POSITION STATEMENT FROM THE CHAIRMAN****Suicide Prevention Campaign:**

Suicides are often the end point of a complex history of risk factors and distressing events but they are not inevitable. The prevention of suicide has to address this complexity through concerted action and collaboration amongst services, communities, individuals and across society as a whole. Oversight and co-ordination of suicide prevention in Leicestershire sits under the Leicester, Leicestershire and Rutland Suicide Audit and Prevention Group (LLR SAPG). The group is led by Public Health and is co-chaired by Dr Mike McHugh, Public Health Consultant in Leicestershire County Council and Mark Wheatley, public health principal in Leicester City. The group feeds into both the Health and Wellbeing Boards and the Health Overview and Scrutiny Committees in each local authority.

In September, 2019 the LLR SABG launched its website 'Start a Conversation, Suicide is Preventable'. <https://www.startaconversation.co.uk/about-us/>. The website brings together into one place local resources, support and advice that help keep our residents safe and supports them to reach out for help in times of crisis and distress.

Since its launch there have been over 27,000 hits on the website, with the most popular page after the home page being the 'Advice and Support' page. The website has also attracted 126 pledges of support from individuals and organisations.

A suicide prevention conference was held on 10<sup>th</sup> September at Leicester City Football Club to mark progress with website and the wider campaign. The conference was extremely well attended and included speakers from a wide range of local organisations and from people with lived experience who had lost close family members to suicide. In the coming year the campaign and website will continue to evolve and develop. A further major focus will be that of supporting people who have been bereaved by suicide through the launch of a local suicide bereavement support service on 1<sup>st</sup> October, 2019.

**Violence Reduction Network**

Leicestershire Police has been granted £880,000 from the Government's £35m Serious Violence Fund to set up a Violence Reduction Unit. Leicestershire is one of eighteen of the 43 Police forces in England and Wales to have been allocated the funding based on hospital admissions figures relating to knives.

The Violence Reduction Unit will involve key partners from health, education and social services in a multi-agency approach and is focussed on reducing violent behaviour in our communities. It is recognised that violence stems from many different causes all of which relate to the core social, health and well-being problems within our communities. To address violence over the long term we need to adopt a

public health model to enable positive personal and social development in our young people. The long term remedy for violence will therefore have a positive impact on those core problems – improving the emotional and social well-being of the people in our communities.

### **5 Ways to Wellbeing – Mental Health Self-Care campaign update**

Following approval at the last Health and Wellbeing Board, The 5 Ways to Wellbeing campaign was rolled out on 19 August with the aim of improving understanding of how we can all look after our own mental health and wellbeing

Early social media statistics on the campaign have been encouraging with a reach of over 75,500 visits to the webpage and further coverage through several media channels.

Partners and individuals are thanked for their support of the campaign and urged to continue sharing messages during the coming weeks, leading up to Mental Health Awareness Day on 10 October.

For more information, visit <http://www.healthandcareleicestershire.co.uk/resources/5-ways-to-wellbeing/>.

### **Preparation for Stoptober**

Leicestershire's Stop Smoking service QuitReady are getting ready to help people 'kick the habit' as part of the national Stoptober campaign.

Anyone looking for support to quit smoking can contact the service by texting 'ready' to 66777, calling 0345 646 66 66 or visiting [quitready.co.uk](http://quitready.co.uk)

### **Professor Cheryl Davenport**

Congratulations are due to Cheryl Davenport, Leicestershire's Director of Health and Care Integration has been appointed as Honorary Professor of Health and Care Integration at De Montfort University.

Over the last five years Cheryl has brought partners together to improve health care for residents and led the delivery of Leicestershire's £56million Better Care Fund, a pooled budget between the County Council and the NHS, which is helping to transform health and care.

The appointment is recognition for her contributions and achievements and the students at De Montfort will benefit from real life examples of how to apply policy into practice.

## **A SELECTION OF REGIONAL AND NATIONAL PUBLICATIONS AND NEWS**

### Stress in childhood and over the life course – our bodies pay the price

The blog post published by the Health Foundation explores the biological consequences of social and economic disadvantage experienced in childhood and youth. It also reveals how these contribute to health inequalities later in life.

<https://www.health.org.uk/news-and-comment/blogs/stress-in-childhood-and-over-the-life-course-our-bodies-pay-the-price>

### Long-term sustainability through place-based health

This paper explores the benefits of a total place approach to area budgeting and comprehensive public service reformation in localities.

<http://localis.org.uk/research/local-practice/>

### The Good Childhood Report 2019

This annual report produced by the Children's Society reports on the very latest information on the state of children's well-being. It provides new and important insights into a wide range of issues affecting children's well-being including family finances and children and young people's feelings about the future.

[https://www.childrensociety.org.uk/sites/default/files/the\\_good\\_childhood\\_report\\_2019.pdf?utm\\_source=The%20King%27s%20Fund%20newsletters%20%28main%20account%29&utm\\_medium=email&utm\\_campaign=10818052\\_NEWSL\\_HWB\\_2019-09-02&dm\\_i=21A8,6FV9G,FLWOSX,PLAZA,1](https://www.childrensociety.org.uk/sites/default/files/the_good_childhood_report_2019.pdf?utm_source=The%20King%27s%20Fund%20newsletters%20%28main%20account%29&utm_medium=email&utm_campaign=10818052_NEWSL_HWB_2019-09-02&dm_i=21A8,6FV9G,FLWOSX,PLAZA,1)

### Social Care 360

This review published by the Kings Fund, outlines and analyses 20 key trends in adult social care in England over recent years. It draws on data that is: •publicly available

- published at least annually
- comprehensive (or, at the very least, a representative sample)
- from a reliable source.

It takes a broad perspective, including indicators that relate closely to health, housing, benefits and carers, as well as to the services provided by local authorities, and in doing so provides a uniquely rounded – a '360 degree' – view of the sector. The review is structured into six sections, which you can access below.

[https://www.kingsfund.org.uk/publications/social-care-360?utm\\_source=The%20King%27s%20Fund%20newsletters%20%28main%20account%29&utm\\_medium=email&utm\\_campaign=10850673\\_Copy%20of%20NEWSL\\_The%20Weekly%20Update%202019-08-30&utm\\_content=social\\_care\\_360\\_button&dm\\_i=21A8,6GKFL,FLWOSX,PMC1L,1](https://www.kingsfund.org.uk/publications/social-care-360?utm_source=The%20King%27s%20Fund%20newsletters%20%28main%20account%29&utm_medium=email&utm_campaign=10850673_Copy%20of%20NEWSL_The%20Weekly%20Update%202019-08-30&utm_content=social_care_360_button&dm_i=21A8,6GKFL,FLWOSX,PMC1L,1)

### Implementing health in all policies

Health in all policies is an established approach to improving health and health equity through cross-sector action on the wider determinants of health: the social, environmental, economic and commercial conditions in which people live.

This collection of case studies published by the Health Foundation looks at practical attempts to implement this around the world. The nine case studies offer valuable insights into the practicalities of delivering a health in all policies approach in different contexts, sectors and levels of government.

[https://www.health.org.uk/publications/reports/implementing-health-in-all-policies?utm\\_source=linkedin&utm\\_medium=social&utm\\_content=Version%203](https://www.health.org.uk/publications/reports/implementing-health-in-all-policies?utm_source=linkedin&utm_medium=social&utm_content=Version%203)

### Achieving integrated care: 15 best practice actions

The Local Government Association (LGA) and the SCIE have joined up to produce an accessible and practical resource that supports local systems in fulfilling their ambition of integration.

The 15 actions prioritised in this resource draw on evidence about what works from international research, emerging best practices and engagement with LGA stakeholders and partners. The actions are aligned with national policy, legal frameworks and regulatory guidance but also allow for local variety in system design and service delivery.

<https://www.local.gov.uk/sites/default/files/documents/Achieving%20Integrated%20Care-%202015%20best%20practice%20actions%20WEB.pdf>

### NHS to fund revolutionary treatment for blindness in children

A revolutionary new gene therapy which restores sight will be provided by the NHS. Babies born with inherited retinal dystrophies disorder have poor sight which swiftly deteriorates, with most losing their vision completely in childhood. Until now no treatment has been available.

[https://www.england.nhs.uk/2019/09/nhs-to-fund-revolutionary-treatment-for-blindness-in-children/?utm\\_source=feedburner&utm\\_medium=email&utm\\_campaign=Feed%3A+NHSCBoard+%28NHS+England%29](https://www.england.nhs.uk/2019/09/nhs-to-fund-revolutionary-treatment-for-blindness-in-children/?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+NHSCBoard+%28NHS+England%29)

### High street heart checks on the NHS

Pharmacists are set to offer rapid detection and help for killer conditions like heart disease as part of a major revamp of high street pharmacy services. The high street heart checks are part of an ambitious target the NHS in England has set itself as part of its Long Term Plan to prevent tens of thousands of heart attacks over the next 10 years.

[https://www.england.nhs.uk/2019/09/high-street-heart-checks-on-the-nhs/?utm\\_source=feedburner&utm\\_medium=email&utm\\_campaign=Feed%3A+NHSCBoard+%28NHS+England%29](https://www.england.nhs.uk/2019/09/high-street-heart-checks-on-the-nhs/?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+NHSCBoard+%28NHS+England%29)

### NHS warning to parents as 'asthma season' hits

The NHS is calling on parents to keep asthma medicine close at hand this week, with children up to three times more likely to need medical help as the school year starts. One in ten young people has asthma, with spikes in demand for help from GPs and hospitals in the weeks after school holidays.

[https://www.england.nhs.uk/2019/09/nhs-warning-to-parents-as-asthma-season-hits/?utm\\_source=feedburner&utm\\_medium=email&utm\\_campaign=Feed%3A+NHSCBoard+%28NHS+England%29](https://www.england.nhs.uk/2019/09/nhs-warning-to-parents-as-asthma-season-hits/?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+NHSCBoard+%28NHS+England%29)

### Health Profile for England:2019

The third annual profile combining data and knowledge with information from other sources to give a broad picture of the health of people in England in 2019.

\* There has been a delay in the publication of local authority level health profiles, pending a national review of health profiles.

<https://www.gov.uk/government/publications/health-profile-for-england-2019>

### Healthy Ageing

The healthy ageing challenge asks industry and researchers to develop products and services to help people remain independent, productive, active and socially connected for longer

<https://www.ukri.org/innovation/industrial-strategy-challenge-fund/healthy-ageing/>

### Social media sites act on NHS call for greater online protection

The chief executive of the NHS in England has called on all social media firm to crack down on potentially harmful material after two of the biggest sites confirm they plan to act on health service demands for action.

[https://www.england.nhs.uk/2019/09/social-media-sites-act-on-nhs-call-for-greater-online-protection/?utm\\_source=feedburner&utm\\_medium=email&utm\\_campaign=Feed%3A+NHSCBoard+%28NHS+England%29](https://www.england.nhs.uk/2019/09/social-media-sites-act-on-nhs-call-for-greater-online-protection/?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+NHSCBoard+%28NHS+England%29)

### NHS to review making statins available direct from pharmacists as part of Long Term Plan to cut heart disease

High dose statins could be made available directly from high street pharmacies as part of the NHS Long Term Plan to cut heart disease and stroke, NHS chief executive Simon Stevens has announced.

[https://www.england.nhs.uk/2019/09/nhs-to-review-making-statins-available-direct-from-pharmacists-as-part-of-long-term-plan-to-cut-heart-disease/?utm\\_source=feedburner&utm\\_medium=email&utm\\_campaign=Feed%3A+NHSCBoard+%28NHS+England%29](https://www.england.nhs.uk/2019/09/nhs-to-review-making-statins-available-direct-from-pharmacists-as-part-of-long-term-plan-to-cut-heart-disease/?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+NHSCBoard+%28NHS+England%29)

### The King's Fund position: what do we think about key health and care issues?

Here the Kings Fund sets out its views on a range of topics, based on our research and policy analysis as well as the work we do with individuals and organisations in the health and care system.

[https://www.kingsfund.org.uk/projects/positions?utm\\_source=The%20King%27s%20Fund%20newsletters%20%28main%20acount%29&utm\\_medium=email&utm\\_campaign=10891216\\_Copy%20of%20NEWSL\\_The%20Weekly%20Update%202019-09-13&utm\\_content=kf\\_positions&dm\\_i=21A8,6HFPS,WBXGMJ,PQDIH,1](https://www.kingsfund.org.uk/projects/positions?utm_source=The%20King%27s%20Fund%20newsletters%20%28main%20acount%29&utm_medium=email&utm_campaign=10891216_Copy%20of%20NEWSL_The%20Weekly%20Update%202019-09-13&utm_content=kf_positions&dm_i=21A8,6HFPS,WBXGMJ,PQDIH,1)

### New physical activity guidelines issued by UK Chief Medical Officers

The guidelines emphasise the importance of building strength and balance for adults, and include recommendations for pregnant women, new mothers and disabled people.

[https://www.gov.uk/government/news/new-physical-activity-guidelines-issued-by-uk-chief-medical-officers?wp-linkindex=2&utm\\_campaign=Prevention\\_physical\\_activity&utm\\_content=dhsc-mail.co.uk&utm\\_medium=email&utm\\_source=Department\\_of\\_Health\\_and\\_Social\\_Care](https://www.gov.uk/government/news/new-physical-activity-guidelines-issued-by-uk-chief-medical-officers?wp-linkindex=2&utm_campaign=Prevention_physical_activity&utm_content=dhsc-mail.co.uk&utm_medium=email&utm_source=Department_of_Health_and_Social_Care)