

Developing a Community Health and Well-being Plan (Melton Borough)

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Lead Member/Relevant Portfolio Holder	<p>Councillor Pat Cumbers - Portfolio Holder for Customers, Communities and Neighbourhoods</p>

Corporate Priority:	<p>Excellent services positively impacting on our communities.</p> <p>Delivering sustainable and inclusive growth in Melton.</p> <p>Connected and led by our community.</p>
Relevant Ward Member(s):	All
Date of consultation with Ward Member(s):	N/A
Exempt Information:	No

1 Summary

- 1.1 This report presents a draft Community Health and Wellbeing Plan for Melton. It is evidence led, has been developed through collaboration with partners and seeks to bring together a range of partners with a common purpose – to improve the health and wellbeing of residents across the borough.
- 1.2 The Community Health and Wellbeing Plan can be found at Appendix A of this report. It is intended to align with and contribute directly to the delivery of the Leicestershire Joint Health and Wellbeing Strategy. It represents the partnerships, actions and needs at a local level, providing a local focus to the ‘life course’ approach embedded within the countywide Health and Wellbeing Strategy.
- 1.3 Community Health and Wellbeing Plans are being developed for each of the seven Leicestershire districts (described in the Health and Wellbeing system as ‘Neighbourhoods’).
- 1.4 Scrutiny Committee members are asked to consider the draft Community Health and Wellbeing Plan for Melton. Comments and feedback provided by the Committee will be used to shape the final draft of the document, ahead of its consideration by Cabinet.
- 1.5 Melton Borough Council Officers and a representative from the NHS Leicester, Leicestershire & Rutland Integrated Care Board will be in attendance at the meeting of the Scrutiny Committee to answer any questions and to provide further information to support Scrutiny Committee consideration of the draft plan.

2 Recommendations

That Committee:

- 2.1 Consider the draft Community Health and Wellbeing Plan for Melton and provide feedback to support the further development of the document, ahead of its consideration by Cabinet.

3 Reason for Recommendations

- 3.1 Scrutiny Committee feedback at the development phase of the Community Health and Wellbeing Plan is valuable. Comments and feedback will directly support the continued development of the plan for Melton, ahead of its finalisation and consideration by Cabinet.
- 3.2 The Scrutiny Committee has a specific remit regarding health-related matters. In this context, the Committee is well placed to fulfil a consultative function on this report.

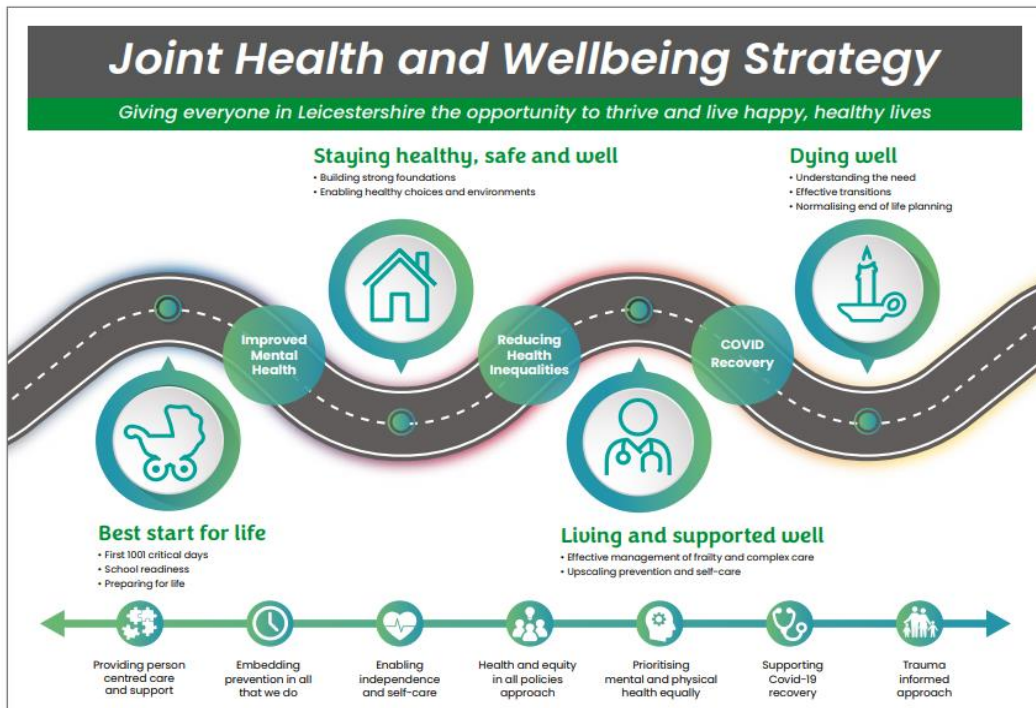
4 Background

- 4.1 In January 2021, the Department for Health and Social Care (DHSC) published proposals through the White Paper: ‘Integration and Innovation: Working together to improve health and social care for all’, to develop the NHS long term plan and bring forward measures for statutory Integrated Care Systems (ICS).
- 4.2 Following the passage of the [2022 Health and Care Act](#), ICSs were formalised as legal entities with statutory powers and responsibilities. Further information about Integrated Care Systems can be found [here](#).

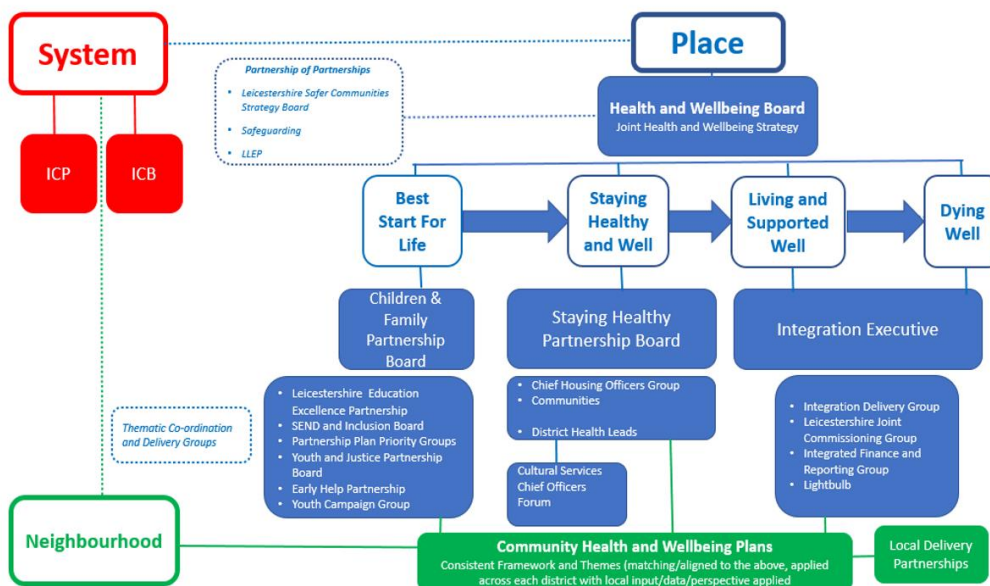
- 4.3 The ICS for Leicester, Leicestershire and Rutland (LLR) was established in July 2022.
- 4.4 As part of the LLR ICS, partnership working has been established across:
- ‘System’ - Leicester, Leicestershire, and Rutland collectively.
 - ‘Place’ - Leicester, Leicestershire, and Rutland separately.
 - ‘Neighbourhood’ - Locality level, based largely on district footprints.
- 4.5 The NHS long term plan highlights the importance of joint working. The White Paper outlines a duty for the NHS and Local Authorities to collaborate with the introduction of Health and Care Partnerships to support integration to address health, public health and social care needs, with a key responsibility being to support place based joint work.
- 4.6 As part of the ICS’s requirement for the development of a Place Based Plan, a [Joint Health and Wellbeing Strategy](#) has been created, which sets out the strategic vision and priorities for health and wellbeing across the County of Leicestershire over the next ten years. This strategy will help to shape a collective response across Leicestershire and ensures that partners are able to understand and address many of the common factors across the County that contribute to poor health and wellbeing outcomes.
- 4.7 However, it is also acknowledged that some needs are better identified and tackled at a neighbourhood (district) level.
- 4.8 District council, voluntary sector and primary care networks, along with many other local services, operate at more localised levels to improve health and wellbeing outcomes. **Community Health and Wellbeing Plans** are therefore being developed based on district council footprints. They identify local needs and actions that, alongside the County and system wide work, will help to improve people’s overall health and wellbeing.
- 4.9 The purpose of the Community Health and Wellbeing Plans is:
- To understand the local needs concerning health and wellbeing and the variance to England, other areas of the county, or across the footprint covered by the plan.
 - To ensure we have plans to drive improvements in the health and wellbeing of local populations and to manage any risks that arise.
 - To inform the Joint Health and Wellbeing Strategy (through identification of local needs) and respond to Joint Health and Wellbeing Strategy at a local level.
- 4.10 To support the development of the Community Health and Wellbeing Plan, partners have gathered information on local need, inequity and outcomes including reviewing national and local data, reviewing access to local healthcare services to understand patterns of access to primary and secondary health care, reviewed data on deprivation and needs, and have also considered housing growth planned for the area. Insights and feedback have also been gathered from residents.
- 4.11 The Community Health and Wellbeing Plan is intended to align with and contribute directly to the delivery of the Leicestershire Joint Health and Wellbeing Strategy. It represents the partnerships, actions and needs at a local level, providing a local focus to the ‘life course’ approach embedded within the countywide Health and Wellbeing Strategy:
- Best start in life
 - Staying healthy and well
 - Living and supported well

- Dying well

4.12 The life course approach is shown in the image below:



Community Health and Wellbeing Plans are part of the wider Health and Wellbeing System. This is shown in the image below:



5 Main Considerations

5.1 Section 3.6.1 of the draft Community Health and Wellbeing Plan sets out what the Plan seeks to achieve. These key areas of focus were agreed with local partners during a workshop session in January 2023:

5.1.1 Focus integrated partnership effort on those with complex care and multiple long-term conditions. This will enable us to understand and respond to the needs of the people of

Melton with health and wellbeing professionals working with communities in their surroundings and adapting integrated working to their needs.

- 5.1.2 Support the local population by being more proactive in prevention and promoting self-care, starting with an outreach approach to NHS Health checks locally to prevent long term conditions and enable management for those that have them. By focusing efforts on socio-economically disadvantaged communities, we will identify individuals and communities who are less likely to attend their general practice and therefore be at greater risk.
- 5.1.3 Consider young people in Melton and the associated cultural issues when delivering improvement locally including mental health and prevention services. Focus on tailored approaches and partnership working when delivering local actions to support this cohort, including anti-social youths and those not in employment. This can be enabled by developing stronger links with the Community Safety Partnership (Safer Melton Partnership) and their Community Safety Action Plan for Melton. Improvement in the local provision of Child and Adolescent Mental Health Service (CAMHS) would also be of benefit locally by reducing waiting lists of younger patients.
- 5.1.4 Develop more effective communication with adults and children's communities to raise awareness of local services, including tailored approaches to local young people where there is the greatest concentration. We want to look at more co designed and innovative pathways, e.g. digital apps to engage this specific community to deliver local messages using terms and methods they understand and use. It will still be important to also include face to face interaction where needed. Also continue to develop engagement and partnership with communities to build rapport, share two-way learning and develop a directory of services for young people locally to enable self-care in the community. It will be important to Melton to link in with wider place developments around online social prescribing systems to support this. This will be underpinned with the ethos of being specific to Melton and not result in duplication but effectively increasing awareness, information and guidance through locally meaningful accessibility.

- 5.2 The image below has been extracted from the Joint Health and Wellbeing Strategy and shows the high-level aspirations at each life course stage:



- 5.3 In line with the countywide Joint Health and Wellbeing Strategy, a life course approach has been developed for the Melton Community Health and Wellbeing Plan. This is described in detail at section 4.1 of the draft Plan.
- 5.4 To support initial partnership focus in 23/24, a prioritisation exercise was undertaken with local stakeholders. This resulted in five evidence led priorities being proposed. These are set out in detail at section 5 of the draft Community Health and Wellbeing Plan and are listed below:

5.4.1 **Priority 1: Support expectant mothers (breastfeeding initiation and prevalence)**

The levels of breastfeeding within Melton are below national averages. We therefore want to support expectant and new mothers to initiate and sustain breastfeeding, especially within Melton Mowbray North, South and West.

The Leicestershire JHWS includes a commitment to invest in evidenced based breastfeeding support for mothers across Leicestershire, supporting them to initiate and continue breastfeeding for as long as they choose. Support will be prioritised for those in white other ethnic groups and younger mothers.

We will support this Leicestershire wide commitment as well as identify specific local actions to improve the prevalence of breastfeeding within Melton, particularly in Melton Mowbray North, South and West.

5.4.2 **Priority 2: Develop and embed a Melton Neighbourhood Mental Health Offer**

Monitoring from the Office of National Statistics (ONS) found that the prevalence of moderate or severe depressive symptoms among adults in Great Britain rose after the start of the Covid-19 pandemic. In surveys taken between July 2019 and March 2020 prevalence was 10%, but this rose to 19% by June 2020 and 21% by January to March 2021.

Across the County, we will listen and respond to the Leicestershire population in the 'Step up to Great Mental Health' consultation and propose to deliver a variety of changes for our population through the LLR and Leicestershire-specific Step up to Great Mental Health. Responses will aim to increase the proportions of people with mental health challenges that have access to and take up high quality advice, support and access to local amenities, including activities and groups to strengthen mental health and wellbeing. This will enable them to live as independently as possible.

A number of actions have already been identified in the Leicestershire JHWS which we will link in with to ensure the needs of Melton are taken into consideration. These actions aim to improve emotional and mental health support for residents of Leicestershire.

A dedicated mental health neighbourhood lead has been recruited within the borough whose role will support the development and implementation of a neighbourhood approach to mental health. They will oversee a collaborative approach between multiple partners and local people to plan, organise and implement a mental health offer that meets the needs of the residents of Melton.

5.4.3 **Priority 3: Empower residents to access preventive and self-care approaches including through Digital channels**

As Melton is such a rural area, access to digital services can be difficult in some of the hard-to-reach areas for technology infrastructure. The population of Melton want to and can use digital technology; however, we also know that Melton has the some of the most digitally excluded areas across LLR districts. We therefore want to empower residents to access digital and self-care approaches.

The Leicestershire JHWS commits to empower patients to self-manage their long-term condition(s) through a variety of routes for different needs, including the use of digital approaches, assistive technology, accessible diagnostics, and support. We will fully support this place level work.

Locally we will identify specific actions for the residents of Melton to ensure they are able to access appropriate digital services. We will also need to ensure that people are aware

of the range of digital self-care services which are available and how to access them by ensuring appropriate communication channels are in place.

The focus of this priority will initially be on enabling people to live a healthy lifestyle through the following key areas of need:

- Promote and support Healthy Eating in Children
- Reduce smoking prevalence in Adults
- Support Adults to be Physically Active
- Working age adults with or at risk of multiple long-term conditions and complex needs
- Adults with substance misuse

5.4.4 **Priority 4: Prevent falls through supporting the frail and those at risk of hip fractures**

There has been a 30.0% increase in people aged 65 years and over since the last census in 2011 and population projections to 2040 estimate significant growth of 45% in this age group. We are therefore facing an ageing population.

Melton has the highest levels of hip fractures across the East Midlands, with values significantly higher than both the regional and England averages. Within Melton, Waltham-on-the-Wolds had the highest prevalence of emergency hospital admissions for hip fractures in patients aged 65 years and older.

The Leicestershire JHWS identifies a number of county wide actions which are intended to reduce the number of falls and associated hip fractures that people over 65 experience, including people in residential and nursing care, including:

- Undertaking an assessment to look in more depth at the rates of hip fractures, causes for this and possible preventative measures.
- Scoping a self-assessment tool for falls risk for 60+ with onward signposting and app to help manage balance.
- Piloting of a falls crisis response service.
- Reviewing Assistive technology services to support Falls Risk.
- Building on the LLR Population Health Management framework and development programme, translating implications to Leicestershire to identify those at greatest risk of poor health outcomes including multiple hospital admissions.

Melton will review the services currently available, along with the Leicestershire wide actions and identify any local actions required to enable the reduction of falls and support the frail.

5.4.5 **Priority 5: Integrate the local community support hub model further with health/wellbeing teams**

Integration of services at place or neighbourhood is a critical component of delivering high quality health and well-being services to the residents of Melton. There is a need to move away from single-disease clinics, into holistic care by providing multi-disciplinary team (MDT) clinics that are specific to local needs. We need to review how we make better use of our Voluntary and Community Sector Services and work with them to co-locate more locally (e.g., food banks and support groups).

The infrastructure needs to support this integration by making better use of existing space through co-location of teams and improving digital access and information-sharing between partners.

The following ICS initiatives will facilitate and enable the integration of health and social care across the system:

- ✓ Integrated Neighbourhood Teams
- ✓ Ease of Access
- ✓ Home First and Community Rehabilitation
- ✓ Better use of the Voluntary Sector and Local Communities
- ✓ Improve Communications

Access to a GP is consistently raised as a concern by Melton residents and stakeholders. The need for additional health care infrastructure (second GP surgery) to meet demand for primary care is already recognised and in principle agreement to enable an additional surgery in Melton has been secured by the ICS. This is even more significant in the context of projected housing growth for Melton. There is a clear desire for partners to work together to enable this, and effective, affordable and deliverable solutions are being actively explored. These considerations will be component actions that will compliment our overall direction of travel to support an improvement in local integration between health and wellbeing teams and the community support hub.

Our plans therefore may also include options for co-location where feasible for consideration but ultimately our starting point for action should and will be to build on local existing foundations to improve partnership culture around operational collaboration and population health improvement across the spectrum of need in Melton.

6 Options Considered

- 6.1 The role of Community Health and Wellbeing Plans is set out in the countywide Joint Health and Wellbeing Strategy. It is considered important that Scrutiny Committee members have an opportunity to shape the plan at development stage, ahead of any formal consideration of the Plan.
- 6.2 As the Scrutiny Committee has a specific remit regarding health-related matters, the Committee is well placed to fulfil a consultative function on this report / plan. Whilst many of the actions will not be delivered directly by the Council, the outcomes are directly relevant to Melton Borough residents.

7 Consultation

- 7.1 The Community Health and Wellbeing Plan has been developed over a period of time. A core working group has led the development of the plan and engagement with partners has taken place at various points during development. The draft plan is currently being reviewed by stakeholders, including Melton Borough Council. The Scrutiny Committee has a specific remit regarding health-related matters. In this context, the Committee is well placed to fulfil a consultative function on the draft Community Health and Wellbeing Plan.
- 7.2 Workshops took place in June 2022 to ensure as many stakeholders as possible could feed into the development of the plan and emerging themes and priorities. An outcomes and prioritisation exercise was also undertaken in January 2023 to provide focus for the initial phase of the Plan.

7.3 During development of the plan, a survey was undertaken with local communities (May/June 2022) looking at future healthcare needs and priorities. Feedback from the survey is included within the draft Community Health and Wellbeing Plan and has informed the development of the plan.

7.4 The Melton Helping People Partnership has evolved into the Community Health and Wellbeing Partnership to support the emergence and delivery of the Community Health and Wellbeing Plan. This partnership includes public sector, health, voluntary and community sector partners who share collective accountability to support delivery of the Community Health and Wellbeing Plan, and who have contributed to its development.

8 Next Steps – Implementation and Communication

8.1 Feedback from the Committee will directly inform the final stages of development of a Community Health and Wellbeing Plan for Melton Borough. Feedback from other stakeholders will also be considered by the working group as part of this process. A final draft of the plan will be presented to Cabinet, seeking endorsement to work in partnership with health and other partners to support delivery of the partnership priorities.

8.2 An action plan will be developed to turn the priorities into action and enable delivery and monitoring of outcomes.

8.3 Terms of reference for the Melton Community Health and Wellbeing Partnership will be developed to reflect the role of the partnership in supporting delivery of the agreed priorities and actions.

9 Financial Implications

9.1 None arising directly from this report. Any financial implications arising from specific actions will be considered on a case-by-case basis.

Financial Implications reviewed by: Director for Corporate Services

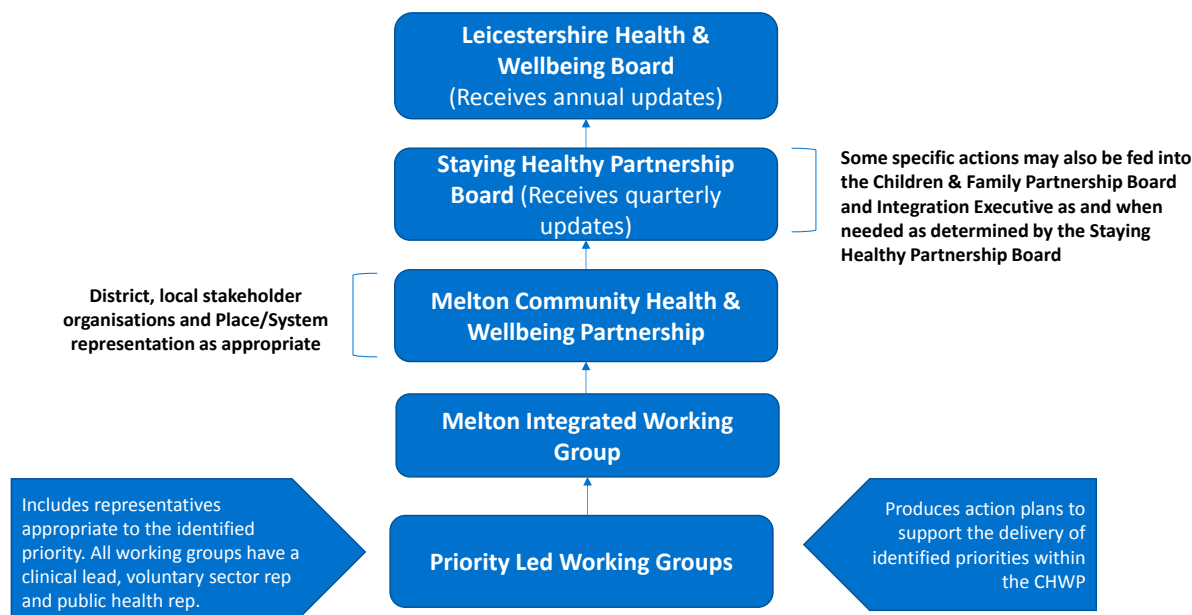
10 Legal and Governance Implications

10.1 The Scrutiny Committee has a specific remit regarding health-related matters. In this context, the Committee is well placed to fulfil a consultative function on this report.

10.2 When it has been finalised, the Community Health and Wellbeing Plan will be considered for Cabinet. A final draft of the plan will be presented to Cabinet, seeking endorsement to work in partnership with health and other partners to support delivery of the partnership priorities. Feedback from the Scrutiny Committee will be shared with Cabinet as part of this process.

10.3 Community Health and Wellbeing Plans do not form a statutory requirement. However, the report and accompanying plan demonstrate the importance of these plans supporting the requirements of the Health and Care Act 2022 and formal designation and requirements of Integrated Care Systems.

10.4 Local delivery of the Community Health and Wellbeing Plan is a partnership matter. The associated governance arrangements are shown below.



10.5 Subject to Cabinet approval of the Plan, the Scrutiny Committee may wish to receive an annual update on progress and delivery of the Community Health and Wellbeing Plan to support the committee to exercise its remit regarding health-related matters.

Legal Implications reviewed by: Interim Assistant Director for Governance and Democracy (Monitoring Officer)

11 Equality and Safeguarding Implications

11.1 The Community Health and Wellbeing Plan directly address health inequalities and considers local needs.

12 Data Protection Implications (Mandatory)

12.1 None arising directly from this report.

13 Community Safety Implications

13.1 None arising directly from this report.

14 Environmental and Climate Change Implications

14.1 None arising directly from this report.

15 Health and Wellbeing Implications

15.1 It is hoped that having an evidence led Community Health and Wellbeing Plan will directly and positively impact health and wellbeing outcomes across the Borough. This is detailed throughout the report and in the accompanying Plan at Appendix A.

16 Risk & Mitigation

Risk No	Risk Description	Likelihood	Impact	Risk
1	The Plan is not evidence led leading to limited ability to demonstrate impact and outcomes	Low	Critical	Medium

2	Lack of partnership approach to delivery / lack of partner buy in	Low	Critical	Medium
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		Impact / Consequences			
		Negligible	Marginal	Critical	Catastrophic
Likelihood	Score/ definition	1	2	3	4
	6 Very High				
	5 High				
	4 Significant				
	3 Low			1, 2	
	2 Very Low				
	1 Almost impossible				

Risk No	Mitigation
1	The plan has been developed over a long period of time, with data analysis and insights gathered by health and public health specialists. Partners have been engaged in prioritisation and community feedback has been taken into consideration.
2	Partners have been engaged in the development of the plan and prioritisation process. Agreement to refocus the Helping People Partnership to become the Community, Health & Wellbeing Partnership. Terms of Reference will need to be reviewed to reflect this change and the remit of the group in supporting delivery of the agreed priorities / actions. Ability to feed back into the Health & Wellbeing Board is any local issues cannot be resolved satisfactorily. A clear and deliverable action plan will be required.

17 Background Papers

17.1 [Leicestershire Joint Health and Wellbeing Strategy 2022-2032](#)

17.2 [Leicestershire Joint Health and Wellbeing Strategy – Plan on a Page](#)

18 Appendices

18.1 Appendix A: Draft Community Health and Wellbeing Plan (Melton Borough)