

## **HEALTH AND WELL BEING BOARD**

**11/01/2024 at 10.00 am**

**Present:** Councillors: Brownridge, J. Harrison (Chair), Mushtaq, Nasheen, Shuttleworth and Sykes.

Also in attendance:

Rebecca Fletcher (Interim Director of Public Health)

Stuart Lockwood (OCL)

Majid Hussain (NHS)

Dr. John Patterson (NHS)

Jayne Ratcliffe (Director of Adult Social Care)

Anna Tebay (Public Health Service)

Jon Taylor (Data Insight and Intelligence Lead)

Emily Baylis-Tunney (Data Insight and Intelligence Analyst)

Lisa Slater (Mental Health Support Team)

Aimee Thomas (Mental Health in Education Advisor)

Laura Windsor-Welsh (Action Together)

Ayesha Alves-Hey (TOGMind)

Vicki Gould (Senior Public Health Strategy and Commissioning Manager)

Durga Paul (Constitutional Services)

Andrew Mather (Constitutional Services)

### **1 APOLOGIES FOR ABSENCE**

Apologies for absence were received from Gaynor Mullins, Kelly Webb, Tamoor Tariq, David Jago, Paul Clifford, Nasir Dad, Gerard Jones and Christina Murray.

### **2 URGENT BUSINESS**

There were no items of Urgent Business.

### **3 DECLARATIONS OF INTEREST**

There were no declarations of interest received.

### **4 PUBLIC QUESTION TIME**

There were no public questions for the meeting to consider.

### **5 MINUTES OF PREVIOUS MEETING**

**RESOLVED:** Minutes of the meeting held 2<sup>nd</sup> November 2023 approved as a correct record.

### **6 OLDHAM SAFEGUARDING ANNUAL REPORT 2022-23**

This item was deferred to the next Health and Wellbeing Board Meeting.

### **7 JOINT STRATEGIC NEEDS ASSESSMENT WEBSITE UPDATE**

Data Insight and Intelligence Analyst, Emily Baylis-Tunney, presented a demonstration of the Joint Strategic Needs Assessment (JSNA) Website. At the previous meeting a very basic version had been presented, but work has been done to

add detail to various sections of the site, with focus on the 'Starting Well' and 'Living Well' sections.

The Board were talked through navigating the website, starting with reviewing headline figures on the Home Page, and progressing into dedicated pages where more detailed reports and visual resources are provided.

The purpose of the website is to inform strategic decisions and following questions from members of the Board, it was clarified that it is aimed at professional and not public use. The Board queried whether more data could be added to the JSNA website, and the officers confirmed that all available data will eventually be added to.

Rebecca Fletcher commended the work done on the website and was particularly impressed with the accessibility and usability of it.

Jayne Ratcliffe commented on how useful the data presented on the website will be to identify trends and prepare for challenges to come.

**RESOLVED:** That the Board noted and commended the work being done on the Joint Strategic Needs Assessment Website

8

## **OLDHAM SUICIDE PREVENTION STRATEGY AND PLAN UPDATE**

Vicki Gould (Senior Public Health Strategy and Commissioning Manager) and Rebecca Fletcher (Interim Director of Public Health) provided an update of the Oldham Suicide Prevention Strategy and Plan to the Board. The first Suicide Prevention Strategy for the borough was launched in 2017 and this brought together a partnership board for the first time. Stakeholders include Early Help, Housing GMP, CAHMS etc. Many successes have been achieved by that board – i.e. integration into the GM approach, links into the Coroners court, embedded into safeguarding approaches (all ages).

The Board heard that the three year strategy should have been re-written for 2020, but work began in early 2021 on a new strategy and action plan for the borough and the following were agreed;

- To use the 9 Pillars to structure the suicide prevention strategy
- To align with Greater Manchester and National Strategy
- To use the evidence base to inform the strategy
- To choose focus areas to concentrate our attention within the strategy

### **The 9 Pillars of Suicide Prevention**

1. A leadership/steering committee

2. A robust background summary of the local area to support goal setting
3. Suicide Prevention Awareness raising
4. Mental Health and Wellness promotion
5. Training
6. Suicide intervention and ongoing clinical support services
7. Suicide bereavement support and resources
8. Evaluation measures including data collection and evaluation system
9. Capacity building/sustainability within communities

After consulting with the Suicide Prevention Board, areas of focus that emerged included:

- Self Harm
- Legal, illegal and prescribed drugs and alcohol use
- Loneliness
- Age Targeted Approach
- Males
- Preventing access to means of suicide and high frequency locations

These were apparent across the board as priority areas for stakeholders, and in further consultation carried out with Oldham residents, employees, and Children and Young People. Oldham's strategy was launched on World Suicide Prevention Day 2023.

Public Health carried out an action planning day on 15<sup>th</sup> June 2023. Public Health collated all the information received at the action planning day and begun populating it into the agreed structure. Ownership of most actions was agreed, and the finalised action plan was signed off in November meeting. The action plan is iterative and responsive – it will be reviewed throughout the next two year period and updated as needed. A new action plan (still sitting within the 2023 strategy) will be written in time and in line with changing needs and the emerging evidence base.

Dr. John Patterson noted that although the instances of suicide in women in Oldham was much lower than of males, it was still 50% higher than the national average. Officers stated that they intended on reviewing the cases to establish the cohort and provide support where needed.

Board members queried how we could get information to the public to direct them to the appropriate support and resources. There is an intention to connect with more Sport and Leisure providers within the community. Members also noted that they would benefit from training on providing appropriate guidance and information on resources to residents.

**RESOLVED:**

1. That the Board noted and endorsed the work being done on the Oldham Suicide Prevention Strategy.
2. That training be provided to Members so that they can provide support and guidance to Oldham residents.

9

## **PREVENTION AND EARLY INTERVENTION FOR MENTAL HEALTH IN THE COMMUNITY A**

The board were provided an overview of the Oldham Social Prescribing Service by Laura Windsor-Welsh. The service is delivered by a consortium of Oldham Charities, including Age UK Oldham, Positive Steps and Tameside, Oldham and Glossop Mind, led by Action Together. The service has been co-designed since 2019, involving stakeholders from Oldham's Health and Care System. The model incorporates strength-based, personalised care delivered by Social Prescribing Link Workers, Asset-Based Community Development, and Capacity Building in the VCFSE Sector, supported by grant investment.

Between April and November of 2023, 2097 referrals were received to the service. Most referrals were in relation to the loneliness and isolation in residents, but this was closely followed by Mental Health, Physical Health and Welfare and Money management struggles.

The Service continue to be committed to supporting system transformation in Oldham and have supported system change partnership work including: Suicide prevention planning work The multiple disadvantage and system change partnership day Multi-Agency Early Help Panel Planning Session Oldham Collaborative – Living Well What Drives Demand in Oldham Workshops.

The team have continued to develop their skills and knowledge and have completed Connect 5 Mental Health Training and practitioners training for encountering people with problematic drinking. They have launched The Active Travel and Social Prescribing Project which will build capability and capacity within the Social Prescribing Network around active travel and physical activity, will strengthen the connections between this network and the active travel infrastructure, and will reduce inequalities that act as a barrier to active travel within communities. The project will focus on the communities within Central Primary Care Network and will enable us to further develop our volunteer/peer support model to support delivery. These roles have been successfully recruited to the coordinator started in June and the development worker will be with the team from July, this project will build on capacity in the team alongside the opportunities we are able to offer the individuals accessing Social Prescribing.

The Children, Young People and families link workers, employed by Positive Steps, are now fully established within the team, and are actively supporting children, young people and their families, this work is developing alongside the Family Hub

development. The team have hosted a student placement for the NHS graduate management training scheme, the student has been delivering a project to capture the voices of the individuals that have been accessing the service. The results being a co-produce piece of work that celebrates and raises awareness of Social Prescribing, while also using the opportunity through lived experience to capture successes and learning for the future.

The Board were presented with several Case Studies to illustrate the work being done and some of the positive outcomes. They were also presented with some of the positive feedback provided by service users.

**RESOLVED:**

That the Board noted and endorsed the work being done on the Oldham Social Prescribing Service.

10

**PREVENTION AND EARLY INTERVENTION FOR MENTAL HEALTH IN THE COMMUNITY B**

Ayesha Alvas Hayes provided an overview of the Tameside, Oldham & Glossop (TOG) Mind mental health offer for the Oldham district. People can be referred from any service in Oldham. Navigators spend their time in community hubs, GP surgeries, on ROH wards and within the ARCC team. TOG also take self-referrals upon an in-house initial discussion with the person on the support they feel they need. They provide navigation to the appropriate services for the person, led by the person. This is a warm handover that ensures the person is comfortable in the process and understands the services they are accessing and who is contacting them.

TOG deliver joint appointments with other providers to facilitate wrap around support and a team around the person e.g. Turning Point, Changing Futures etc. This improves relationships and communication with staff within the system leading to improved delivery of care for the person accessing these services. Navigators are able to provide brief guided self-help interventions, crisis support, and coaching using a strength-based approach. Between 4-12 weeks of support is provided, but this has been extended where necessary.

TOG also have additional services available to provide further support such as Counselling, Supported Self-Help and The Listening Space which is a service for people who feel they need immediate support in times of distress.

The Board were presented with several Case Studies to illustrate the work being done and some of the positive outcomes. They were also presented with some of the positive feedback provided by service users.

**RESOLVED:**

That the Board noted and endorsed the work being done by Tameside, Oldham & Glossop (TOG) Mind.

## **PREVENTION AND EARLY INTERVENTION FOR MENTAL HEALTH IN SCHOOLS**

This item was presented to the Board in the form of two separate presentations by Lisa Slater (Mental Health Support Team) and Aimee Thomas (Mental Health in Education Advisor).

Lisa Slater presented an overview of the work being carried out by the Mental Health Support Team (MHST) in Oldham. The MHST are in 147 Schools and Colleges and 32 in Oldham specifically. The Team are in primary schools, high schools, special schools such as specialist ASC school and colleges, they are also able to support virtual schools. Each school has a designated mental health lead who is the link between school and the MHST

There are 3 functions of the MHST Model:

1. Direct intervention- 1 to 1 or group based
2. Sign posting, advice and consultation
3. Whole school approach

For Direct intervention and signposting, advice and consultation, the MHST offer each school a consultation clinic to discuss possible concerns or worries. From consultation it could lead to interventions, sign posting, WSA intervention such as assemblies, coffee morning, whole school events such as wellbeing fairs etc

The Whole school approach incorporates assemblies, wellbeing of pupils and staff, attending community events in the school such as coffee morning, whole school events. Each borough also has a Coordinator either with the MHST or sat with another provider- TOGMIND, MHiE Team Oldham etc.

The MHST's aim is to be within 50% of Schools in Oldham, and then eventually schools. They are currently facing some challenges including Estates, Recruitment and Supervision, but have a successful training model in place and are due to welcome wave 10 trainees from January 2024 who will attend Edgehill University.

Aimee Thomas provided an overview of the work being done by Mental Health in Education Team. They support the needs of both staff and pupils by having a strong universal offer for all. They offer a whole school and college approach across all 111 education settings in Oldham and currently 60 schools are actively engaging with the team.

The team have 8 standards which they work towards:

1. Management and Leadership
2. Staff Development Health and Wellbeing
3. Curriculum, Teaching and Learning
4. School and College Ethos and Environment
5. Working with Parents and Carers

6. Student Voice
7. Coordinated Support
8. Identify Need and Monitor Impact

The Team highlighted the impact that the standards have already had-

- 49% to 69% to providing visible senior leadership for Emotional Health and Wellbeing (EHMW)
- 79% of settings have EHMW on the development plan
- The physical environment has improved in settings with it changing from 57% green to 72% green this includes time out spaces and MHFA stations.
- 82% of settings have an embedded RSHE curriculum compared to 59% in previous years.
- Focus is given within curriculum to social and emotional learning and promoting personal resilience in 73% of setting compared to 58% in previous years.
- Our settings have a wide variety of strategies to ensure all children and young people are able to contribute to decisions that may impact on their EHMW. This has increased from 49% of settings reporting in green to 60% of settings.
- Settings are now prioritising a clear commitment to supporting staff EHMW and this is evidenced through both policies/procedures and practice with 72% now reporting in green in comparison to 56% in previous years.
- There has been an increase in systems in place for assessing and monitoring the EHMW of staff from 48% of schools reporting in green in previous years to 62% in green this year
- There has been a significant increase in school or college working in partnership with parents/carers to promote emotional health and mental wellbeing as appropriate from 56% highlighting themselves in green previously compared to 70% in this year's self-assessment with no schools reporting in red in this area.
- Settings having a trauma-aware approach is taken to transition for all, with particular attention given to vulnerable groups of CYP is a focus area for the team. Whilst 63% of settings report themselves in green in this area (previously 56%)

The teams next steps and priorities going forward are

- To have a needs led service-targeted offer to settings depending on their priorities
- To link key settings together to support each other based on strengths and areas for development
- Have a more extensive offer to parents
- Collate more pupil voice during consultation and planning
- Link in with strategic priorities- Oldham Learning, Family Hubs

**RESOLVED:**

That the Board noted and endorsed the work being done by The Mental Health in Education Team and The Mental Health Support Team in Schools across Oldham.

The meeting started at 10:00am and ended at 12:19pm