

Statutory Officer Report for the Nottingham City Health and Wellbeing Board – September 2020

Director of Public Health

Mental health

Mental health and wellbeing promotion and signposting to a wide range of support has been ongoing throughout the year. In addition to the Nottingham Time to Change E-bulletin, which now has a readership of over 1,600 people, dedicated mental health signposting pages for both adults and children have been developed on Ask LiON for use by cross-sector partners and local residents

Nottingham's annual Mental Health Awareness Weeks, which are usually held during the first two weeks of October, have been reduced to one week of activity in 2020. Pam Abbot of Framework has coordinated the event for 29 years and this year has led cross-sector partner action to make sure it can still go ahead. A virtual programme of activity is being arranged for week commencing 5 October 2020. Nottingham Time to Change Champions are actively involved in supporting the week, including sharing their experiences and expertise over Zoom sessions. For more information on the 2020 programme please go to <http://www.mhaw.org.uk>.

Age Friendly Nottingham (AFN)

This year marks the 30th anniversary of the United Nation's International Day of Older Persons and also sees the start of the World Health Organisation's Decade of Healthy Ageing (2020-2030). Nottingham will contribute to the day on 1 October 2020 through the promotion of the message that older people are 'Valuable not vulnerable', in order to change the narrative on ageing and celebrate the contributions that our older population make to society and their local communities.

Encouraging older residents to become or remain physically active has been a priority for AFN and a dedicated section has been set up on Ask Lion. In addition, over 7000 hard copies of an A4 booklet 'Active at Home' have been warmly received by individuals isolated at home.

COVID-19 has spurred many more residents to get on line. However inequalities are deepening, particularly for older age groups, as activities, information and services have moved exclusively online without offering offline alternatives. This is particularly affecting our older residents. AFN is working with a range of partners such as Connected Nottinghamshire, Nottingham Libraries, Clicksilver, the Good Things Foundation and the community/voluntary sector to improve digital inclusion – the first partnership meeting was held on 9 September 2020 and all partners are keen to take the agenda forward.

Sexual health services

Sexual health services were significantly affected during the lockdown. Demand appeared to decline but access was also limited by a reduction in services such as GP practices and SH clinics. In response to this NCC commissioned an enhanced online service to include contraception and STI treatment. Pathways were developed and communicated to ensure

vulnerable people such as those with complex needs, young people and Men who have Sex with Men were not particularly disadvantaged by lockdown circumstances. Service restoration is now a key area of focus and this will run alongside a commissioning review to ensure services continue to meet local need. Contracts have been extended and aligned to minimise disruption for citizens. The PrEP, NHSE HIV prevention trial ended in July 2020, with commissioning responsibility now lying with local authorities. NCC is working towards having a service in place by 1 October 2020 to ensure PrEP users do not experience any gaps in support or provision.

Flu vaccinations

Due to the Coronavirus pandemic, it is more important than ever before that we prioritise protecting our children, families and communities from Influenza this winter. Nottingham City Public Health is coordinating this year's Child Flu Programme, in partnership with stakeholders, as well as supporting the ICP to maximise flu vaccination uptake in pregnant women and adults with long-term conditions cohorts. The team is also supporting the NCC Employee Wellbeing team to deliver a staff flu vaccination programme. This year, the national programme has been expanded to include Year 7 children, household contacts of those on the NHS Shielded Patient List and health and social care workers employed through Direct Payment (personal budgets) and/or Personal Health Budgets. There is an aim to further extend the programme in November and December to include the 50-64 age group. All frontline health and social care workers should be provided with a vaccination by their employer this season.

Whole systems approach to childhood obesity

Nottingham is committed to supporting children and young people to move and eat for good health by pledging to support citizens to help them become physically active and improve their health with the aim of reducing child obesity by 10%. To enable this, Nottingham City Council are implementing the Public Health England Whole System Approach to Childhood Obesity, and are working with Small Steps Big Changes (SSBC) to create a whole system approach to eating and moving for good health. This has been approved by the Children and Young People's Partnership Board and Health and Wellbeing Board.

To date, approximately 180 people from local community groups, healthcare providers, clinicians, dietitians, commissioners, SSBC family mentors and parents attended two workshops exploring the factors that sit behind families' abilities to eat and move for good health. The workshops were well evaluated and the initial outputs are helping to shape the Nottingham City Childhood Obesity Framework for Action.

Smoking in pregnancy

Nottingham City Council worked with Nottingham CityCare Partnership to create a fixed-term smoking in pregnancy post within the Nottingham University Hospital (NUH) SmokeFree team. This post is working within the NUH maternity division and across the Local Maternity Neonatal System (LMNS) Continuity of Care pilot sites in Bulwell and Leen Valley. In response to the COVID-19 pandemic, smoking cessation consultations and appointments have been conducted virtually and have been very well received by pregnant women. Women are now missing fewer appointments and higher quit-rates have been

reported. For example, between May 2020 and August 2020, 26 pregnant women successfully quit smoking; a significant outcome for this population group.

Nottingham City and Nottinghamshire Violence Reduction Unit (VRU)

The VRU is working with local communities across the City and County to prevent violence and reduce the impact of violence. The VRU works to build a detailed understanding of the causes of violence so that Nottingham and Nottinghamshire can invest in evidence-based interventions that make a lasting difference.

The strong focus on reducing violence is beginning to have an impact as the city of Nottingham experienced a decrease in knife crime of 18.9 per cent in the 12 months to September 2019. Going forward the work will be further enhanced by the #stopviolence campaign and the recruitment of six passionate and driven residents who will be figureheads for safety in their local areas through a Community Ambassador programme.

Further steps for the VRU include the development of:

- A violence reduction response strategy (defining the problem and approach) and response plan (identifying and managing what specific interventions will be undertaken, when, where and by whom).
- An assets-based community and stakeholder engagement plan.
- An evaluation and review framework, with evaluation training for community groups.

The VRU has been cited as best practice in the Local Government Association July 2020 publication 'Taking a public health approach to tackling serious violent crime: case studies'.

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