

Nottingham City Health and Wellbeing Board
26 July 2023

Report Title:	Small Steps Big Changes (SSBC) - Supporting the Legacy
Lead Board Member(s):	Councillor Cheryl Barnard and Catherine Underwood
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<p>Executive Summary: Small Steps Big Changes is one of five National Lottery Community Fund’s (TNLCF) A Better Start (ABS) sites. The Programme is a Partnership that is committed to improving three core child development outcomes in pregnancy – four years, alongside locally defined system change. The Programme has received £45 million of funding from 2014/15 – 2025 to ‘test and learn’, evaluate and then sustain through the Partnership new services and approaches. Since the start of the Programme in 2015, SSBC has commissioned a wide range of services, campaigns and approaches and has aligned and supported wider system transformation, invested in workforce developments, has committed to support Nottingham to become a UNICEF accredited Child Friendly City, and placed coproduction with local parents at the heart of all Programme activity. SSBC is evaluating the impact of its services and approaches through a variety of means. With less than two years until the end of the funding period, the Programme is now focussed on legacy, sustainability and how as a Partnership we articulate and share the SSBC story at a local and national level. The SSBC Team and Board are managing and mitigating for operational and strategic Programme risks in this final phase. However, there are wider system risks to consider as outlined in the report.</p>	
<p>Recommendation(s): The Board is asked to:</p> <ol style="list-style-type: none"> 1. Note the update on the SSBC Programme and current legacy plans. 2. Note the proposed areas of legacy, system risks and next steps. 3. Discuss and identify future legacy opportunities as a Board, or within their organisations linked to the SSBC Programme’s activity and wider learning and agree to progress with SSBC direct. 	

The Joint Health and Wellbeing Strategy	
Aims and Priorities	How the recommendation(s) contribute to meeting the Aims and Priorities:
Aim 1: To increase healthy life expectancy in Nottingham through	Aim 1 and Aim 2 - SSBC has delivered a focused early intervention and

addressing the wider determinants of health and enabling people to make healthy decisions	<p>prevention suite of interventions across four of the most disadvantaged wards in the city. There is a clear link between deprivation and poor health outcomes, and early childhood is no different. Children from deprived areas are more likely to be overweight and obese when entering reception and Year 6, children from the most income deprived areas have greater tooth decay and children living in the poorest households are four times more likely to develop a mental health disorder.</p> <p>Priority 1, and 2 – SSBC interventions have included a smoking cessation in pregnancy campaign, promotion of healthy weight and the Healthy Start scheme.</p>
Aim 2: To reduce health inequalities by having a proportionately greater focus where change is most needed	
Priority 1: Smoking and Tobacco Control	
Priority 2: Eating and Moving for Good Health	
Priority 3: Severe Multiple Disadvantage	
Priority 4: Financial Wellbeing	
<p>How mental health and wellbeing is being championed in line with the Board's aspiration to give equal value to mental and physical health: Supporting parents at a time of transition to parenthood provides a strong foundation for child mental health as good social and emotional development is contingent upon good parent's mental health.</p>	

List of background papers relied upon in writing this report (not including published documents or confidential or exempt information)	None
Published documents referred to in this report	Research and Evaluation commissioned by SSBC available on the SSBC website in the Knowledge Hub