

**Nottingham City Health and Wellbeing Board**  
**26 February 2025**

<b>Report Title:</b>	Thriving Nottingham (Nottingham’s integrated wellbeing service)
<b>Lead Board Member:</b>	Lucy Hubber, Director of Public Health
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<b>Other colleagues who have provided input:</b>	David Johns, Deputy Director of Public Health Nancy Cordy, Head of Strategy and Service Improvement
<b>Executive Summary:</b>	
<p>Thriving Nottingham is an integrated wellbeing service, commissioned by Nottingham City Council (funded by ring-fenced public health grant). The service provides access to a range of health and wellbeing support and services, tailored to individuals following an initial (telephone) health assessment.</p> <p>Thriving Nottingham is approaching the end of the first year of provision (contract commenced 1 April 2024) and over 7,500 referrals have been received to date. Thrive Tribe (provider) colleagues will be presenting the slides in Appendix 1 for the Health and Boards information, to raise awareness of the service offer as well as progress and impact to date.</p> <p>Thriving Nottingham has undertaken extensive engagement with communities, the voluntary and community sector and health care providers within Nottingham to ensure the service offer is relevant to, and build upon, the local landscape.</p>	
<b>Recommendations:</b> The Board is asked to:	
<ul style="list-style-type: none"> <li>• Note and welcome the impact Thriving Nottingham has had in the first year, helping individuals across Nottingham’s communities achieve positive health and wellbeing outcomes</li> <li>• Note and endorse the next steps for service development (Coming up – Slide 19)</li> <li>• Actively promote the Thriving Nottingham service both within their own organisations and across Nottingham’s communities</li> <li>• Support the development / improvement of referral pathways where relevant</li> <li>• Identify further opportunities for engagement with specific communities and organisations</li> </ul>	

<b>The Joint Health and Wellbeing Strategy</b>	
<b>Aims and Priorities</b>	<b>How the recommendations contribute to meeting the Aims and Priorities:</b>

<p><b>Aim 1:</b> To increase healthy life expectancy in Nottingham through addressing the wider determinants of health and enabling people to make healthy decisions</p>	<p>The Thriving Nottingham service contributes significantly to the delivery against both the smoking and tobacco control and eating and moving for good health priorities.</p>
<p><b>Aim 2:</b> To reduce health inequalities by having a proportionately greater focus where change is most needed</p>	<p>Smoking cessation offer includes individual support from a stop smoking mentor and access to (free) NRT, complimented by a digital support offer.</p>
<p><b>Priority 1:</b> Smoking and Tobacco Control</p>	<p>The service also includes a range of programmes to support individual to eat and move for good health, with a blend of digital/online and in-person support, engaging children and families, teenagers and adults.</p>
<p><b>Priority 2:</b> Eating and Moving for Good Health</p>	
<p><b>Priority 3:</b> Severe Multiple Disadvantage</p>	
<p><b>Priority 4:</b> Financial Wellbeing</p>	
<p><b>How mental health and wellbeing is being championed in line with the Board's aspiration to give equal value to mental and physical health:</b></p> <p>All individuals referred complete a telephone health assessment so that the intervention can be appropriately targeted to the health and wellbeing needs and goals. This assessment considers a broad range of health needs, including mental health, and brief advice, signposting and onward referrals are offered as appropriate.</p>	

<p><b>List of background papers relied upon in writing this report (not including published documents or confidential or exempt information)</b></p>	<p>None</p>
<p><b>Published documents referred to in this report</b></p>	<p>None</p>