

Health and Wellbeing Strategy, Healthy Culture Action Plan Progress Update

Marcus Bicknell

Priority Outcome: Individuals and groups will have the confidence to make healthy life choices and access services at the right time to benefit their health and wellbeing

Themes:

- 1. Services will work better together through the continued integration of health and social care that is designed around the citizen, personalised and coordinated in collaboration with individuals, carers and families**
- 2. Individuals and groups will have confidence to make healthy life choices and access services at the right time to benefit their health and wellbeing**
- 3. Citizens will have knowledge of opportunities to live healthy lives and of services available within communities**
- 4. We will reduce the harmful effect of debt and financial difficulty on health and wellbeing**



Assistive Technology 1

Over 8,000 citizens have an AT package;
Evidence of Return on Investment of £3.51 / £1;
Integration of services from January 2017;
Need to focus on priority groups;
Increase awareness / take up from specific groups
e.g. deaf / BAME communities.

Assistive Technology 2

Integrated AT Service



Pam's Story



Next Phase Integration

Significant achievement with integration to date –
CDG's, MDT's, urgent care / reablement
integration;

Next phase to build on success:-

- > joint prioritisation of resources;
- > avoid duplication of commissioning;
- > targeting resources to meet shared
priorities / outcomes.

Next Phase Integration Model



- Access and Navigation – getting the right support at the right time;
- An advanced community offer to promote self-care and independence;
- Integrated health and social care responses to citizens changing needs and circumstances.



Next Phase Integration Priorities

Managing risk

Prevention and self-care

Developing the third sector

Workforce and culture

Responsiveness

Achieving outcomes

Parity of Esteem

Technology enabled care



Bulwell & Bulwell Forest Self Care Pilot

- Started in July 2015 and ended in January 2017
- Currently being externally evaluated, final report due mid April 2017 and presenting to the Integrated Care Board for sign off in May 2017
- Social Prescribing has been rolled out across the City's GP practices with the final CDGs (3&4) going live on 25th April 2017

Social Prescribing Case Study

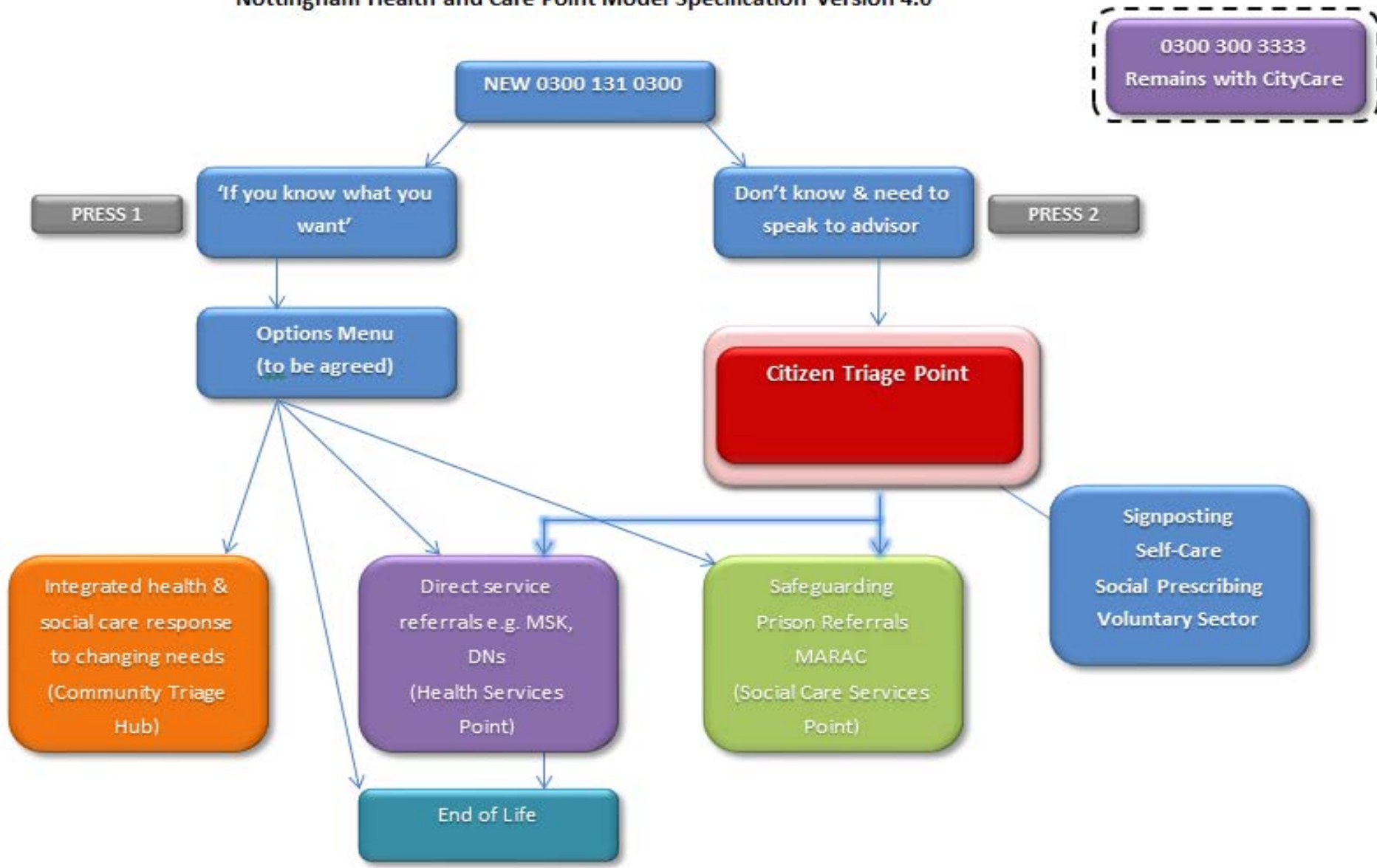
DN's GP referred him for social isolation.

During the initial assessment call with the Care Co-ordinator, DN talked about playing football for Mansfield reserves when he was younger and how much he missed the game and the social life that went with it. The Care Co-ordinator signposted him to *Football in the Community* run by Notts County FC and they introduced DN to Walking Football.

DN started Walking football sessions and enjoys playing again. His social life has returned and he reports his low mood has improved.



Nottingham Health and Care Point Model Specification Version 4.0





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Homes and housing



Healthy lifestyle



Children and families



Education and training



Things to do



Work and money



Health and self care



Special Educational Needs and Disabilities Local Offer



Register your group, service, activity or club now





Medium-term vision

- Bring together a variety of services, activities and groups
- Citizens and workforce know how to find information and services locally
- Empowering citizens to manage their needs, by providing choice
- Develop an 'app' style product that can be included on all mobile devices & PC's (Inc. GP surgeries, libraries, contact centres)

Long-term vision

- LiON becomes a citizen hub, which is more than a online directory, but is at the heart of helping citizens to make healthy life choices.
- Citizens will be knowledgeable about the services within their community
- The workforce will be knowledgeable about services and activities available



Key Asks

- Promote LiON and encourage
- Groups, organisations, services to register on LiON
- The workforce to use it when searching for local activities and services for citizens
- The workforce and citizens to tell us what we don't know – which group, activity or service is not on LiON

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Financial Resilience

Peter Morley



Financial difficulty in Nottingham

- IMD – Nottingham ranks **8th** out of the **326** districts in England (20th in 2010, 13th in 2007). A third of the City's super output areas are in the top 10% most deprived nationally and just over 60% are in the top 20%
- Nottingham is **8th highest** of all local authority areas and highest of the core cities on the Income Deprivation Affecting Children Index (IDACI) (2015), a measure of the proportion of children aged 0-15 living in income deprived families.
- Indebted lives (Money Advice Service) – Nottingham 2nd out of all local authority areas for proportion of population considered 'over-indebted' (41.2%)
- Citizen survey – 38% of households with children struggling or not keeping up with bills
- Citizen Survey – 44% of disabled adults struggling or not keeping up with bills



The links between debt, financial difficulty and poor health

- Marmot: Fair Society, Healthy Lives
- Wilkinson: Spirit Level
- Picker Institute: Debt and Health (2015)
- Skapinakis et al: longitudinal study, socio-economic position and common mental disorders
- Stringhini et al: meta-analysis, socioeconomic status and the determinants of premature mortality
- StepChange survey of debt and health
- HWB Strategy consultation - the most commonly mentioned “main issue” affecting people’s health and happiness in Nottingham



48% own their own home

42% have been chased by creditors in the last year

75% are under the age of 45

Skills, knowledge and attitudes

41% lack the skills and confidence to deal with their creditors

44% don't know about the debt solutions available to them

82% believe it's important that they are debt free

Living with debt

74% are unhappy

70% often feel anxious because of their debt

56% report a negative impact on their family life

17% currently access advice

Repaying their debts is very important to people

83% would like to pay off their debts as soon as possible

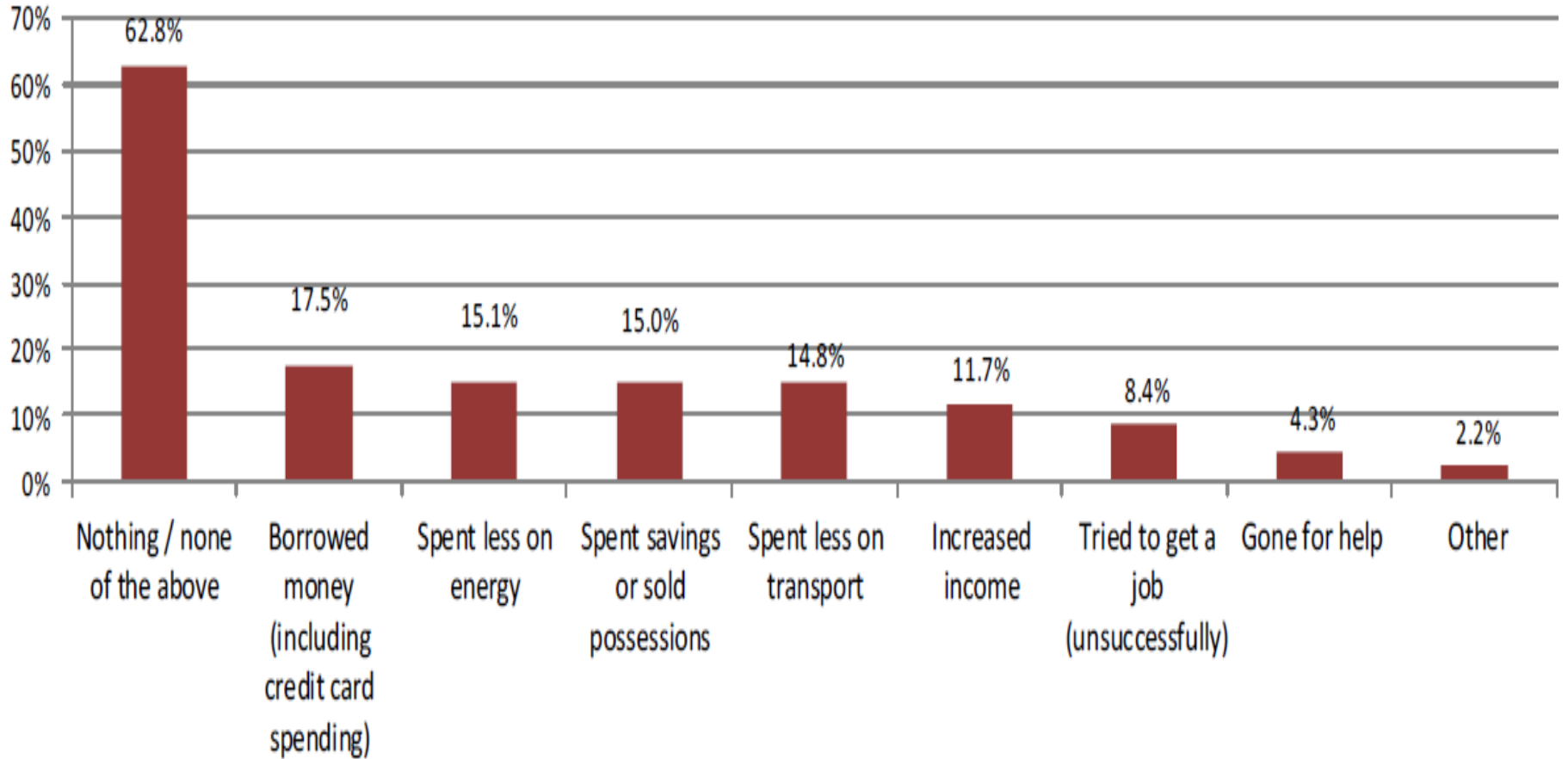


The value of advice services

| | |
|--|----------------------------|
| Annual cost of service | £833,883 |
| Full Cases | 10,598 (or citizens 8,354) |
| Benefit Gains | £8,529,842 |
| Benefit gained per pound of spend | £10.23 |
| Debt Managed | £2,984,413 |
| Debt managed per pound of spend | £3.57 |



Headline: 37.2% have made changes due to the economic climate



Source: 2015 Citizens Survey



Nottingham
City Council