

HEALTH IMPROVEMENT PARTNERSHIP BOARD

OUTCOMES of the meeting held on 19 September at 14:00

Present: Cllr Helen Pighills, Vale of White Horse District Council
Board Cllr Chewe Munkonge, Oxford City Council
members David Munday, Consultant in Public Health, Oxfordshire County
Council (Lead Officer)
Dr Sam Hart, Oxfordshire BOB ICB GP
Dan Leveson, Place Director for Oxfordshire, BOB ICB
Robert Majilton, Healthwatch Oxfordshire

In attendance Bethan McDonalds, Public Health, Consultant in Public Health in
Data and research. Oxfordshire County Council
Kate Austin, Public Health Principal, Public Health, Oxfordshire
County Council
Donna Husband, Head of Public Health Programmes
Becca Smith, Health Improvement Practitioner
Fiona Ruck, Health Improvement Practitioner
Nicola Wyer (Garden Communities Team Leader, South
Oxfordshire District Council)
Lily Jones (Berinsfield Resident and Chair of the Berinsfield
Health and Wellbeing Group)

Officer: Taybe Clarke-Earnscliffe, Business Support Team Leader, Minute
taker, Oxfordshire County Council

Absent: Cllr Nathan Ley, Ansaf Azhar, Cllr Rob Pattendon

ITEM
1. Welcome

2. Apologies for Absence and Temporary Appointments

Cllr Nathan Ley, Ansaf Azhar, Cllr Rob Pattendon

3. Declarations of Interest

There were no declarations of interest.

4. Petitions and Public Address

There were no petitions and public address.

5. Notice of any other business

6. Minutes of Last Meeting

Approved

7. Performance Report

Presented by Bethan McDonald, Consultant in Public Health in Data, intelligence and research, Oxfordshire County Council

The performance report focused on the outcomes framework on the live well priorities, specifically priorities 3 and 4 of the health and well-being strategy.

Key points include:

- **Health Indicators:** No updates on healthy weight measures, or smoking prevalence. Smoking in pregnancy has declined to 4.3% with various interventions in place to support pregnant women to stop smoking.
- **Alcohol-Related Harm:** Treatment completion and not requiring treatment again within six months is at 57.9%, and alcohol treatment progress is at 79%, both above the national average.
- **Physical Activity and Active Travel:** The percentage of adults walking or cycling for active travel at least three days per week has increased to 55.2%.
- **Mental Well-being:** The percentage of people reporting high anxiety has declined to 18.1%, better than the national average. The percentage diagnosed with depression is at 13.1%, tracking the national average. Emergency hospital admissions for intentional self-harm have been falling, with rates significantly lower than the national average.

Comments –

- The "You Move" program has expanded into early years and maternity services, covering the entire life course. This expansion started last month and is attracting national attention. Oxfordshire has been shortlisted for an HSJ award for its whole system approach to activity
- The program focuses on physical activity for children and their families, especially in areas of socio-economic challenge, aiming to address unhealthy weight. The expansion supports not just primary settings but also early years, enhancing the reach and impact of the program

The board asked that in future where possible data was made available that showed outcomes at a sub-Oxfordshire level and David/ Bethan agreed to build this in to reports that relate to specific HIB themes at each meeting- **ACTION- David and Bethan**

8. Report from Healthwatch Ambassador

Presented by Robert Majilton, Healthwatch Oxfordshire Ambassador

To receive updates from Healthwatch Oxfordshire on topics relevant to the Board

- **Experiences of Leaving Hospital and Getting Care:** The focus is on understanding patient experiences, with findings indicating mostly positive care but some gaps in communication and support awareness.

Robert agreed to ask the Healthwatch team to share further insight with the OCC team working on the all age carers strategy as some of the insight gained was directly relevant to this work- **ACTION Robert**

- **Community Insights Gathering in Wood Farm:** This initiative aims to gather insights from the Wood Farm community, aligning with the approach of focusing on specific geographical areas.
- **Women's Services Feedback:** Efforts are being made to hear from women and those using women's services, focusing on different population segments.
- **Oral Health for Children:** A report on supporting children's oral health has been released, addressing issues around dental access and emphasizing the importance of oral health from an early age.
- **British Sign Language (BSL) Interpreting Services:** An increase in contacts regarding access to BSL interpreting services has been noted, indicating a growing concern or need in this area.

These points reflect Health Watch's ongoing efforts to address various health and care experiences across different community segments and services.

Link to a webinar hosted by Healthwatch, which provides insights into care closer to home and discharging people from hospital - <https://youtu.be/-kRDCQHMH08>

<https://healthwatchoxfordshire.co.uk/news-and-events/patient-webinars/>

Reminder –

The Chair highlighted three focus areas of work for the Health Improvement Board: tobacco & alcohol control, mental well-being, and healthy weight & physical activity. This reminder was mentioned to familiarise new members to the board's primary objectives, with the remainder of this meeting focused on mental wellbeing

9. Concordat Framework

Presented by Donna Husband, Head of Public Health Programmes, Becca Smith, Health Improvement Practitioner

The Concordat Framework discussion focused on enhancing resident well-being through a collaborative partnership across the county.

Key Points Discussed:

1. Concordat Framework Update:

- The Concordat Framework has been updated and launched this year, running until 2027.
- Focus areas include collaboration and co-production, insight and evaluation, confident workforce, and resilient communities.
- The Oxfordshire Men's Health Partnership is a notable sub-group targeting men's well-being.

2. Mental Health Training Service:

- Delivered by Oxfordshire Mind, targeting organizations without prior access to mental health training.
- Attendees include taxi drivers, bar staff, care leavers, and care staff.
- Training is provided both in-person and online, with positive feedback received.

3. Children and Young People's Digital Offer:

- A new digital service for young people aged 11 and above, providing peer support and moderated discussions.
- Includes a directory of resources and automatic referral to counseling for high-risk posts.
- The service is being promoted through schools, youth workers, and primary care.

4. Better Mental Health Fund:

- Funded by public health and West Oxfordshire Council, targeting grassroots organizations.

- Focus areas include support for pregnant women, new mothers, autistic children, young people, LGBTQ+ communities, and men experiencing relationship issues.
- Oxfordshire Community Foundation is assisting with administration and evaluation.

5. **Suicide Prevention Strategy:**

- The current strategy runs until 2024, with a workshop held to review and refresh it.
- Focus on post-vention support and reducing stigma.
- Engagement with lived experience groups for feedback.

Action Items:

- **Mental Health Training Service** - Continue to expand and target more organizations.
- **Children and Young People's Digital Offer** - Increase promotion and ensure wide awareness among schools and primary care.
- **Better Mental Health Fund** - Implement and evaluate funded projects, focusing on targeted support areas.
- **Suicide Prevention Strategy** - Incorporate feedback from lived experience groups and update the strategy accordingly.

These efforts aim to create a multifaceted approach to mental health and well-being, addressing complex needs through proactive, personalized care.

10. Keystone Mental Wellbeing Hubs

Presented by Tasmin Irving

The Keystone Mental Well-being Hubs are designed to provide integrated, multi-agency care for adults with complex and serious mental illnesses.

Key features include;

- **Locations:** There are currently five Keystone Hubs open on the High Street in Banbury, Kidlington, Oxford City (Cowley Road), Abingdon, and Wantage.
- **Services Offered:** These hubs offer a range of services, including social activities, support from mental health professionals, peer support workers, and employment experts. They aim to be accessible and reduce the stigma associated with mental health issues.
- **Staffing and Support:** The hubs are staffed by a variety of professionals, including nurses, occupational therapists, psychologists, and peer support workers, among others.
- **Referral and Access:** Referrals to the hubs can come from GPs, and there are ongoing discussions about the best way to support self-referrals.
- **Promotion and Awareness:** The hubs have been promoted through official launches, media coverage, an internet page with detailed information, liaisons with GP surgeries, social media, and partnerships with agencies like Mind and Connections.

- **Challenges:** The hubs have faced challenges, including recruitment difficulties, accommodation for the final hubs, and ensuring the front door is always manned for walk-ins.

The hubs are part of a broader effort to make mental health support more inclusive, closer to home, and better at providing the right kind of care at the right time.

- **Keystone Mental Well-being Hubs:** Daniel Leveson highlighted the vision of making these hubs feel less clinical and more therapeutic, emphasizing the importance of breaking down barriers between clinical services and community integration. He acknowledged the challenges in achieving this vision but stressed the potential benefits of such an approach for improving accessibility and reducing stigma around mental health services.
- **Community Integration:** Daniel Leveson spoke about the importance of working with organizations like OCA on Cowley Road and engaging with communities and service users to make the hubs a part of the community. He suggested that the hubs should not feel like a medical mission but rather a community space where people can receive support in a more relaxed and less clinical environment.
- **Promotion and Awareness:** Daniel Leveson also touched on the promotion and awareness of the hubs, asking for suggestions or ideas for promoting the hubs further and for partnerships or organizations that could support running the front of house. This indicates an ongoing effort to make the hubs more accessible and known to the public.
- **Integration with Broader Services:** David Munday inquired about how the Keystone Hubs integrate with services addressing social determinants of health, such as financial worry, employment support, and housing. He highlighted the importance of addressing these broader issues as part of mental health support, reflecting on the hubs' potential to offer a holistic approach to well-being.
- **Collaboration with Drug and Alcohol Services:** David Munday also asked about the collaboration between the Keystone Hubs and drug and alcohol services, particularly given the proximity of services like the Turning Point drug and alcohol service to the Cowley Rd hub. He was interested in understanding how the hubs work with these services to support individuals with overlapping needs.
- **Support for Smoking Cessation:** Additionally, David Munday touched on the topic of smoking cessation, noting the higher prevalence of smoking among individuals with established mental illness. He questioned whether the hubs offer support for smoking cessation, including harm reduction measures like switching to vaping, as part of their holistic approach to mental health care.

The board discussed the role the Hub's play in their local communities and Tasmin responded to David's questions regarding the Keystone Mental Well-being Hubs, focusing on their integration with broader community services and the types of support offered:

- **Integration with Broader Services:** Tasmin Irving acknowledged the flow of individuals seeking support for social determinants of health, such as financial worries and employment issues, within the hubs. They emphasized the

collaborative approach in addressing these alongside mental health concerns, although specific figures on the volume of such cases were not provided.

- **Collaboration with Drug and Alcohol Services:** Tasmin Irving mentioned ongoing joint work with Turning Point, including joint assessments and regular linkages for individuals requiring support from both services. This collaboration aims to provide a cohesive approach for individuals with overlapping needs.
- **Support for Smoking Cessation:** Tasmin Irving highlighted the initiation of work related to smoking cessation within the hubs, including upcoming training in November for hub staff. This effort is part of a broader approach to address smoking among individuals with established mental illness, aiming to offer support directly within the hub settings.

The board was asked to consider any contacts they have with local social enterprise organisations that could be approached by Oxford Health to provide the “front of house” services in the hubs.

9. Berinsfield Community Insight Profile

Presented by Fiona Ruck, Health Improvement Practitioner, Nicola Wyer, Garden Communities Team Leader, South Oxfordshire District Council, and Lily Jones Berinsfield Resident and Chair of the Berinsfield Health and Wellbeing Group

The Berinsfield Community Insight Profile was discussed, highlighting the collaborative effort to understand and address health inequalities in Berinsfield.

Key points include:

- **Community Engagement:** The profile was co-produced with the Berinsfield Health and Well-being group, emphasizing the importance of including young people's voices and utilizing various methods to gather community insights.
- **Key Findings:** The profile revealed a strong community spirit, with many residents appreciating local facilities and feeling part of the community. However, challenges such as the cost of living, transportation, and personal motivation were identified as barriers to health and well-being.
- **Recommendations and Action Plan:** Ten focus themes were developed as recommendations to address identified challenges and strengthen community assets. An action plan outlines multi-agency efforts to implement these recommendations.
- **Grants Program and Health Development Officer:** South Oxfordshire District Council approved a grants policy scheme and recruited a Community Health Development officer to support the action plan's implementation and monitor progress.

The profile serves as a foundation for targeted actions to improve health and well-being in Berinsfield, with ongoing community engagement and multi-agency collaboration being key to its success.

Appreciation was noted to Lily Jones who is a Berinsfield resident who played a significant role in the Berinsfield Community Insight Profile project. She volunteered to chair the Health and Well-being group overseeing the project and also chairs the local youth council. Lily's involvement was crucial in ensuring that the voices and

experiences of young people in Berinsfield were heard and considered in the project. Her contributions were highlighted during the presentation of the Berinsfield Community Insight Profile, where the efforts to engage young people and gather comprehensive community insights were discussed.

- **Next Steps for Community Profiles:** Daniel Leveson asked about the next steps following the community profiles' development, expressing concern about the potential for communities to feel over-surveyed without seeing actionable outcomes. He emphasized the importance of moving beyond analysis to implement changes that address the identified needs and inequalities.
- Kate Austin discussed the next steps following the development of the Berinsfield Community Insight Profile, emphasizing the long-term commitment to work with the community. Kate mentioned maintaining health and well-being partnerships or steering groups in each profiled area, the implementation of grants programs, and the recruitment of Community Health Development Officers to steer community engagement and address health inequalities. Kate highlighted an ongoing evaluation with Oxford University to assess the effectiveness of the program and the Community Health Development Officers, alongside the Well Together program, aiming to inform future steps based on the findings.

10. Any other Business

Future HIB meeting dates:

7 November at 14:00