

# A Joint Health and Wellbeing Strategy for Suffolk



Refresh

2016-2019

# Introduction

## Councillor Alan Murray

### Chairman of the Suffolk Health and Wellbeing Board

Suffolk's Joint Health and Wellbeing Strategy 2012–2022 sets the long term strategic framework for improving health and wellbeing in Suffolk. Therefore, it guides the direction of an enormous range of statutory, voluntary, community and private sector agencies that impact on health and wellbeing in Suffolk. It sets a number of outcomes designed to deliver the vision:

"People in Suffolk live healthier, happier lives. We also want to narrow the differences in healthy life expectancy between those living in our most deprived communities and those who are more affluent through greater improvements in more disadvantaged communities."

This refresh reviews and where relevant, re-sets the outcomes for the next three years to achieve our vision. The State of Suffolk 2015 (a key part of the Joint Strategic Needs Assessment) has informed the refresh of the Joint Health and Wellbeing Board Strategy ensuring that the Strategy is evidence based and focused on the relevant key issues including: inequalities, demographic pressures and re-designing services to meet need and enhance opportunities for prevention.

As the strategic system leader for health and wellbeing it is essential that Suffolk's Health and Wellbeing Board Joint Health and Wellbeing Strategy continues to develop in setting the direction of travel that creates transformational change across the system to ensure people in Suffolk live healthier, happier lives.

Find out more at [www.healthysuffolk.org.uk](http://www.healthysuffolk.org.uk)

## Why Health and Wellbeing matters

Health and wellbeing encompasses a person's life experience and includes a sense of physical, mental and social wellbeing. Many factors contribute to a person's wellbeing, for example how safe they feel in their community and whether they are able to find a job.

Although Suffolk is generally an affluent county, there are pockets of deprivation equivalent to some inner city areas. Addressing health inequalities and improving healthy life expectancy are the two long term outcomes agreed by the Health and Wellbeing Board.

## Our impact in the first 3 years:

The following joint work overseen by the Board has led to the following achievements:

- Suffolk organisations have signed up to a Mental Health Crisis Care Concordat, pledging to work together with people who use crisis services to provide the best possible care
- The development of a five year commissioning strategy supported by a series of events called 'Mental Health Conversations'
- Board commitment and signing of the Better Care Fund
- The Board has become a Strategic Dementia Alliance
- The Board endorsed and signed up to the Housing and Health Charter for Suffolk
- Suffolk Alcohol Strategy 2014-2022 approved by the Board

- Endorsed and supported the Active for Life: Suffolk Walking Strategy 2015-2020

- Agreed to support the Cycling Strategy for Suffolk

For more information, refer to Suffolk Health and Wellbeing Board's annual reports. [www.healthysuffolk.org.uk/healthand-wellbeing-board/useful-documents](http://www.healthysuffolk.org.uk/healthand-wellbeing-board/useful-documents)

## Setting the scene

Established in 2013, Suffolk's Health and Wellbeing Board has the duty to encourage integrated working between health, care, police and other public services in order to improve wellbeing outcomes for Suffolk.

It is responsible for delivery of the Joint Strategic Needs Assessment and the county's Joint Health and Wellbeing Strategy.

It is, therefore, an important strategic influence in encouraging joined up, integrated and system wide working to improve outcomes for local people.

Public spending has and will continue to reduce by unprecedented levels; therefore, joint working, across the public sector and beyond with voluntary, community and local businesses is essential to ensure those most in need are supported but also that people and communities are as independent and resilient as possible.

Since the launch of the Joint Health and Wellbeing Strategy for Suffolk in 2012, the financial pressure on all public sector organisations has been significant. The challenge to support

those in need whilst radically reducing spend has provided an increased incentive for collaborative, integrated and transformative change in the way public services are delivered, with a shift to prevention, community support and early help so that people can live as independently as possible. For health and care, for example, this means having more of a focus on prevention and self-care. The Health and Wellbeing Board is an important system leader in identifying opportunities to help make these shifts. This has included, under the devolution agenda, influencing national and regional agencies to secure more local system wide control over longer term resources to enable more effective use of resources to ensure the best outcomes for local people.

Our aim is to create strong resilient communities so that individuals have less need for interventions from public services. When communities and individuals do need services, we want these to be delivered at a local level so that people will receive seamless, coordinated care and integrated services, which are not duplicated or leave gaps. This means that resources are used more effectively, and by taking early action will prevent or delay the need for long term care. Through working jointly across health, local government, other public sector partners, the voluntary sector and wider communities we can make a real difference in improving health and wellbeing opportunities for people in Suffolk.

To achieve the Board's overarching aims of increasing healthy life expectancy and decreasing health inequalities we need to put in place wide ranging actions across Suffolk to "prevent" ill health where this is possible and ensure that all we do reaches those most likely to suffer the effects of health inequalities. By focusing prevention on decreasing the gap between healthy life expectancy and life expectancy we can both improve the health and wellbeing of people in Suffolk and also decrease demand within the health and care sector. However we know that if we do not specifically focus on how we deliver our services those most in need sometimes do not take advantage of what is offered. We therefore need to monitor our services to ensure that as well as improving health they are accessible to all and support our aim to decrease health inequalities.

## Transformation Challenge Award

The Transformation Challenge Award (TCA) is funding awarded by the Department for Communities and Local Government in January 2015 to Public Sector Leaders to support the delivery of the integration ambitions of public sector partners in Suffolk. Five pillars have been identified:

- Localism
- Health, Care and Safety
- Medium Term Financial Planning
- Intelligence, Insight and Digital
- Growth

Each pillar has an officer lead from the Systems Working Group which has been tasked with developing proposals and driving forward activity. They are supported at a strategic level by a nominated Chief Executive from the Suffolk Chief Officers Leadership Team.

The TCA pillars are reflected within the refresh of the Health and Wellbeing Strategy through the cross cutting themes, most notably in relation to Localism and the Health, Care and Safety pillar.

The Localism strand has a focus on primary prevention and the need to support the development of resilient communities, to reduce the need for public services and ensure that those who need it have early support wherever possible from within their community.

Health and Care Integration is also one of the cross cutting themes and is focusing on the integration ambitions and the early adopter sites of Connect Sudbury and Connect East Ipswich, and out of hospital teams in Waveney.

## Informing the strategy refresh

An editorial group was convened to plan, develop and create options for the refresh of the strategy

A range of options was presented and discussed at a development workshop held with the Health and Wellbeing Board in May 2015.

Feedback from the workshop, plus subsequent Board and Programme Office discussions led to agreement for a series of refreshed outcomes and cross cutting principles.

The Joint Strategic Needs Assessment highlighted the importance of improving independent life for people with physical and learning disabilities; therefore this has become a new Strategic Outcome in the refreshed strategy.

People are living longer, often with multiple long-term conditions and increasingly complex needs. These do not fit neatly into the way either health or social care are organised, and cannot be addressed in isolation.

In response to findings from the State of Suffolk, and the refreshed outcomes above, the following cross-cutting themes have been embedded across all outcomes:

### Stronger/resilient communities

#### Embedding prevention

#### Addressing inequalities

#### Health and care integration



## Original Strategic Outcomes – years 1-3

### Outcome one:

Every child in Suffolk has the best start in life

### Outcome two:

Suffolk residents have access to a healthy environment and take responsibility for their own health and wellbeing

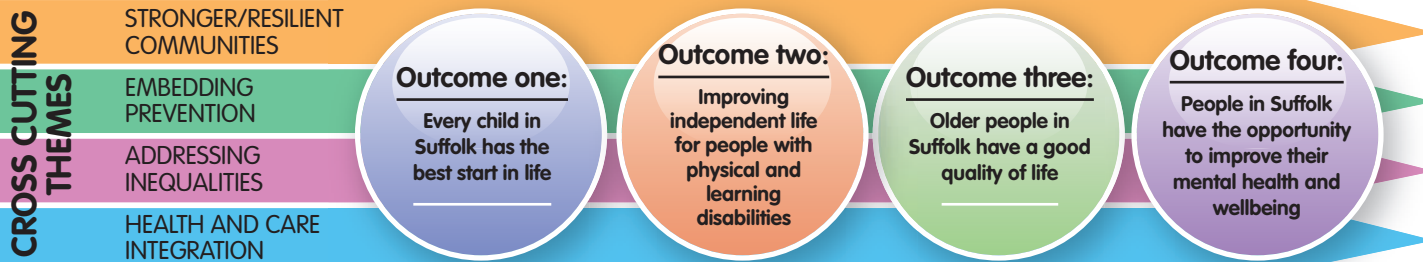
### Outcome three:

Older people in Suffolk have a good quality of life

### Outcome four:

People in Suffolk have the opportunity to improve their mental health and wellbeing

## Refreshed Strategic Outcomes years 4-6



## Delivering the Strategy

- Action plans will be developed for years 4-6 of the refreshed strategy and agreed by the Health and Wellbeing Board on a regular basis.
- Progress reports will be considered by the Board on a regular basis.
- Each Strategic Outcome has a lead officer and agreed set of priority areas.
- The Health and Wellbeing Board Annual Report will continue to be published every November and success reviewed by the Board.
- Each of the cross-cutting themes will require a lead officer to provide support, candid feedback and to ensure consistency across the strategic outcomes.

## VISION

Our vision is that people in Suffolk live healthier, happier lives. We also want to narrow the differences in healthy life expectancy between those living in our most deprived communities and those who are more affluent through greater improvements in more disadvantaged communities.

