

Appendix A
Slough Wellbeing Board
Annual Report
2017/18

DRAFT

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Foreword

Welcome to the third annual report of the Slough Wellbeing Board. This report covers the period from May 2017 to April 2018.

Last September we hosted our second annual partnership conference at the Curve in the town centre to discuss how we can deliver better health and wellbeing outcomes for local people. The conference was a huge success and we welcomed over 60 delegates from 25 different organisations.

On the day we had presentations from people working across a range of different disciplines, from adult social care, youth representation from higher and further education. These are all linked by a common focus; to enhance partnership working across Slough and identify opportunities for greater engagement and collaboration. A number of guest speakers shared their knowledge, expertise and top tips with delegates on dealing with a number of 'wicked issues' that evidence shows are impacting negatively on people in Slough: obesity, poverty, loneliness and social isolation, and to hear their thoughts on what residents would find most useful to support them on these issues. These discussions demonstrate how having access to local information and data and communicating it effectively could make a huge difference to local people's experiences, and the decisions individuals might make about their health and wellbeing.

Following the conference, the Board has used this insight to develop and sponsor a number of social media campaigns which will run throughout 2018 to help change the way local people think and act, and, how we work together to fully support their needs. I've been delighted with the reaction to the first of these campaigns - #Be Realistic (obesity), to encourage people to eat more healthily and get more active locally. Extreme diets and tough fitness plans can sometimes put people off making changes altogether, but this campaign is all about taking small steps now for a healthier you in the future. In just a few months we've managed to take some really positive steps across the council and the wider partnership, and I'm pleased to say that a lot of this campaign's early success has been targeted towards our children and young people.

The next campaign we have coming up is called #Reach Out and will be launched in June 2018. Tackling loneliness and social isolation is just as important as good physical health. Improving not only the physical but mental wellbeing of people in Slough is exactly what the Wellbeing Board is about and I look forward to seeing where we take this (and our other campaigns on poverty and mental health) in the year ahead.

I hope this report does justice to the quality and range of joint partnership work that has been carried out by the Board and others in 2017/18 and gives valuable insight into our role and the difference we, and others, are making to the lives of Slough residents. I would like to thank my vice chair for his support and leadership throughout the year. I would also like to sincerely thank all of the Board's members, the wider partnership and other partners who have contributed to our work over the past year.

Chair of Slough Wellbeing Board

Section 1: Introduction

Slough Wellbeing Board has a commitment to openness and transparency in the way it carries out its work and is accountable to local people. This includes a commitment to annually review progress against the Board's ambition to reduce health inequalities and improve health and wellbeing outcomes across the town.

This annual report sets out a review of the Wellbeing Board's progress over the last year and sets the context for its work during the year ahead.

Section 2: About the Slough Wellbeing Board

The Slough Wellbeing Board was formally established as a statutory committee of the council in April 2013; in accordance with the legislation passed in the Health and Social Care Act 2012. The purpose of the Slough Wellbeing Board is to:

- Improve health and wellbeing
- Reduce gaps in life expectancy across Slough
- Focus on the wider determinants of health, such as education and training, housing, the economy and employment and
- Commission better, more integrated and efficient health and social care services.

The Board has a series of statutory responsibilities duties which are set out in Appendix 1.

Membership

The current membership¹ of the Board (as of April 2018) is as follows:

- Slough Borough Council
- NHS
- East Berkshire Clinical Commissioning Group
- Slough Children's Services Trust
- Healthwatch Slough
- Thames Valley Police
- Royal Berkshire Fire and Rescue Service
- Slough Council for Voluntary Service
- Business sector
- Slough Youth Parliament

Decision making

The Board is subject to the same openness and transparency rules as other committees of the council.

¹ In Slough membership of the Board extends beyond the statutory requirements for Health and Wellbeing Boards: The Board has sought to ensure it is able to play a more strategic role so that it can have genuine influence and set direction. We have therefore called our overarching partnership the Slough Wellbeing Board rather than the Health and Wellbeing Board as our arrangements go beyond statutory requirements.

All meetings are held in public and all of its agendas, reports and decisions are available to view on the council's website at:

www.slough.gov.uk/moderngov/ieListMeetings.aspx?Committeeld=592

The board is also subject to scrutiny through the council's Health Scrutiny Panel. Information about this Committee is available to view on the council's website at:

www.slough.gov.uk/moderngov/mgCommitteeDetails.aspx?ID=105

Sharing information

The Board has an Overarching Information Sharing Protocol, which is updated annually, to ensure information between member organisations is shared consistently and securely. More information about this Protocol can be found on the council's website at: www.slough.gov.uk/council/strategies-plans-and-policies/slough-joint-wellbeing-strategy.aspx

How the Wellbeing Board works with the key partnership groups in Slough

The Board works closely with the following:

- Health and Social Care Priority Delivery Group
- Safer Slough Partnership
- Slough's Local Safeguarding Children's Board
- Slough's Adult Safeguarding Board
- Joint Parenting Panel
- Early Help Partnership Board
- Special Educational Needs and Disabilities Partnership Board

Each of these partnerships contribute to the delivery of various aspects of the Slough Wellbeing Strategy. Updates on their work have been included in the Wellbeing Strategy priorities section of this report.

The Wellbeing Strategy 2016 – 2020 explains there is a wider partnership network operating across the town which the Board is seeking to better coordinate.

The Board has a Protocol between it and the council's Health Scrutiny Panel and Healthwatch Slough. It sets out the respective roles and statutory responsibilities of each of these bodies and provides a framework for handling key issues and information between them in light of their individual functions.

More information about this Protocol can be found on the council's website at:

www.slough.gov.uk/council/strategies-plans-and-policies/slough-joint-wellbeing-strategy.aspx

Section 3: The health and wellbeing context

According to the Public Health England Health Profile for Slough, published in June 2017, the health of people in Slough is variable compared with the England average:

- Total life expectancy in Slough is worse than in England and the South East. Men are expected to live on average, up to 78 years old in Slough; this is

- significantly worse than the England and regional averages; while women are expected to live until 82 which is similar but lower than the national average.
- Healthy life expectancy for both men and women is also significantly lower than the England average. Women on average can expect to live the last 24 years of their life in poor health (compared to 20 years in England), while men can expect to live the last 18 years of life in poor health (compared to 16 years in England). This means men can expect to live shorter lives on average than women in Slough, but they spend a higher proportion of their lives in good health.
 - There are also large disparities between the most and least deprived parts of the town: Life expectancy is 6.5 years lower for men and 4.1 years lower for women living in the most deprived areas of Slough, as compared to those living in the least deprived areas.
 - Whilst deprivation is lower than the national average, about 6,900 (19 percent) children and young people live in low income families in Slough.
 - In year 6, 469 (24 percent) children are classified as obese, which is significantly higher than the England average.
 - The rate of alcohol-specific hospital stays among those aged 18 is 22 per 100,000 population is better than the average for England. This represents nine stays per year. Hospital admissions for mental and behavioural disorders due to alcohol are also on the rise in Slough.
 - Levels of GCSE attainment, breastfeeding and smoking at time of delivery are all better than the England average.
 - There are a significantly lower percentage of physically active adults in Slough than the regional and England averages.
 - Although estimated levels of adult smoking in Slough is similar to the England average, Slough's rate of smoking related deaths (323 per 100,000 population which equates to 150 deaths per year), Tuberculosis (TB) incidence (number of new TB cases notified), and the rate of late diagnosis of HIV are all significantly worse than England figures.
 - Diabetes in adults is also significantly higher than the England average and the rate of alcohol-related harm hospital stays is 618 per 100,000 population. This represents 727 stays per year.
 - The rate of self-harm hospital stays is 168 per 100,000 population, better than the average for England. This represents 254 stays per year.
 - The take up of cancer screening programmes and preventative programmes in Slough is poor.
 - Death rates for cardiovascular disease in Slough are significantly higher than the rest of Berkshire, the South East and England – although death rates do appear to be falling at least as fast as the rest of the country.
 - Social isolation, depression and dementia rates are also steadily increasing across the town, although levels of recorded depression in Slough are lower than the national average.
 - As people live longer, the health and care needs of Slough's older people are also predicted to increase.

More information on the Joint Strategic Needs Assessment can be found here:

www.slough.gov.uk/council/joint-strategic-needs-assessment

An easy to read summary version of the 2017 Joint Strategic Needs Assessment using infographics is available at: www.slough.gov.uk/council/joint-strategic-needs-assessment/jsna-summary-and-why-we-need-it.aspx

Section 4: Highlights of progress overseen by the Wellbeing Board

Between May 2017 and April 2018 the Board met six times in public.

The section below sets out highlights of the work undertaken against the Board's statutory responsibilities and against the four priorities of the Wellbeing Strategy 2016 – 2020.

Statutory responsibilities

Joint Strategic Needs Assessment

The Board has a statutory responsibility to undertake a Joint Strategic Needs Assessment for the town. The document is an assessment of the current and future health and social care needs of Slough's population and the factors affecting their health, wellbeing, and social care needs. It brings together information from different sources and partners to create a shared evidence base, which supports service planning, decision-making, and delivery. The Joint Strategic Needs Assessment presents key headlines from the most recent analysis of the data and includes population change, population groups, wider determinants of health (employment, housing, education, environment), health conditions and causes of death, lifestyles and service use. Supporting this information are ward profiles and links to Slough's Clinical Commissioning Groups profiles for those who require more detail.

A summary document is also produced each year drawing attention to key facts and figures, and highlighting priority issues for Slough. The Joint Strategic Needs Assessment is a continuous process and is updated as additional information becomes available, to support evidence-based commissioning and highlight gaps and areas for future work. A refresh of the Joint Strategic Needs Assessment is currently underway and will be published later this year.

Joint Wellbeing Strategy

The Board's refreshed Wellbeing Strategy 2016-2020 focuses on the plans it has to make a significant difference to the health and wellbeing of the residents of Slough. The Strategy was developed following a review of the 2013-2016 Strategy and after a renewal of the borough's Joint Strategic Needs Assessment in 2016. It is being used to prioritise and underpin the work of the Board. Its four priorities for the town are:

1. Protecting vulnerable children
2. Increasing life expectancy by focusing on inequalities
3. Improving mental health and wellbeing
4. Housing

The Board's progress towards achieving each of these priorities is outlined in the next section. More information on the Strategy can be found here -

www.slough.gov.uk/council/strategies-plans-and-policies/slough-joint-wellbeing-strategy.aspx

Pharmaceutical Needs Assessment

The Board has a statutory responsibility to undertake a Pharmaceutical Needs Assessment every three years. This document reviews the current pharmaceutical services for Slough and identify any gaps in provision through assessment, consultation and analysis of current and future local need. The Board approved its second draft Pharmaceutical Needs Assessment for Slough for public consultation in November 2017 and endorsed a final version at its meeting in March 2018.

More information on the Pharmaceutical Needs Assessment can be found here: www.slough.gov.uk/health-and-social-care/slough-pharmaceutical-needs-assessment.aspx

Integration / partnership working

Throughout 2017/18 the Board has continued to oversee the development and delivery of a number of ambitious plans for local health and social care integration which underpin the town's health and wellbeing ambitions for the next five years. These plans have provided the Board with a unique opportunity to drive forward its health and social care integration aspirations. Within this context, the Board's headline achievements during 2017/18 included the following:

- **Integrated Care System (formally Frimley Health and Care Sustainability and Transformation Partnership)** - The Integrated Care System is one of 44 plans set up across the country to deliver NHS England's 'Five Year Forward View' vision of better health, better patient care and improved efficiency. The central ambition of the Plan is to support local initiatives, such as the New Vision of Care, to achieve the changes that local people (and local clinicians) have told us they want to see made. The Plan sets out how local services will evolve and become more sustainable over the next five years. It expands upon the work which is already underway in local communities to transform services and enable people to be able to access high quality consistent care as close to home as possible, with specialist services centralised, where necessary. The Plan focusses on the following priorities:
 - Developing communities and social networks so that people have the skills, support and confidence to look after themselves.
 - Focusing on NHS staffing to ensure the workforce is ready to meet the demands of our communities.
 - Delivering consistent care for all aspects of a person's life.
 - Using technology to help improve outcomes and increase efficiency.

The Board receives regular updates and progress reports about the delivery of the Plan at each meeting.

More information on Slough's Integrated Care System can be found here: www.sloughccg.nhs.uk/about-us/sustainability-and-transformation-plan

- **Better Care Fund** - The Better Care Fund (in 2017/18) was a £11.9 million pooled budget between Slough Borough Council and East Berkshire's Clinical Commissioning Group to transform local health and social care services, so that they work together to provide better joined up care and support. The aims and benefits of partners signing up to this agreement were to:

- Reduce hospital admissions and delayed transfers of care;
- Make more effective use of resources, through the establishment and maintenance of a pooled fund for revenue expenditure;
- Improve the quality and efficiency of locally provided services;
- Meet the national conditions and local objectives (of the fund); and
- Protect adult social care services.

Last year's Better Care Fund focused on managing transfers of care from hospital, through a delivery framework model called high impact changes. The fund also benefited from some additional money allocated to local authorities under the Improved Better Care Fund to meet adult social care needs, reduce pressures on the NHS and ensure that our local care market was adequately supported. Throughout 2017/18 the Better Care Fund programme has continued to have a positive impact on reducing the number of people being admitted to hospital and in maintaining good local performance in low numbers of delays in transferring people out of hospital and back home.

The programme is monitored by the Health and Social Care Partnership Delivery Group, together with regular reports to the Wellbeing Board (including an annual report) on progress, performance and outcomes. Quarterly monitoring returns are also made to NHS England as required within the **Better** Care Fund guidance framework.

More information on the Better Care Fund can be found here:

www.slough.gov.uk/council/strategies-plans-and-policies/slough-better-care-fund.aspx

- **Safeguarding** - The Board received annual reports from both the Safeguarding Adults Board and the Local Safeguarding Children's Board. Both boards work on the recurring challenge of supporting practitioners working with vulnerable children and adults who need help and support but who do not need safeguarding interventions.

The Board maintains a Protocol which sets out the distinct roles and responsibilities of a number of partnership boards (including the Slough Wellbeing Board, Slough Local Safeguarding Children's Board, Slough Adults Safeguarding Board, Safer Slough Partnership, the Preventing Violent Extremism Group and the Joint Parenting Panel) and the interrelationships that exist between them in terms of safeguarding the people of Slough and the means by which effective co-ordination and coherence between these Boards will be secured.

More information on this protocol can be found at:

www.slough.gov.uk/council/strategies-plans-and-policies/slough-joint-wellbeing-strategy.aspx

Further information about the work of these Boards can be found at www.slough.gov.uk/council/strategies-plans-and-policies/slough-local-safeguarding-children-s-board.aspx and www.sloughsafeguardingboards.org.uk/sab respectively.

Priorities in the Joint Wellbeing Strategy 2016 – 2020

This section provides a summary of the progress that has been made to achieve the four strategic priorities of the Wellbeing Strategy.

Priority 1: Protecting vulnerable children

The vast majority of children in Slough lead safe healthy lives and are well cared for. However, as in all communities, a minority of families need additional support at times and a number of children require specific action by agencies to ensure that they do not suffer abuse or neglect. The local Children's Safeguarding Board plays a key role in coordinating the work of a range of statutory partners and agencies in helping, protecting and caring for children in Slough. It also has a responsibility to identify blocks and barriers to success across the whole system.

Slough Children's Trust continue to make strong progress in improving services provided to support the most vulnerable children and young people in the borough. Ofsted's second monitoring visit to Slough Children's Services Trust found that it and the council had made significant progress in improving the outcomes for care leavers.

Significant inroads have been made in establishing **successful cooperation** between bodies such as the Joint Parenting Panel, the Local Children's Safeguarding Board, the Early Help Board (see below), the Special Educational Needs and Disabilities Partnership Board and the council's Education and Children's Scrutiny Panel to secure the best outcomes for local children.

Last year saw the establishment of a **new Early Help Board**. At its inaugural meeting in September 2017, this partnership board agreed a Slough Multi-Agency Early Help Strategy 2017 – 2021, setting out its expectations for delivering effective early help to all vulnerable children and young people living in Slough. Work is ongoing to deliver this significant piece of change management with partners in Slough. At the same time, four new **early help local area collaboratives** were launched to build closer working between schools, nursery providers, children's centres, health services, family support services and other key partners to strengthen our local early help offer. These collaboratives will enable us to deliver more effective interventions that support families, improve children's outcomes and reduce levels of inequality locally.

We have worked with partners, as part of a wider partnership, to develop a multi agency strategy, setting out our pathway for improving the **education, employment and training participation and attainment of our children looked after and care leavers**, to help them to reach their full potential. This strategy and related action plan aims to limit the number of children looked after and care leavers, aged 16 – 25 who are not in employment, education and training. Slough is an acknowledged regional leader in this field for this group's peers and the vast majority of our young people are well below national and local averages. The strategy was developed in response to the national picture of the life chances of looked after children and care leavers and what local data tells us about this group, as well as recommendations from the Ofsted Children's Services inspection in Slough, and internal reviews and

learning from best practice. Most importantly, young people in Slough contributed their ideas, feedback and experiences.

Throughout 2017/18 we have worked with the **Slough Youth Parliament** to campaign for the rollout of personal, social, health and economic education (as part of the national curriculum) across all secondary schools in the borough. Personal, social, health and economic education helps pupils develop the knowledge, skills and attributes they need to keep themselves healthy and safe, and prepare for life and work in modern Britain. Evidence shows that well-delivered personal, social, health and economic programmes have an impact on both academic and non-academic outcomes for pupils, particularly the most vulnerable and disadvantaged.

We have seen the successful transfer of **Education Services** (that were previously provided by Cambridge Education Trust) and **Special Educational Needs and Disability services** (that previously formed part the Slough Children's Services Trust) back to the council and the appointment of a substantive Director of Children Services for the first time in three years.

For the first time ever, the council's **early years** provision secured a good level of development in 2017/18, according to Ofsted. Slough exceeded the national average for children securing a good level of development. Our children scored 71.2 per cent, compared to a national children's attainment level of 70.7 per cent. This is a significant achievement for our children and a real acknowledgment of the excellent partnership work that goes on across this sector.

Last year also saw the establishment of a **new Joint Safeguarding Executive Group** to bring together the work of both of the Adult and Children's Safeguarding Boards and the Slough Safety Partnership to create cohesion between these Boards. Transparent governance arrangements and clear lines of accountability between these bodies and others with a duty to safeguard children and young people have also been established. A new two year business plan for the Local Safeguarding Children's Board, communication strategy and new joint safeguarding website have also been created, with information on safeguarding procedures and what to do if you have a safeguarding concern. The key issues facing the Adult Safeguarding Board during this period included the management of risk, working with people who self-neglect, have mental health issues and making safeguarding personal. A revised business plan has been developed to deliver the above objectives. Slough Local Children's Safeguarding Board's work programme during this period concentrated on implementing revised multi-agency threshold guidance for practitioners; introducing more effective processes on quality assurance; and taking action to strengthen the Board's oversight of its multi-agency response to children at risk of exploitation.

More than 250 professionals attended the **East Berkshire against violence and exploitation conference** in November 2017. A range of expert speakers shared current safeguarding challenges and good practice. Survivors bravely shared their experiences throughout the day. Attendees learned the skills to recognise exploitation and respond appropriately along with learning how to refer people using the appropriate local and/or national pathways.

A successful **'Safeguarding in education conference'** for partners and professionals, from a range of disciplines, was also held in March 2018. Delegates discussed:

- The latest updates on changes in safeguarding guidance;
- Best practice in safeguarding for the education and early years sector;
- Themes arising from safeguarding audits; and
- Shared information concerning a number of new local initiatives and projects and networking opportunities with key services working in safeguarding.

Case Study 1: Slough's Youth Offending Service reveals its mark of quality

Slough's Youth Offending Service is celebrating a unique success after being awarded Quality Mark status for its work in supporting young people with special needs who end up in the youth justice system. More than fifty locality teams worked on a two-year project, sponsored by the Department for Education to help illuminate the distinct problems many young people with special educational needs in the youth justice system face. Slough's Youth Offending Service was one of 12 teams awarded Quality Mark status for 2017/18.

To attain the Quality Mark, area partnerships had to demonstrate the development of relationships, networks, protocols, policy and practice to support children and young people with special educational needs in the youth justice system. The Youth Offending Service was able to provide evidence to the award creditors (Achievement for All, a national charity, the Association of Youth Offending Team's managers and researchers from Manchester University) of how partners, such as the virtual school, Slough Borough Council's special educational needs team and various other partners worked with young people to support their SEN needs.

Slough's Children's Services Trust Chief Executive Nicola Clemo said *"We are very proud of the work of our Youth Offending Team in Slough. This award recognises the work they do to support some of our most vulnerable young people and to help them make the right choices for their futures."*

Case Study 2: Work underway to deliver Healthy Choices Project

Slough's Safer Slough Partnership has commissioned and funded The Lime Project to develop the Healthy Choices Project in Slough. This project has come to fruition following research into child sexual exploitation risk that children and young people face in Slough.

Key negative drivers in Slough included: less emotional contact time/higher rates of family dysfunction resulting in 'affection deficits', social media and prevalent peer issues that put young people at risk.

Education is seen as pivotal to tackling broader vulnerability alongside support to practitioners who work in this arena. The Healthy Choices Project will help reduce risks by encouraging healthier relationships, positive influences and behaviours.

Children and staff from four Slough schools are working with colleagues from Lime

to design a comprehensive programme to be delivered in weekly sessions over the course of a term. This includes specifically designed digital resources with complementary activities, exercises and learning materials to help develop and improve decision-making; and a multi-disciplinary approach with data collection and delivery support for teachers.

The project is currently in development stage and will be rolled out to all schools in September 2018.

Next steps:

- To further embed our work with partners to safeguard children and young people in Slough by:
 - Reviewing the Local Safeguarding Children's Board's guidance for practitioners (to help them make decisions about thresholds for social care intervention) ;
 - Reviewing safeguarding training to ensure it is informed by evidence from practitioner experience and serious case reviews;
 - Publishing a plan by March 2019 setting out how local safeguarding partnership arrangements will operate following new government guidance expected in the summer of 2018; and
 - Carrying out a self assessment of the Local Safeguarding Children's Board to monitor it's effectiveness during 2018/19.
- To promote the voice of the children and young people in service developments.
- To refresh our Corporate Parenting Strategy 2015 – 2018 (and supporting action plan), which sets out our intention of ensuring all children and young people who are looked after by Slough Borough Council and the Slough Children's Services Trust are provided with the best possible care and support.

Priority 2: Increasing life expectancy by focusing on inequalities

This priority recognises the importance of lifestyle factors on health, and the rising rates of certain long term conditions (such as cardiovascular disease and diabetes) in Slough which can impact on premature death rates (i.e. deaths that occur before 75 years). In 2014, nearly a quarter of all deaths (23 percent; 116,489 out of 501,424) in England and Wales were from causes considered potentially avoidable either through timely and effective healthcare (amenable) or public health interventions (preventable). Males were more likely to die from an avoidable cause than females and account for approximately 60 percent of all avoidable deaths. Nationally, approximately 29 percent of all male deaths were from avoidable causes (70,108 out of 245,142 deaths) compared with 18 percent of all female deaths (46,381 out of 256,282 deaths) in 2017 (Slough DPH annual report 2017). In Slough, mortality rates from causes considered preventable are also increasing in males and are higher than the England average; while for females they are decreasing and are similar to the England average.

Public Health

We have continued to provide essential services to improve the health and wellbeing of Slough residents, including the health visiting and sexual health services and smoking cessation, where we continue to perform above the England and South East in quit rates.

We have also worked with the Change4Life public health campaign project team to help **improve dental health** in the borough, particularly amongst children, following the release of statistics about tooth decay in under fives by Public Health England. So far more than 160 hours of information sessions have been held, with 4,000 'top tips for terrific teeth' leaflets distributed. All 10 children's centres have also now reached gold accreditation, for reaching high standards in oral health advice and promotion.

A new integrated public **health nursing service for 0-19 (25) year olds** was launched called Public Health Nursing 4 Slough. This service provides an integrated 0-19 public health nursing service (and up to 25 years for individuals with special educational needs and disabilities and includes a single point of contact, extended hours and an on-line provision for service users.

A new free **breast cancer screening** site was launched in Cippenham Community Centre, which over the next two years, will invite all eligible women in the Slough area to attend essential, free routine screening. About one in eight women in the UK are diagnosed with breast cancer during their lifetime, and detecting breast cancer as early as possible improves the chances of treating it successfully. The next stage will be to align our work with the Thames Valley Cancer Alliance's Quality Improvement Service, as part of the early diagnosis transformation programme funded by the National Cancer Transformation Fund.

Highlights from Public Health:

- Increasing the number of health checks (2,300 health checks) and falls risk assessments (301) undertaken last year.

- Delivering a free six week course in collaboration with health makers for adults living with a long term health condition to help them better manage their health and significantly improve their quality of life.
- Endorsing an integrated approach to identifying and assessing carer health and wellbeing', developed and published by NHS England in order to promote increased support to and improve outcomes for, unpaid carers.
- Illuminating the Curve to mark World TB Day and raise awareness to the global Light up the World for TB campaign. TB is a key priority for Slough; there were 207 cases of TB among Slough residents between 2013 and 2015, giving an incidence rate of 47.8 per 100,000 population, which is significantly higher than the national average of 12 per 100,000 population (Slough Health Profile 2017). TB is curable and testing for the latent (sleeping) form means people can be treated before they become ill.
- Over 4,000 children, across nine primary schools are now doing The Daily Mile in Slough. Two schools have invested in a purpose built track to allow them to participate in the programme.
- Over 10,000 children, families, teachers and staff now taking part in active movement across eight sites in the borough.
- 55 men took part in the weight loss intervention pilot called Man vs Fat, an inspirational programme of physical activity, which will culminate with the return of the Slough Half Marathon on 14 October
- Making it easier for residents to access lifestyle improvement programmes and reduce hospital admissions through the Cardiowellness4Slough programme. Over 1,949 residents were triaged to local services during the first year of this campaign. Of these, 872 people were referred to adult weight management (Eat 4 health) support and 802 people benefited from NHS Health Checks. 1,600 people benefited from a behaviour change referral; 1,464 of the residents who accessed this programme (and who were from a black and minority ethnic (BME) group) were triaged on to lifestyle services.
- Launching #10mintues4Slough - an 8 week health challenge in the lead up to Mental Health Day. The challenge involved moving more – at least 10 minutes a day – through a variety of suggested activities delivered by email every week.
- Helping residents to exercise and enjoy outdoor spaces at 15 Green gyms in parks across the borough – Upton Court, Cippenham Rec, Buttermere Ave, Salt Hill Park, Kidderminster Park, Crown Meadow, Harvey Park, Godolphin Rec, Kennedy Park, Manor Park, Langley Pavilion, Spring Gate Field, Rochford Gardens, Eltham Avenue and The Cherries (funded by Wexham Parish Council). All of these gyms are free to use and residents can turn up anytime to use them. They also cater for the whole community regardless of fitness levels.
- Providing a range of activities for council staff to celebrate World Fitness Day in September 2017, including Yoga, table tennis, boccia, midday mile, yogalates and running.

Throughout 2017/18 the Board has continued to oversee the Sustainable Transformation Partnership, which moved us closer towards becoming an **Accountable Care System**. The issue of governance, how to engage with local residents about the programme and the role of health and wellbeing board in the new arrangements have been a particular focus of discussion. This is helping to shape the partnership's new reporting arrangements to ensure that the focus is on the seven work streams that form part the programme. As part of this, the three East

Berkshire CCGs will be merging in 2018 and the Board will continue to scrutinise progress on this throughout 2018/19.

To ensure adult social care services in Slough are fit for purpose and can meet increasing demand, we have continued to monitor the council's **transformation programme for adult social care** in collaboration with the health and social care priority delivery group and the council's Health Scrutiny Panel. The Wellbeing Board closely collaborates with these bodies to identify and champion a range of approaches and initiatives to tackle the risk factors that drive ill health, promoting positive actions that address entrenched habits and lifestyles, and actively encourage individuals and communities to take more responsibility for their own health.

This collaborative approach has provided valuable insight into a number of significant changes that need to be made in service provision moving forward. Our first fully integrated three year **Prevention Strategy** builds on this work and sets out how the council and the Slough Clinical Commissioning Group will meet the future health prevention needs of local people. This Strategy emphasises the importance of a local shift in service provision towards more preventative services, with the overall aim of preventing, reducing and delaying local people's need for care.

At the same time, we reviewed and endorsed Slough Clinical Commissioning Groups (now East Berkshire Clinical Commissioning Group) **commissioning intention plans for 2017/18 and 2018/19** and reviewed the overall picture regarding local health inequalities in Slough. This review showed that whilst some indicators remain less favourable than national averages, recent improvements in childhood obesity have been welcomed locally and the impact and success of a number of high profile public health campaigns, endorsed by the Board since 2016 was recognised (see below).

We launched our **#ReRealistic (obesity)** social media campaign in February 2018 to encourage local people, staff and councillors to make small changes to their diet and lifestyle to become healthier.

Like many areas of the UK, Slough experiences elevated levels of air pollution which have a marked impact on the health and wellbeing of our residents. While several factors contribute to the borough's air quality, emissions from road transport vehicles are the most significant source. The council's forthcoming **low emission strategy** will reduce emissions and improve local air quality. This strategy supports the council's new transport strategy and forms part of Slough's air quality action plan. It includes an integrated, year on year plan to improve air quality up to 2025, reducing vehicle emissions by accelerating the uptake of cleaner fuels and technologies

Healthwatch Slough

During 2017/18 Healthwatch Slough received over 675 stories from people, carers and staff, all of whom have given their time to share their experiences of health and social care services across Slough. This insight helped Healthwatch to produce seven reports and several case studies, creating a valuable source of feedback from local people about how the NHS and social care services are performing in the

current climate. Healthwatch Slough has also helped to shape changes across the borough, from mental health inpatients being able to suggest how services can be improved, to no more queuing outside your GP surgery to get an appointment in the morning; from improving the support and training available for carers and to setting up a task and finish group to looking at Slough becoming a disability friendly town.

The council also recommissioned the local Healthwatch contract in the summer of 2017. Healthwatch Slough was awarded a new 18 month contract to continue gathering people's views and experiences of health and social care services in Slough. The new contract, which began in October 2017, allows Healthwatch Slough to continue to capture the voices and experiences of our patients and service users and ensure that this information is used to help shape future services across Slough.

Slough Voluntary Sector Consortium

During 2017/18, 7,762 residents used a service delivered by the Slough Voluntary Sector Consortium; 66 percent of clients reported an improvement in their health and wellbeing after their interventions. In addition:

- 2,909 residents took part in a wellbeing activity;
- 377 people volunteered to support Slough Voluntary Sector Consortium's charities, contributing 18,467 hours,
- Wellbeing prescription launched with 247 referrals,
- 114 isolated and lonely people accessed befriending support; and
- 105 cases of homelessness were avoided.

Case Study 3: Eat4Health

Annie (not her real name) started her weight loss journey in February 2017. She knew she was overweight and that her health was at risk if she didn't do something about it. She also wanted to get fit and lose enough weight to fit into her cruise suit for a holiday coming up in September 2017.

Annie took part in the Eat4Health initiative. She learnt about food intake and adjusted her life style accordingly. She was also pleased that they did a follow up check as it was good for her to see how the course really helps people of all ages to achieve good weight loss even when you're in your seventies. Annie achieved that goal by September and the suit fitted. However she continued with her Eat4Health fitness and eating regime as she realised it was working and felt really good about herself.

"I set myself a new goal - to get down to 13.5 stone by May 2018 and I found that as more and more people (family and friends) complimented me it gave me the motivation to continue".

"I would never have thought it possible but thanks to the Eat4Health programme it was".

Annie didn't seek support from any group as her motivation came from seeing the results and feeling healthier and fitter. Annie's number one piece of advice to others would be to, "watch their 'portion sizes".

As for the future *"I will continue with what I'm doing as life is much more enjoyable now and I will make sure that I don't slip back into bad ways"*.

Starting weight – 97.4kg BMI = 30.74

Week 12 weight at the end of Eat4Health programme – 91.9kg = 5.6 percent weight loss BMI = 29.01

Follow up weight at six months = 86.1kg = 11.6 percent weight loss BMI = 28.1

Case Study 4: Carers week 2017

The council kicked off a week of events for carers during National Carers Week with an evening of celebration for some of Slough's 11,600 carers in June 2017. The event provided participants with an opportunity to take a break and have some fun and enjoy a three course meal, live music and a variety of entertainment at the Copthorne Hotel. Everyone who attended received a free goodie bag (provided by Debenhams) and a head massage.

Zoe (not her real name) attended and had a super time. *"Starting the week with the dinner at the Copthorne Hotel was just great"*.

Over the course of the week a number of different experiences were laid on for carers, including a boat trip and garden tour to flower land, a quiz, nail painting and tea and cake. At Zoe's care group in Cippenham they also had art and crafts classes, which she found "very relaxing".

Talks were provided by local groups (such as Healthwatch Slough) to anyone who wanted help in that field and an advisor on benefits was provided by Special Voices. The highlight for Zoe was a visit to the Royal Opera where her group was *"spoilt on arrival with tea and sandwiches and brownies"*.

"It was really good to feel pampered throughout the week as a carer. It made me feel I was really special and I am sure all the carers felt the same. It made me feel we really are appreciated. Let's hope next year's event will be even better"
"Thank you to all those that made it a memorable day for us carers. We did really enjoy every bit of it".

Next Steps:

- To continue to support the implementation of the Better Care Fund and Integrated Care System by providing a 'confirm and challenge' function, to ensure these programmes continue to be aligned with the priorities set out in both the Wellbeing Strategy and Joint Strategic Needs Assessments..
- To receive the Interim Director of Public Health's Annual Report 2017/18 on the natural environment.
- To collaborate with the council's Health Scrutiny Panel on their investigation into obesity and how to tackle this in the workplace.
- To launch the poverty social media campaign in the autumn of 2018.
- To support our residents to be more active and encourage more people to have a health check.

Priority 3: Improving mental health and wellbeing

This priority responds to the high levels of poor mental health and wellbeing in the town. Poor mental health impacts on the general health and aspirations of individuals and families as well as the town as a whole. Only a small proportion of mental ill health is dealt with within specialist mental health services, so a range of preventative and alternative responses is vital. These responses need to adapt to the needs of communities and Slough's increasingly diverse population. The board's approach to improving mental health and wellbeing includes improving access to information, training and support on maintaining good mental health for workers, volunteers and communities, supporting and strengthening community assets to support self care (primary prevention) and ensuring service users are involved in planning their own care (tertiary prevention).

The Board has continued to monitor the provision of essential **mental health services** on behalf of Slough residents and has endorsed moves to bolster preventative care. This includes the work of the recovery colleges, where service users are supported to better manage their own mental health problems and act as peer advisers to those who may be facing issues they themselves may have faced in the past.

We launched the **Berkshire Suicide Prevention Strategy 2017 - 2020** and the Slough Suicide Prevention Action Plan. This joint strategy, which serves the whole of Berkshire until 2020, has been adopted by East Berkshire Clinical Commissioning Group, local authorities, and health and wellbeing boards in Berkshire. It seeks to save the lives lost to suicide through prevention, and also seeks to improve the general health and wellbeing of those directly affected by suicide. The Strategy was first unveiled at a media event in September 2017 to promote responsible press coverage of suicide to mark Suicide Prevention Awareness Day on 10 September. It was officially launched in October 2017 at an event at Wokingham Town Hall. Progress made under the Berkshire Suicide Prevention Strategy and action plan will be reviewed during the summer of 2018.

We saw the launch of the **Little Blue Book of Sunshine**. Over 40,000 young people across Berkshire who feel stressed or mentally unwell have been offered help through this new local NHS booklet, which offers top tips on coping with exam stress, dealing with negative body image, relationship issues, anxiety, anger or depression.

We signed up to ITV **Good Morning Britain's 1 Million Minutes campaign** to tackle loneliness in older people. Around 1,500 older people in the borough are thought to suffer from social isolation and chronic loneliness; not speaking to any friends or family for more than a week at a time. Board members asked local people to pledge to give anything between 50 and 120 minutes of their time to help a lonely older person last Christmas.

We also supported the **I can't keep quiet anymore World Mental Health Day exhibition**, with provider stands and stalls and raising the profile of the council's mental health services with partners who attended the World Mental Health Day event at the Curve in October 2017.

Highlights from mental health services:

- 155 people took part in the #10minutes4Slough campaign, culminating on World Mental Health day in October 2017.
- 92 percent of participants found they had become more active.
- 80 percent reported feeling healthier (both physically and mentally).
- Presenting at a regional conference on suicide prevention. Additionally, 23 mental health professionals from Italy visited Slough's mental health team to learn from what the team do.
- Slough's locality team for mental health won the Partnership Award at the 2017 Slough Voluntary Sector Awards. The council's adult social care team came second in the same category.
- A new Berkshire Health Foundation Trust carer lead has been recruited and is helping to undertake assessments of carers who are supporting people with mental health needs.

Case Study 5: Early intervention in psychosis service

Mr A is a 25 year old Syrian refugee who arrived in UK in 2016 and was assisted by Slough Refugee Support. The workers there quickly noticed that he was becoming mentally unwell, and referred him to mental health services for an urgent assessment. He was found to be experiencing symptoms of psychosis, and was admitted to Prospect Park Hospital in Reading for an acute admission.

He was allocated a specialist worker from the early intervention in psychosis service, a newly commissioned 'evidence-based' service provided by Berkshire Healthcare NHS Trust, to support people during a first episode of serious mental illness, with mental health treatments, psychological, social, and physical health interventions.

During this admission it was established that Mr A had no ID documents. Slough Refugee Support assisted him to complete an application to the Home Office to request new documentation as without these he had no recourse to public funds.

After two months, Mr A was ready to leave hospital. Since he was homeless, social care funding was agreed by the community mental health team for him to go to a temporary accommodation in Slough for four weeks, and thereafter to supported living accommodation to help him to manage his mental health needs as he settled in Slough. With this stability, he was then able to start a course with the Princes Trust, and to attend college to study maths and English GCSE.

This multi agency approach from health, social care and community agencies has meant that Mr A is now settled in a supported living tenancy with realistic prospects of gaining qualifications and seeking employment with ongoing support from agencies as required.

Case study 6: Hope House

Eileen is age 47 and has suffered with serious mental ill health since she was 21, when she was diagnosed with both personality disorder and psychotic illness.

Over the years her mental health problems have created many challenges for her. She has frequently been a risk to herself, on many occasions she has harmed herself, and has at times been so unwell that she has attempted suicide.

When unwell, she has also fallen into criminal behaviour including theft and criminal damage and spent time in prison. Whilst in prison she was found to be suffering from mental ill health and was transferred to the Oxford Clinic Medium Secure unit, and spent a further 12 years in secure placements.

In July 2017, Eileen was allowed a trial move to Hope House, a supported living placement in Slough. This was a big step for Eileen and the Slough Community Mental Health Team worked with her to help understand both the triggers for her ill health and the things that keep her well. With her full involvement, they developed a holistic care plan. This included medical treatment, psychological input through the ASSIST team, social support, and courses at Hope Recovery College.

A major aim was to hear what was important to Eileen, her goals and aspirations, and to develop an approach that would both keep her well and safe, re-build her confidence and support her to develop skills and interests.

Eileen is now determined to achieve her goals of living independently and eventually finding employment. Through Hope College, she has been able to take part in exercise and a walking group, and pursue her personal interests such as photography, art and swimming. She has settled well in Slough, and her life has changed beyond recognition. She has a sense of achievement and hope, given the contrast of 12 years in an institutional setting.

Next steps:

- To launch our #ReachOut (loneliness and social isolation) social media campaign in May 2018 and our #MentalHealth social media campaign in October 2018. Loneliness and isolation are a contributing factor to poor mental health problems. Research shows that 38 percent of people with dementia say that they are lonely, with a further 12 percent reporting they do not know if they are lonely. Many have also lost friends after a diagnosis. GPs report that 1-5 elderly people a day visit their surgeries because they are lonely. The Board's direction of travel for the year ahead will continue to include a strong focus on loneliness and isolation across all age groups in Slough.
- To launch GoodGym across Slough; a programme to reduce social isolation and loneliness in vulnerable older adults through a combination of running, volunteering, community engagement, during in the spring of 2018.

Priority 4: Housing

The relationship between poor housing and poor health is widely acknowledged, however poor housing can also have a negative impact on a wide range of physical, social and mental health.

Nationally it has been estimated that approximately 70 percent of negative health impacts occur as a direct consequence of factors outside of the health service.

Good quality, well maintained housing is therefore accepted as one of the most critical impacts on residents' health and wellbeing. Delivering a range of housing and support services that meet the ambition and needs of local people will however take time and require an increased level of partnership working, not only with the health sector but also with private developers, statutory agencies, the voluntary and community sector, housing associations, our partners and residents.

Whilst the town's social housing stock is relatively well maintained and there are plans for managing council owned homes in the longer term, poor quality housing remains a problem in the private rented sector with many of the town's most vulnerable people living in poor quality homes.

The council's new Housing Strategy acts as the main delivery mechanism to achieve many of the wellbeing board's housing priority aims and objectives. It was developed in tandem with the Joint Wellbeing Strategy, local housing priorities and recognises the links between wellbeing and good quality housing. Under the board's wellbeing strategy, the following points are all key priorities for the board:

- Ensuring the sustainable supply of new affordable housing for key workers;
- Providing safe and secure housing for vulnerable young people, including care leavers; and
- Supporting developments that enable families to settle, and young people to stay, in Slough, rather than building solely for young professionals

A **key worker policy** to provide affordable homes for key workers (such as teachers and social workers who support vulnerable adults and children) has recently been adopted by the council. However, given the demand and pressure on housing locally, the approach to delivering this policy will need to be carefully considered in terms of supporting these groups in securing affordable homes

The outcome of the council's recent **stock condition survey** is being used to develop and prioritise maintenance and investment services over next five years. An asset performance evaluation model has also been developed to assess the future viability of the council's housing stock in the longer term.

The **repair, maintenance and investment in council owned homes** will be delivered in partnership with Osborne Property Services Ltd through a £100m contract over the next seven to ten years. This new contract will drive an innovative approach to improving the quality of homes and neighbourhoods in Slough whilst, in addition, delivering a demonstrable social return on investment.

A full **BRE study of the private rented sector** has been undertaken and plans are in place for the implementation of new legislation aimed at improving private rented accommodation, particularly the licencing of **houses in multiple occupation (HMOs)**. The partnership with Osborne Property Services Ltd will enable the creation of a trading partnership through which repairs and maintenance services can be offered to private landlords to improve the quality of private rented accommodation in Slough. A key element of this offer will be to improve the thermal efficiency of homes, a key factor in tackling fuel poverty and, more importantly, health inequality.

The Board also hosted a workshop in March 2018 to investigate the increase in **homelessness and rough sleeping** across the borough. This workshop brought together policymakers and local service providers to understand the scale of the problem and raise awareness of the impact that being homeless and sleeping rough can have on an individual's health and physical and mental wellbeing. They also looked into possible solutions to tackle the issue locally. A task and finish group is being established to look at this issue in more detail with a report being brought back to Wellbeing Board later this year. One of the first things this group will be asked to investigate is the introduction of a housing first approach to meeting the future needs, rather than larger hostel type developments, of homeless people and rough sleepers with mental health problems.

A **tenancy sustainment officer**, specialising in homelessness, is being recruited to help keep individuals in their own homes and meet their wider needs, as part of the council's forthcoming homelessness prevention strategy. Given the growing prevalence of homelessness in Slough (and across the South East in general) this issue is likely to remain a key area of interest to the Board in 2018/19.

A number of **community events/activities** have also taken place over the last year to help restore people's pride in their environment and neighbourhood, including: community clean up and crime reduction events across the borough, community projects such as the Cockersherd Woodland Pocket Park, the formation of the Slough Dogs Body Group, aimed at reducing dog fouling and improving animal welfare and joint initiatives with Thames Valley Police, such as the Britwell Youth Engagement Project.

Other activity throughout 2017/18 included:

- Following the tragic events at Grenfell Tower, the close inspection of all council owned blocks of flats revealed that no ACM cladding was present. The actions arising from the fire risk assessments that were carried out are now being implemented.
- Establishing James Elliman Homes, a subsidiary housing company and the purchase of 20 street properties in 2017/18. A further 50 street properties/units will be acquired in 2018/19.
- Endorsing a leaving care protocol between the council's housing services and the Children's Trust to jointly address the diverse needs of young people leaving care.

Case Study 7 - New council flats named Lydia Court

This year saw the opening of Lydia Court, a brand new block of council-owned apartments named after the country's first black female Mayor, Lydia Simmons. Lydia Court is a development of 11 new council homes, built on the site of the old Eschle Court, Elliman Avenue. The one, two and three bedroom apartments have been built for the council using our joint venture company, Slough Urban Renewal (SUR).

Lydia Court includes a ground floor three bedroom apartment built to wheelchair standards, with its own front door access, dedicated parking and garden area. This specially designed property has been allocated to a family currently on the housing waiting list and housing officers worked with occupational therapists to ensure the needs of the family were met.

Lydia was the Mayor of Slough in the municipal year 1984/85 becoming the first ever black lady Mayor in the whole of the UK.

She was born in Montserrat in the Caribbean in 1938 and came to Slough in 1960, serving as a councillor from 1979 to 1994 and from 1999 to 2007. She was chair of the committee responsible for housing from 1985 to 1994, shadow commissioner for housing and commissioner for social exclusion and neighbourhood services.

She was also given an OBE in the New Year's Honours list in 2011. SUR is a partnership between SBC and Morgan Sindall Investments Ltd. which is driving regeneration across the town including leisure, housing, community and school buildings.

Next steps

- To prepare for, and participate in, the widening public debate around the future of social housing, following the publication of the Government's social housing green paper in spring 2018. The green paper is likely to have major implications for all council landlords and it is important to prepare so as to be in a position to influence the debate and make the case for housing.

Section 5: Conclusion

This annual report summarises the work of the Board to improve health and wellbeing outcomes for people living in Slough throughout 2017/18. The approach is one founded on strong partnership working and an understanding that the challenges facing health and social care are too great for any single organisation to tackle alone.

Members of the Board are committed to working together to ensure Slough has the right strategic plans and partnership arrangements to face these challenges.

During the course of 2018/19 the Board will continue to review and strengthen its partnership structures and governance arrangements to build on the work that has been done to date to improve the health and wellbeing of local people.

The board will use the findings of this annual report to review progress against the priorities in the Wellbeing Strategy and check that these remain the right areas of focus for the year ahead. It will refresh these priorities and the Strategy where appropriate if the data and local context suggest that this is necessary.

The Slough Wellbeing Board will also consult on any changes that are required and will invite input from partners and stakeholders at the annual partnership event to be held in the autumn of 2018.

APPENDIX 1: The Wellbeing Board has the following statutory responsibilities (as set out in the Health and Social Care Act 2012):

- To prepare and publish a Joint Strategic Needs Assessment of the health needs of the people of Slough.
- To prepare and publish a Joint Health and Wellbeing Strategy for Slough.
- To give its opinion to the East Berkshire Clinical Commissioning Group as to whether their Commissioning Plans adequately reflect the current Joint Strategic Needs Assessment and Joint Health and Wellbeing Strategy.
- To comment on sections of the CCG's Annual Report which describe the extent of the East Berkshire Clinical Commissioning Group's contribution to the delivery of the Joint Health and Wellbeing Strategy.
- To give its opinion, when requested by the NHS Commissioning Board, on their level of engagement with the Board, and on the Joint Strategic Needs Assessment and the Joint Health and Wellbeing Strategy.
- To encourage integrated partnership working between organisations that plan and deliver health and/or social care services for local people in the area.
- To work with partners to identify opportunities for future joint commissioning.
- To lead on the signing off of the Better Care Fund Plan.
- To publish and maintain a Pharmaceutical Needs Assessment.
- To give its opinion to the council on whether it is discharging its duty to have regard to any Joint Strategic Needs Assessment and Joint Health and Wellbeing Strategy prepared in the exercise of its functions.
- To ensure that strategic issues arising from Slough's Adult Safeguarding Board and Local Safeguarding Children's Board inform the work of the Board.
- To receive the annual reports from the Slough's Adult Safeguarding Board and Local Safeguarding Children's Board and ensure that partners respond to issues pertinent to the Board.
- To exercise any council function which the council delegates to it.