



Slough
Wellbeing
Board

Slough Wellbeing Board Annual Report

2019-2020



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The Slough Wellbeing Board Annual Report at a Glance

The Slough Wellbeing Board Annual Report details the work of the Slough Wellbeing Board over the last year. This report describes the work the Board was involved in between May 2019 and April 2020.

About Slough

Slough has a population of 149,000 people.	This population is relatively young, with Slough's average age only 34.8 years.
Life expectancy in Slough remains lower than the average for the rest of the South East, at 78 years for men, and 83 years for women.	Childhood health in Slough remains poor, with low rates of immunisations, high rates of obesity, and poor oral health.

The Work of the Slough Wellbeing Board

Much of the work the Slough Wellbeing Board does is aimed at addressing the priorities laid out in the Slough Wellbeing Strategy or fulfilling the statutory requirements of the Board. This year, the Board also worked to develop a new Slough Wellbeing Strategy, and was involved in the COVID-19 response.

Our Priority Areas	<p>The Slough Wellbeing Board has four priorities it aims to address. These four areas form the basis of the Slough Wellbeing Strategy for 2016-2020. The four priority areas are:</p> <ul style="list-style-type: none"> • Protecting Vulnerable Children • Increasing life expectancy by focusing on inequalities • Improving mental health and wellbeing • Housing <p>Some of the highlights from the last 12 months include the work done surrounding sexual health services in Slough, health beliefs in the borough, and immunisations and vaccinations in Slough.</p>
Our Statutory Requirements	<p>The Wellbeing Board also has several statutory responsibilities it must fulfil. In particular, this year the Board worked with the Slough Safeguarding Boards on strategic issues, and was involved in signing off the Better Care Fund Plan for Slough.</p>
Developing a Future Strategy	<p>The Slough Wellbeing Board is required to maintain a Health and Wellbeing Strategy for the area. The previous strategy was due to expire in 2020, and so this year the Board began developing a new strategy to guide the work of the board over the next five years. The Slough Wellbeing Strategy 2020-25 is expected to be published in the summer of 2020.</p>
Responding to COVID-19	<p>The COVID-19 outbreak in spring 2020 led to a pause in the normal work of the Slough Wellbeing Board. As Slough's immediate response to the crisis became more developed and entrenched, the Slough Wellbeing Board began to re-establish its involvement in partnership working, by taking on the governance responsibilities for some of the partnership projects working to respond to the crisis.</p>

What is the Slough Wellbeing Board Annual Report?

The Slough Wellbeing Board Annual Report details the work of the Slough Wellbeing Board over the last year. It describes the work the Board was involved in between May 2019 and April 2020, as well as outlining which priorities the Slough Wellbeing Board aims to address next.

The Slough Wellbeing Board

Every local authority is required to have a Health and Wellbeing Board. The task of improving wellbeing in the local area is something best tackled by a range of organisations working together. The Wellbeing Board therefore brings together key organisations from the area, including representatives from the public, private and voluntary sector.

In Slough, we have made a deliberate decision to widen membership beyond the statutory requirements. This allows us to engage with a greater range of partners and work more fully across the borough. We have also called our partnership the 'Slough Wellbeing Board' rather than the Health and Wellbeing Board, to reflect our chosen focus on the wider determinants of the wellbeing of the people of Slough.

The Wellbeing Board consists of senior representatives from:

- Slough Borough Council
- East Berkshire Clinical Commissioning Group
- NHS England
- Berkshire Public Health
- Thames Valley Police
- Royal Berkshire Fire and Rescue Service
- Slough Children's Services Trust
- The Voluntary and Community Sector
- Healthwatch Slough
- Slough Youth Parliament

Health and Wellbeing in Slough: The Context

Slough is a unique area, and as such, faces unique challenges.

The borough of Slough has a total population of around 149,000 people. This population is relatively young, with Slough's average age estimated to be only 34.8 years. Since the 1930s, people from across the world have made Slough their home, making Slough one of the most diverse authorities in the country.

Located to the west of London, Slough is a densely populated urban area. High levels of personal car use mean there is significant congestion and poor air quality. However, despite the urban nature of the borough and its industrial history, Slough has more than 2.54 square kilometres of parks and open spaces. The council has also recently invested in brand new leisure facilities, including gyms and leisure centres, swimming pools and an ice rink.

Slough has pockets of deprivation, and some neighbourhoods offer specific challenges. There are also inequalities in health, primarily between different areas of the borough and between different ethnic groups. Life expectancy in Slough is lower than the average for the rest of the South East, and physical inactivity, cardiovascular disease, obesity and diabetes are high. Slough also has high-rates of preventable ill health amongst children - including obesity, tooth decay and higher levels of hospital admissions for long-term conditions such as asthma.

This health and wellbeing context became even more significant during the COVID-19 outbreak of 2020, when Slough grappled with the impact of the virus on its population. As an authority with high diversity and some areas of deprivation, Slough's population contained relatively high numbers of those people considered to be at high risk from the virus. By the beginning of June 2020, Slough had over 400 confirmed cases of COVID-19 in the borough, and over 100 people had been killed by the virus.

Writing the Annual Report

This annual report was written shortly after the end of the 2019/20 municipal year. Writing this report offers the Board the opportunity to reflect on the work of the previous year, and to consider how the board has developed over the last twelve months. Most importantly, this report helps us to remain accountable to the residents, businesses, and partners of Slough, whose opinions and experiences must remain central to shaping the future work of the Slough Wellbeing Board.

The Work of the Slough Wellbeing Board

The Slough Wellbeing Board has a range of work it needs to undertake over the course of each year. Much of the work the Board does is aimed at addressing the priorities laid out in the Slough Wellbeing Strategy. In addition to this, the board also has several statutory requirements which it must fulfil.

This section of the annual report provides a summary of the work the board has done over the last year. It outlines some of the highlights of the work done to address the four priority areas, and some of the work done to meet the statutory requirements of the board. It also considers the work done by the board this year to develop a new Slough Wellbeing Strategy, and the response to the COVID-19 outbreak.

Our Priority Areas

Much of the work of the board is aimed at addressing the four priority areas on which the Slough Wellbeing Board has chosen to focus. These four areas form the basis of the Slough Wellbeing Strategy for 2016-2020. The four priority areas are:

- Protecting Vulnerable Children
- Increasing life expectancy by focusing on inequalities
- Improving mental health and wellbeing
- Housing

Many of the projects done to address these priorities are cross-cutting pieces of work, which aim to improve several areas at once. Some of the highlights from the last 12 months include the work done surrounding sexual health services in Slough, health beliefs in the borough, and immunisations and vaccinations in Slough.

Sexual Health - At the start of the year, the Wellbeing Board oversaw work considering the sexual health services available in Slough. Sexual health services underpin several of the key priority areas of the board, including protecting vulnerable children, reducing health inequalities, and improving mental health and wellbeing. HIV prevalence in Slough is significantly higher than the national average. Slough also has a higher than average rate of abortion than the rest of the country, and a lower take-up of long-acting reversible contraceptives than the national average. The board considered the local picture of sexual health issues and services in Slough in detail, and began the process of learning from best practice examples from statistically similar local authorities, and considering strategies to encourage more people in Slough to access sexual health services.

Health Beliefs - The Wellbeing Board has also overseen work surrounding health beliefs and perceptions in Slough. This work addresses two of the Board's key priority areas - to reduce health inequalities and improve mental health and wellbeing. In order to better understand the health beliefs of the Slough population, a research project into health beliefs and physical activity in Slough was commissioned from an external research organisation. This research project combined both qualitative and quantitative approaches to provide detailed insight into the beliefs and opinions held by the people of Slough. The findings from this research will inform the work of the Slough Wellbeing Board, the Slough Public Health Team, and the Slough Leisure Team.

This research showed that:

- Just 16% of Slough residents consume the recommended 5 portions of fruit and veg a day, and 90% of the population would like to eat healthier.
- While 66% of the population could recall having sex education at school, there was a fall to 53% for those from an Asian background. 25% believe that HIV can be spread through kissing, and 19% believe that the contraceptive pill can help prevent against STI's.
- Only 72% of residents stated that they get a dental check up at least once a year.
- 37% of the population believe that vaccine preventable diseases are just part of childhood, and that natural immunity is better than vaccine related immunity. This figure rises to 43% for those from an Asian background and falls to 32% for those from a White background.
- Mental health in Slough varied by ward, with Foxborough and Elliman having the highest average mental health score, and Haymill & Lynch Hill and Upton having the lowest.
- During the previous four weeks, only 34% of residents claimed to have undertaken moderate physical activity on a daily basis.

Immunisations - In the 2018/19 year, the Slough Wellbeing Board received the first Annual Report on Immunisation and Screening in Slough. This year, the Board carried forward this work by continuing to oversee the progress of the implementation of this plan. Historically, Slough has had some of the lowest uptakes of screening and immunisation programmes in the South East of England, contributing to poor health in both adults and children and strong health inequalities between residents. Work in this area therefore aims to meet the Board's objectives of reducing health inequalities and protecting vulnerable children. Over the last year, work has been done to improve uptake of immunisations, through a range of approaches. The first ever Slough Immunisation Partnership Conference was held to help highlight the issue in Slough and share good news stories and best practice. Berkshire Healthcare NHS Foundation Trust have recruited a Health Inequalities Nurse, who will promote immunisations in Slough and Reading families, and an #Iamvaccinated campaign was run to increase vaccination rates in the local community.

Our Statutory Requirements

In addition to the work the Wellbeing Board does to address its priority areas, the Board also has several statutory responsibilities it must fulfil. A full list of these responsibilities can be found in Appendix One. Over the last year, the Slough Wellbeing Board carried out a range of work in order to meet its statutory requirements. In particular, this year the Board worked with the Slough Safeguarding Boards on strategic issues, and was involved in signing off the Better Care Fund Plan for Slough.

Slough Safeguarding - In July 2019, the Slough Wellbeing Board received a report from the Slough Safeguarding Boards on the ongoing restructure of their boards. As part of this restructure, the Slough Safeguarding Executive Board had been formed to bring together senior managers from key partners in the borough. This new safeguarding board had requested that the Wellbeing Board consider how it could add further value to partnership working, safeguarding issues and health in Slough. The Wellbeing Board considered this topic and agreed that the Slough Wellbeing Board would contribute to partnership working around these themes by improving resilience through a 'universal offer' to communities. This theme was later incorporated into the new Slough Wellbeing Strategy, and will form an ongoing part of the work of the Slough Wellbeing Board over the next five years.

Better Care Fund - The Better Care Fund programme in Slough is developed and managed by Slough Borough Council and the East Berkshire CCG. It aims to improve the wellbeing of the people of Slough by joining up health and care services to allow people to manage their own health and wellbeing, and live independently in their communities for as long as possible. In November 2019, the Slough Better Care Fund Plan for 2019-20 was brought to the Slough Wellbeing Board, for their consideration as part of its signing-off process. This plan demonstrated how the Better Care Fund programme continues to develop and grow, and showed that it is now a key part of the movement towards integration of health and social care in Slough.

Developing a Future Strategy

The Slough Wellbeing Board is required to maintain a Health and Wellbeing Strategy for the area. The previous strategy was due to expire in 2020, and so this year the Board began developing a new strategy to guide the work of the board over the next five years.

Members of the board attended a workshop in October to begin agreeing the priorities that would underpin the new Slough Wellbeing Strategy. In this workshop, they heard from members of staff from several different partner organisations on the current context in Slough and the health and wellbeing issues facing residents. Some of the key points raised in these discussions were:

- In Slough, major causes of ill health and death are mainly due to circulatory conditions, cancer and respiratory conditions.
- A wide range of different factors influence the health of an individual. These include health behaviours, such as diet and exercise or alcohol use, socioeconomic factors, such as education, employment, and income, clinical care, including the access to care and quality of care, and finally, the quality of the built environment.

From this discussion, members of the board turned their attention to developing a list of priority areas. Over the next few months, these priorities were refined to create the four final priority areas which will underpin the 2020-25 Slough Wellbeing Strategy.

These priorities are:

- 1. Starting Well**
- 2. Integration**
- 3. Strong, Healthy and Attractive Neighbourhoods (Building Community Asset Resilience)**
- 4. Workplace Health**

The priorities all relate to elements of health and wellbeing which the different partner organisations of the Wellbeing Board can seek to impact. By effectively working together as a partnership, the Board can aim to make real, tangible changes to the health and wellbeing of residents in Slough.

The Slough Wellbeing Strategy for 2020-25 will build upon these four priorities. For each of the key priorities, the strategy contains a set of actions and ambitions. These actions all represent tangible pieces of work which the Board will either lead on itself, or will be led on by one of the partnership boards which work closely with the Slough Wellbeing Board. As well as these actions, the Strategy contains a set of measurable ambitions for each priority. These ambitions will allow the impact of the work of the Slough Wellbeing Board to be tracked and measured over the next five years. This strategy was completed at the end of this municipal year, and is expected to be published in the summer of 2020.

Responding to COVID-19

The COVID-19 outbreak in spring 2020 led to a pause in the normal work of the Slough Wellbeing Board. Many of the organisations represented on the Board were heavily involved in organising Slough's response to the pandemic. During this time, meetings of the Wellbeing Board were cancelled, in order to protect the health of Board members and to ensure government guidelines on social distancing were adhered to.

As Slough's immediate response to the crisis became more developed and entrenched, the Slough Wellbeing Board began to re-establish its involvement in partnership working. The Board took on the governance responsibilities for some of the partnership projects working to respond to the crisis, including the Black, Asian and Minority Ethnic (BAME) Pilot. This pilot aims to test approaches to strengthen the ability of individuals and communities to protect themselves from the direct and indirect harms of COVID-19, and is run by a collaboration that includes the Slough Community & Voluntary Sector, Slough Borough Council and NHS Frimley Health Foundation Trust.

In addition to this, the Board also undertook some work to ensure that the new Slough Wellbeing Strategy for 2020-25 was still relevant in light of the COVID-19 outbreak. The four priority areas the strategy rests upon remain unchanged, but the actions and ambitions for these priorities were refreshed, in order to ensure that the new Strategy supports the Slough Wellbeing Board to work in the most effective way during the continued COVID-19 health crisis.

What next for the Slough Wellbeing Board?

This annual report summarises the work of the Slough Wellbeing Board over the last year. It provides an overview of some of the work which the Board has been involved in to address its priority areas, meet its statutory requirements, develop its new strategy and direction, and respond to the COVID-19 outbreak. Through all of these areas of work, the Wellbeing Board has aimed to use partnership working to improve the health and wellbeing of the people of Slough.

The next year is expected to be a challenging and demanding year for the Slough Wellbeing Board. Over the next few months, the Board expects to remain involved in the COVID-19 response in Slough. During this crisis, the need for key organisations and local communities to work closely together is more pronounced than ever before, and the Slough Wellbeing Board will endeavour to model the values of collaboration and partnership working.

Over the next year, the Slough Wellbeing Board will also begin the introduction of its new priorities and ways of working. The new Slough Wellbeing Strategy for 2020-25 will be launched, and with it, new areas of focus for the board. These new areas of focus will allow the Board to begin new programmes of work that address some of the key challenges facing the borough. Throughout this, the Board will endeavour to incorporate co-production and place-based approaches into its work, in order to continue using partnership working to improve the health and wellbeing of residents across Slough.

Glossary

Cardiovascular Disease

A general term for conditions affecting the heart or blood vessels. Includes conditions such as heart disease and strokes.

Commissioning

The process of assessing what services are needed in the community, purchasing these services from a provider, and monitoring these services to ensure they meet the desired outcomes.

Immunisation

The process where a person is made immune, or resistant to an infectious disease. This usually takes place by administering a vaccine, which stimulates the body's immune system to protect the person against a later infection.

Long-Acting Reversible Contraceptives

Methods of birth control that provide effective contraception for extended periods of time. They include injections, intrauterine devices and contraceptive implants.

Municipal Year

The municipal year is a period of time used by local government. The municipal year usually begins in May, following any local elections.

Physical Inactivity

A term used to refer to those people who do not get the recommended level of regular physical activity.

Respiratory Conditions

Those conditions that affect the lungs and other tissues involved in breathing.

Safeguarding

Actions taken to protect vulnerable adults or children from abuse or neglect.

Screening

Screening tests identify whether people who appear healthy do or do not have a disease or condition. This increases early detection of these conditions so the individuals can be treated or monitored.

Statutory Responsibilities

The responsibilities that the Wellbeing Board has a legal obligation to complete.

Appendix One: Statutory Responsibilities of the Slough Wellbeing Board

The Health and Social Care Act of 2012 set out the statutory responsibilities of Health and Wellbeing Boards. These are:

- To prepare and publish a Joint Strategic Needs Assessment for Slough.
- To prepare and publish a Joint Health and Wellbeing Strategy for Slough.
- To give its opinion to the East Berkshire Clinical Commissioning Group (CCG) as to whether their Commissioning Plans adequately reflect the current Joint Strategic Needs Assessment and Joint Health and Wellbeing Strategy.
- To comment on the sections of the CCG's Annual Report which describe the extent of their contribution to the delivery of Joint Health and Wellbeing Strategy.
- To give its opinion, as requested by the NHS Commissioning Board, on the CCG's level of engagement with the Board, and on the Joint Strategic Needs Assessment and Joint Health and Wellbeing Strategy.
- To encourage persons who arrange for the provision of health and/or social care services in the area to work in an integrated manner for the purpose of advancing the health and wellbeing of 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 exercise any Council function which the Council delegates to it.
- To ensure that strategic issues arising from Slough's Safeguarding Boards inform the work of the Board.
- To receive the annual reports from Slough's Safeguarding Boards and ensure that partners respond to issues pertinent to the Board.

This document can be made available on audio tape, braille or in large print, and is also available on the website where it can easily be viewed in large print.

Slough Wellbeing Board Annual Report 2019-2020

If you would like assistance with the translation of the information in this document, please ask an English speaking person to request this by calling 01753 875847.

यदि आप इस दस्तावेज़ में दी गई जानकारी के अनुवाद कए जाने की सहायता चाहते हैं तो कृपया किसी अंग्रेजी भाषी व्यक्ति से यह अनुरोध करने के लिए 01753 875847 पर बात करके कहें.

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Aby uzyskać pomoc odnośnie tłumaczenia instrukcji zawartych w niniejszym dokumencie, należy zwrócić się do osoby mówiącej po angielsku, aby zadzwoniła w tej sprawie pod numer 01753 875847.

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