

Buckinghamshire

Joint Health and Wellbeing Strategy

2016-2021 (2017 revision)



Health & Wellbeing Board
Buckinghamshire

Our vision: To create the best conditions in Buckinghamshire for people to live healthy, happy and fulfilling lives and achieve their full potential

We are pleased to present a refreshed Joint Health and Wellbeing Strategy for Buckinghamshire.

The Health and Wellbeing Board is renewing the strategy at a time when the health and care system in Buckinghamshire is operating under significant pressures, combined with increased need and demand for local services.

Buckinghamshire residents benefit from good health and access to high quality health and care services relative to the rest of England. Although many people do enjoy good health, this is not the experience of all; the Joint Health and Wellbeing Strategy aims to address this.

We continue to follow the same approach and priorities based around the stages of life as set out in our first strategy, but seek to widen our impact further through a new focus on place

and greater emphasis on mental health and reducing health inequalities.

As representatives of Buckinghamshire's health and care services, our Health and Wellbeing Board members have pledged to champion the aims set out in this strategy. We hope that by working closely as a partnership we can make a real difference to improve the health and wellbeing of Buckinghamshire residents. We are also committed to ensuring that residents, patients and key organisations are all involved in helping to achieve the aims of the strategy over the next five years.

Martin Tett

*Buckinghamshire County
Council Leader*

*Chair of the Health &
Wellbeing Board*

Graham Jackson

*Clinical Chair of Aylesbury Vale
Clinical Commissioning Group*

*Vice Chair of the Health &
Wellbeing Board*

What does the strategy do?

This strategy describes our vision, aims and priorities for improving health and wellbeing in Buckinghamshire over the next five years. It supports the ambitions set out by local partners implementing the local plans for the NHS Five Year Forward View and will align with the Buckinghamshire chapter of the [Buckinghamshire, Oxfordshire and Berkshire West Sustainability and Transformation Plan](#). It is set to the same timeframe, to coordinate the rebalancing of the health and social care spend and to increase support for prevention and early intervention initiatives, enabling all Buckinghamshire residents to live, age and stay well.

The main evidence base for the strategy is the [Joint Strategic Needs Assessment](#) (JSNA), which considers the current and future health, care and wellbeing needs of the local community. The Health and Wellbeing Board started work on refreshing the JSNA in the summer of 2015, starting with a discussion event with key stakeholders. The JSNA has now been set up

as a continuous process supported by a multi-agency development group so that it provides an up to date picture to inform commissioners and influence priorities for the use of resources across the county. The Health and Wellbeing Board will continue to draw on the JSNA to prioritise its work programme.

Who are we? The Buckinghamshire Health & Wellbeing Board

Buckinghamshire's Health and Wellbeing Board brings together local councillors, local GPs, senior managers in the local authority and NHS, and a representative of local people through Healthwatch Buckinghamshire. It was established in 2013 to promote integrated working between commissioners of health services, public health and social care services, to improve the health of all people in the county.

Delivering the Joint Health and Wellbeing Strategy

The 2016 – 2021 strategy aims to create the best conditions in Buckinghamshire for people to live healthy, happy and fulfilling lives and achieve their full potential. Our vision is to improve outcomes for the whole population as well as having a greater impact on improving the health and wellbeing of those people in Buckinghamshire who have poorer health and wellbeing.

The strategy aims to make an impact on the five key priority areas set out on this page.

The following pages show each of the priority aims and work that partners are committed to over the five years. These are also reflected in local authority and NHS plans. The Health and Wellbeing Board has selected the areas that it agrees will make the biggest difference for residents.

OUR KEY PRIORITIES

1. Give every child the best start in life
2. Keep people healthier for longer and reduce the impact of long term conditions
3. Promote good mental health and wellbeing for everyone
4. Protect residents from harm
5. Support communities to enable people to achieve their potential and ensure Buckinghamshire is a great place to live

1: Give every child the best start in life



Why is this a priority?

To get the best start in life we know that a baby's mother needs to be healthy before and during pregnancy and childbirth. What happens during the early years, starting in the womb, has lifelong effects on many aspects of a child's future health and wellbeing – from obesity, heart disease and mental health, to educational achievement and economic success.

As children enter school, the school environment and their peers become an increasingly important influence. Adolescence is also an important time of development; the brain develops rapidly during early adolescence, particularly those areas that deal with social relationships, taking risks and controlling feelings and emotions. At this time adolescents are susceptible to peer influence and risk taking which may have immediate and harmful consequences.

The focus for 2016 – 2021

During maternity, we will improve the health and wellbeing of mothers and their babies by:

- Supporting the adoption of healthy lifestyles for the whole family.
- Ensuring good support for maternal and paternal mental health.
- Early detection and support for people experiencing domestic violence.
- Ensuring access to high quality parenting advice and support.
- Delivering targeted campaigns to raise awareness about the importance of antenatal care to all women and offer culturally sensitive information, advice and support to women from specific ethnic groups according to need.

During the early years, we will support good health and development for all children in the early years by:

- Offering high quality early years parenting programmes and advice.

- Commissioning a high quality healthy child programme.
- Commissioning sufficient high quality accessible early years and childcare places.
- Ensuring all parents have the advice they need to keep their children healthy and safe from harm.

Through the school years, we will support the physical, emotional and social wellbeing of children and young people by:

- Promoting a whole school approach to health and wellbeing.
- Ensuring emotional resilience of young people is supported and developed.
- Increasing the number of children and young people with a healthy weight by ensuring delivery of the national child weight measurement programme and actions to promote healthy eating.
- Increasing the number of young people who are physically active through implementation

of Active Bucks and the Bucks physical activity strategy and action plan.

- Helping to reduce alcohol and substance misuse in younger people through the provision of good quality information and guidance to schools and wider action as part of the Buckinghamshire substance misuse strategy.

We will improve the experience of services for all residents including key transitions through the life course by:

- Working closely with Children's Social Care and Learning and engaging early with services users, carers, families and providers to inform planning and commissioning, and to ensure the timely sharing of data and intelligence.
- Supporting the delivery of the Special Educational Needs and Disabilities Strategy so that the transition from childhood to adolescence and through to adulthood is a good experience for every child and young person.

- Supporting the delivery of the new Carers Strategy by identifying and supporting carers, especially those under the age of 16 and those over 75, and jointly reviewing the carers' pathway to ensure the provision of timely, accurate and good quality information to carers and professionals.

2: Keep people healthier for longer and reduce the impact of long term conditions



Why is this a priority?

On average people in Buckinghamshire are healthier than the rest of the country, but too many are still suffering from avoidable diseases such as heart disease, cancer and diabetes. The risk of developing these conditions can be reduced by adopting a healthy lifestyle. For the many people who already have a long term condition we want to make it easier for them to look after their health and stay as well as possible. Smoking remains one of the biggest preventable causes of ill-health and early death with an estimated 560 smoking related deaths per year in Buckinghamshire.

Not everyone in Buckinghamshire enjoys the same good health; people living in more deprived areas tend to have poorer health at all stages of life- from birth to old age. Health also

differs between different ethnic groups, and people with mental health problems often also experience poorer physical health.

The focus for 2016 – 2021

We will help people stay healthier for longer, and prevent the development of long term conditions by increasing levels of physical activity and healthy eating, reducing smoking and substance misuse and making it easier to make healthier choices. We will provide advice and support to people with long term conditions to help them live well.

We will do this by:

- Continuing to implement and promote the Active Bucks programme and updating the Buckinghamshire Physical Activity Strategy and action plan.
- Implementing the Buckinghamshire Healthy Eating Strategy.
- Continuing multi-agency action to prevent the uptake of smoking and to support smokers who want to quit.
- Implementing the Buckinghamshire Substance Misuse Strategy.
- Delivering NHS Health Checks to identify people at increased risk of long term conditions and offering support to reduce that risk.
- Integrating the promotion of healthy lifestyles as part of care for people with long term conditions.
- Creating health, care and wellbeing pathways and facilities that actively promote healthy choices and behaviours.
- Ensuring seamless care through further integration of health and social care services centred around the person in need with learning disability, and by regularly reviewing our services.
- Improving outcomes for everyone, particularly those with poorer health such as those living in deprived areas and those from certain ethnic groups, through a range of measures including prevention

and management of cardiovascular disease and by understanding what drives high hospitalisation rates for conditions which are usually managed in the community and through self-care.

- Carrying out targeted interventions to tackle inequalities in the uptake of lifestyle services in the most deprived parts of Buckinghamshire.

We will seek to delay or prevent the development of long term conditions in older people, including dementia by helping people to live healthily by:

- Supporting the care of frail older people by developing multi-speciality provider teams based in community hubs and by redesigning community hospital care and reducing the need for acute hospitalisation.
- Increasing independence, mobility and years of active life for those aged 75 and over using digital aids, equipment and adaptations and making tools for self-management available and easily accessible.

- Seeking to identify and diagnose dementia at an early stage and supporting people, their families, carers and communities to help them manage their condition.
- Delivering preventative services in the community, including floating support, and helping older people to stay in touch with family and friends through the use of new technologies such as Face Time and Skype and other appropriate social media.

3: Promote good mental health and wellbeing for everyone



Why is this a priority?

Having good mental health is fundamental to our physical health and overall wellbeing and pivotal to relationships, successful employment and realising our full potential. Poor mental health is common; one in four people in the UK will experience poor mental health in the course of a year.

Half of all mental health problems start by the age of 14, rising to 75 per cent by age 24. Mental health and wellbeing support for children and families is key, including early support for women during pregnancy and the first few months after birth, improved links with schools and better experiences for people as they move between children's and adult services.

The focus for 2016 – 2021

We will seek to promote good mental health and wellbeing by:

- Improving maternal mental health by building effective screening for mental health issues in pregnancy and maternity pathways and ensuring rapid access to effective intervention for all women who require it.
- Improving infant, children and young people's mental health and emotional wellbeing through targeted support and by ensuring access to Child and Adolescent Mental Health Services (CAMHS) and early intervention services.
- Promoting adult wellbeing and resilience in all partner workplaces as part of wider workplace health initiatives
- Promoting good mental health and emotional wellbeing by working with partners to identify and work with groups who are vulnerable to poor mental health.
- Working with partners to improve the physical health of people with mental illness and/or learning disability.
- Reviewing existing services for people with mental health and substance misuse problems to improve their outcomes.
- Implementing plans to reduce the risk of suicide and minimise self-harm.

4: Protect residents from harm



Why is this a priority?

Protecting our residents from harm and ensuring all residents are safe is everybody's business. The Buckinghamshire Safeguarding Adults Board and the Buckinghamshire Safeguarding Children Board are committed to ensuring adults, children and young people feel safe and are protected from harm. It is a priority for the Health and Wellbeing Board to ensure consideration is given to safeguarding for both children and adults in everything we do.

The focus for 2016-2021

The Health and Wellbeing Board's focus on protecting residents from harm will be informed by the joint protocol with the Adults and Children's Safeguarding Boards and the Safer and Stronger Bucks Partnership Board, including joint work on common areas of interest. Based on this, we will seek to protect residents from harm by:

- Reducing child maltreatment by offering both universal and targeted services to address the underlying factors associated with child maltreatment and responding rapidly to address problems early.
 - Supporting the implementation of the Buckinghamshire's Children's Strategy and Child Safeguarding Board priorities
 - Preventing Child Sexual Exploitation (CSE) by protecting those at risk and ensuring an appropriate multi-agency response through the delivery of the CSE Strategy and action plan.
- Keeping strategic oversight of the Buckinghamshire Female Genital Mutilation Strategy.
 - Ensuring the robust safeguarding of adults through effective joint working with the Buckinghamshire Safeguarding Adult Board.
 - Improving joint working between agencies, including support for people experiencing domestic violence and those experiencing mental health and substance misuse.

5: Support communities to enable people to achieve their potential and ensure Buckinghamshire is a great place to live



Why is this a priority?

We know that having good friends and living in friendly communities is good for our physical and mental health whatever our age. We want to enable people in our communities to support each other in times of need.

We also know that the physical environment, where we live, our communities and social networks have a strong influence on our overall health and wellbeing. As our population ages we want to ensure that homes and neighbourhoods are designed to support people to lead fulfilling lives and stay independent for longer.

The focus for 2016 – 2021

We seek to support communities in helping to improve people's health and wellbeing by:

- Supporting the provision and maintenance of infrastructure and flexible community facilities to enable healthy lifestyles and environments, such as safe green spaces, play areas, cycle and walking routes, safer roads and high quality housing.
 - Working with communities to support thriving community life, including targeted work with the voluntary sector.
 - Supporting people who need assistance with their health and care needs and connect them with local organisations and activities in their communities.
 - Ensuring more people are living independently for longer by creating the best environments possible by encouraging the development of high quality accommodation and premises for people with care and support needs and the provision of lifetime homes and appropriate housing for older people in Buckinghamshire.
- Working in partnership to deliver effective infrastructure for health and social care which is flexible enough to meet changing needs and support new and innovative models of care.



How will we measure success?

The Health and Wellbeing Board meets six times a year and will focus its meetings on delivering the aims of the strategy. A summary of actions and the next steps will be produced following every meeting and an annual report produced to show the impact that the Board and its partners have made over the year to improving the county's health and wellbeing.

The Health and Wellbeing Board will also develop a set of performance indicators to monitor progress throughout each year to see if the strategy is making a difference in Buckinghamshire.

For more information on the Health and Wellbeing Board, visit the [County Council website](#).

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