



**Northamptonshire
Health & Wellbeing Board**

Northamptonshire Health and Wellbeing Board

Annual Report 2020/21



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1. Introduction

I would like to welcome you to the last Northamptonshire Health and Wellbeing Board Annual Report covering the period from April 2020 to March 2021. Each of the new unitary authorities will have their own Health and Wellbeing Board.

This report summarises the work overseen by the Board during the year in meeting its statutory duties, such as approval of the Northamptonshire Better Care Fund 2020/2021, publication of the Directors of Public Health Annual Report, overseeing work on the refreshed Pharmaceutical Needs Assessment, as well as additions to the Joint Strategic Needs Assessment made throughout the year. The report also highlights the initiatives undertaken and supported by Board's sub groups and local Health and Wellbeing Forums.



Professor Nick Petford
Chairman of the Board

Board members and I recognised the past twelve months have been challenging both locally and nationally due to the impact of Covid-19. All partners represented on the Board have been involved in the organisation and delivery of Northamptonshire's response to the pandemic. Whilst the full impact of Covid on the health and wellbeing of residents living, working and accessing services in Northamptonshire remains unclear, the pandemic has provided a springboard for accelerating integration and delivery in health and social care services across the county.

During the next 12 months there will be considerable change in the county, following formation of the new North Northamptonshire and West Northamptonshire Councils in April 2021, as well as the creation of a statutory Integrated Care System for Northamptonshire from April 2022. The challenge for us all is to embrace the opportunity for change and to continue with the progress already made in the integrated delivery of health, care and wellbeing services across organisational boundaries.

I would like to thank all Board members from the last seven years for their work and commitment to improving the health and wellbeing of Northamptonshire's residents and I look forward to working with the new Health and Wellbeing Boards during 2021.

Professor Nick Petford DSc DL
Chairman of the Northamptonshire Health and Wellbeing Board
Vice Chancellor & CEO, University of Northampton

2. Background

The Northamptonshire Health and Wellbeing Board (NHWBB) was a statutory committee of Northamptonshire County Council (NCC) established in April 2013, following legislation in the Health and Social Care Act 2012.

The Board was a forum that enabled key leaders from across Northamptonshire to secure better health and wellbeing outcomes for the local population, better quality of care for all patients and care users, better value for the taxpayer and reduce health inequalities by shaping the future of services through a more integrated approach to commissioning health and wellbeing related services.

The Board aimed to achieve this by:

- Providing a strategic lead for the local health and care system, and improving the commissioning of services across the NHS, local government and its partners.
- Initiating and encouraging the integrated delivery of health, social care and other services with health and wellbeing related responsibilities (such as housing, leisure, planning community activity).
- Holding the Northamptonshire Health and Care Partnership (NHCP) to account through monitoring and assurance.
- Providing a key forum to increase democratic legitimacy in health, along with public and joint accountability of NHS, public health, social care for adults and children, and other commissioned services that the Board agrees are directly linked to health and wellbeing.

Health and Wellbeing Boards have a number of statutory duties which include:

- The preparation of [Joint Strategic Needs Assessments](#) (JSNAs).
- To encourage the integration of health and social care services, in particular providing appropriate advice, assistance or support for the purposes of integration of services under section 75 of the National Health Service Act 2006.
- To encourage close working between commissioners of health-related services (such as housing and many other local government services) and commissioners of health and social care services.
- Overseeing the publication of the [Directors of Public Health Annual Report](#).
- To oversee the successful implementation of Better Care Fund (BCF), Improved Better Care Fund (IBCF) and Disabled Facilities Grant (DFG) arrangements locally.
- To advise the Care Quality Commission, NHS England, Trust Development Authority or NHS Improvement (as appropriate), where the Board has concerns about standards of service delivery or financial probity.
- Publication of a [Pharmaceutical Needs Assessment](#).

3. Membership of the Board

In order to encourage the integrated delivery of health, social care and wellbeing services, membership of the Board was widened from beyond statutory requirements to include representation from stakeholder organisations across the county. With Board membership including representatives from:

- NCC elected members
- NHS Northamptonshire Clinical Commissioning Group
- Director of Adult Social Care
- Director of Children's Services
- Director of Public Health
- Northamptonshire Police
- Office of Police Fire Crime Commissioner
- Northamptonshire District and Boroughs

- Healthwatch Northamptonshire
- University of Northampton
- East Midlands Ambulance Service
- Northamptonshire Fire and Rescue
- Voluntary Impact Northamptonshire
- NHS England
- Northamptonshire Healthcare Foundation Trust
- Northampton and Kettering Hospital Trusts
- Northamptonshire Health and Care Partnership
- Northamptonshire Childrens Trust
- Northamptonshire Local Medical Committee

The NHWBB agreed that delegated authority was granted to NHS Northamptonshire CCG to represent NHS Peterborough and Cambridge CCG for all business relating to the Board.

The Chair of the NHWBB was Professor Nick Petford, Vice Chancellor, University of Northampton and Vice Chair was Cllr Ian Morris, Cabinet Member for Public Health and Adult Social Care, NCC. A list of Board members can be found [here](#).

4. Governance

As a Section 102 Committee of NCC, the NHWBB was subject to the same rules as other statutory committees of the council and subject to NCC’s Overview and Scrutiny function.

Due to the Covid-19 restrictions in place the Board hosted its meetings quarterly, virtually via Zoom and were live streamed to the Northamptonshire Democracy YouTube channel. Videos from the previous meetings can be viewed here [Northamptonshire Democracy YouTube Channel](#). All agendas, reports and decisions are available to view on NCC’s [Committee Management Information System](#).



The Northamptonshire Health and Wellbeing Board Executive Group, consisted of the Chair, Vice Chair, Director of Public Health and Health and Wellbeing Board Business Manager, who had responsibility for setting the Board’s agenda. The Executive Group met prior to each Board meeting to decide which issues,

discussions and strategies, along with statutory requirements that should be presented to the Board for consideration.

5. Statutory Responsibilities of the Board

5.1 Joint Strategic Needs Assessment

The NHWBB took the lead in promoting the county's Joint Strategic Needs Assessment (JSNA). This is a systematic programme of work that focuses on priority areas and uses data to understand current and future health, care and wellbeing needs of Northamptonshire residents. This in turn informs and guides the planning and commissioning of health, wellbeing and social care services. The JSNA products are varied, from 2019 the Northamptonshire JSNA consists of three types of presentations, an insight pack, a JSNA briefing document and an in-depth needs assessment however there are other documents that also support the JSNA project that are published alongside these three types of JSNA product.

There is a continuous refresh cycle of the JSNA products with the following published between April 2020 and March 2021:

- [Care Leavers Insight Pack](#) published April 2020
- 16 PCN Profiles published June 2020
- [Carers Insight Pack](#) published September 2020
- [Northamptonshire Demography Insight Pack](#) updated September 2020
- [Tobacco Plan on a Page](#) published September 2020
- [Social Wellbeing Needs Assessment](#) published November 2020
- [Carers Briefing](#) published December 2020

Future areas of work for 2021/2022 include Substance Misuse, Vulnerable People and Impact of Covid-19 on Vulnerable Groups and Healthy Weight. All documents relating to Northamptonshire JSNA can be found [here](#).

5.2 Northamptonshire Better Care Fund

The Better Care Fund (BCF) is an ongoing national initiative to drive transformation by providing mechanisms for integrated approaches to health and social care services, to enable people to manage their own health and wellbeing and live independently in communities for as long as possible.

Last year there were four national conditions set by the government in the BCF Policy Framework:

- The Plan, including minimum mandated funding from the CCG must be signed off by the Health and Wellbeing Board (HWB), and by the constituent local authorities (LAs) and CCGs.
- A demonstration of how the area will maintain the level of spending on social care services from the CCG minimum contribution in line with the uplift to the CCG's minimum contribution.
- That a specific proportion of the area's allocation is invested in NHS-commissioned out-of-hospital services, which may include seven day services and adult social care.
- A clear plan on managing transfers of care, including implementation of the High Impact Change Model for Managing Transfers of Care (HICM).

The Policy Framework set out the four national metrics which is a condition of access to the funding:

- Reducing non-elective admissions to hospital;
- Reducing admissions to residential care and care homes;
- Proportion of older people (65 and over) who were still at home 91 days after discharge from hospital into reablement / rehabilitation services;

- Reducing delayed transfers of care.

The NHWBB had a statutory duty to approve the local BCF plan before submission, in order to obtain approval, the Board had to be assured that all health and social care partners were in agreement with schemes set out in the BCF plan. The Board provided scrutiny and performance monitoring against the BCF Plan by receiving regular updates on the four key performance metrics.

The Northamptonshire BCF plan consisted of a pooled budget between NCC and NHS Northamptonshire CCG, and also includes the additional funding streams:

- Improved Better Care Fund (iBCF) paid directly to NCC to reduce pressure on the NHS by supporting people awaiting discharge from hospital;
- Winter Pressure Funding paid directly to NCC and used to help health and social services to combat winter pressures and alleviate pressure on hospitals;
- Disabled Facilities Grant (DFG) paid directly to NCC and distributed to District and Borough Councils to enable people who are disabled to remain in or return to their own homes rather than being looked after in a care home or hospital.

Due to the Covid-19 there was no national requirement to formalise a local BCF plan for 2020/2021, to ensure efforts continued to focus on response to the pandemic. It was therefore agreed in the absence of any national guidance and given the strategic direction, plans and successes in 2019-2020, to maintain all the schemes that operated in the previous year's plan with no changes. But to also include new schemes funded by local government investment to start to create greater focus on admission or re-admission avoidance ahead of the planned creation of the integrated community services partnerships and provider alliances being launched.

The [Northamptonshire BCF Plan for 2020/2021](#) was approved by the NHWBB on the 24th September 2020 and will be delivered through the Integrated Care System (ICS) and [Integrated Care Across Northamptonshire \(iCAN\) Programme](#). The BCF will continue to be used as a mechanism for personalised and integrated approach to health and social care, enabling people to remain independent and at home or enable people to return home and remain independent once discharged from hospital.

5.2.1 Integrated Care Across Northamptonshire (iCAN) programme

Integrated Care Across Northamptonshire (iCAN) is a major new programme of transformation work, designed to deliver a refreshed focus and way to improve the quality of care and achieve the best possible health and wellbeing outcomes for frail, mainly older people across Northamptonshire. It is also intended to support them to maintain their independence and resilience for as long as possible.

There are three core aims to the iCAN Programme:

- Ensuring we choose well: that no one is in hospital without a need to be there
- Ensuring people can stay well
- Ensuring people can live well: by staying at home if that is right for them

As the programme affects the entire health and care sector, it will be delivered in collaboration with a wide range of partners across the county, including health and social care providers, commissioners, primary care, the voluntary sector and other statutory organisations. Professionals across Northamptonshire have worked together to shape the pillars of work for the iCAN programme:

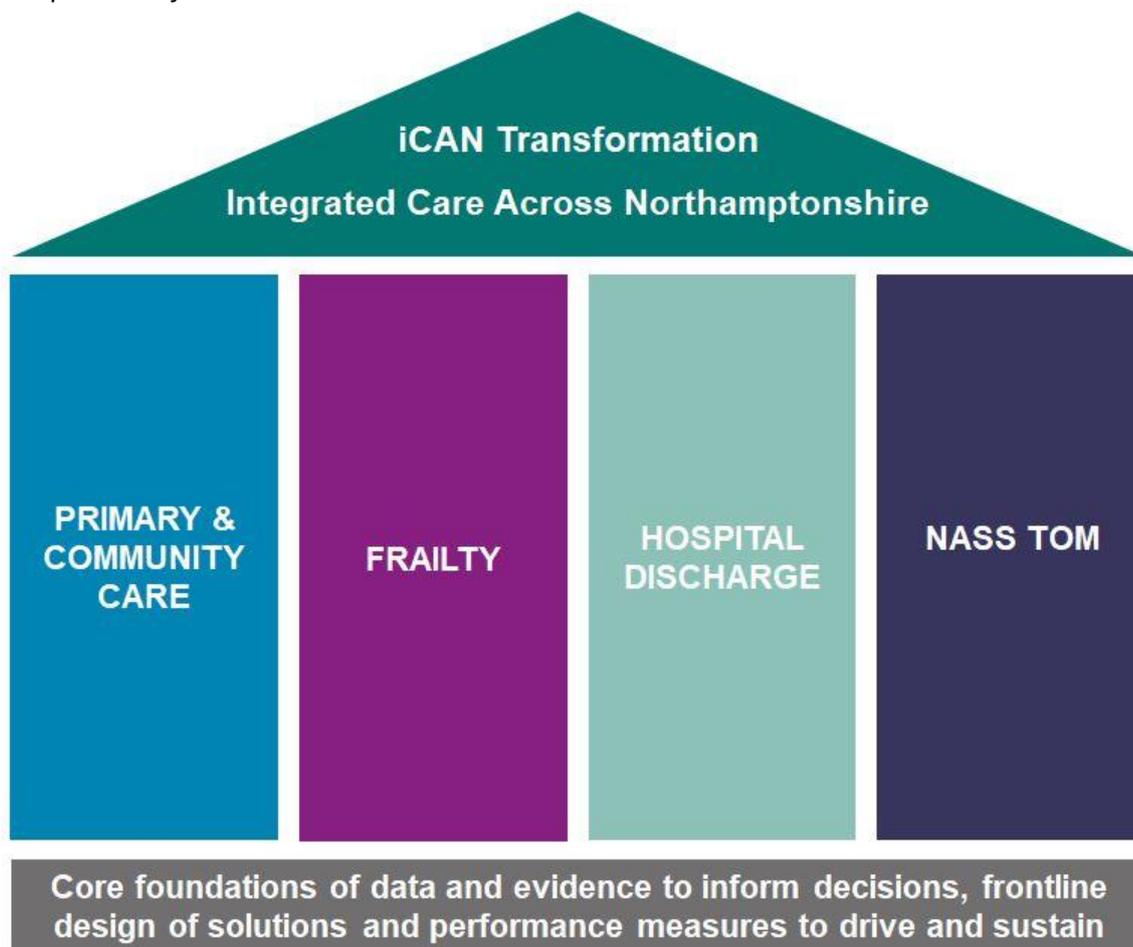
Community Resilience - Ensuring frail people in the community receive the right care and support at the right time so they can live as independently as possible - *stopping people escalating into crisis and maintain wellness and independence*

Frailty Escalation and Front Door - Ensuring the right capacity and structure in the community to ensure frail patients are only admitted to hospital if they need an intervention that can only be provided in an acute setting - *ensuring only those that need to, have to go to hospital*

Flow and Grip – ensuring all patients in acute settings, receive the right care at the right time with access to the right services so they can live as independently as possible - *reducing the number of patients without 'Reason to Reside'*

Each Pillar is made up a number of Bricks, which are mainly clinically-led projects designed to deliver the aims and objectives of the Pillar and the wider iCAN Programme. The whole programme is underpinned by a number of Foundation Bricks whose function is to support all aspects of the programme to avoid the duplication and work and ensure the best outcomes. These Foundation Bricks cover areas such as admissions avoidance, end of life care, digital technology, strategic estates and finance.

Local Authorities in the county have previously let a contract to transform adult social care services and this is associated with the iCAN Programme as a further pillar. This work is known as **Northamptonshire Adult Social Services Targeted Operating Model (NASS TOM)** – Ensuring we transform social care to develop a community place-based service, focusing on supporting people to maintain independence - *Improving independence for individuals*



5.2.2 Disabled Facilities Grant Funding

Disabled Facilities Grants (DFGs) are provided in order to enable people with a disability to remain in, or return to, and live independently in their own homes, thereby avoiding admission into residential care or hospital. There is a significant body of evidence that demonstrates that investment in DFGs delivers significant savings across social care and the wider health system. The adaptations funded by DFGs range from level-access showers, stairlifts and ramping to major property extensions and are granted in consultation with the Northamptonshire Adult Social Services Occupational Therapist Service.



Daventry Care and Repair

The total national funding for DFG in 2020/21 remained the same amount as the previous year (£505 million) therefore the allocation and breakdown for Northamptonshire stayed unchanged.

During 2020/2021 the DFG service has been heavily impacted by Covid-19, but managed to mitigate the effects and continue to deliver DFGs. The main issues have been:

- During the first lockdown the construction industry initially almost came to a complete halt until the Government clarified how the industry could continue to work with Covid-19 secure practices in place.
- Supply issues for contractors, with many suppliers unable to open during the first lockdown.
- Householders' reticence to have work done / people coming into their homes, as the client base is essentially people more vulnerable to Covid-19 and part of the shielded population.
- Vulnerable council employees who were unable to go into clients' homes
- Covid-19 outbreaks for contractors, causing delaying in works and tenders.

High demand for the service continues and different ways of delivering DFG in 2021/2022 are being explored, with pilot schemes in both Daventry and South Northants areas which have meant direct and close working with an assigned Community Occupational Therapist. Both schemes have become business as usual, alongside a new Private Sector Housing Assistance Policy in West Northamptonshire Council and a new Private Sector Housing Policy for North Northamptonshire, giving a range of additional discretionary grant options alongside the basic Disabled Facilities Grant.

In order to provide proper oversight of the DFG allocation and spend for the county, the NHWBB received an annual end of year report for scrutiny. The DFG end of year report for 2020/2021 will be presented to the new county Health and Wellbeing Boards at their inaugural meetings.

5.3 Director of Public Health Annual Report

The core purpose of the Director of Public Health (DPH) is to be an independent advocate for the health of the population and to provide system leadership for its improvement and protection. DPH's across the country are required to produce an annual report and the Health and Wellbeing Board has a statutory duty to publish this report. The DPH Annual Report provides an opportunity to:

- Raise awareness and understanding of the wellbeing of the county.
- Identify key issues and challenges relating to the wellbeing of the local population.
- Provide added value over and above intelligence and information routinely available.
- Reflect on work already undertaken and the continued impact.
- Be used for advocacy as well as a statement of needs, current priorities and action and continuing progress.
- Identify recommendations for future courses of action to improve health and wellbeing locally.



Publication of the [DPH Annual Report 2019/2020](#) was approved at the virtual Health and Wellbeing meeting on the 13th May 2020. The report looks at the root causes of the inequalities in health that were identified in previous year's report, specifically focusing on the circumstances in which people are born, grow, live, work and age as these factors provide the foundations for people to live healthy or unhealthy lives.

The report focused on how decisions in strategy, policy and service design can have a significant impact on health, wellbeing and inequalities within our communities and how the emergence of the Unitary Councils, and a new Integrated Care System (ICS), will provide an opportunity to work together to shape environments that help communities in Northamptonshire to thrive.

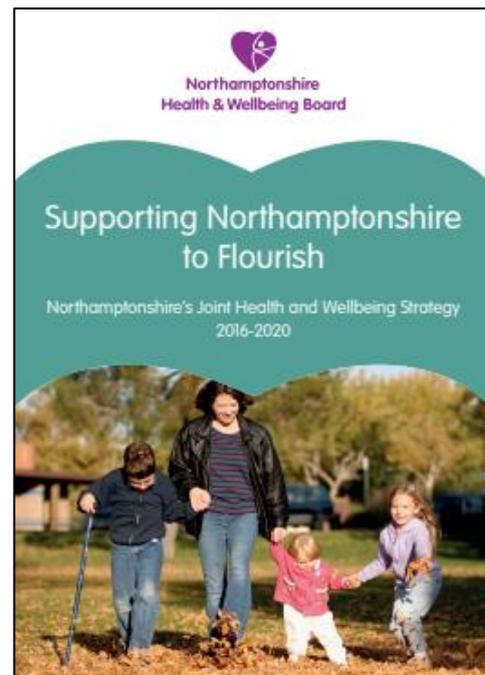
The DPH Annual Report for 2020/2021 is currently being finalised and will be presented to the new Health and Wellbeing Boards requesting approval for publication.

5.4 Northamptonshire Joint Health and Wellbeing Strategy

The NHWBB had a statutory responsibility to take the lead on producing a Joint Health and Wellbeing Strategy (JHWS) for Northamptonshire. A refreshed JHWS (2016 - 2020), "[Supporting Northamptonshire to Flourish](#)", was formally approved and signed off by partners in April 2016. The strategy was based on local and national evidence, local organisational health and wellbeing strategies, JSNA and health and wellbeing trends within the county. At the time of publication four priorities emerged:

- Giving every child the best start.
- Taking responsibility and making informed choices.
- Promoting independence and quality of life for older adults.
- Creating an environment for all people to flourish.

The JHWS is now due a refresh, work will commence during 2021 on the shape and geography of the new strategy once the new HWBBS are operational. The NHWBB agreed at its meeting on the 25th March 2021 as the priorities identified in the current strategy are still relevant, to continue to work to the currently strategy until the JHWS refresh is completed.



5.5 Pharmaceutical Needs Assessment

Health and Wellbeing Boards have a statutory responsibility to publish and keep an up to date a statement of needs for pharmaceutical services within its local area called the [Pharmaceutical Needs Assessment \(PNA\)](#). The PNA sets out the needs for pharmaceutical services provided in the community by analysing health needs and current provision with the aim to ensure residents can access medicines, other products and services to help improve their wellbeing and live healthy lives. The PNA is used by NHS England when considering whether to grant an application for pharmaceutical services within a local area. They may also be used to inform commissioners such as clinical commissioning groups or public health teams regarding the current provision for pharmaceutical services and where these could help to meet local health priorities.

The first PNA for Northamptonshire was published in 2015 and a subsequent refresh was published in March 2018, which itself is in the process of being refreshed. In 2020, Primary Care Commissioning (PCC) Community Interest Company were commissioned to produce a PNA for each unitary authority supported by a Project Advisory Group (PAG).

The PAG was established in June 2020 where a timeline for the project was agreed and decisions made to enable PCC to begin creating the draft documents. An Online questionnaire was developed to capture information not otherwise available from pharmacies, dispensing appliance contractors (DACs) and dispensing doctors. A questionnaire was also developed for patients and the public on how and why they access services provided by pharmacies, DACs and dispensing services at GP practices. Views were also sought on the issues people may have faced during the COVID19 lockdowns in accessing services and what service provision has been made by contractors as a result of the pandemic that they anticipate continuing.

In early 2021 a 60 day consultation was undertaken on the draft PNA's and the final version of each PNA will be brought to the respective new HWBB for endorsement prior to publication in June 2021.

5.6 Encourage Integration of Health and Social Care Services

A key statutory responsibility of NHWBB was to encourage the integration for the provision of health and social care services within the county. During 2020/2021 the Board has played a positive role in supporting partners in developing and delivering plans for local health and social care integration as well as encouraging investment in prevention. A key component of this has been through the collaborative working relationship with [Northamptonshire Health and Care Partnership](#) (NHCP) and its work in developing an ICS for the county and work overseen by the Board's sub groups.

This Board undertakes a scrutiny role on development of the ICS, receiving regular updates through Board meetings on progress of work completed in creation of the ICS.

5.6.1. Northamptonshire Health and Care Partnership (NHCP)

NHCP consists of key health and care organisations within the county. While we all remain as separate organisations with our own responsibilities for the services we provide, we are committed to working together through joined-up effort and shared resources to create a positive lifetime of health, wellbeing and care in our communities. NHCP's four priority programmes are the main areas of focus for transforming health and social care services in Northamptonshire. These are not the only areas where we are working together differently, but they are the areas where as a partnership we can feel we can make the most difference.

- Integrated Care Across Northamptonshire (iCAN)
- Mental Health
- Children and Young People
- Elective Care

5.6.2 Integrated Care System (ICS)

In Northamptonshire, we have been working together for some time through the NHCP to collectively tackle our local health and care challenges and share good practice.

In April 2021, Northamptonshire was designated by the NHS as an Integrated Care System (ICS). We are one of 42 ICS areas to be created across England, and now government legislative proposals for a Health and Care Bill, white paper have been published, [Integration and innovation: Working together to improve health and social care for all](#), which aims to give all of these Integrated Care Systems statutory status, most likely from

April 2022. This will formally set out the powers and responsibilities of ICSs to support their populations to live healthy lives and get the care and support they need, when they need it.

The White Paper recommends that each ICS should have two new statutory requirements:

- An NHS ICS body to oversee NHS functions across the whole system
- A statutory health and care partnership, made up of a wider group of organisations to support integration and develop overarching plans across health, social care and public health

In addition to the ICS NHS Body, and ICS health and care partnership, subject to legislation, place-based partnerships can also be a subcommittee of the ICS or a separate joint committee e.g. HWBB, allowing for a scheme of delegation of decision-making functions. Flexibility to develop these structures and processes that work for systems will be left to local discretion. There is considerable overlap in the functions of the ICS health and care partnership, place based partnerships and Health and Wellbeing Boards. Many ICSs have begun to discuss how arrangements could be streamlined and integrated.

Here in Northamptonshire, in response to the white paper, a transition programme has been established to oversee and ensure a successful transition to a statutory ICS by April 2022, subject to legislation. This will include formalising some of the existing joint working arrangements we have successfully developed through NHCP, involving our acute trusts, our community and mental health trust, our CCG, primary care, our unitary councils, the voluntary and community sector, and other partners. This will enable us to simplify the way we work together and improve our ability to make decisions together in the same place.

6. Review of selected business from Health and Wellbeing Board meetings

A wide range of issues and strategies are discussed at the Board's quarterly meetings as well as the following standing agenda items:

- NCC and Childrens Services Update.
- BCF, iBCF, and iCAN programme updates.
- Future Northants (Local Government Reform) Update.
- Northamptonshire Health Care and Partnership update.
- Local Covid-19 response

Listed below is the key business dealt with at Board meetings between April 2020 and March 2021.

13th May 2020

- The Directors of Public Health Annual Report Board 2019/2020 was presented to the Board, requesting approval for publication of the report. The Board endorsed the report.

9th July 2020

- The Disabled Facilities Grant (DFG) Annual Report for 2019/2020 was presented to the Board, highlighting the total DFG spend for Northamptonshire. The Board noted the update.
- The Health and Wellbeing Board Annual Report 2019/2020 was presented to the Board and summarised the work overseen by the Board during April 2019 and March 2020. The Board endorsed the report.
- An update on the Social Prescribing Programme was presented to the Board including details on mobilisation of the larger social prescribing programme across the county. The Board noted the update.

24th September 2020

- The BCF Plan for 2020/2021 was presented to the Board. The Board approved the plan for submission to NHS England.

- The Joint Strategic Needs Carers Assessment was presented to the Board, which included information on the number of carers in the county, the type and amount of care provided. The board endorsed the Carers JSNA and approved the recommendations contained within the needs assessment.
- An Update was provided on the current development and production of the Pharmaceutical Needs Assessment (PNA) 2021-2024. The Board noted the update and agreed to delegate sign off the pre consultation draft of the PNA to the PAG.
- The Healthwatch Northamptonshire Annual Report 2019-2020 was presented to the Board, highlighting work undertaken by Healthwatch Northamptonshire between April 2019 and March 2020. The Board endorsed the report.
- A presentation was received on the Northamptonshire Safeguarding Adults Board (NSAB) Annual Report 2019- 2020, detailing the work completed by the NSAB in meeting its statutory obligations. The Board noted the achievements and progress made by NSAB.
- A report was presented from the Mental Health Crisis Concordat sub group raising concerns about of the lack of provision for Approved Mental Health Professionals (AMHP) in the county and the risk this posed to service users. The Board noted the update and supported a system wide approach in developing a more sustainable AMHP provision in the county.
- The Board received a report asking to give consideration on how local health and wellbeing forums could fit into the new unitary and Integrated Care System footprint post April 2021. The Board agreed the local Forums added value to the county footprint and work would take place in how they could be factored into the new county footprint infrastructure.

14th January 2021

- The Board received a report on the Integrated Care System (ICS) Development Plan. The report provided an update on Northamptonshire ICS development plan submission and ICS designation supporting letter as well as National engagement on how Integrated Care Systems (ICSSs) could be embedded in legislation or guidance. The Board noted the updated and agreed to support Northamptonshire's ICS development.
- A presentation was made to the Board on the proposed re-development work at Kettering General Hospital. The Board welcomed the update.

25th March 2021

- The Board received a presentation on the Northamptonshire Childrens Trust Business Plan, detailing the vision and aims of the Trust moving forwards. The Board endorsed the Plan.
- An update was presented to the Board on the national ICS policy direction and Northamptonshire ICS development, particularly noting the Governments White paper: Integration and Innovation: working together to improve health and social care for all. This update included Northamptonshire ICS development plan and transition programme in response to white paper and NHCP Board membership proposals in response to the white paper. The Board welcomed the opportunity to support further work for the transition to a shadow and then full ICS board and the NHCP functional alignment with the evolving local Health and Wellbeing Boards.
- The Board were provided with an overview of the Wellcome Foundation PhD Programme for a nationally funded programme through the Wellcome Trust for PhD studentships for health professionals. The Board endorsed the proposal for University of Northampton to submit a bid to host and provide these PhD studentships.
- The Board were provided with an update on the progress made in addressing the lack of AMHP provision within the county and requested the new HWBBs continue to oversee the progress in addressing the lack of AMHP provision.
- An overview was provided to the Board on the Northamptonshire Partnership Early Help Strategy and Action Plan 2020-23 – the NCT perspective. This detailed a comprehensive early help and prevention offer for children, young people and their families. The Board agreed that the Northamptonshire Partnership Early Help strategy/Action Plan is the right approach for Northamptonshire and will deliver the right support for children young people and families.

7. Health and Wellbeing Board Sub Groups

During 2020/2021 the NHWBB has commissioned several sub groups to operate under its auspices to work on specific tasks.

7.1. Healthier Workplaces

The Healthier Workplaces Task & Finish Group comprised of key strategic partners from across the county, to work collaboratively on shaping and driving forward a workplace health programme for the county. The group was chaired by Crishni Waring, Chair, Northamptonshire Healthcare Foundation Trust and would meet quarterly during the year.

After a short hiatus during the start of the Covid-19 pandemic in March 2020, the Healthy Workplaces sub group continued to meet virtually, with the main focus being on 'how to support people in the workplace during the Covid-19 pandemic and thinking ahead to the broader potential health and wellbeing implications: lessons learned and support required'.

It was recognised the pandemic had brought about new works of working, the group considered and shared best practice on how to provide mental health support to staff working who were remotely, and how to best alleviate anxiety around safety concerns of returning to the workplace. As well as those who worked on the front line of the county's pandemic response, with staff suffering with fatigue and stress of dealing with large numbers of the population who needed not only health and social care support, but also community support for the shielded and most vulnerable cohorts. The support highlighted included mental health first aiders, mental wellbeing champions and mental health training managers.

At a meeting in October 2020 the group started to consider how to support working carers within organisations. A recent survey in conjunction with Northamptonshire Healthwatch and Northamptonshire Carers for the JSNA Carer Needs Assessment highlighted there were a large number who did not identify themselves as carers when undertaking unpaid caring duties and as such were not registered as carers with support agencies or employers. Contained within the set of the [Northamptonshire Workplace Standards](#) is a section around caring responsibilities to:

- Ensure employers raise awareness about working carers in organisations.
- Ensuring information is provided about caring responsibilities,
- To have carer friendly policies and carer friendly accreditation.
- Establishing working carers networks.

The group agreed to start promoting more carer staff networks within their organisations and review the carers section within the Workplace standards.

In January the Board agreed to a proposal from Crishni Waring for a review to be undertaken of the work completed by the Healthy Workplaces sub group and the People Board, Health and Wellbeing workstream, whether they could be more aligned with a shared forum taking responsibility for the Workplace Standards. The review found both were covering similar topics and at the Health and Wellbeing Board meeting held on the 25th March it was agreed for the Healthy Workplaces sub group to be stood down in its current form with the People Board health and wellbeing workstream taking responsibility for appropriate elements from the Healthy Workplaces sub group that do not already fall within its remit.

7.2. Mental Health Crisis Concordat Sub Group

The Mental Health Crisis Concordat (MHCC) subgroup comprises of key partners from across the county who are committed to improving crisis services for the public. By working in partnership the MHCC focuses on providing the best quality care within a crisis, improved access to support prior to a crisis, reduce the impact of a crisis, and have support services in place to aid recovery from a crisis. The MHCC is chaired by Adam Smith, Assistant Director of Crisis Pathway, Criminal Justice, Perinatal and Learning Disabilities Services from NHFT.

Listed below are updates on initiatives overseen by the MHCC.

7.2.1 Child and Adolescent Mental Health Service (CAMHS):

During the pandemic the CAMHS and Crisis Service have continued to offer virtual appointments, with face to face outpatient's appointments for looked after children, eating disorders and risk assessments. The Crisis Cafes have also provided additional support with a children's helpline.

7.2.2 Operation Alloy

NHFT continue to work in partnership with Northants Police to provide bespoke support to those who come into contact with the police and are in a mental health crisis.

The street triage (Operation Alloy) initiative has continued throughout the pandemic. Following a review of the street triage, NHFT and Northants Police have extended the hours of the deployable street triage car into the early hours of the morning. The Office of Police Fire Crime Commissioner and NHFT have also agreed a business case for additional nurses and officers to have two deployable resources in the evenings and NHFT and commissioners are currently working with EMAS to look at a EMAS triage model.

Northants Police have a dedicated cohort of 30 officers with a special interest in mental health, who have completed mental health training to support the triage car. Since the start of the pandemic there has been a significant increase in mental health related calls to the Police.

NHFT continue to provide a mental health practitioner in the police force control room 7 days a week, to provide a day time tactical response, advising on mental health incidents and attend incidents with an officer where appropriate. This service ensures that those who have contact with the police during a crisis or as part of their offending have their mental health needs assessed and prioritised to ensure they receive the appropriate level of support.

7.2.3 Support for Carers

Part of the MHCC's action plan for 2020 was continuing to engage with carers and service users who have experience of using services across all partners at the point of crisis. In previous years a number of reference groups had been hosted by a carer representative, supported by a range of concordat partners, focusing on different areas of crisis management. During the pandemic these have paused, but work is underway to begin to host these virtually. A Berrywood Carers Support Group has been extremely successful and continued to meet throughout the year, it is hoped this approach will be replicated in other mental health wards in Berrywood and St Mary's hospitals. Evidence has shown that the Covid-19 restrictions resulting from the pandemic have placed a huge strain on carers, partly due to support services being paused or moving online, with many carers experiencing exhaustion and increased levels of anxiety.

7.2.4 Integrated Response Hub



On the 16th March 2020, the Mental Health Northampton Collaborative (MHNC) and NHFT launched the Integrated Mental Health Response Hub, offering a 24/7 mental health helpline for all mental health issues in the county. The aim of Hub is to reduce the gaps in services, draw together community service providers and provide a combined approach that prevents service users repeating their story and being moved from service to service. It is jointly staff by the 3rd sector and NHFT, using a model that is set around a needs based approach to the support and management of issues for those struggling with their mental health in the county. The phone line is able to take self-referral, professional referrals and support partners in the police and EMAS. There is the ability to provide a range of responses from simple phone based validation and listening through to community assessment and support of partners at incidents.

The Hub deals with approximately 6000 enquiries a month, which is higher than initially expected, with 75% of people accessing the Hub being managed by the Mental Health Navigators and not having to be referred onto secondary mental health services. Evidence has shown that use of the Hub by EMAS and Police Officers, has provided more appropriate pathways for unwell individuals and reduced the need for conveyances to A&E for mental health related issues.

7.2.5 Approved Mental Health Professionals

Approved Mental Health Professionals (AMHPs) work on behalf of local authorities to carry out a variety of functions under the Mental Health Act 1983. One key responsibility is to co-ordinate requests for Mental Health Act assessments and if necessary, make applications for the detention of individuals, ensuring the Mental Health Act and its Code of Practice are followed. As well as the Mental Health Act assessment requests, AMHPs also complete assessments for those service users who have been detained under Section 136 of the Mental Health Act.

AMHP recruitment is national as well as a local challenge, in terms of recruiting and retaining mental health practitioner workforce, which is trying to be addressed at a regional and national level. Following concerns raised at the MHCC, analysis was completed on the AMHP capacity within the county, which confirmed the shortage of AMHPs as well as a disparity between day and out of hours' provision. This has resulted in delays for those awaiting an assessment which impacts on partners and the ability to deliver high quality healthcare, resulting in unwell patients presenting a greater risk to themselves and others.

Whilst it is the responsibility of the local authority to coordinate and provide an AMHP function, organisations with mental health professionals can provide staff to train as AMHPs. The qualifying criteria for AMHP is a social worker with two years' experience or a registered mental health nurse or psychologist with a minimum of 2 years post qualifying experience. Currently AMHP training is a two year part time course delivered through Birmingham University.

Following results from the AMHP analysis, Adult Social Care are working in conjunction with NHFT to address the lack of AMHP provision. NHFT have released some of their mental health practitioners in order to undertake AMHP training and discussions are also underway with the University of Northampton about the possibility of having a locally based AMHP training programme. Work is also taking place to consider the possibility of the AMHP service re-locating within the Integrated Response Hub, where Mental Health

Navigators would be the first point of contact, and best placed to explore more appropriate opportunities to resolve a crisis. Since the start of the pandemic the AMHP team are seeing more complex cases presenting for the first time.

7.2.6 Crisis Cafes

[Crisis Cafés](#) are supported by NHFT and provided by Mind across six venues, open seven days a week. Anyone can walk into a café to access support when approaching crisis. Support is given to help deescalate the situation and to avoid people having to visit a hospital. The Cafes can also support organisations such as the Police and EMAS who can direct or support service users in attending these locations to assist in the management of crisis. Establishment of the cafes was the first move towards enabling people to self-refer themselves to mental health provision across the county, and provided building blocks of future self-referral pathways in the community. During the pandemic NHFT have worked with MIND to extend the Crisis Café provision to run from midday to 23.00, to deal with the increased levels of poor mental health being experienced by local residents.

NHFT and the Mental Health Northants Collaborative (MHNC) have agreed a 5-year contract for the continuation of these cafes and as part of the system response to the pandemic.

7.2.7 Complex Case Review Panel

Over the past twelve months there has been ongoing development for a new Complex Case Review Panel for the county. This has played on the strengths of the concordat partnerships to bring all members together to build a new system of challenging individual systems to flex in order to meet the needs of those service users who frequently engage with a range of services or where services have reached an impasse on how best to support an individual. The Panel would consist of all organisations involved in the care of an individual and will be able to openly discuss concerns and work together to find effective solutions to support those who have some of the most challenging mental health and crisis needs, including development of a care plan.

7.3. Prevention Concordat Sub Group

The Northamptonshire Mental Health Prevention Concordat Subgroup works to improve the mental health of people in the County, by working towards a fairer and more equitable society. Bringing together key stakeholders to focus on cross-sector activity which delivers a tangible increase in the adoption of public mental health approaches across stakeholder agencies.

Below is some of the work overseen by the sub group during 2020/2021:

7.3.1. Suicide Prevention Steering Group

The multi-agency Suicide Prevention Wave 3 Transformation Programme bid was accepted and work has since commenced to implement many workstreams supported by the funding. This has included initiatives to support an accelerated campaign activity, expanding the STORM training programme to inpatient and secondary care teams, and developing a suite of additional resources that can be used by individuals who do not typically engage with services.

The Suicide Prevention Steering Group has continued to meet since last year via virtual platform. Membership of the group has extended and now includes colleagues from the Regional Highways Authority which provides further expertise and resources to support prevention. Considerable planning took place, which supported the launch of the local Suicide Real Time Surveillance System which commenced at the start of 2021. Work is continuing to review the progress of the system and address some of the issues that have arisen since it became operational. The resulting analysis of the information received was presented to the

Suicide Prevention Steering Group which met in February 2021. The Steering Group has agreed to start exploring the implementation of a Self-Harm Real Time Surveillance System, which will be informed from the learning gained from the Suicide System. Work has also commenced on rewriting the county Suicide Prevention Strategy which will define our objectives and actions up to 2024.

7.3.2. Time to Change

The Northamptonshire Time to Change (TtC) Hub operated up to September 2020, which was the conclusion of the year-long project locally as part of the national campaign. Due to the national Covid-19 restrictions more than 11 events that were scheduled across the county and a training programme for staff in Northamptonshire schools were cancelled between April and August 2020, which unfortunately coincided with the second half of the Hub's operational year.



Despite the challenges this presented to the programme, the TtC work continued, by adopting a different approach. During Mental Health Awareness Week 2020, TtC engagement was switched to being online, with a mental health quiz and other resources provided via the various social media channels. Engagement with the TtC Champions continued during the lock down period. As face to face meetings could not take place, they were organised virtually, and the frequency increased from monthly to weekly. As well as providing a forum for Champions to discuss the TtC programme, this also gave an opportunity for the Champions to check-in with each other and to receive emotional support during a difficult period for everyone.

An Impact Evaluation was produced by the Hub Coordinators, following the conclusion of the Hub in October 2020. The evaluation findings showed that during the Hub year, 133 Champions were recruited, 12 employers signed up to the TtC Employers pledge and 479 conversations took place at the events that happened up to March 2020. Some of these measures exceeded the targets set despite the issues caused by the pandemic. TtC as a national initiative has now come to an end, however it remains imperative that there continues to be local investment in reducing the stigma associated with mental health, particularly in view of the longer term effects of Covid-19. Northamptonshire Public Health have therefore initiated discussions with MHNC about continuing their partnership working and resuming TtC as a county-wide initiative in the coming year.

7.3.3. Northampton's Biopsychosocial Pathway for Depression

Depression is: **Common & Critical however Coverage** of treatment is low at around 25% of eligible population especially for [older people](#). Our simple **Community** approach can improve patient choice within a **Biopsychosocial** pathway that improves outcomes for patients and is easily replicated. The promotion of the '[10 Keys to Happier Living](#)' for the frontline workforce (who have been adversely affected by COVID) addresses stigma. The ambition of the pathway is to address both secondary and tertiary prevention for people with depressive disorder.

Following the Covid [Syndemic](#) and current and predicted increase of depressive disorder the Northampton biopsychosocial pathway for depressive disorder is an important opportunity for Northamptonshire. **It's replicable and scalable at a time when increasingly people need support with their mental health.**

Depression Pathway					
	Self Care and Prevention	Primary Care	Enhanced Primary Care	Urgent and Crisis Response	Emergency/ Acute
Diagnosis	None	Depression	Depression with LTC/ Other	Needs help now	Needs more help/ specialist
Future Vision (in no specific order)	Social Prescribing GREAT DREAM Happy Café NHS Health Checks Trilogy Public Health Promotion Materials Action for Happiness Hub Suicide Mitigation Recovery College	Prescribing/ Formulary IAPT - GP / Self-referral/ Care Navigator/ Triage Control My Wellbeing Plan GREAT DREAM Social Prescribing Breathing Space P1VOTAL	GPEA - MDT review • Group Therapy • Change to Care Plan • Social Prescribing • Electronic Option Collaborative Care Approach (Community Hubs) GREAT DREAM	Crisis Café (Increased access) Crisis Resolution Home Team Triage Car (CPN/ Police) Acute Hospital Liaison UCAT Front Line Staff Training GREAT DREAM Hospital at Home	Admission to Berrywood NHFT Specialist Options Treatment Resistant Depression (TRD) Front Line Staff Training GREAT DREAM PCART (PCLW)

← LEFT SHIFT →

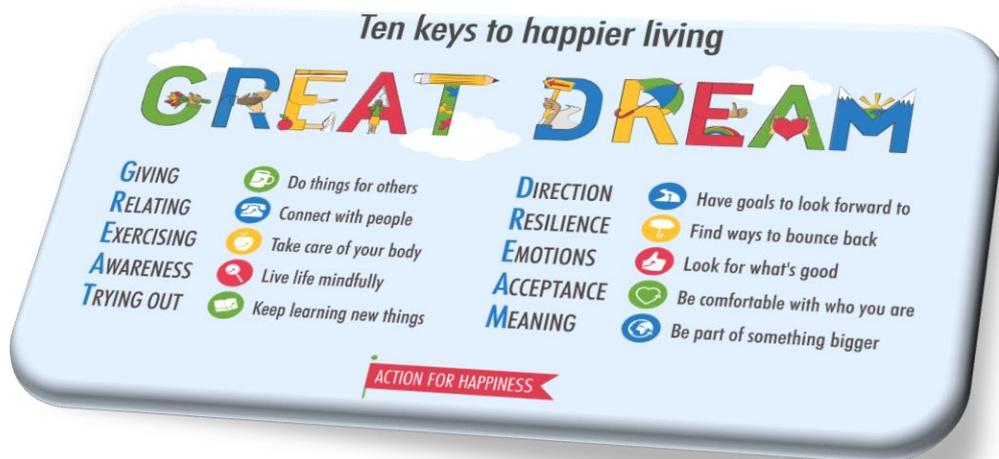
*Total Patient Population 64015 (Sept. '18)

The pathway addresses previous commissioning silos and supports a locality approach appropriate for new ICS commissioning landscape. Patient stories alongside development of an emerging centre of excellence for treatment resistant depression provided new drivers for pathway development. New additional Primary Care Network (PCN) pharmacists and social prescriber link workers wrapping around the IAPT service supported development of a biopsychosocial pathway with opportunities of in reach into the Acute Trust, we are testing replicability in a further PCN currently.

The pathway evolved through a test and learn approach listening to patient and carers feedback and keeping them at the centre, bringing stakeholders together as partners whilst engaging with a community asset approach.



The pathway uses the GREAT DREAM framework of the '10 Keys to Happier Living'. This builds on the 5 Ways to wellbeing (same as GREAT) however includes recent research in positive psychology and includes Direction, Resilience, Emotions, Acceptance and Meaning. The Action for Happiness website has a wide range of public facing resources e.g. Utube channel of international speakers and online courses including an online 10 day coaching course to support developing a social movement.



Outcomes:

Bio

- Optimizing the anti-depressant pathway aligned to NICE guidelines means more people get the right medication with fewer side-effects and more likely to complete course of treatment.
- Place of medication within the whole - improved awareness of self-management and access to psychosocial resources for whole team including pharmacists.

Psycho

- Increasing awareness of self-referral reducing delay in people accessing mental health services.
- Use of digital technology:
 - Direct promotion of Feeling Good App and use by frontline staff
 - GPA website resources including brief videos.

Social

- Increasing patient choice through "[My Well-being Action Plan](#)", this hyperlinks local and national resources to the '10 keys to Happier Living' as a prescription that can be handed out to patients by primary care clinicians as a community accessible offer.
- Embedding the '10 Keys' into the induction, supervision, training and outcome measures of Social Prescribing Link Workers, this has also helped GPs understand what social prescribers can offer.
- Supporting Delapre Abbey develop as a Green Happy Café promoting exercise and contact with nature

Spiritual

- The inclusion of Meaning within the '10 Keys' has enabled this menu to be shared with faith communities including the whole of Peterborough Diocese Church of England and develop "Wellbeing Sunday" as an annual event.

Pathway implementation is supported by WORTH an emerging training hub in partnership with University of Northampton.

8. Health and Wellbeing Forums

There are seven locality based 'Health and Wellbeing Fora' within the county. These Fora have representatives from a wide range of partners within the localities and are a powerful voice in their local community and ideally placed to deliver public engagement on health, care and wellbeing. The Chair of the NHWBB hosted quarterly Forum Chairs Group meetings, acting as an information conduit between the

NHWBB and Fora, providing the opportunity for the Fora to update the Board on developments within the localities and any issues they would like the Chair to highlight to the Board on their behalf.

Below are updates on the work each individual Forum has completed during 2020/2021.

8.1. Corby

During 2020/21 the Corby Forum continued to meet virtually, receiving updates on the local Covid-19 response as well as continuing to monitor progress of Corby based initiatives.

In March 2021, Hugh Fenton, Vice Chair of the Forum sadly died, which has been a huge loss for the Forum. Hugh had been a member of the Forum for a number of years and was passionate about supporting the community and local charities.

Listed below is an update on the Corby initiatives:

Cancer Rehab

The Corby Health and Fitness team received funding for cancer rehab training in 2019 so that they would be able to launch an exercise based, cancer rehab programme based at Corby East Midlands International Pool and Lodge Park Sports Centre. Seven staff completed this qualification in January 2020. Working with Northamptonshire Sport, the healthcare pathway was agreed in the summer of 2020. Unfortunately, due to the pandemic the programme was unable to launch. It is now expected that the programme will be launch during the summer/autumn of 2021.

KHL Community in Sheds

The [KHL Community in Sheds](#) committee have continued to meet virtually, every two weeks during the lockdown period to discuss construction and design, procurement, funding and marketing matters to ensure that the project was ready to proceed when restrictions ceased. Some difficulty has been experienced with sourcing construction supplies and workshop tools following Brexit changes to the EU, however orders have been placed in a timely manner to ensure these will not impact on the expected opening dates. To help alleviate pressure on the contingency budget additional funding of £2500 has been successfully received from the Local Connections Fund.

The committee for the project has been successful in gaining £9945 in funding from the National Lottery Community Fund which will help fund the solar panels, some tools and provide training for volunteers.

Committee members have been spreading the word and created a social media presence (with now 318 friends on Facebook) as well as completing zoom updates for interested parties. A bigger shed might be needed!

Groundworks for the workshop are due to start week commencing 26 April 2021 with an expected opening date now scheduled for late July 2021.

Children and Young People's Mental Health project - CORBY YOUNG MINDS MATTER delivered by Youth Works

Corby Young Minds Matter offered emotional wellbeing support to children, young people, and families in Corby throughout the lockdown year...but not as originally planned.

Delivering Through Lockdown

Following the lockdown announcement in March 2020, support workers and counsellors moved to offering support over the phone, via Zoom and through a face to face crisis service. What we and other agencies across the area noticed initially was the massive drop in young people referring into our services. We worked with school nurses, CAMHS and others to ensure that young people were aware we were still here and increased the reach of our social media to attempt to keep in touch and make sure that people knew we were still there for them in those unique and challenging times.

Going Online

Our Corby Young Minds Matter Facebook and Instagram pages increased their activity and we offered live chat sessions on Tuesday evenings. We had 1063 engagements over the year, but very few young people who went beyond that to engage in real time. Again, this was a trend across other services. Our Crisis Café continued to offer a face-to-face service but was very quiet. The first lockdown saw most people disappearing into their homes and not really engaging much beyond that.

The 'New Normal'

Following the lifting of restrictions, we did start to see an increase in young people and parents/carers engaging with us. By Christmas, we were overwhelmed with referrals into our service showing a 50% increase on the same time the previous year. Our Drop Ins were busy and we noticed that presenting issues were more complex and the number of safeguarding issues we were dealing with also. Over the year we saw 138 young people and 43 families for emotional wellbeing support through our drop ins.

Mental Health First Aid Training

Although very much later than we had planned, we did manage to train up a member of staff to deliver the MHFA training. Three courses were delivered, all of which went down very well with the people who attended. Here's what participants thought....

"I found the course to be a real eye opener. It shocked me how much everyone could relate to at least one part of each chapter of the course. Really enjoyable two days".

"I loved this course, I've enjoyed learning many new strategies and looking more in context at specific strands which affect mental health. Both instructors have been fantastic, very engaging and clearly knowledgeable."

What Else....

Because of the nature of the services we decided not to Furlough any staff, but because of the reduction in young people referring in, we had a few spare staff hours. We decided to engage with young people and find out how they were coping with lockdown. This helped advertise our services and resulted in a significant piece of research which got us exposure on national TV! Very interesting results.

What Next

The Corby Young Minds Project funding helped us to engage with Corby young people and their families in different ways over a very challenging year. We continue to deliver our services from the MIND building on Tuesdays – numbers of young people using our services are higher than ever in the aftermath of lockdown. We hope to continue to deliver and grow our provision in the future. We have managed to gain funding to deliver our Crisis Café drop ins in Corby and will be offering our Happy Families programme over the coming months.

Youth Works - Emotional Wellbeing and Mental Health Support During The Covid 19 Lockdown

We are working hard to continue to operate during the current lockdown. We have had to alter the way we run our services to ensure the safety of all those involved. We are still taking referrals for counselling and offering a variety of support services for young people, parents and carers. We are still here for you.

On Line:
You can make a referral for counselling for a young person (ages 10-18) online via our website: www.youthworksnorthamptonshire.org.uk. During the lockdown, counselling sessions and assessments will be conducted on line or over the phone.

We also have an emotional support live chat available on our Facebook and Instagram pages between 6-7pm Monday and Tuesday evenings.

By Phone:
Young people, parents and carers can call for support, advice and practice ideas to manage your mental health and wellbeing.
You can call 01536 512339 between 9am - 5pm, Monday to Friday. We will either speak to you directly or arrange a time to call you back.
In addition, you can call between 6-7pm Monday and Tuesday on the same number. We will have counsellors and advisors available to give advice on support.

Face to Face:
The only face to face service we are still running is the Crisis Café Drop-in which is open on Thursdays 4-8pm. This service is for young people aged 10-18 who are approaching crisis point. Please call first where possible on 01536 512339.

www.youthworksnorthamptonshire.org.uk
Facebook: Youth Works
Instagram: youth_works_northamptonshire
Twitter: @youthworks

YOUTH WORKS
COUNSELLING & SUPPORT SERVICES

LEAP

The Coby LEAP project is a free energy and money saving service specifically created to help local households that need extra support and have currently competed the following:

- 46 virtual or Covid-19 safe home visits (August 20 -March 21)
- Two zoom events for frontline workers during fuel poverty week in November 20
- 2 adverts in a Corby magazine that went to every homes in the borough in August & November 20
- 220 direct mail outs to the worst energy homes in the target areas February 21
- 3 social media blitz and press release in August 2020, November 2020, February 2021
- 1,000 flyers relaunch after COVID19 restrictions in August 2020

LEAP - The Energy and Money Saving Service

FREE FOR LOCAL RESIDENTS

We are offering local residents a completely **FREE OF CHARGE** service called **LEAP** (Local Energy Advice Partnership). **LEAP** can help you to save money and keep your home warm and cosy.

HOW IT WORKS:
If you are eligible, we will book you an appointment with one of our friendly, qualified advisers. LEAP can:
Help check if you are on the cheapest energy tariffs - could save you over £280 a year.
Install FREE, simple energy saving measures which can save the average household £30 on their energy bills a year.
Give you day-to-day energy efficiency hints and tips and ensure your heating system is set up to keep you warm and save money.
Arrange a FREE telephone advice service to help with benefits, debt and other money problems.
Refer you for further energy efficiency improvements, such as loft insulation or a new boiler.

Call us now on 0800 060 7567*
 (*freephone) to book your appointment, or apply online:
www.applyforleap.org.uk

 LeapService *B. 4.5am to 5.30pm Monday to Friday.

Are you eligible for LEAP?

VULNERABILITY CRITERIA Anyone in one of the following situations:

- Victim of domestic violence
- Recent bereavement
- Moving in and out of homelessness
- Recent immigrant or asylum seeker
- Physical or sensory disability
- Have ECO/Flax Declaration from your council.

HEALTH CRITERIA Anyone with one of the following:

- Cardiovascular condition (incl. coronary heart disease, stroke, hypertension, transient ischaemic attack)
- Respiratory condition (incl. COPD, asthma)
- Neurological or neurobiological condition (incl. dementia, Parkinson's disease, MS, epilepsy, fibromyalgia, ME)
- Musculoskeletal conditions (incl. arthritis, limited mobility, recently attended hospital due to a fall)
- Blood conditions (incl. Sickle cell disease, thalassaemia)
- Cancer
- Moderate to severe mental illness (incl. schizophrenia bipolar disorder and depression where receiving regular treatment)
- Severe learning disabilities
- Autoimmune or immunodeficiency diseases (e.g. lupus, diabetes, HIV)
- Terminally ill
- Other illness exacerbated by cold (confirmed by GP)
- In possession of a valid NHS Medical Exemption Certificate.

INCOME CRITERIA Anyone receiving one of the following:

- Employment and Support Allowance
- Jobseeker's Allowance
- Income Support
- Pension Credit
- Child Tax Credit
- Working Tax Credit
- Universal Credit
- Carer's Allowance
- Housing Benefit or Council Tax Reduction
- Child Benefit
- A Disability Benefit (incl. Attendance Allowance, DLA, PIP)
- MoD administered benefits
- Annual income not more than that shown in the LEAP income matrix below:

Household	Number of children or young persons under 18 in the household				
	0	1	2	3	4
One Adult	£14,250	£19,140	£23,760	£28,380	£33,000
Two Adults	£21,780	£26,400	£31,020	£35,640	£40,260

Pop up Greenpatch Corby

This project runs every Monday from 10.30am – 1.30pm in the garden of the Mind building in Corby. There is currently an average of 8-10 members attending each week plus two staff (we are currently limited to 15 due to restrictions). The project was paused during the last year due to Covid-19 restrictions and resumed at the end of October 2020 with Covid-safe measures and appropriate risk assessments in place. Due to the nature of the group being held outdoors, we have been able to uphold social distancing rules and have strict guidelines in place for hygiene and the sharing of tools etc. We really hope to welcome more members as restrictions ease and have several additional referrals who are planning to join the project once they feel safe and happy to. Members of the group have been referred to the project by Mind or local social prescribing link workers, or have self-referred and attended after hearing about the group through word of mouth or flyers/posters that have been shared.

This project is for anyone who feels they would benefit from being a part of a team working to create a beautiful, inclusive and usable community space in their local area and we hope to help them develop a relationship between their health & wellbeing and an interaction with nature and the



GREEN MINDS

Helping you clear your head space

Come along to one of our free sessions and take an hour out to be **YOURSELF**. Meet new people and build positive relationships through a range of therapeutic activities such as gardening, arts and crafts and supportive conversation.

We are an inclusive community space that encourages good health and wellbeing based in Corby. For any enquiries please contact:
 Polly Shackleton
 07936 941056
polly.shackleton@groundwork.org.uk



outdoors. Being part of a social group with a purpose can help to tackle issues with loneliness, confidence and help promote independence through learning new skills, with an emphasis on growing your own food, healthy eating and regular gentle exercise and activity. The current members of the group have joined for a variety of reasons and are all benefitting hugely from the regular support of staff, as well as from their peers, whilst learning new skills and investing time into their own health & wellbeing.



Green Minds Garden

We are working as a team to create a vibrant community garden that can be enjoyed by the 'Green Minds' group itself, the staff and clients of Mind and, in the future, the wider community. The garden is large and open plan with several distinct zones and established trees, including a calm, contemplative seating area, a wildlife area and rock garden and the current development of a community raised bed vegetable garden. With support from staff, members of the group are growing a variety of flowers and vegetables from seed in our new greenhouse and learning all about the processes involved. This month we are also working on creating a vibrant, heart-shaped herb and flower bed surrounding the seating area and building accessible raised beds to form the vegetable garden.

Whilst working in the garden, the group engages in supportive conversation and peer support and the feedback from many members of the group is that it has become an important part of their week, particularly at a time when many other support systems are currently difficult to access and many are currently struggling with unemployment and loneliness.

B Active Project

The B-Active programme was launched 10th February 2020. It ran for 5 weeks until the COVID19 Lockdown happened in March 2020.

B-Active FAMILY PROJECT

Where your family can B-ACTIVE on your doorstep

- Corby Bowling Club** 01536 601950: With a bar and cafe, hotting through table and equipment, play area, picnic benches and open spaces. Just bring your own equipment and some imagination for a fun family day out.
- Weldon Woodland Park**: Open to the family all year round, with a small free accessible car park, a large area with grassland walks, fitness trail, duck track, half pipe, skateboard area, junior football pitch, basketball court and children's play areas.
- East Carlton Park** 01536 770977: Open all year round with the parking and picnic facilities suitable for the whole family. With a cafe, children's play area with equipment for children with disabilities, picnic area, BBQ area, table tennis and a portable toilet. Some equipment can be borrowed from the cafe or you can bring your own.
- Woodhead Neighbourhood Centre** 01536 442378: There are a number of activities available, with a fitness, badminton court, table tennis, short indoor tennis or bowls. There is also a multi-use games area and a children's play area.
- Corby International Pool** 01536 404043: Offering a wide range of facilities from swimming to health & fitness in the pool, studio and gym which you can access as a family.
- Lodge Park Sports Centre** 01536 400332: Offering the best opportunities to take part in a full range of leisure activities from football to table tennis, with many fantastic facilities to hire including a full-size sports hall, training hall, fitness studio, gym and an air-sewerer football pitch.
- Prison Hill Golf Course** 01536 200756: Open to the whole family, with a practice putting green and hitting enclosure to learn and practise before a fun round for the whole family, with an indoor clubhouse for all ages and ability. Having enjoyed a round with the family, the course also boasts a bar and restaurant for a bite to eat or a drink.
- West Glabe Pavilion** 01536 204517: A purpose built pavilion for the whole family with an children's play area, table tennis and small BBQ track. The pavilion has a community room, along with 6-8 size multi-use games area with changing facilities.

What you CAN DO TOGETHER on your doorstep?

- Drop Family Walk**: Take a walk to a family apartment with games like eye spy, scavenger hunt, obstacle courses, quiz, buzz or other on the move games.
- Neighbourhood Walks**: Hazel and Thoroughgate walks are highly accessible from many routes such as Woodhead Hills, Cottingham Road, Willowbrook Road and Jubilee Avenue. Why not make a trip to the beach or cooling lake a fun and natural experience with all of your family?
- Neighbourhood Party**: Take your family back in time and host your own Community Family street party on your doorstep, with family friends and neighbours. Complete food, drink and socialising with egg and spoon races, sack race and other street sports.
- Table Tennis**: West Glabe and East Carlton Park have outdoor table tennis facilities. Anyone can turn up and play. You can bring your own table tennis equipment or borrow some from the other park.
- Multi-Sport**: As a family or with friends, have you thought about trying a ball or court and running - your own family fun activity or multi-sport sessions - sports equipment may be available to borrow at the venue.
- Swimming**: Go for a family swim together. With a wide range of activities at Corby East Midlands International Pool, there is plenty for everyone. You could even go for a swim, whilst one of the family enjoys a fun diving session. Check out the swimming Pool timetable for more information. There are crèche facilities where a baby and swimmer is available, allowing you time to eat, whilst your child plays. Once you have finished your swim your crèche can be brought down to you so you can all enjoy a family swim together.
- Family Fitness**: With lots of public parks situated all over Corby, why not pack up some equipment, imagination and some lunch to go and get in the park with your family and friends. Park walks, obstacle courses and other team games for the most active weekend.
- Interval Training**: Give up a family walk by introducing children and adults to horizontal interval moves, such as running, skipping and hopping. You could also make use of the trees and the bushes, lake and the swimming pool to use the outdoor fitness equipment at West Glabe, Kingswood, Exlar and Villanova.

Why is it good to B-ACTIVE with your family?

- Family time is meaningful bonding time
- Establish lifelong habits and memories
- It's fun - there are no rules to the way you can exercise as a family
- Give your family time to play together, train together and overcome challenges together
- Improves the whole family's health and well-being
- Meet new families, creating friendships that can last a lifetime.

By getting your children to connect physical activity with thoughts of togetherness, community and fun, you can guide them towards furthering those beliefs with age.

Children seeing their parents, grandparents and other role models active, can inspire them to do the same and if it's an enjoyable experience, they're far more likely to continue as they are older, when they are adults and with their own children.

Families that play together, have fun together and create lifelong memories together.

See organised activity programme in your area: www.corby.gov.uk/B-Active

For more information contact: Tom Cleary (B-Active Family Project Activator) tom.cleary@corby.gov.uk 07920327294 | 01536 464255 www.corby.gov.uk/B-Active

During the Covid-19 Pandemic from 23rd March 2020 the B-Active project had to change its approach. As sessions could not be held, B-Active adapted and to reach the community, concentrated on using Social Media. Tom Cleary the B-Active Family Project Activator helped created over 80 videos, posts, competitions and information with the aim of supporting families to stay active during the Co-Vid 19 Lockdown. The Council Sport and Play Team also supported the B-Active programme by helping to create these videos and posts. These videos explained imaginative ways in which a family could still stay active and have fun together. Some of the highlighted projects are as follows:

Community Resilience – Happy Feet - Thank You!

Tom Cleary has been supporting the Community Resilience Team throughout the pandemic by calling vulnerable people and picking up and delivering food parcels and medication. As part of a Thank You to all the volunteers and workers in this team, B-Active and the Sport and Play team filmed staff's and volunteer's feet dancing to the Pharrell Williams – Happy song. This was shared by all Council departments and also the International Pool created their own version of the video to thank their customers. This reached over **6800 people** on the B-Active and Sport and Play Facebook site alone.

S and L Rugby Club and Corby Athletics Club

The B-Active project linked with local sports clubs and volunteers and asked each club to film an activity video for families to take part in. S and L Rugby Club and Corby Athletics Club produced video's led by their volunteer coaches. The project aims to link with them for further work after lockdown.

B-Active Bonanza Competition

An interactive competition was held on Facebook where winners could win lots of outdoor and indoor games and prizes if they sent in photos of them and their family being active during lockdown. Although there were only **23 families** who entered, the prizes were won by a family who were amazed and sent in photos of them using the equipment. The posts had a reach of over **12,200 people** and generated **2317** likes, shares and engagements with families, however the challenge to get entries proved more difficult than we thought. Since Lockdown on March 23rd 2020 the Sport and Play B-Active Facebook page has generated: **304 more followers/families**. The B-active Activator was then placed on furlough from June 2020 until May 2021.

The B-active project will continue and relaunch in May 2021. The delivery plan has had to be reduced from the original plan but will focus on outdoor activities during the summer months for families and support local sport club sessions which is now a priority for getting the Corby community back to sessions and staying active. Sessions will run until end of October 2021.

8.2. Daventry

With the arrival of the Covid-19 in the spring of 2020, the Health and Wellbeing Forum meetings were cancelled. However, the relationships formed within the forum proved to be hugely beneficial as our community response to the virus was being established. The forum meetings were reinstated at the end of 2020, and two Zoom catch-up meetings were held.

The pandemic also brought an end to most of our project work funded by Public Health. The only significant part of the Healthy Young Daventry project that maintained activity was the breastfeeding peer support project. The plan to train 15 new mothers as peer supporters (training provided by NHFT's Infant Feeding lead) had to be changed after the first class, with a move to online learning. With everyone cooperating this was managed well and the course trained 13 brand new, enthusiastic peer supporters.

Alongside all the activity with peer supporters and mothers, the project also progressed a Healthy Young Daventry sticker for business premises in Daventry to display, alerting mothers that these premises were providing a suitable environment for breastfeeding.

The success of the first year of the project has been recognised by the NHS Northamptonshire Clinical Commissioning Group, who managed to find some funding to secure another year and a half for the project to run, alongside establishing a similar scheme in Corby, to try to boost breastfeeding rates there.



Healthy Young Daventry Sticker

Our Peer Support Coordinator now sits on the county Breastfeeding Strategy Steering Group, and a Steering Group has been established to direct and support the Peer Support project as it progresses and will be looking to try to secure a more sustainable funding approach for peer support across the county.

8.3. East Northants

Even though it has been an incredibly challenging year due to the current pandemic there are still plenty of positive actions that took place to support the residents of East Northamptonshire through the work of the East Northants Health and Wellbeing Forum.

The two Public Health funded projects which relate to the Forum's priority of **promoting young people's mental health** made a positive start in supporting young people across the district. The Healthwatch Northamptonshire project called Young Healthwatch centres around engaging young people in tackling the health and wellbeing conditions relevant to them and empowering them to manage their own health and wellbeing. This was planned to take place through a health, wellbeing and physical activity survey for secondary school students but unfortunately this had to be put on hold due to lockdown procedures just as the survey was ready to go out to schools. It was decided that this survey would be carried out later in 2021 once young people are completely back in school and have full access to services in their local areas again.

The second project titled SHAPE (**Self-Harm Awareness & Prevention Enterprise**), the exciting new collaboration between Rushden Mind, Service Six and CHAT, whose joint enterprise brings together expertise in working with mental health and young people, made an excellent start within schools across the district before lockdown procedures halted the progress of the service. Some of the 1-2-1 sessions with young people were able to resume during lockdown through virtual activity sessions. The project is now looking to resume and to evolve some of the group works sessions into the schools PSHE lessons around the subject.

Further positive action has been made in the Forum's priority of tackling **overweight and obesity in adults and children** and even though the pandemic closed leisure services, there has been an increase of walking, running and cycling activities seen across the district.

The Forum's priority of **promoting independence and healthy / active ageing among older people** had to see the OTAGO sessions across the district, these are known as 'Stronger Seniors' sessions run by SERVE move into an online class format during the pandemic. SERVE also created some online exercise classes to support carers too, which have been very popular and successful.

Lastly, the Forum's **family focus support** priority has seen a specific sub-group created to focus on supporting parents with under 5's to engage in services, but unfortunately the group had to put its plans on hold due to the pandemic. With the exit out of lockdown now in progress, the group has reformed to begin to create a plan of action to support their priority.

- **Understanding of community tensions and community cohesion issues as social distancing continues.** *Work closely with our harder to reach groups to understand the impact and effect on all our communities.*
- **To continue to provide support to the most vulnerable and shielded people in our community in partnership with our volunteer groups -** *Explore database for community and voluntary sector (directory of services), links with social prescribing and adult social care, ensure all individuals are receiving appropriate support.*

The Covid-19 pandemic has shown that Northampton Town has strong communities. The number of volunteers that have stepped forward to support those that are most vulnerable in our communities has been overwhelming. In Northampton we had 6,000 volunteers (126 groups) who signed up specifically to support the Covid-19 efforts. General Practice Alliance are developing a volunteer passport to support enabling an increase in volunteering in partnership with Voluntary Impact Northamptonshire.

Northampton's community resilience hub has supported more than 1,500 residents. The support initially provided included; delivery of emergency food parcels, food shopping and collection, help getting online and prescription collection. However, more recently, the requests for help include support for those that are social isolated and or lonely and for those suffering with their mental health and financial hardship.

Voluntary Impact Northamptonshire have developed a training programme for community and volunteer groups based around recovery and in response to the state of the sector report, this involved bite size training online/virtually, with the events well attended. ACRE have been supporting a number of groups as well as encouragement of the newly established groups to convert to good neighbour schemes.



Lockdown has had a significant effect on social and economic well-being. Small charities and food banks in Northamptonshire have applied for funds from the “Local Authority Emergency Assistance Grant for Food and Essential Supplies” funded through DEFRA. All of the £300,000 allocated to West Northants has been awarded through rounds of grants, coordinated by Northampton Hope Centre, supported by the local authority.

There has been a Successful Thriving Communities fund application, to support the development of a Green social prescribing hub. This will develop a program of opportunities in partnership with the community. Learning will be shared with other parks across the town. Part of this ambition is to develop an active map of Northampton promoting people to be more physically active.

There is lots of place based working developing, opportunities for partners to strengthen partnerships and maximise impact at a neighbourhood level. Working with local communities at a place based approach, to understand all their needs, identify their situation and what support is needed. There is a proposal for the West is to have three Community Development workers, two Community Development workers. Community profiles have been developed, with four areas identified with the right Governance, appetite to engage, population development and near health centres.

- Blackthorn / Goldings
- Kings Heath / Ryehill
- Spring Borough /Town Centre
- St David's

The Community Safety & Engagement Team have developed a weekly newsletter that is disseminated to an extensive community engagement list including resident's associations, park management committees, community forums, community leaders, community and voluntary groups, parish councils, elected members and others.

Organisations delivering projects as a result of the Public Health funding have managed to adapt their working to deliver outcomes, despite Covid-19:

- **Spring Charity** - The Spring Charity delivered the Spring Charity Venture Project virtually and without a break during the lockdowns that covered December 2020 – March 2021: after Easter they opened to limited numbers for Stay & Play groups on Tuesday and Thursday mornings. During the lockdowns, continued to provide storytelling, songs and early learning skills development activities on-line on Tuesday mornings. The creativity workshops continued on-line with directions and materials being distributed at one-to-one, 30 minute outdoor appointments on Thursday mornings. This allowed the monitoring of adult mental health and well-being and provided support, with referral to other agencies such as Homestart where possible. Solihull Parenting groups running online. Measuring good outcomes. Freedom programme up and running, started in April.
- **Befriending project** – up and running by Age UK, making use of walking outdoors, starting to see an increase over the last few months as community members receive the vaccination and feel more confident to be around others.



- **Well-Being Hub** – delivery taking place virtually due to not being able to access the space, good attendance at the courses online and receiving positive feedback.
- **Happy Cafes** - Umbrella Fair Organisation and Heathers launched monthly online meet-ups in November 2020 and have been holding sessions each month following the Action for Happiness calendar themes. United African Association began in March and have run two successful sessions. Between the three organisations, 85 people have taken part, an average of 6 attendees at each session. 261 people have signed up to be part of the groups, enabling them to receive information about when the sessions are running and follow up emails regarding what was covered in each session. Local facilitator learning groups ran every four weeks to share learning, best practice, discuss ways to promote the sessions and boost attendance. The sessions that have run have been extremely successful. Feedback gathered via Survey monkey shows the following:
 - 78.26% of respondents said that they enjoyed the session very much.
 - 91.3% said they are either quite likely or very likely to put into practice what they learnt.
 - 73.92% said their wellbeing had improved 'quite a bit' or 'a lot' since the start of the session. (100% gave a positive response to this question).

Anecdotal evidence has also been gathered and shows that the sessions are impactful not just for participants, but for facilitators. There have been a number of return attendees which has helped to develop a sense of community and peer learning, as well as working with social Prescribing Link Workers and IAPT and are cross-promoting services. We will also be starting to support Northamptonshire Rape Crisis to roll out closed sessions for their clients.

Future plans of the forum include; working with Voluntary Impact Northamptonshire to support the Truth Poverty Commission and the volunteer passport. Develop an active map for Northampton promoting increased physical activity and consider ways to utilise the community hubs for access to IT for literacy and training courses. Continuing focus on reducing obesity, smoking in pregnancy and self-harm in children. Consideration as to how to develop a partnership board for Northampton recognising the particular needs and pockets of deprivation in the town in partnership with statutory providers, community organisations and citizens.

A personalisation program is bringing together:

- Focus groups of social prescriber link worker feedback alongside voluntary sector colleagues will inform the next steps
- The development of the volunteer passport in partnership with VIN
- In partnership with Northamptonshire Carers and Improved Access to Psychological therapy a programme to support Group Consultations for Long Term Conditions
- Working in partnership with SERVE and VIN (Home@lone), a locality coordinator will be in place from 1st of April

Action for Happiness Hub now has a virtual home at Delapre Abbey and Action for Happiness champions training should be available in the Summer

Chair of Northampton Forum is on the national advisory group for the prevention concordat and Northampton has been chosen as one of the exemplar sites within the concordat.

8.6. South Northants

The Forum has been unable to meet during the pandemic due to the majority of the Healthy Communities Team seconded to the Community Hub to assist with the county's Covid-19 response. Work has continued during the pandemic with partners who have played a vital part in delivering support to our most vulnerable residents, for example food and medication deliveries, calls for residents facing loneliness and isolation.

During the pandemic the two Public Health funded projects continued:

- The Community Cooking Project has provided online cooking tutorials, easy to cook recipes, and offered meals in a bag with recipes cards to families in need via various agencies. This project has received two amounts of DEFRA funding to be able to continue with and expand their virtual programme.
- The Renew 169 Wellbeing Café has continued to offer services virtually during the pandemic and has been able to secure some additional funding through a South Northants Council Community Grant to keep the project sustainable for the next two years.



The South Northamptonshire Healthy Communities Team have been offering support on physical activity and mental health through social media as well as conducting an online wellbeing survey for South Northamptonshire Council staff. A number of the Healthy Communities Team have been trained as Mental Northamptonshire Health and Wellbeing Board Annual Report

Health First Aiders and have become part of a network supporting staff through the challenges of working through the past year.

8.7. Wellingborough

Since the appointment of a Community Health and Wellbeing Officer the Forum has undergone a period of refresh, with the Forum opened up to new members to try and engage at a more localised community level. The Forum has revised its Terms of Reference to enable the Forum to more operationally focused with a view to drive collaboration between partners. A new action plan is being developed for the next 12 months focusing on supporting community groups to be part of the Covid-19 recovery around mental health and promoting the role of using outdoor space in improving health and wellbeing. The revised Forum held three virtual meetings during the pandemic.

The Public Health funded Happy Heads and befriending 'Home@lone' projects continued through the various phases of Covid-19 restrictions, whilst the Park Run initiative had to cease. Happy Heads is a project which supports wellbeing in children aged between 5-11 years within their local schools and communities, to help build emotional resilience and develop a healthy mind. Home @lone aims to support isolated people by providing them with a trained volunteer supporter who will contact them regularly and provide companionship.

One Wellingborough is a partnership between the Victoria Centre and Glamis Hall to provide additional support and capacity to the most vulnerable within our communities. One Wellingborough have created a cohesive programme to support local vulnerable groups, such as food deliveries and medicine supplies. The voluntary sector has been key to the COVID19 response in Wellingborough.

9. Next Steps

It is a statutory requirement for all upper tier Councils to establish a Health and Wellbeing Board for their area. Following vesting day for the new unitary Councils on the 1st April 2021, the North Northamptonshire and West Northamptonshire Health and Wellbeing Boards have been created, with their inaugural meetings taking place in June. Each Board will follow the lead from the previous countywide Board in consisting of Board members from a wide range of strategic partners involved in the health, care and wellbeing of the population within their respective unitary boundaries. At the Boards inaugural meeting, each Board will begin to set its future direction of work as well as starting to undertake their statutory functions.

As previously mentioned in this report there will be a statutory requirement for ICS Health and Care Partnership and Place Based partnerships to be established in the county. These partnerships will also bring together health, social care, public health and other partners to develop a plan to address the wider health and care needs of the County. This plan will inform decision making by ICS NHS bodies and local authorities.

Going forward there will be an overlap in the functions of the ICS Health and Care Partnership, Place Based Partnerships and Health and Wellbeing Boards (HWBBs). Work will continue throughout 2021 on how to minimise the duplication of work, with several options being considered for the best approach for HWBBs to align with the new ICS health and partnership structures. The new Boards will work together with NHCP to facilitate streamlining governance whilst enabling each board to retain its distinctive influence to find a mutually beneficial decision making process for health, care and wellbeing services for local residents within the new unitary/ICS footprint.

The proposals will look at operating at a place based level, that can bring a consistent strategic shared purpose, with the HWBBs able to reach into communities referencing the Director of Public Health Annual Report and JSNA to underpin local ambitions.

Later in 2021 work will start on considering what the ICS place based partnership arrangements look like and whether they should be supported by smaller forums/delivery groups. Historically local Health and Wellbeing Fora have provided a valuable link into local communities as part of the prevention and early intervention agenda, using intelligence and network links to deliver targeted projects, and therefore learning from this previous arrangement will feed into the next stage of decision-making.

10. Acknowledgements

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11. Contact Us

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