



# Health and Wellbeing Board Newsletter

Issue #7 · February 2016

## Commissioning plans focus on prevention and early intervention

The three West Sussex CCGs and the County Council presented their commissioning plans to the Health and Wellbeing Board on the 4<sup>th</sup> February 2016. The plans were all well received and approved by the Board.

The plans emphasised the promotion of health, wellbeing and resilience; taking a proactive approach to healthcare wherever possible as opposed to a reactive one. There was a common consensus that the system needs to move forward as a whole, rather than individual systems acting independently.

An example of cross-organisational working is Integrated Care Teams, which will be in place in the Crawley area from 2017/18; another is the County Council's commitment to create work-streams across its directorates, in order to improve outcomes for wellbeing and resilience, including the creation of a unified young people programme from 2017/18.

Coastal West Sussex CCG will take full delegated responsibility for primary care commissioning from NHS England from the 1<sup>st</sup> April, whilst the northern CCGs will also increase their involvement. This is in line with [national thinking](#); it is hoped that greater involvement will lead to improved out-of-hospital services, a better patient experience, reduced health inequalities, and improved access to primary care, with services coming closer to home. It is expected that co-commissioning for primary care will increasingly bring about place-based commissioning, aiming to meet patients' needs in one place, by one service.

Furthermore, the three CCGs have committed to working together in order that [Commissioning for Quality and Innovation](#) (CQUIN) payments are spent in a joined-up manner.

The Chairman of Healthwatch West Sussex, Frances Russell, gave positive feedback on the organisations' plans, observing that they were more "people-focussed" and supported people "there is more support for people in their own homes".

The Board welcomed acute providers to its meeting for the first time, with representatives from the South-East Ambulance Service (SECAmb), Western Sussex Hospitals NHS Foundation Trust (WSHFT) and Sussex Partnership NHS Foundation Trust (SPFT). The providers affirmed their willingness to work closely with commissioners and commented on some of their own plans. For example, SPFT will increase its work on recovery and resilience, and on getting people admitted to their local unit.

### **Proactive Care is keeping people independent at home**

Proactive Care is a multidisciplinary, multi-agency approach, which supports frail older people and people with long-term health conditions to stay well in their own homes.

Proactive Care Teams are comprised of GPs, physiotherapists, occupational therapists, district nurses, senior pharmacists, and mental health and social care professionals. Their cross-working removes the need for time-consuming referrals from one service to another and they care for the patient's whole health and care needs.

Each Proactive Care patient receives a keyworker who visits them in their own home. A Proactive Care Contingency Plan is agreed between professionals, the patients and their carers and family, detailing all of their health and social care needs and how they can be best supported in a crisis.

Following successful pilots, Proactive Care is now available across West Sussex, and the Proactive Care Team in the Coastal area won a [regional award](#) in January. This was in part due to the measurable success of having avoided 1,236 unnecessary hospital admissions in 2015, achieved by sharing healthcare information with paramedics who were called to the homes of people registered with the service.

Further information is available online: [www.sussexcommunity.nhs.uk/pc](http://www.sussexcommunity.nhs.uk/pc)

### **Increased support for social workers in West Sussex**

A presentation on the West Sussex Children's Social Care Academy was made to the Health and Wellbeing Board in February 2016.

The academy has been in place since 2014 and supports social workers in their first year of practice. Besides this, a professional capabilities framework is in place, in order to enable career progression.

Results show that the academy and the framework have boosted morale, recruitment and retention among social workers.

More information is available at: <http://www.withyoueverystep.co.uk/>.

### **Stay well this winter**

The County Council and local NHS Trusts are continuing to promote the NHS "Stay Well this Winter" campaign in the weeks prior to half-term, posting messages on [Facebook](#) and [Twitter](#) to make staff and the public aware of the ways to avoid winter illness.

### **Adults Safeguarding Board Events**

Workshops are being held for those who work with adults in West Sussex, on 23<sup>rd</sup> March in Worthing and 20<sup>th</sup> April in Crawley.

For information or to book, please email: [safeguardingadultsboard@westsussex.gov.uk](mailto:safeguardingadultsboard@westsussex.gov.uk)

## Sugar Reduction in West Sussex receives national recognition

As a sugar reduction champion pilot for Public Health England (PHE), the Public Health team have been nationally recognised within the PHE publication '[Sugar reduction: The evidence for action](#)' (p.7 onwards), published October 2015. More recently, their innovative work with residents and schools to reduce sugar in school meals has also been nationally recognised as a case study of good practice on the government's [School Food Plan](#) website, and will be featured in an upcoming Local Government Association article, which will be published to coincide with the publication of the national obesity strategy (expected in spring 2016).

The West Sussex sugar reduction initiative contains five key workstreams; the latest initiatives are highlighted below:

### **1) Change4Life events (sugar swap event kit)**

The West Sussex team are supporting PHE's nationwide [Change4Life sugar smart](#) campaign, which was launched in January to raise awareness of the high levels of sugar consumed by families and the negative health effects too much sugar can have. A free Sugar Smart app users families to find out how much sugar is in their food and drink, whilst many activities are taking place in West Sussex, including the '**Sugar Reduction Challenge**' in libraries, and the **sugar reduction logo competition for schools**.

### **2) Public sector food procurement**

This work is being carried out in partnership with the West Sussex County Council Catering Team. Achievements so far include changes to the approximately 30,000 school meals provided in West Sussex each year:

- ***Each pupil taking school meals consumes half a kilo less sugar per year, due to recipe changes and fewer sugary desserts on offer***

### **3) Healthy vending**

Local commissioners of leisure centres are receiving advice on the Government Buying Standards for food and catering services.

### **4) Young people and sugary drinks**

Sugar reduction scenarios will feature at the Horsham District Junior Citizen event taking place from Friday 18<sup>th</sup> March to Thursday 24<sup>th</sup> March. The scenarios, aimed at Year 5/6 schoolchildren, will raise awareness of sugar reduction and promote healthier eating choices.

### **5) Sugar Reduction Champions**

West Sussex has also nominated a number of 'Sugar Reduction Champions'. These are influential individuals in a position to help change diets, improve health and reduce obesity. If you would like to get involved, please contact [catering.advisory.service@westsussex.gov.uk](mailto:catering.advisory.service@westsussex.gov.uk).

For further information: [alison.thomson@westsussex.gov.uk](mailto:alison.thomson@westsussex.gov.uk)

### Upcoming Events

**14<sup>th</sup> April (TBC).** West Sussex Health and Wellbeing Board stakeholders' event.

### Readers' Comments?

If you would like to comment, please contact:

[Chris.slater@westsussex.gov.uk](mailto:Chris.slater@westsussex.gov.uk)

### Links

- West Sussex Health and Wellbeing Board.
- Chairman's Blog.
- West Sussex Wellbeing.
- The Better Care Fund in West Sussex.