Suffolk Health and Wellbeing Board:
Two-year report 2017 and 2018
Looking back on 2017 and 2018, I am struck not only by the sheer pace of change in the health and wellbeing system but the extent to which these changes affect every organisation represented on the Board.

From Sustainability and Transformation Partnerships (STPs) set out by central government in 2016 as blueprints for local health delivery, to the emerging Alliances which will see a new model of shared commissioning, we find ourselves working in a complex and fast-paced environment.

How best to respond to the challenges of an ageing population coupled with an uncertain financial future? While I certainly don’t have all the answers, the Health and Wellbeing Board is increasingly the place where we collectively determine the solutions. It’s an innovative forum in which we can test new ideas, challenge colleagues to get the best results and meet our shared ambitions.

In the space of only a few years, health and wellbeing has become a clearly embedded part of all of our organisations. From non-traditional health and care providers such as district councils, police and some voluntary groups, we are seeing fundamental links between where people live and work, how safe they feel and how their general environment influences their health.

With this in mind, it is fitting to celebrate the way each partner on the Board is an intrinsic part of our overall success in creating a healthier county. This shared responsibility is something to celebrate as we continue to acknowledge that no single organisation can go it alone in the current financial climate.

I have no doubt that the next two years will be just as exciting for us all. What fills me with confidence is that we have a committed, effective team in the Health and Wellbeing Board that has proved time and again that it is ready for the challenge.

Taking on the big issues for Suffolk

Board meetings took on a new look in 2017 as the Board embraced three priority areas for joint focus:

- Housing
- Mental health
- Labour market insecurities

Following a review, it was agreed that these three areas would benefit from the collective input and influence of the Board. Each has clear implications for people’s health and wellbeing, from the availability and type of housing available, to safeguarding people’s mental health, and supporting inclusive economic growth.

A tale of two conferences

The Board came to Wherstead Park on two occasions for its annual conferences. In 2017 the focus was on healthy ageing, and in 2018 it focused on tackling the stigma around death and dying.
“For me, the Board’s increased focus on housing and mental health is important, creating essential building blocks of a good life and areas which can only be delivered by working together.”

“The true value of the Health and Wellbeing Board is in finding the areas where a difference can only be made by working together, when the sum of the parts equal more than the whole”

“Looking ahead, we must address some of the really difficult public health concerns like drugs and alcohol misuse, loneliness at all ages and obesity.”

Mike Hennessey, Director of Adult & Community Services, Suffolk County Council

“The support of the Health and Wellbeing Board has been integral to the development of partnerships, the implementation of services and the improvement of outcomes across west Suffolk.

“As a member of the board I am grateful for the commitment from other members to ensuring that good health and wellbeing remains everyone’s business and responsibility.”

Dr Christopher Browning, Chairman of NHS West Suffolk Clinical Commissioning Group

“The development of alliance working is a key aim for our CCG. The board has an important role - it is a catalyst for discussion and action in helping us achieve the ambition where east Suffolk is a strong community where everyone is able to take control of their mental and physical health and wellbeing and receive the right support when they need it.

“Our communities are diverse, with pockets of deprivation and affluence along with the second oldest population in the country. These are challenges which we are facing up to.”

Dr Mark Shenton, Chairman of NHS Ipswich and East Suffolk Clinical Commissioning Group

From my perspective, there has been a more concentrated focus from Board members on three key areas.

The first is adverse childhood experiences, which are recognised as a major influence on young people’s lifetime opportunities and wellbeing.

Mental health has moved to the top of the local political and social agenda which is to be welcomed.

Around 30% of operational police time is associated with aspects and consequences of poor mental health.

Domestic abuse has been the single most significant activity for our commissioning work. There is now far better recognition of the consequences of domestic abuse to individuals, families and the economy.

Tim Passmore, Suffolk Police and Crime Commissioner
2017

January
Board endorses roll-out of Buurtzog integrated care

February
Launch of Suffolk Life Saver suicide prevention campaign

March
Focus on mental health with recommendation to set up a Mentally Healthy Communities Board

April
Following the establishment of the Sustainability and Transformation Partnerships (STPs) for Suffolk & North East Essex and Norfolk & Waveney in late 2016, the first update reports are received by the Board

July
Design principles of Ipswich and Colchester Hospitals partnership received by Board

July
Board adopts guiding principles of co-production

July
Clinical Commissioning Groups

July
District/Local Councils

July
Suffolk Constabulary

July
Suffolk County Council

July
Health and Wellbeing Suffolk

November
Annual Board conference: Creating Age-Friendly Communities

January
The Safer and Stronger Communities Group reports on progress to support resilient communities including joint work to tackle criminal gangs through County Lines work

25 Board members

15 organisations represented
Suffolk arts and wellbeing service proposes a network of Culture, Health and Wellbeing Partnerships to promote wellbeing.

May

Annual Board Conference: Lasting Legacies

September

Warm Homes Healthy People review in context of support to keep people safe and well in their homes

January

The 2017 Annual Public Health Report is presented to the Board (see case study)

March

Pharmaceutical Needs Assessment received by Board, setting our pharmaceutical needs of Suffolk population

May

The Board signs the Time to Change Employer Pledge, committing to improving health in the workplace

May

The Most Active County Partnership reports on its achievements to date to encourage more people in Suffolk to get active and the Board receives recommendations from the physical activity needs assessment

April

‘Can Do Health and Care’ launched, setting out an ambition for joint health and care for Suffolk and North East Essex STP

May

Suffolk and Norfolk East Essex is announced as one of four countrywide Integrated Care Systems

2018

10 Health and Wellbeing meetings held

2 Annual Public Health Reports

2 annual conferences
Refresh Suffolk
Health and Wellbeing
Strategy

New State of Suffolk
published

New mental health
model for Suffolk

THE FUTURE

Suffolk Health and Wellbeing Board Priorities for 2017 and 2018:

- Every child in Suffolk has the best start in life
- Improving independent life for people with physical and learning disabilities
- Older people in Suffolk have a good quality of life
- People in Suffolk have the opportunity to improve their mental health and wellbeing

The aim of the Suffolk Health and Wellbeing Board is to improve health and decrease inequalities.

Contact us

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**Buurtzog pilot in West Suffolk**

An innovative pilot project in the west of the county has tested out the Buurtzog model: a system pioneered in the Netherlands to bring together the range of health and care professionals supporting a single individual. Using a ‘test and learn’ approach, the project is yielding results based on increased patient satisfaction and an overall reduction in the number of hours of care needed.

**Working for Wellbeing: APHR 2017**

The 2017 Annual Public Health Report concerned inclusive growth and the links between health and work. The report came third in a prestigious annual competition. Inclusive growth can help people fulfil their potential and improve their quality of life. It recognises the importance of local businesses and education institutions which create opportunities for local residents to live, work and thrive, and make it easier to spend Suffolk money in Suffolk, multiplying the local economic benefits.

**Lasting legacies: APHR 2018**

We need to talk about death and dying. That was the premise of the 2018 Annual Public Health Report, entitled *Lasting Legacies: Conversations about death and dying in Suffolk.*

The report proposed six recommendations to encourage individuals to discuss death and dying, and for organisations and professionals to create the necessary environment to do so.

**Suffolk Life Savers**

The 2016 Annual Public Health Report, *Suffolk Minds Matter,* concerned people’s mental health. To accompany the report, Suffolk’s public health team launched a new strategy designed to prevent the 60 deaths by suicide in Suffolk each year. In early 2017, a new campaign entitled ‘Suffolk Life Savers’ launched to invite people to sign up to raise awareness of support available and to talk more openly about suicide.

See [www.healthysuffolk.org.uk/suffolklivesmatter](http://www.healthysuffolk.org.uk/suffolklivesmatter)

**Testing our priorities**

Suffolk’s Health and Wellbeing strategy sets out the priorities for the Board on a three-year rolling basis. The current plan runs from 2016-19, and at its meeting in September 2018, the Board reviewed the current priorities with a discussion around whether they were fit for purpose for the period 2019-2022. Feedback showed that most were keen to have a more defined and focused strategy, setting measurable actions for the Board. See [www.healthysuffolk.org.uk](http://www.healthysuffolk.org.uk)