

WOKINGHAM BOROUGH WELLBEING BOARD

Annual Report 2021-22



**WOKINGHAM
BOROUGH COUNCIL**

Table of Contents

Introduction	2
Membership and functions of the Wokingham Health and Wellbeing Board	2
Health and wellbeing across Wokingham Borough	4
Wokingham Joint Strategic Needs Assessment	6
Wokingham Wellbeing strategy – Strategy into Action	7
Strategy into Action Partnership/Action Groups	9
Children and Young People Partnership Board	9
Community Safety Partnership	15
Wokingham Integrated Partnership	20
Carers Strategy Action Group	25
Creating Physically Active Communities Action Group	27
Dementia Steering Group	29
Learning Disabilities Partnership Board (LDPB)	31
Social Isolation and Loneliness Action Group	32
The Berkshire West Place-Based Partnership	34

Introduction

From April 2013 upper tier local authorities were required, under the Health and Social Care Act 2012, to establish Health and Wellbeing Boards. Wellbeing Boards are forums where key representatives from health, social care, and the community work in partnership to reduce health inequalities locally and to improve the overall health and wellbeing of residents.

This Wokingham Wellbeing Board Annual Report details the work of the Wokingham Health and Wellbeing Board, and its subgroups, from April 2021 to March 2022. The report focuses on the progress that has been made across the partnerships to improve the health and wellbeing of the population of Wokingham, as well as providing an opportunity to look at our objectives for 2022 and beyond.

Membership and functions of the Wokingham Health and Wellbeing Board

The membership of the Wokingham Borough (WBC) Wellbeing Board for 2021-22 was as follows:

- Councillor Charles Margetts (Chairman, Executive Member for Health, Wellbeing and Adult Services, WBC)
- Councillor John Halsall (Leader of the Council, WBC)
- Councillor Graham Howe (Executive Member for Children's Services, WBC)
- Councillor David Hare (Opposition Councillor, WBC)
- Matt Pope (Director Adult Services, WBC)
- Susan Parsonage (Chief Executive, WBC)
- Dr Debbie Milligan (Vice-Chairman) (NHS Berkshire West Clinical Commissioning Group)
- Katie Summers (NHS Berkshire West Clinical Commissioning Group)
- Meradin Peachey, Director Public Health – Berkshire West (until January 2022)
- Tracy Daszkiewicz, Director Public Health – Berkshire West (from January 2022)
- Carol Cammiss (Director Children's Services, WBC (until January 2022)
- Helen Watson, Interim Director Children's Services (from January 2022)
- Steve Moore (Interim Director Place and Growth, WBC)
- Graham Ebers (Deputy Chief Executive, WBC)
- Jim Stockley (Healthwatch Wokingham Borough)
- Philip Bell (Voluntary Sector)
- Nick Fellows (Voluntary Sector)

The key functions of the Wokingham Borough Wellbeing Board

- To lead the production of a Joint Strategic Needs Assessment, which gives an overview of the Borough's current and probable future wellbeing needs
- Based on evidence detailed within the Joint Strategic Needs Assessment, produce a Joint Wellbeing Strategy, which details how needs identified will be met
- To create and publish a Pharmaceutical Needs Assessment, an overview of local pharmaceutical needs, services, and any gaps in provision
- To encourage integrated working between commissioners of health services, Public Health, and social care services, for the purposes of advancing the health and wellbeing of the people in its area. The Wokingham Borough Wellbeing Board works through exercising strategic leadership of public, private and community services in the promotion of healthy communities
- To consider how resources can be shared effectively between partners and where appropriate, to pool budgets
- The local Clinical Commissioning Groups must involve the Wellbeing Board in the preparation or revision of their commissioning plans.

Health and wellbeing across Wokingham Borough

Wokingham is often cited as one of the 'healthiest places to live' and data show that most Wokingham residents tend to live long and healthy lives. The life expectancy for men and women is over 2 years higher than the national average, overall deprivation is among the 20% lowest in the country, and salaries are comparatively high. The Wokingham population is less obese, and overweight compared to the national average, and it has one of the lowest smoking prevalence in England.

However, broad indicators of health and wellbeing mask the health inequalities that exist in Wokingham. And understanding our communities and populations within the Borough is key to addressing what is driving health inequalities.

We know the difference in life expectancy between those who reside in the least and most deprived areas in the borough are 6.6 and 3.3 years for men and women respectively. This difference is due to different outcomes in several major disease categories, the two with the biggest contribution to this difference are cardiovascular disease and cancer.

Smoking, obesity, hypertension, and cardiovascular disease are all unevenly distributed in our residents, with level of deprivation, sex, and ethnicity all having an impact. As an example, adults working in manual occupations smoke at about three times the rate of the overall population (23.4% vs 8.4%). And, while health in pregnancy and early years of life is generally good in Wokingham, approximately 6 out of 100 babies born are to mothers who smoke which puts them at risk. These mothers on average are likely to be young and from areas of higher deprivation in the Borough. In addition, only half of children in receipt of free school meals are 'ready for school' at 5 years old, compared with over 3 out of 4 of children who do not receive free school meals.

Cancer is also not distributed equally across our population and is a large contributor to the life expectancy difference in men between the most and least deprived. National data indicates that there are differences in screening uptake based on deprivation and socioeconomic factors. And as our local data show, cancer risk factors, such as smoking, are not evenly spread.

Covid-19 has also had a large impact on inequalities through the wider determinants of health: financial loss, job loss, and subsequent impact on health behaviours. An equitable recovery from the pandemic requires understanding these differences, including further study into Long Covid (which will likely follow similar inequality patterns as Covid-19 infection), as well as ensuring Covid-related health and wellbeing recovery meets the needs of different populations. We know that cancer referrals went down locally during the pandemic, and other services likely follow a similar pattern, which means that catching up equitably is going to be key to ensuring health inequalities are not further exacerbated.

Furthermore, the lifestyle behaviours of Wokingham residents have changed because of the pandemic. Evidence suggests that weight gain, increased alcohol consumption, social isolation and reportedly more mental ill health have all occurred.

The Wokingham Health and Wellbeing Board, working with partners, is best placed to address the broader determinants of health that underpin these inequalities.

Wokingham Joint Strategic Needs Assessment

The Joint Strategic Needs Assessment (JSNA) is a statutory document which all local authorities have. It helps the council, and its partners, assess the current and future health and wellbeing needs of the population of Wokingham, and to develop local evidence-based priorities and commissioning strategies.

The JSNA is a living document and an umbrella for a variety of information, providing easy access to in-depth evidenced based quality data. It supports such things as commissioning, planning, funding bids, research, and the development of local services. The JSNA is also a useful resource for those just wanting to know more about Wokingham Borough and the local service provision.

The JSNA is moving home in 2022

From April 2022 the Wokingham Observatory will be the new home for the JSNA. In conjunction with the Berkshire West Shared Public Health Team the observatory site has been updated and now provides easier access to local JSNA data, along with improved options to download reports, graphics, and narrative.

The JSNA is a live document, and it will continue to evolve throughout 2022 as new/updated needs assessments and data sets are added, and through feedback from site users.

One of the biggest changes for 2022 is the support package that the Wokingham Public Health Team are now offering to help colleagues and partners engage, access, and make the most of the JSNA.

This dedicated support offer includes access to How to Guides, FAQs and training videos, along with the opportunity to book dedicated 1-1 or team sessions with the Public Health Team. These dedicated sessions will assist with using the new JSNA site and with more in-depth research support for specific projects.

In addition to preparing the observatory site for the hosting of updated JSNA data, several needs assessments have been completed and published over the past 12 months, including:

- The Berkshire West need assessment of children and young people aged 0-19
- The Berkshire suicide prevention data report
- Phase one of the mental health needs assessment

Wokingham Wellbeing strategy – Strategy into Action

The Wokingham Joint Health and Wellbeing Strategy, known as Wokingham's Strategy into Action, was approved in the Autumn of 2021 with six clear priorities to create healthier and more resilient communities. The Strategy into Action priorities shape and underpin the work of the Wokingham Wellbeing Board and its partnerships.

Developing Wokingham's Strategy into Action

Wokingham's Strategy into Action (SiA) is guided by the overarching principles within the Berkshire West Health and Wellbeing Strategy. The Berkshire West Strategy began development in 2019, overseen by a steering group consisting of members from Reading, Wokingham and West Berkshire local authorities, the voluntary sector, NHS Berkshire West CCG, Healthwatch, NHS Berkshire Healthcare Foundation Trust and NHS Royal Berkshire Hospital Foundation Trust.

The Berkshire West Strategy identified five priorities to improve health and wellbeing across the area:

1. Reduce the differences in health between different groups of people
2. Support individuals at high risk of bad health outcomes
3. Help children and families during the early years of life
4. Promote good mental health and wellbeing for all children and young people
5. Promote good mental health and wellbeing for all adults

While a shared vision and objectives across Berkshire West is a powerful vehicle to start the journey of improving population health, actions and interventions need to be locality specific to address the needs of different communities and populations, reflecting the local challenges that exist.

Local priorities should be informed by local communities, commissioners, private and voluntary sector service providers, and the Health & Wellbeing Board, who best understand the needs of the local population.

To this end a range of workshops, one for each of the five priorities within the Berkshire West Strategy, brought together local stakeholders to further explore health inequalities within Wokingham and the specific local priorities that would drive work to improve the health and wellbeing of residents.

In addition to the five priorities identified in the Berkshire West strategy, improving the physical activity levels of residents was deemed a key priority for the Wokingham Wellbeing Board. Thus, promoting physically active communities is included as a cross-cutting theme in Strategy into Action.

Building on the premise that local inequalities are best addressed at place, eight local partnership/action groups (some existing, some newly established) will tackle the specific Wokingham inequities identified via the Strategy into Action workshops.

These partnership/action groups bring together representation from across the community and feature, for example, HealthWatch, voluntary sector and private providers, local councillors, General Practice and officers from NHS Berkshire Clinical Commission Groups, NHS Trusts, and the local authority.

The community focused membership of the Strategy into Action groups promotes direct feedback on what is and isn't working locally. This improves responsiveness and supports collective decision making for the good of the community, rather than solely for the wider system.

Each partnership/action group has developed a detailed action plans setting out the interventions required to improve health and wellbeing across the borough. And each group is responsible for delivery of their action plan and for reporting progress to the newly established Strategy into Action Steering Group, who provide operational oversight of Strategy into Action delivery on behalf of the Wellbeing Board.

Strategy into Action Partnership/Action Groups

Children and Young People Partnership Board

The purpose of the Children and Young People Partnership board (CYPP) is to work in partnership with key stakeholders to have strategic oversight over emerging matters affecting the children, young people, and families within the borough and to share updated policy and guidance.

The CYPP brings together representation from education, health, social care, Thames Valley Police, and the voluntary sector and is co-chaired by the Director of Children's Services and the CEO of Involve community services.

Key activity over the last 12 months

The CYPP met eight times over the course of 2021. And despite the ongoing outbreak of Covid-19, and the significantly increased partner workload and responsibilities, all members have continued to be fully committed to driving forward the CYPP Plan.

The CYPP has had strategic oversight of the SEND Improvement Board (SIB) since its creation in September 2019 in response to the SEND Ofsted inspection. Regular updates were presented to the CYPP on the progress of the SIB. Following a re-inspection in May 2021 and the positive feedback provided, the organisation and governance of the SIB was altered to reflect the changing needs of the SEND provision in Wokingham; this was supported by the CYPP.

Under the new governance arrangements, the SIB transformed into the SEND Innovation and Improvement Programme (SIIP) whereby there is now an embedded rhythm for the four working groups, plus the coproduction group and has a systematic approach embedded on tracking actions across the groups. The SIIP provides a quarterly progress update to the CYPP which includes information, requests for support, decision making requests and highlights programme risks. The CYPP will continue to function in this manner and support the SIIP through the continuation of the improvement journey.

In the January 2021 board meeting, the focus was on health partners and for the board to get an overview of Public Health and health from an NHS perspective, to ensure full understanding of their role for children and young people, their current focus, and future endeavours. These presentations gave the board insight into the impact of covid on different health organisations and enabled better understanding of processes and how these connect with other key areas such as education and social care.

Serious violence in the borough has been examined by the CYPP throughout 2021 following an initial presentation from Thames Valley Police highlighting serious violence and exploitation and explaining how this can happen in the borough, and the establishment of a Serious Violence and Exploitation Strategic Board under the auspices of the Community Safety Partnership. This focus ties in with Early Intervention and Prevention focus and the SEND agenda. The Thames Valley Together project was launched in April 2021 and the CYPP receives updates on the

developments and provides feedback on the Serious Violence and Exploitation Dashboard.

The CYPP has also had sight of, and provided feedback for, key strategies in 2021, such as the Anti-Poverty strategy, Harm outside the Home strategy, Emotional Wellbeing strategy, Early Intervention and Prevention strategy.

The CYPP board agreed that a review of the current needs for children, young people, and families was needed, especially in light of the ongoing Covid-19 pandemic, and that these issues needed to be discussed and tackled using a multi-agency approach. Systems Leadership sessions were held in June and September 2021 with a feedback discussion in October. These sessions included a presentation from a keynote speaker from Ofsted, as well as focused discussions around key topics, with the objective for the CYPP to focus on 2 or 3 themes initially.

The themes discussed were Children and young people's mental health and wellbeing, serious youth violence, domestic abuse and violence against women, impact of Covid-19 on the current and future delivery models, strengthening the approach to equality and diversity in partner organisations and the future of inclusion.

These sessions provided an opportunity to discuss the relevance of previous CYPP priorities and facilitated open discussions providing rich information to steer the future focus of the CYPP. The output of these sessions meant that the CYPP was in a practical position to effectively plan for the refresh of strategic priorities in line with the Wellbeing Board's Strategy into Action revision.

Proposed Priorities and Plan for next 12 months

Following the Systems Leadership events during Summer 2021, the board agreed that a refresh of the focus and strategic priorities of the CYPP was needed to address the current needs of children, young people, and families, and be aligned to Strategy into Action. The current CYPP plan was drafted before the transformation of the SIIP, the development of the Harm Outside the Home strategy and the refresh of the Wellbeing Board's Strategy into Action. A refreshed vision, strategic priorities and key enablers was agreed by the board on 25th April 2022 as being the initial focus of the CYPP.

Vision: 'A borough in which all children and young people are safe and cared for, enjoy and achieve, are healthy, grow up ready for adulthood, and feel happy, hopeful, and loved'

Five strategic priorities:

1. Help children and families during the Early Years of Life
2. Good mental health and wellbeing for all children and young people
3. Wokingham Borough as a child friendly community (UNICEF)
4. Preventing and addressing Harm Outside the Home (Community Safety Partnership driven)

5. Better outcomes for CYP with SEND; right support, right place, right time (SIIP driven)

These strategic priorities will be underpinned by four key enablers:

1. Strategic partnership approach to Early Intervention and Prevention
2. Effective use of shared information, intelligence, and resources
3. Thriving and dynamic voluntary and community sector
4. Effective governance, accountability, and reporting

As the CYPP board have agreed these strategic priorities and enablers, the next piece of work is for a small group to meet to finalise and refine how the CYPP will deliver these priorities, what the accountabilities are and by what mechanisms; this will also include a review of the actions under Wokingham's Wellbeing Board Strategy into Action to ensure the actions under the two priorities specifically relating to children and young people are current.

To drive these priorities forward, task groups may be created specifically for the priorities that fall under the Wellbeing Board strategy – priorities one and two – which the CYPP board will have oversight and governance of. Getting the correct membership of any task groups will be critical and will be agreed by the CYPP. Priorities three to five have their pathways set (through the UNICEF child friendly programme and other partnerships respectively) but will be steered by the CYPP; regular updates on progress towards these priorities will be brought to CYPP meetings for information, support, and decision-making where appropriate.

UNICEF Child Friendly Cities & Communities

In early 2021, Wokingham applied to become a candidate of the UNICEF child friendly cities & communities programme and regular updates on this application were brought to the CYPP for discussion as it involves partnership working and requires commitment and engagement from key stakeholders who are also CYPP board members.

In February 2022, it was announced that Wokingham had been accepted onto the initiative and that a 6-month discovery phase would take place for partners, children, young people, and families can come together to agree what will be done to become child friendly. The development phase will follow this, lasting around 2-3 months whereby an action plan is drafted and approved showing how WBC will achieve progress in the areas selected. WBC will then work with the local community and children and young people to carry out the action plan through the delivery phase which is between 2 to 4 years.

Being child friendly will support the voices, needs, priorities, and rights of children as being an integral part of WBC policies, programmes, and decisions. This will be one of the five strategic priorities for the CYPP going forward as the UNICEF child friendly status sits with the CYPP. UNICEF training has been offered to the board members and will take place between April and June 2022.

To progress effectively with the new focus and strategic priorities, a gap analysis will be undertaken that will identify operational gaps to understand the location and ownership of current workstreams and the extent of the existing problem; the task groups will support this activity. There will also be a creation of a reporting structure for each of these priorities and a dashboard for the appropriate priorities relating to Strategy into Action for reporting to the Wellbeing Board. The membership of the CYPP will be reviewed following the agreement of the focus and strategic priorities, followed by a revision of the Terms of Reference.

This approach will establish the function of the CYPP as:

1. Overseeing the delivery of some strategic priority areas
2. Steering key strategic partnership initiatives with formal governance elsewhere
3. Enabling a system improvement and better partnership working by
 - a. Joining up approaches to early intervention and prevention
 - b. Driving more effective use of shared information, intelligence, and resources
 - c. Helping to build a thriving and dynamic voluntary and community sector focused on delivering children and young people's priorities
 - d. Strengthening partnership governance and accountability

Emotional Wellbeing Update and CIC CAMHS

Following a review of how we support children with emotional wellbeing needs, the Council and partners co-designed a new Emotional Wellbeing Model which aims to ensure children and young people with mild to moderate mental health needs receive the right support at the earliest opportunity.

A key feature of the new model included the development of a new emotional wellbeing hub for children and young people living in the borough. The hub, which launched in March 2022, will make it easier to access emotional wellbeing support.

The virtual hub acts as a central point of contact for children and young people, parents, and professionals across the borough, bringing together a mix of existing, redesigned, and new services. The emotional wellbeing hub is aimed at children and young people with mild to moderate emotional wellbeing needs up to their 19th birthday. This could include issues such as anxiety, friendship and relationship issues, low mood, or exam stress. The hub includes a new way to access support, offering a more joined up approach to how the council and Berkshire Health Foundation Trust offers emotional wellbeing services in the community.

Typically, the support on offer from or via the hub will fall into four categories:

1. Signposting to a service that specialises in supporting specific issues, such as bereavement.

2. Self-help guidance, such as information and worksheets for parents and children, links to good sources for further information
3. Help to access support from ARC Counselling or our online counselling service provided by Kooth.
4. Referral to the Primary Mental Health Team 4 Youth (PMHT4Y), a re-designed Emotional Wellbeing Service, which has brought together services previously delivered by primary CAMHS and Schools Link. The service is delivered in partnership with Berkshire Healthcare Foundation Trust.

The new emotional wellbeing hub will also hold regular multiagency meetings, where professionals and partners can discuss more complex cases and agree the best support to meet need.

Children in Care CAMHS Service

The mental health of looked-after children is significantly poorer than that of their peers, nationally almost half of children and young people in care meeting the criteria for a psychiatric disorder. In comparison one in ten non-looked-after children and young people suffer from a diagnosable mental health disorder.

It is recognised that looked after children and their carers and families can have specific support needs and may need access to specialist support.

A CIC CAMHS Service is being established across Berkshire West to ensure that Children who are in care receive quicker access to mental health support through sharing information and knowledge, directly assessing the needs of CYP in care and providing interventions that meet needs where that is best for the child or young person.

The local transformation plan (LTP) for improving CYP mental health and wellbeing (September 2021) also prioritised needing a specific response to the mental health needs of Children coming and living in the care of the Local Authorities in the Berkshire West area.

Following extensive discussions between the CCG and the three Berkshire West Local Authorities', key points were agreed for the scope of a children in care CAMHS service:

1. Location: The service will be based within each of the 3 LA offices with the Children in Care teams but staff will be required in health offices of their employer on a regular basis
2. Employment: Staff and/or Practitioners will be employed by Berkshire Healthcare Foundation trust (BHfT) as the lead of the service but as described deployed into the Children in Care teams.
3. Management: line management, HR procedures and supervision stays with BHfT. However, a partnership agreement between the LA and BHfT will be put in place

4. Governance – Oversight of this service will be overseen by a regular steering group established between provider lead and individual LA.

The Children in Care CAMHS team will comprise of a 'skill mix' of clinicians to enable a range of interventions and training to be delivered which is cost effective, representing value for money. There is an expectation that the CIC CAMHS team for Wokingham will have the capacity to support up to 45 Children in Care per year.

Service Aims

The service aims to improve life chances of Children in Care, by working towards increasing these resilience factors:

- Creating stability of the Child or Young person's home placement
- CYP able to maintain a relationship with family members and work to be re-united where that is possible.
- Fostering as strong an attachment as possible with the CYP foster carers or adults responsible for their care (if in a residential setting)
- Reaching as high as possible Education achievements and
- Creating local social networks, forming positive and meaningful relationships with peers and other adults.

Service Objectives

- Provide evidence based mental health assessments
- Use these high-quality assessments to inform multi-disciplinary care planning and inform interventions (clinical and non-clinical)
- Share knowledge, expertise, advice, and guidance to professionals (including foster carers) so more informed decisions (both small and significant in scale) are made with CYP about their lives.
- Provide training to professionals (including Foster carers) about CYP presentation of need to enable adults to identify needs earlier, respond in a knowledgeable and empathic way and be confident that as adults they are doing the right things for that CYP.
- Provide evidenced based interventions directly with CYP and foster carers that support improved outcomes.

Priorities for the next 3 months:

- Regular steering groups are held at a local level to oversee the implementation and mobilisation of the new service
- Recruitment for the CIC CAMHS team is underway at the moment
- The service is expected to launch in Autumn 2022

Community Safety Partnership

The Community Safety Partnership's aims and overarching duty is to:

- Reduce crime and disorder
- Improve community safety
- Reduce re-offending

By addressing these three overarching outcomes the partnership serves to improve the quality of life for everyone who lives in, works in, or visits the borough. The focus for 2021-2024 is on the following three strategic priorities, underpinned by five specific aims:

Strategic priorities

1. Listening to needs and concerns of residents
2. Intervening early and preventing issues escalating
3. Working together to protect vulnerable residents

Specific Aims

1. Work with communities to deal with crime and anti-social behaviour hotspots
2. Reduce the harm caused by domestic abuse
3. Reduce incidents of serious violence and knife crime
4. Tackle exploitation of children, young people, and vulnerable adults
5. Reduce incidents of residential burglary and theft from vehicle

Delivering on these priorities and aims supports Wokingham's wider Health and Wellbeing Strategy into Action aspiration to ***Support individuals at high risk of bad health outcomes to live healthy lives.***

Statutory and other partners

The borough is much better placed to tackle crime and disorder if everyone – local residents and businesses, community and voluntary groups, and city services – work together in a coordinated way. The local authority, police, health, probation, and fire services are statutory partners under the 1998 Act. However, in practice, the Community Safety Partnership works across a much wider range of partners at different levels and on different topics to work out what needs doing, who can help and to take action. There is good information exchange between those concerned, including with residents, so that agencies can listen and respond to the needs of local people.

Setting our work in context

As well as the impact on individuals, the negative effects of crime and disorder draw widely on public services. Working in partnership and adopting a 'whole system approach' is essential. Our work contributes to the Police & Crime Commissioner's Police and Criminal Justice Plan and to the council's Corporate Plan as well as measures in the Public Health Outcomes Framework.

What's been achieved over the past 12 months?

This past year the Wokingham Community Safety Partnership was Chaired by Susan Parsonage, Chief Executive of Wokingham Borough. The work of the board was supported by the Executive Member for Neighbourhood and Communities, Bill Soane.

Following the adoption of the Community Safety Partnership Strategy for 2021- 24 at the start of June 2021. The partnership has made positive progress on several of its workstreams

Domestic Abuse Key Achievements

- Wokingham Domestic Abuse Policy 2021 – 2024 has been agreed and adopted to incorporate priority areas. This is in line with the new duties under the Domestic Abuse Act 2021.
- New commissioned domestic abuse support service has been put in place from 1st July 2021 with the service operating from the Community Hub in Waterford House.
- Delivered over 28 Multi and single agency training sessions, involving over 20 different organisations, with over 1285 people attending increasing their education and insight.
- Developed and implemented a domestic abuse communications plan across various platforms including digital. This has raised awareness and provides information to victims about support options and includes a revamp of the domestic abuse webpages; new leaflets and resources have been produced with a series of information video's plus social media messaging and press releases.
- Increased our local understanding and created focused action plans developed to reach out to those currently under-represented within domestic abuse services, including those who have protected characteristics to increase access to services and drive improved service responses.

Prevent & Channel

- Completed a review of compliance and identified gaps in line with the Prevent Duty 2015, compliance analysed against government guidance and toolkit with RAG status.
- Agreed and adopted a new local Prevent Action Plan 2021/22, including key objectives and actions to address local risk and comply with Prevent Duty benchmarks.
- Assessed and reviewed data and local profile information with regards to the Local Counter Terrorism risk assessment 2021.
- Updated and implemented Prevent Venue Hire Policy and Guidance to support Statutory requirement for booking venues to comply with guidance.
- Reviewed and updated Prevent Board terms of reference and membership to include recommended partners, Voluntary sector and Further Education college.

- Development and implementation of a Prevent training plan with tiered training to identify staff cohorts and targeted training requirements.
- Produced and delivered Prevent training sessions; Prevent Presentation and Q and A for councillors and staff teams.
- Produced Prevent communications plan and campaign material. Campaign took place week commencing 18 October, information also included in residents' newsletter.
- Updated and reviewed Prevent content for Council Website and intranet, including legal requirements – privacy notice and complaints procedure.
- Assessment of compliance against Channel Duty statutory guidance for local authorities and identified gaps, analysed against 2020 Channel guidance with RAG status.
- Updated Council constitution to include Channel Duty new legal requirement from 2020.
- Implemented new Information Sharing Agreements, Channel operational guide, Channel information Gathering template and Channel Support Plan template.
- Completed statutory Channel and annual assurance statement.

Substance Misuse Key Achievements

- Commissioned service provider has issued over 500 naloxone kits to service users, partner agencies and residents.
- Delivered drug awareness workshops to over 800 students across the borough.
- Supported 91 young people with substance use issues.
- Supported over 500 adults with substance use issues.
- Supported 90 family members around their loved one's substance use.
- Established a well-attended service user forum to help shape the delivery of the service moving forward, feedback already being incorporated into service delivery for example - emotional wellbeing group created, off site groups implemented.
- Initial positive feedback from CQC inspection (awaiting final report).
- Commissioned service registered with AQA awarding body to be able to offer accreditation to young people for drug awareness and behaviour change modules.
- Improved engagement in the Drug Diversion Scheme (YP).
- Implemented colocation facility with Sexual health clinic and from Station Rd and drop-in surgery at Wokingham hospital.
- Establishment of an on-site hepatitis C treatment clinic resulting in 100% of clients referred to treatment completing treatment for hepatitis C.

Anti-Social Behaviour

- Delivered borough wide multi-agency anti-social behaviour panel, dealing with medium and high-level complex cases.
- The anti-social behaviour panel took over 19 medium – high level cases
- 12 medium – high level ASB cases problem resolved and closed.
- Co-ordinating response, action plan in response to 2 Community Triggers, both investigated and closed with a satisfactory outcome.
- 4 Community Protection Warnings issued.
- 1 Acceptable Behaviour Agreement (ABA) issued.
- 86 separate reports of ASB received and resolved
- Attendance at Neighbourhood Action Groups
- Attendance and contribution at approximately 50 safeguarding meetings.
- Co-ordinated response to car meets, working with Thames Valley Police to target car meet hotspot locations across the Borough, including hire of private security, installing of mobile CCTV.
- Supporting Thames Valley Police led operations resulting in the issuing of 27 Section 59's warnings to drivers using cars in an anti-social manner.
- Undertaking public consultation for a Public Space Protection Order (PSPO) in relation to car cruising.

Serious Violence and Exploitation

- Implementation of a Serious Violence and Exploitation Strategic Board
- Development of a Serious Violence and Exploitation Strategy for the Borough
- Review of at risk of exploitation, missing, multi-agency risk assessment process and procedures and performance management.
- Integration with the Thames Valley Violence Reduction Unit's, Thames Valley Together Data Project, allowing more expedient and effective data sharing practices.

Whilst this has allowed us to lay the foundations of the serious violence and exploitation work. The overall aim is to ensure that: **Serious violence causes less harm to individuals and communities.**

What we are working towards achieving:

- Fewer people harmed by serious violence
- Less crime involving weapons
- All parts of the community to be free of the fear of violence and confident to report
- A thriving night-time economy free from alcohol-related violence.

- A stronger preventative approach to serious violence through the better use of all available data.

Exploitation (including modern slavery and human trafficking)

What we are working towards achieving:

- Prevent children, young people, and vulnerable adults from becoming involved with organised crime groups and gangs
- Safeguard children, young people and vulnerable adults who are being exploited
- Provide a safe, effective pathway to enable children, young people, and vulnerable adults to exit involvement with organised crime networks
- Increase awareness of the signs and risks of all forms of exploitation among agencies and the wider community

Violence Against Women and Girls

The Community Safety Partnership is proud to report on the progress of the work on domestic abuse. However, we recognise that continuous improvements are needed to ensure that the response for victims is not only meeting good practice but exceeding it.

The work and service improvements to date have laid the foundations, from this point on the Partnership can further strengthen and focus on wider work to address violence against women and girls.

What we are working to achieve in 2022-23

- A borough where domestic and sexual violence and abuse is not tolerated by our communities or our organisations.
- Victims to be believed not blamed, treated with dignity and respect, and supported to feel safe within their community, knowing that their offenders are being worked with to change their behaviour and/or brought to justice.
- All sectors, services, neighbourhoods, and communities across the borough to recognise that domestic and sexual violence is everyone's business and to overcome barriers to progress.
- More prevention and early intervention work. Evidence based approaches are needed to change attitudes and challenge behaviours in our communities, so victims are protected, and the cycle of offending is broken.
- A stronger criminal and civil justice response to perpetrators, and the development of sustainable proactive intervention and preventative programmes.
- Robust partnership working at both a strategic and operational level across a broad coalition of partners to enable consistent quality services, working across services and sectors and focusing on positive out.

Wokingham Integrated Partnership

The Wokingham Integrated Partnership supports delivery of the local integration agenda. It brings local health and social care commissioners, providers, and the voluntary sector together to integrate services and improve outcomes for Wokingham residents. The partnership also oversees delivery of the Better Care Fund.

What's been achieved over the past 12 months?

There has been good progress made against the 2021/22 integration work programme. Although COVID-19 has played its part, of the nineteen projects started, only one has been put on hold. Work within the programme includes the implementation of the Winter Plan, supporting COVID-19 vaccination efforts, welcoming new Hong Kong residents, as well as refugees from Ukraine and Afghanistan.

The jointly agreed, integrated and coordinated programme set out this year with the following priorities:

- Mental Health & Social Inclusion
- Deconditioning/Rehab/Physical Activity
- Frailty Monitoring
- Inequality and Poverty
- Social Prescription (including Data & IT to support Integrative working)
- Better Care Fund, Monitoring and Administration

These priorities, lead to 19 projects. These projects enabled the partners to meet elements of the Wellbeing Strategy, alongside aspects of the GP DES/CES, Long Term Conditions Board, Urgent & Emergency Care Board, Primary Care Board, NHS Planning Priorities, Berkshire West ICP Flagship Priorities, Ageing Well, BOB ICS Service Priorities and the Urgent and Emergency Care Board.

Below are key highlights from select projects that support deliver of Wokingham's Strategy into Action:

Implement MIND service & Establish MH Alliance

MIND run a wellbeing service to support people who are living with low level mental health issues, create a Mental Health Alliance for organisations and a forum for Mental Health First Aiders. This service supports GPs with a route to support people with their mental health issues.

Overview of achievements

- Hired a team of Wellbeing Workers
- Engaged well with the Health and Social Care system to create a network

- Set up the service and received referrals from all PCN areas

Performance

- Quarterly Alliance meetings are now taking place to support the system to work together on mental health
- Referrals are operating at 75% of capacity.
- Patients continue to report good outcomes & give good feedback
- A total 441 people have been supported by this service this year

[Implement Friendship Alliance Phase 2](#) (including Digital Inclusion for the most vulnerable in the community)

The Friendship Alliance is a project to support older people with loneliness and isolation. Phase 2 is an additionality of service, building on the base of Phase 1. This service reduces pressure on GP services, supports people to remain independent in the community, supports admission reduction and aides discharge from the hospital.

Overview of achievements

- Friendship Month a massive success – Comms reached over 700 people – 240 people attended the 30 events (against a target of 15 – exceeding the target by 100%)
- Digital Devices issued to over 65 elderly people & families. A mid-year review has resulted in 25 additional assets

Performance

- Friendship Champions have doubled expectation.
- Number of new activities identified/shared - 111 v target of 60.
- Number of volunteer Friendship Champions recruited exceeded target.
- Age UK Info/Advice Service- 646 calls to the service.
- Expansion of Age UK Berkshire's services: info/advice support - averages 27 per month v target of 20.
- The Link Express Befriending Service have been averaging 29 referrals a month against a target of 20 which demonstrates an impressive return.
- The Project Lead predicted 150 people attending the events and again exceeded the target significantly with 240 people attending – 62% over target.

[Inequality and Poverty Analysis and Reporting](#)

BCF funding supported an analyst to join the public health team in the borough. The analyst set out to support Population Health Management (PHM) in the borough. There was a focus to support analysis linking to people with health inequalities and

those in poverty, as well as support to PCN to understand the populations that they support.

Overview of achievements

- A Cantonese video about how to use the NHS was produced to help the newly forming Hong Kong community. It includes tips on how to register with a GP, using the NHS App, when to call 999 and 111, information about not needing a fit to work note until after 7 days and when to go to the doctor. Council and NHS staff worked with a local community champion who spoke Cantonese and helped to link them with three local churches with a large Cantonese community. Using their experience and knowledge of what people were struggling with, they helped to develop the webinar – delivered by Cantonese speakers from the local hospital, council and primary care. The film has been viewed by over 17,000 people, with 60 per cent of viewers from the UK and 30 per cent from Hong Kong. The materials from the project are also being used to support Afghan and Ukrainian refugees and the Council are now supporting this new and growing community from Hong Kong to settle in the borough with access to school places, housing and employment.
- Relationships established with key stakeholders, including primary care, CCG, and VCF Sector and the PHM Officer is working with clinical directors to develop PCN profiles with a focus on inequalities.
- “Keeping in Touch” Guides Pilot with Twyford and Wokingham Medical Centre is underway. These pilots will focus on patients experiencing frailty, depression, and presenting to the GP more than the average.

Virtual Group Clinics

This project has supported people with several health issues (including, but not limited to, Menopause, COPD, Hypertension, Postnatal and Mental Health), in a group via online meetings.

This enables GPs to support patients more efficiently, reducing 1:1 appointment time where appropriate, offering support to people to self-manage their condition, achieving better long-term health and maintaining independence.

Overview of achievements and patient feedback

- 611 patients have attended the various clinics.
- The first Long COVID Programme has been developed and was delivered this year with the support of Dr Ravindran, RNH’s Lead Clinician for Long Covid.
- “Video sessions lead by primary health care leads are vital to self-care”.
- “I don’t like visiting the surgery for non-urgent problems and these groups may help before such a trip is arranged.”

- “Good to get such a range of expertise from the speakers. Great to see the team adjusting to a digital platform to overcome challenges”.
- Improved Wellbeing.

Performance of Virtual Group Clinic Long Covid Programme

- 100% of respondents advised that the programme exceeded their expectations.
- 100% of respondents agreed/strongly agreed that the programme increased their confidence in caring for themselves.
- Improved self-management of Long COVID

WIP priorities for 22/23 include:

- Discharge Management
- Minimising Health Inequalities
- Prevention and Admission Avoidance
- Monitoring & Reporting
- PCN Specific Projects

It is foreseen that the projects in these priorities will continue to support the Wellbeing Strategy into action as well as key priorities for all partners.

These priorities are subject to change, as they are awaiting discussion and agreement at the May or June '22 Leadership Board.

Better Care fund

The Better Care Fund (BCF) is the national programme through which local areas agree how to spend a local pooled budget in accordance with the programme's national requirements.

The pooled budget is made up of CCG funding as well as local government grants, of which one is the Improved Better Care Fund (iBCF).

In 2020/21 the Better Care Fund (BCF) has worked well in Wokingham. The pooled budget resources have been used to deliver the integration of adult health and social care services, since its inception in 2014.

The schemes operating locally are:

- Voluntary Sector Partnership and Social Prescription
- Complex Case Management
- Maximising Independence (reablement services)
- Facilitated and Supported Discharges

The Better Care Fund also funded these Berkshire West wide schemes:

- Care Homes (Community Support) Project - incorporating RRaT (Rapid Response and Treatment)
- Connected Care
- Integrated Discharge Team (IDT) and Trusted Assessment
- Street Triage – Mental Health
- Falls and Frailty

Despite the ongoing pandemic, the Wokingham system has performed well. The system has met two of its five targets. Whilst the system has not met three targets, it is worthy of note, that it has delivered the best performance in the West of Berkshire and better than the England average, and we were close to these targets in performance.

NHS England (NHSE) required Integration Boards to target performance for hospital discharge at a rate that was better than during the height of the pandemic. Whilst the hospitals were very full, the number of people that were attending the hospital as non-electives were lower, an increase in staffing across social care and national restrictions meant that discharge performance was very good.

As the world ‘opened up’, there was a higher rate of COVID infection, meaning more staff were isolating and more people were using the hospital. This meant, amongst other reasons, that there was more pressure. The system has performed close to our projections (within 2%), and we will be requesting that NHSE take this into account when setting targets in 22/23.

The Board has received the plan for BCF this year (21/22) and will be receiving the end of year report for sign off. The Wokingham submission will be aligned with those of Reading and West Berkshire, where appropriate, and it was noted that the total pooled fund for Wokingham is £11.36m.

The Board will continue to receive quarterly updates on the programme performance and will continue to receive and review these in 2022/23.

Carers Strategy Action Group

The carers strategic group is chaired and led by Strategy & Commissioning and has a diverse membership of Council colleagues from across Adult Social Care and Public Health. There is also healthy representation from the Voluntary, Community and Faith Sector, including our commissioned carers services providers but also organisations that work extensively with carers of people who have experienced stroke, dementia and also carers advocacy leads. There is also representation from the CCG invited to the group.

The group's purpose is to implement the priorities in [Wokingham Carers Strategy 2020 – 2025](#) focusing on identifying and acknowledging carers, supporting young carers, enabling working age carers to maintain work and caring, and empowering carers to have a life outside of caring.

How the carers group delivers on the Strategy into Action priorities

- **Priority: Support individuals at high risk of bad health outcomes to live healthy lives**

The group's work fulfils this priority in improving identification of hidden carers, particularly those from seldom heard groups, and empowering them to take opportunities for respite through commissioned services as well as accessing support to balance their working life and personal self-actualisation with their caring role.

Context: Caring in Wokingham

Unpaid or family carers deliver care to an estimated value of £132 billion nationally each year ([Carers Trust, 2022](#)). In Wokingham there are an estimated 2,300 carers in Wokingham and in 2021 we had knowledge of just 584 of them. A programme of welfare calls in January 2022 'found' a number of additional carers, taking the total number of carers known by the Council to approx. 1200 after three weeks of calls.

Caring for a loved one is a challenging role; carers frequently report being worn out, exhausted and experiencing poor mental health (Survey of Adult Carers in England (SACE), 2022). However, many also point out the positives in caring for a loved one, seeing that their cared for person is well looked after and supporting them to remain at home as long as possible.

Carers are known to be vulnerable to poor physical and mental health, often neglecting their own health and wellbeing while focusing on the cared for person. It is common for carers to be unaware that they are, in fact, carers – this is especially common in BAME communities where caring for family members is seen as a culturally normative behaviour. Supporting carers to acknowledge their caring role and signpost them to sources of support provides an important protective factor in their health and wellbeing.

The Borough is also home to an identified and registered 227 young carers who are supported in school and have access to groups and one-to-one support. The number

of young carers registered is only a small proportion of the total estimated young carer population of 1 in 12 of the 22,000 secondary school aged children in the Borough, approximately 1,800 young carers. All carers, including young carers, have the right under the Care Act to an assessment of their needs as carers, to be carried out by the local authority – this is independent of the cared for person's wishes to be assessed for other support.

What's been achieved over the last 12 months?

- Carers Week 2021: The group worked with commissioned providers and our voluntary sector to provide a diverse and engaging profile for Carers Week, providing support to Carers throughout the Borough and raising awareness through talks and a promotional campaign delivered by our CEM colleagues.
- Sport and Leisure: The group has worked with Wokingham Borough Council's Sport & Leisure team to provide free or subsidised gym and swimming passes to carers
- Learning disability carers: Working with Promise Inclusion, the group has fed into the Learning Disability Partnership Board strategy implementation work, including via a specific LD carers workstream
- Welfare calls: Following another wave of Covid, a team led by S&C carried out 1200 calls to carers in January 2022
- Survey of Adult Carers in England: 253 adult carers in the Borough gave their feedback on life as a carer in the Borough. The responses are being collated and analysed at the time of writing.

Carers group objectives 22/23

- Build on the work of the group to incorporate the adult social care reforms
- Improve identification of hidden carers
- Work with schools and other stakeholders to improve support to young carers
- Develop links between work with carers and wider VCS prevention offering

Creating Physically Active Communities Action Group

The Creating Physically Active Communities Group is co-chaired by representatives from sports and leisure and public health. The group aims to encourage, facilitate and promote physical activity as a means to improve both the physical and mental wellbeing of Wokingham residents.

Group membership encompasses key partners and stakeholders to support maximum impact and includes:

- WBC Sports & Leisure
- Public Health
- Get Berkshire Active
- Sport in Mind
- Places Leisure
- Parks and Recreation Teams
- My Journey Team
- Mode shift STARS travel planning team
- WBC School games lead
- Air Quality Team
- Sports Council

How the group delivers on the Strategy into Action priorities

- **Priority – Increase the physical activity levels of residents, reducing levels of obesity and improving general health and wellbeing**

Physical activity in Wokingham

Improving the physical activity levels of Wokingham residents has been, and remains, a key priority for the Wellbeing Board. Creating physically active communities is an aim that incorporates work from multiple partners from creating a built environment that encourages active transport to building a social environment where physical activity is incorporated into everyday life. The Covid-19 pandemic is likely to have had an impact on activity levels across the life course and the impact of this is yet to be fully understood.

What has been achieved in the past 12 months?

- To date 375 people have attended the Sports & Leisure GP Referral scheme, with the majority of these referrals continuing to be physical active having completed the programme.
- A variety of online offers were promoted locally to get people active throughout lockdown. The Tai Chi page was the most popular locally. The local online

offers continue post pandemic offering another option for people who want to get active.

- Wokingham schools remained engaged with the local Eco Travel, My Journey and School games teams throughout lockdown.
- Work is underway in 2022 to establish what sports and leisure activities will be popular now as many people are still not in the office and those that do not live in the borough will not travel to attend. Sports and Leisure are currently offering reduced costs to support workplace health for staff wanting to join the boxing gym and places leisure membership, football sessions.
- The Sports and leisure 'Kids camp' relaunched and has been rebranded as 'Power Up' the camp is at Loddon and have on average attendance of ~ 30 children per day. (this is straight in at 50% capacity following a gap of 2 years in the pandemic).
- After a successful pilot by sports and leisure funding was agreed to continue the Movement with confidence offer to decrease falls & prevent hospital admission. This programme went on to win the GBA 'physical activity hero award' in 2022. Additional funding has been identified for a further 12 months.
- Get Berkshire Active continued to offer free training for health professionals to enhance skills and confidence in having conversations with patients about promoting physical activity.
- Whilst many schools didn't achieve the 60 minutes activity a day throughout lockdown in 2021, a positive observation was that with fewer children outside at lunch/ break times, there was more room for children to run around and undertake active play. In addition, some schools brought in a fitness activity or gave classes extra break time supporting increased activity and some schools thought creatively and interpreted the activity guidelines differently, offering a shorter period of more intense activity rather than a longer period of less intense activity.
- Countryside and Parks supported safe activity offers throughout the pandemic and now focus on 'regular participation' - turning activity into a habit and 'Education' – educating children via schools and re-educating the community via other resources about healthy lifestyles, how, why, opportunities within the borough.

Priorities for 22/23

The physically active communities group has three core objectives for 22/23:

- Facilitating physical activity to improve health outcomes irrespective of whether individuals achieve weight loss
- Promoting physical activity among target groups to reduce the risk of long-term conditions such as coronary heart disease and stroke
- Encouraging people to be physically active as a means to reduce premature mortality

Dementia Steering Group

During 2021/22 a steering group was established to consider how best to support those living with dementia in the Borough and for those that care for them - to allow residents to live their best lives and to make the most effective use of our statutory and voluntary services, given the resources available.

How the dementia steering group delivers on the Strategy into Action priorities

- **Priority – Promote good mental health and wellbeing for all adults**
 - support individuals living with dementia, and their carers

Dementia in Wokingham

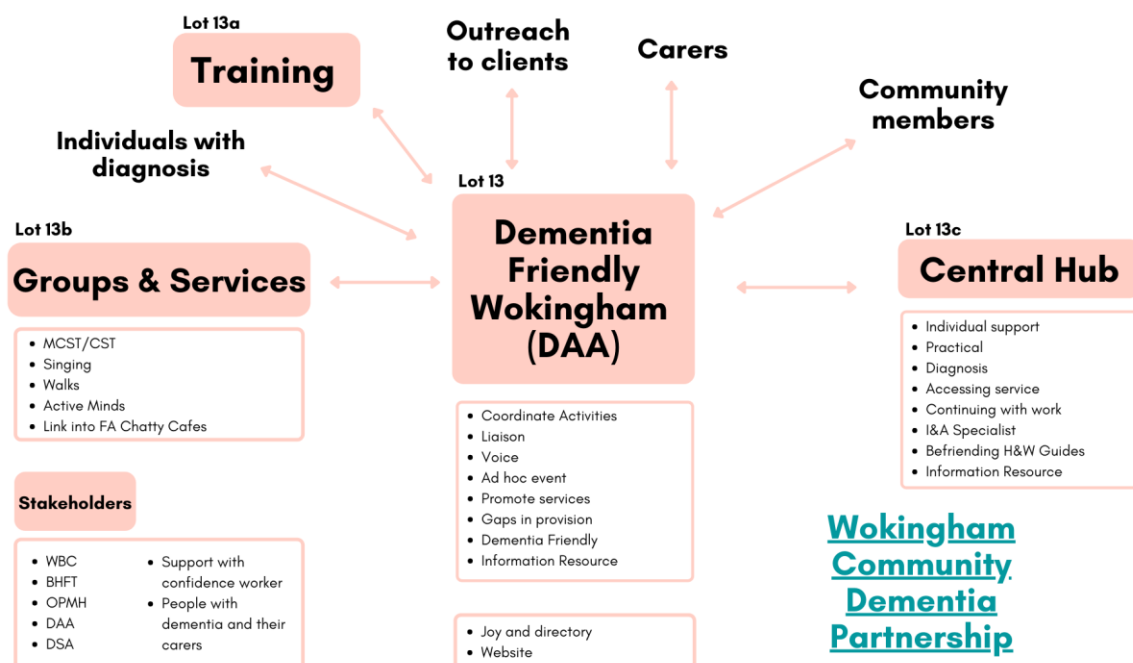
Dementia is a particular concern for the 1 in 4 people aged over 55 who already have a close relative with dementia. Although the prevalence of dementia increases with age, it is not inevitable and there is a lot that can be done to reduce chances of developing it. Risk factors include higher blood pressure, decreased mental stimulation and cardiovascular disease. Within Wokingham, 61% of care home residents are known to have cognitive problems, and the number of emergency admissions related to dementia is higher in Wokingham when compared with the national average.

What's been achieved over the past 12 months?

Once established, the dementia steering group considered the epidemiology, the support currently available across the system, and any key gaps. An investment into the voluntary sector was proposed (as well as a small increase for WBC services) to secure a partner to coordinate a dementia partnership that would support improved service provision for those with dementia, and their carers. This was undertaken as part the wider VCS procurement process and invited bids based on:

- Governance and coordination of a Wokingham Dementia Partnership and subgroups.
- Activities to mitigate the impact of dementia, for both those living with the disease and carers
- Training and awareness across the community, including VCS, local businesses, and carers
- Information and support

The subsequent lots went out to tender and a consortium of organisations came together to provide them (AgeUK Berkshire – lead, Link Visiting Scheme and Understanding Dementia). The diagram below summaries their bid and how it connects with other initiatives such as the Friendship Alliance and WBC/BHFT services.



Priorities for 22/23

The final structure and makeup of the Dementia Steering group and the Dementia Action Alliance (DAA) are still to be finalised, but are expected to deliver against the following broad objectives for 22/23:

- To oversee the commissioning and mobilisation of additional and improved support for individuals living with dementia, and their carers.
- To create a Wokingham Dementia Partnership (WDP) and foster a dementia friendly Wokingham movement which builds on the existing Wokingham Dementia Action Alliance (DAA) – stakeholder group.
- To assess the immediate gaps in support for those with or affected by dementia created by Covid-19 pandemic.
- To create a partnership between the WDP and Wokingham Dementia Action Alliance to ascertain wider views on local priorities and increase awareness and so to promote a dementia friendly community.
- To work in partnership with people and their carers from ethnic minority communities to offer support, raise awareness of existing services and groups, and customised prevention relevant to that community.

Learning Disabilities Partnership Board (LDPB)

The Wokingham Learning Disability Partnership Board is the body through which planning for services for people with learning disabilities happen and campaigns for change are made. The LDPB facilitate regular champions meetings and roadshows to find out what's important to the learning disability community. People share their experiences of services that work well, and what could be done better.

How the LDPB delivers on the Strategy into Action priorities

- **Priority – Support individuals at high risk of bad health outcomes to live healthy lives**
 - Supporting individuals with a learning disability [LD] in the Wokingham Borough to live independent, healthy and safe lives

Learning Disabilities in Wokingham

Wokingham has a higher per capita number of adults with learning disabilities receiving long-term support than other Boroughs within England, with 517 residents supported by the council in 2020. We know from national data that the average life expectancy of people with learning disabilities is 23 years lower than the general adult population, and that prevalence of mental health disorders, dementia, and epilepsy is much higher in people with learning disabilities. The Covid-19 pandemic has further exacerbated and laid bare these differences, with people with LDs dying of Covid-19 at 4.1 times the rate of the general population in England.

Priorities for 22/23

The priorities listed below are those of the broader Wokingham LD transformation plan. The LDPB work with the Council to monitor delivery of the plan, and to make sure they are getting things right.

- Create a dedicated Learning Disability Service providing focused social work support and access to social care and voluntary services
- To develop a LD Commissioning and Market Development Plan that fosters greater choice and control within the market
- To increase the number of people with a Learning Disability who are in employment
- To create an enhanced and sustainable offer of support for carers, so they get the support they need to help them continue caring
- To work with our partners in health to integrate services and improve outcomes for residents with a learning disability
- To embed the Approaching Adulthood Team to support young people with a learning disability to transition into adulthood

Social Isolation and Loneliness Action Group

The social isolation and loneliness action group brings together leads from voluntary sector providers and the council (in particular Sports & Leisure, Library Services and Public Health) to both identify the risk factors and causes for, and to reduce the overall reported levels of, social isolation and loneliness.

How the SIL delivers on the Strategy into Action priorities

- **Priority – Promote good mental health and wellbeing for all adults**
 - *Reducing loneliness and social isolation*
 - *Reducing covid related social isolation*

Social isolation and loneliness in Wokingham

Everyone feels lonely from time to time. But when people are always lonely, they are likely to suffer significant ill health and other negative consequences.

The health impacts of loneliness are thought to be on par with other public health priorities like obesity and smoking¹. And lonely people are more likely to visit a GP or A&E and to enter LA funded residential care².

The causes of loneliness will vary from person to person, and often be specific to the individual – for example, a person's personality or levels of resilience at a particular time. But there does seem to be some common themes, previous experiences or 'trigger' points that push a person to loneliness, as well as specific characteristics, including being aged 16 to 24, being widowed, having poor health, having a long-term illness or disability, having caring responsibilities and being unemployed³.

While levels or reported loneliness in Wokingham are lower than the national average, we know that feelings of loneliness increased during the pandemic, with 47% of residents surveyed saying they struggled with 'ability to connect with friends and family'. Furthermore, prior to covid-19, over 10,000 elderly residents were estimated to be living alone.

What's been achieved over the past 12 months?

Service delivery continued to be impacted by the pandemic throughout 21/22. But SIL group members/services still delivered a range of activity to tackle isolation and loneliness across the borough, including -

¹Holt-Lunstad, J. et al. (2015) Loneliness and Social Isolation as Risk Factors for Mortality: A Meta-Analytic Review

²Social Finance (2015) Investing to tackle loneliness - a discussion paper

³Office for National Statistics (2018) What characteristics and circumstances are associated with feeling lonely?

- The Friendship Alliance set up 27 friendship tables and recruited 36 friendship champions. 29 events were held during 'Friendship Month' with over 240 attendees. Fortnightly newsletters published with over 274 community activities promoted.
- The Moving with Confidence service has supported over 90 vulnerable residents to improve their strength and flexibility, helping them get out and about again following the pandemic.
- The Link Visiting scheme supported over 400 residents, helping them connect with their local community.
- The Ability Cleaning programme (Optalis) supported residents with a range of disabilities to learn and develop workplace skills. The team provided commercial cleaning services across Wokingham, Windsor, and Maidenhead. All the team members are paid a wage while training and work alongside and are supported by employment coaches who worked with them outside of the programme to look for further employment opportunities in line with their goals and aspirations.
- The Supported Employment Service (Optalis) established twice monthly pre-employment workshops for Ukrainian Refugees.

Priorities for 22/23

The SIL group has three core objectives for 22/23:

- Connect vulnerable residents with quality-assured services and activities
- Help people to build better social relationships to protect and improve physical and mental health
- Tackle the risk factors for social isolation and loneliness

The Berkshire West Place-Based Partnership

Berkshire West's place-based partnership sees a Unified Executive, made up of local authorities and NHS organisations, lead partnership discussions alongside close working with Health and Wellbeing Boards and local integration boards to deliver the Berkshire West Health and Wellbeing Board strategic priorities.

The coronavirus pandemic has continued to impact on the work of Berkshire West partners in 2021/22. Local priorities were set to help address consequences of the pandemic (including social isolation, physical deconditioning, and job insecurity). These priorities very much shaped integration work programmes for the year. Work also included the establishment of step-down beds, an alternative to emergency inpatient care in an acute hospital setting, and the preventing of premature admission to long-term residential care.

Partners have continued to work together to support the Covid-19 vaccination programme, with vaccination clinics running at GP surgeries, schools, local pharmacies, and new walk-in centres such as Wokingham Library. Reducing health inequalities has been a core focus of the vaccination roll-out with significant community engagement efforts supporting the most vulnerable in our communities to get their vaccination.

As the vaccination programme has rolled out, reducing the risk of becoming seriously ill or being admitted into hospital, partners have commenced the recovery and restoration of services. We have developed better ways of working collaboratively to support urgent and emergency care, strove to ensure the timely diagnosis and start of treatment of people with cancer, and developed services to support the health and wellbeing of our younger population such as the Emotional Wellbeing model developed in Wokingham.

Looking forward to 2022/23, the Unified Executive has reviewed and refreshed its priorities, receiving input from a range of stakeholder organisations across Berkshire West including the three locality integration boards. The refreshed priorities are:

- Making the most of Multi-disciplinary Teams (MDTS) to reduce the risk of events such as emergency hospital admission.
- Using Additional Role Re-imbursement Scheme (ARRS) monies to improve the sustainability of the primary care workforce.
- Planning for and managing same-day urgent demand.
- Ensuring rapid community discharge for people fit to leave hospital.
- Tackling cardiovascular disease.
- Promoting the emotional health and wellbeing for children and young people.

Recent reflections from the Unified Executive and council elected members have reconfirmed the commitment of all partners to the work of Berkshire West placed-based partnership and partnership working more broadly. The national legislative

changes will see new Integrated Care Boards being put on a statutory footing from July 2022 with significant focus on delivery of integrated care through place-based partnerships. As part of this change, we have been planning for the transfer of statutory commissioning functions and staff from the CCG to the new Integrated Care Board across Buckinghamshire, Oxfordshire, and Berkshire West.