



Newsletter

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www.nypartnerships.org.uk/healthandwellbeing

Four cornerstones to draft updated JHWS

An updated Joint Health and Wellbeing Strategy (JHWS) for North Yorkshire is providing an opportunity for the health and wellbeing board to restate its commitment to improving the health and wellbeing of everyone in North Yorkshire and to set out how it wants to continue to improve services.

The draft, which went before members at their June meeting, also reflects the progress made since the first strategy was produced in 2013. The draft is based around four themes:

Connected Communities; Start Well; Live Well; and Age Well

Within each of these are a number of outcomes, and from these health and wellbeing partners are expected to set out their priorities.

The draft takes into account the latest evidence from the county's joint strategic needs assessment, changes to national policy and people's expectations by listening to what is important to them for their long-term health and wellbeing.

The aim of the strategy is to help people make the right choices to live a health lifestyle throughout their lifetime, so reducing the burden of ill health on the county's communities.



The strategy emphasises that to make change happen it is important to improve the ways the whole health and care system works together in North Yorkshire. The keys to achieving this are seen as a new relationship with people using services, making the best use of the workforce and technology and maximising the area's economic prosperity to support businesses and individuals.

From late June into July, consultation on the draft will take place with wider partners and the public. Feedback from this will be gathered and analysed during August and September, after which a final strategy will be taken to the health and wellbeing board's meeting on 30 September.

Working to reduce the toll of smoking

Smoking remains the biggest preventable cause of ill health and early death in North Yorkshire, killing about 1,000 people a year in the county.

The North Yorkshire Tobacco Control Strategy



aims to tackle this, with its vision "to inspire a smoke-free generation in North Yorkshire".

It sets out to reduce smoking and exposure to secondhand smoke and to reduce the variation in health outcomes by reducing smoking-related illnesses.

Priorities include:

- preventing children and young people from smoking;
 - normalising a smoke-free lifestyle;
 - reducing illegal tobacco; and
 - helping smokers to quit.
- Health and wellbeing board members supported the strategy at their June meeting. The intention is to launch the strategy and implementation plan in October.

New stop smoking service to be awarded

North Yorkshire County Council is tendering for a new smoke-free service designed to help the county's smokers quit if and when they want. The council already funds help for smokers to quit through the New You NHS Smoke Free service, which has worked alongside GPs and pharmacies to support about 2,000 people to quit smoking every year, but the contract is due to expire at the end of this year. This gave the opportunity to review what people have said

they would like. This informed the development of a new service. The tender period runs until 20 July and the contract is expected to be awarded in September. The new service will operate from January 2016. Tender documents can be downloaded from Yortender. An information session for potential providers is being held on 16 June at Allerton Court Hotel, Northallerton, 2-4pm. To register for a place, contact Philip Derych on 01609 797418.

Improving opportunities for good mental health

It is estimated that one in four people will experience at least one mental health problem during their life.

Such problems have a personal and economic cost, with the potential to affect life expectancy and reduce opportunities. Someone with an enduring mental health problem is more likely to develop chronic diseases and die, on average, 20 years earlier than the general population. Someone with mental ill health is likely to have fewer qualifications, experience more unemployment and a lower income.

A new mental health strategy being drafted for North Yorkshire by the health and wellbeing board aims to address this situation.

At their June meeting, health and wellbeing board members gave their support to the draft, which sets out three key areas on which to focus to improve the opportunities for North Yorkshire residents to enjoy good mental health. These aim to ensure that:

- individuals, families and communities are able to develop resilience and an understanding of mental health;
- people who develop mental health issues are helped to recover and achieve better outcomes; and
- people with mental health needs can achieve as much as possible in their lives.

Service users, carers and staff have had input into the draft.

People with episodes of severe mental illness say they experience stigma and discrimination



and seek a better understanding of their difficulties and them as people. They want to be treated as equal partners in their care and want more information about services and support to help them early on. They prefer to be supported and treated at home, with seven-day care and support for them and their families. They want holistic care to address their social, mental and physical health needs. People needing hospital care want facilities that are fit for purpose and local, reducing the need to travel.

People with enduring mental health needs are anxious about a recovery model that focuses on time-bound interventions and want support that offers hope for fulfilling and safe lives, offering useful occupation and a greater sense of self-worth.

Following the support from the board, there will be further consultation with users, carers, staff and voluntary groups over the summer before a final draft is taken back to the health and wellbeing board in autumn.

Action to improve uptake of checks

Over the next six months, North Yorkshire County Council will be promoting uptake of the NHS Health Check Programmes across the county.

Traditionally, take-up in North Yorkshire has been lower than Public Health England's target of 66%.

Action to improve the uptake will include general awareness-raising and targeted communication with the lowest uptake practices. The council is also commissioning outreach services to work in areas of deprivation and among rural communities. One outreach service will focus on the eligible population in Scarborough. The other will focus on the farming community.

The two outreach services will be commissioned as pilot projects for 12 months, planned to begin in August.

For further information, contact Ruth Everson, health improvement manager, on 01609 797027.

Dementia books from the library

North Yorkshire libraries has a range of dementia-related books available to people who have dementia and their families.

The books can support people who have been diagnosed with dementia and include a collection of picture books to aid memory. They can also help people living without a formal diagnosis if they are worrying about symptoms.

More information is available from libraries. Details of libraries are at www.northyorks.gov.uk/libraries.

Consultation held on autism strategy

A new autism strategy is being developed for North Yorkshire to provide support for people with autism across the county.

The strategy, which has been written by the county council and partners, sets out targets for public sector organisations

in North Yorkshire about health, education and social care for people with autism. It will be published in October and will run until October 2018.

It is important that people with autism and their families

have a say in the development of the strategy. They can read the draft strategy and complete a questionnaire at www.northyorks.gov.uk/autismstrategy or attend a public event in July. Details of these will be on the website.