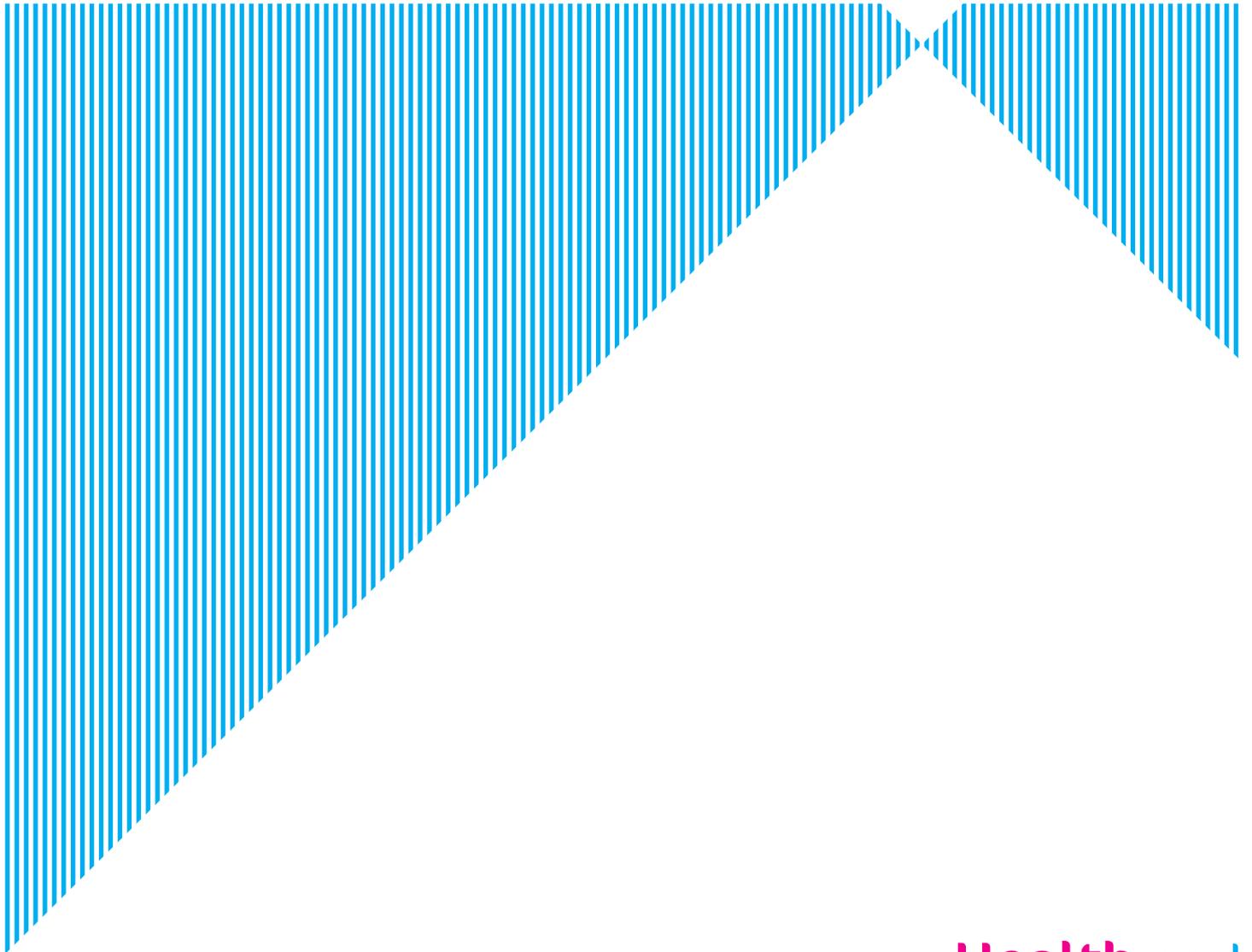


Surrey's Joint Health and Wellbeing Strategy



“Through mutual trust, strong leadership, and shared values, we will improve the health and wellbeing of Surrey people”



Health and Wellbeing
Surrey



Dear Residents/Patients

All of us at some time are patients. This is a 2016 refresh of the joint strategy between health and social care presented by the Health and Wellbeing Board. The criteria for selecting our priorities is what can we do better together than apart that will benefit all. The joint strategy is an evolutionary document and the start of a conversation with you, our patients, people who use services, their carers, families, and partners.

Councillor Helyn Clack

Cabinet Member – Wellbeing and Health

Joint Chair – Surrey Health and

Wellbeing Board

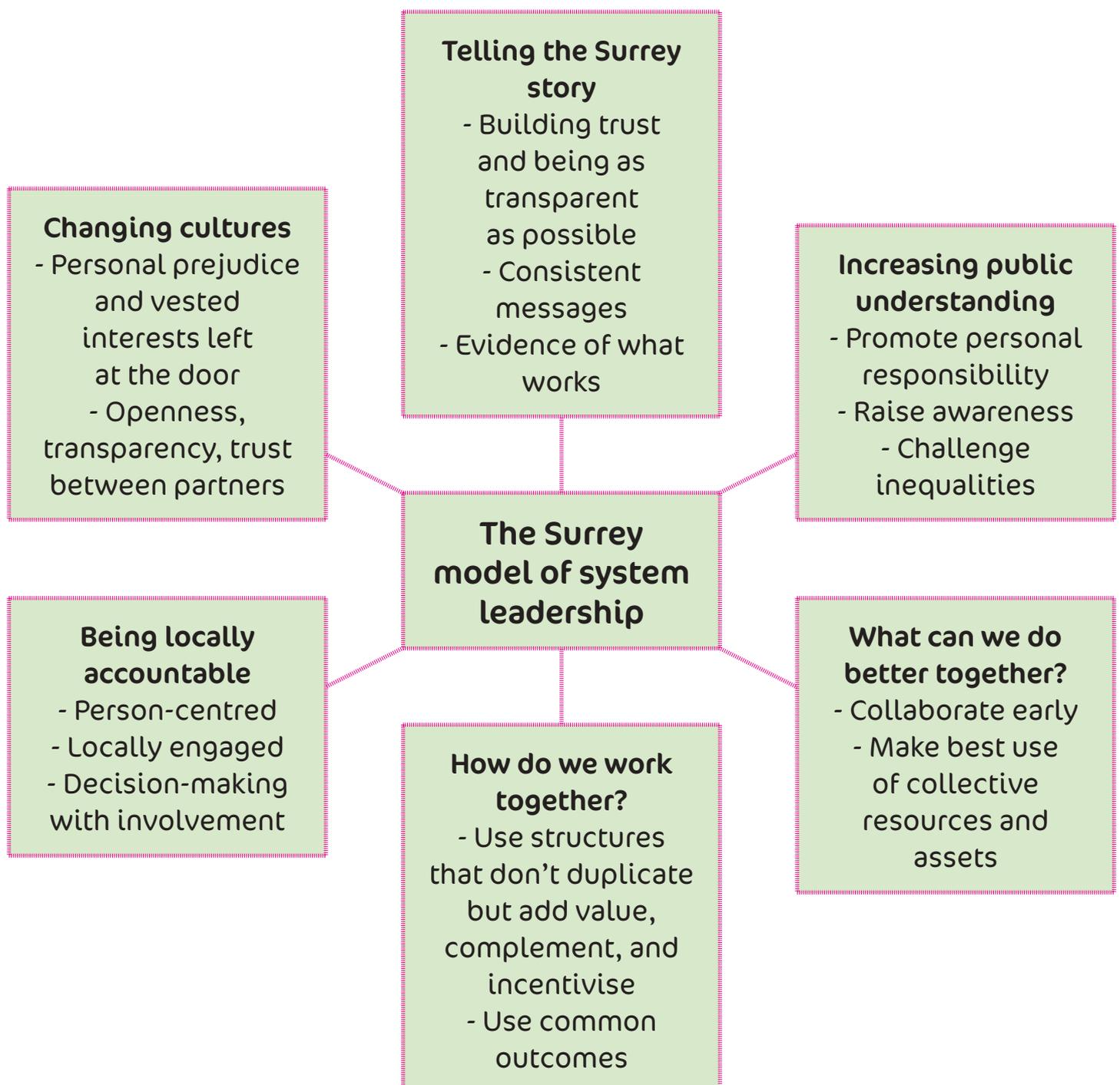
Dr David Eyre-Brook

Chair – Guildford and Waverley Clinical
Commissioning Group

Joint Chair – Surrey Health and
Wellbeing Board

Health and Wellbeing Boards were set up around the country in 2013 as part of the Government's changes to the NHS. The Board is the place for the NHS, Public Health, children's and adult social care, local councillors and service user representatives to work together to improve the health and wellbeing of the people of Surrey.

This joint strategy was refreshed by Surrey's Health and Wellbeing Board in April 2016. The Board has set itself the ambitious challenge of developing the most innovative and effective health and social care system in the country. Surrey's Board has built a strong foundation for leading this change by working in the following ways:





The Board sets direction and makes sure that direction is translated into activity, supporting each partner organisation. Some areas are led by specific partners and some are led by the Board as a whole.

To develop this strategy initially the Board asked for the help of Surrey residents, partner organisations and key stakeholders, to decide what it should focus on. While lots of work continues across all the areas considered, you helped us select five priorities where the Board should work together.

These are:

Improving children's health and wellbeing

Developing a preventative approach

Promoting emotional wellbeing and mental health

Improving older adults' health and wellbeing

Safeguarding the population

You can find more information about all the priorities in the Joint Strategic Needs Assessment at www.surreyi.gov.uk. This pulls together lots of information about people in Surrey, how they live, where they live and their health and wellbeing needs. This information, along with the views of residents and partner organisations, provided the evidence base for the Health and Wellbeing Strategy.



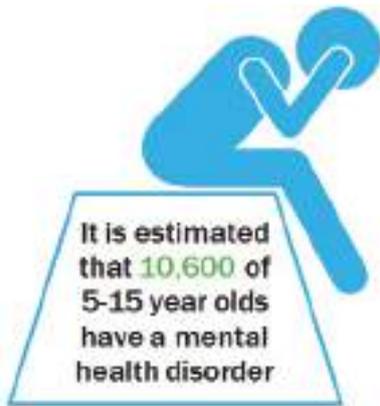
Priority 1: Improving children's health and wellbeing

Improving children's health and wellbeing means giving every child the best start in life and supporting children and young people to achieve the best health and wellbeing outcomes possible. We can do this by supporting families from the very start, right through to children becoming adults, and giving additional support where this is needed.

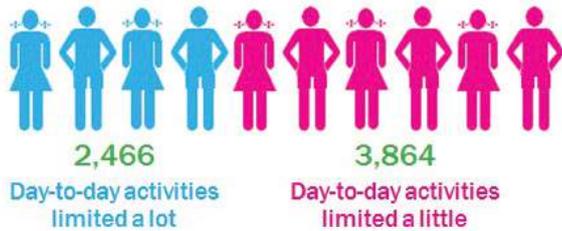
If we get this right we hope to see the following outcomes:

- More babies will be born healthy.
- Children and young people with complex needs will have a good, 'joined up' experience of care and support.
- More families, children and young people will have healthy behaviours.
- Health outcomes for looked after children and care leavers will improve.
- More children and young people will be emotionally healthy and resilient.

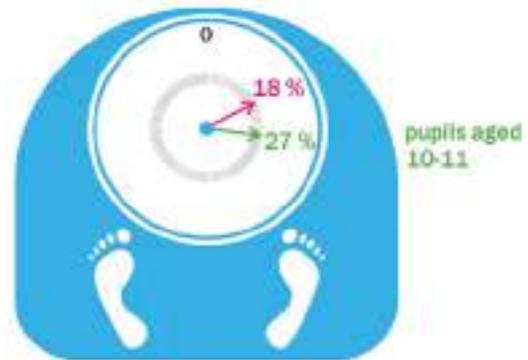
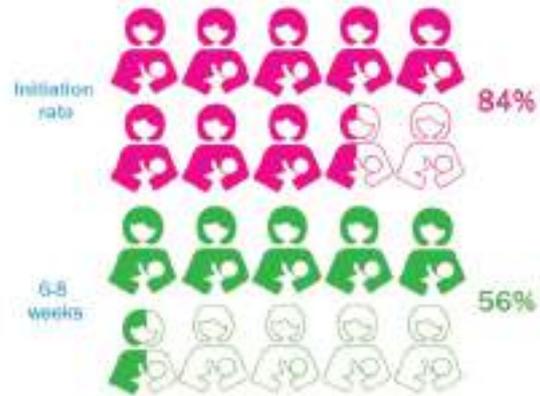
Our Joint Strategic Needs Assessment tells us that:



In 2011, 3% of children under 16 (6,330) had day-to-day activities limited by a long term health problem or disability

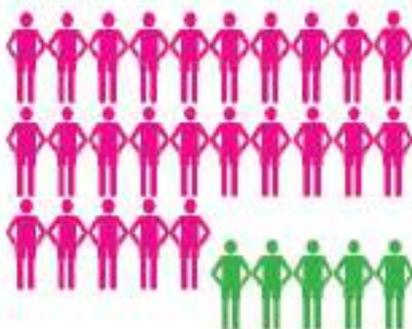


84% of mothers start breastfeeding but 6 to 8 weeks after birth only 56% continue to do so²

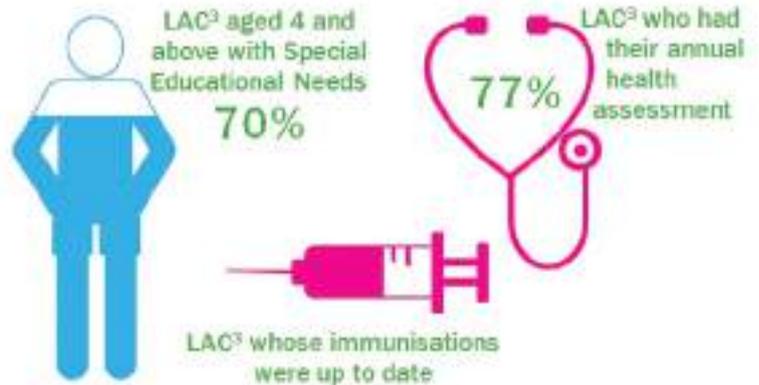


More than 1 in 4 children aged 10-11 are overweight or obese⁴

5 out of every 30 pupils have Special Educational Needs



In March 2013 there were 830 Looked After Children (LAC); 550 had been looked after for at least 12 months





Priority 2: Developing a preventative approach

We want to prevent ill-health and promote wellness, as well as spot potential problems as early as possible and ensure effective support for people. National and international evidence tells us that there is a clear link between social status, income and health, which creates a significant gap in life expectancy. Put simply people are healthy when they:

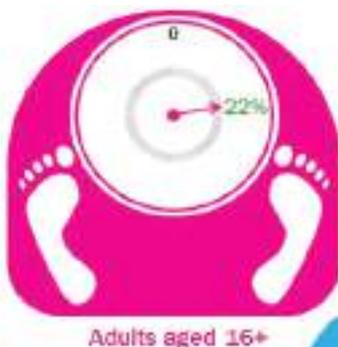
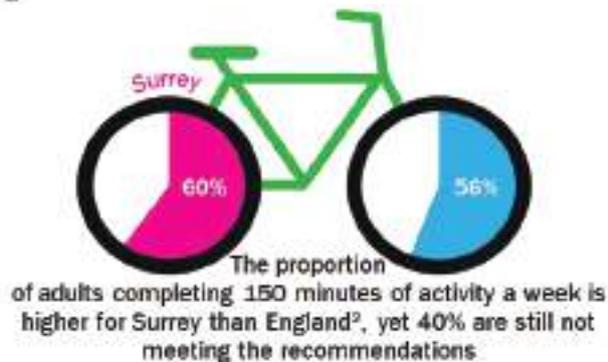
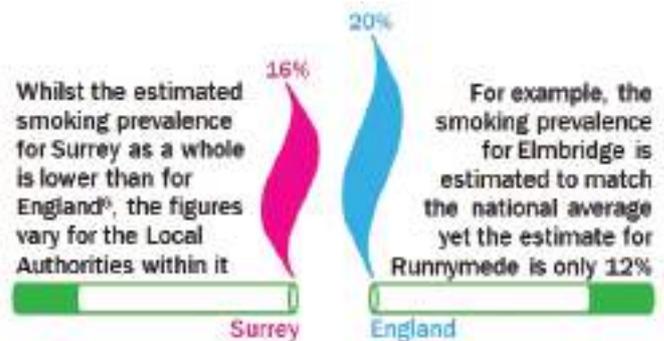
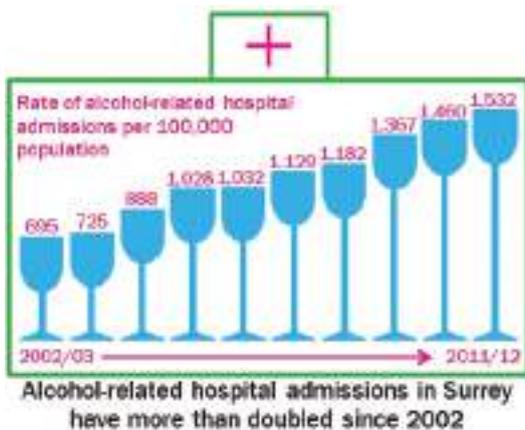
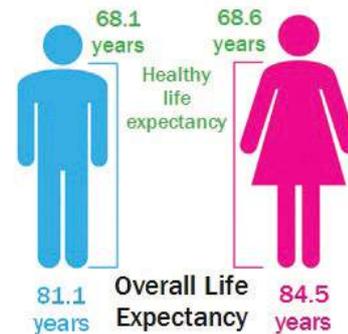
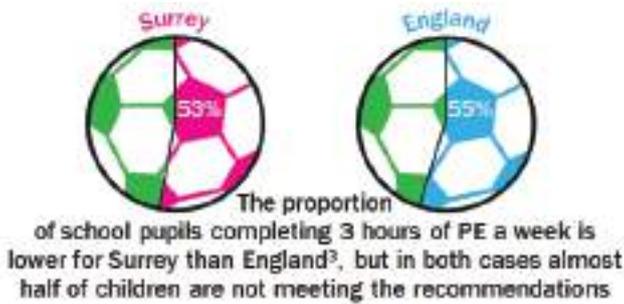
Have a good start in life, reach their full potential and have control over their lives, have a healthy standard of living, have good jobs and working conditions, live in healthy and sustainable places and communities.

You can find out more about this from: www.instituteofhealthequity.org

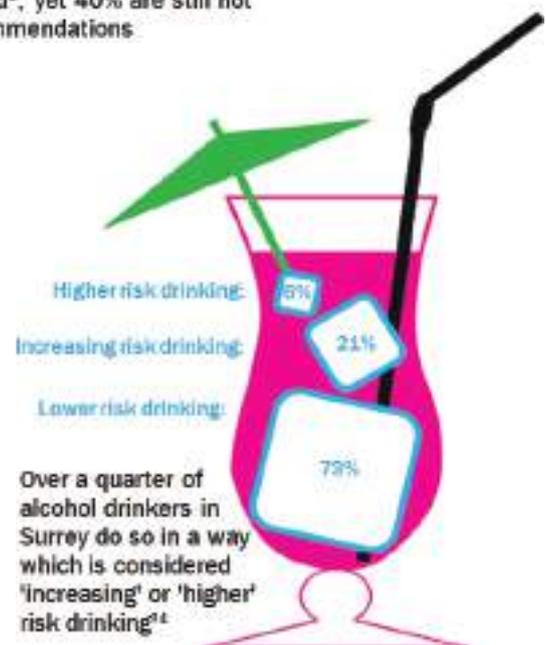
If we get this right we hope to see the following outcomes:

- The gap in life expectancy across Surrey will narrow.
- More people (people means all people in this strategy- children and adults) will be physically active.
- More people will be a healthy weight.
- The current increase in people being admitted to hospital due to drinking alcohol will slow.
- There will be fewer avoidable winter deaths.

Our Joint Strategic Needs Assessment tells us that:



Almost a quarter of adults, and more than 1 in 7 children aged 10-11 are obese⁵





Priority 3: Promoting emotional wellbeing and mental health

Positive mental health is a foundation of individual and community wellbeing. The communities in which we live, the local economy and the environment all impact on an individual's mental health. We want to promote good mental health for the wider population, early intervention to support people with emerging mental health needs and effective treatment and support services for people with enduring mental health problems.

If we get this right we hope to see the following outcomes:

- More people (people means all people in this strategy - children and adults) will have good mental health.
- More people with mental health problems will recover.
- More people with mental health problems will have good physical health.
- More people will have a positive experience of care and support.
- Fewer people will experience stigma and discrimination.



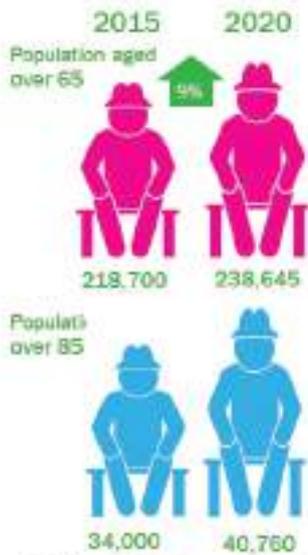
Priority 4: Improving older adults' health and wellbeing

More people in Surrey are living longer. This is great news, but there are also some challenges. The growing number of older people in Surrey will have a major impact, as older people are more likely to experience disability and long-term conditions. Part of the challenge will be to make sure that the right services are in place so that older people can remain independent for as long as possible. The number of people over 85 years old is predicted to increase significantly. People over the age of 85 often need more support from health and social care services. They are also at greatest risk of isolation and of poor, inadequately heated housing, both of which can impact on health and wellbeing.

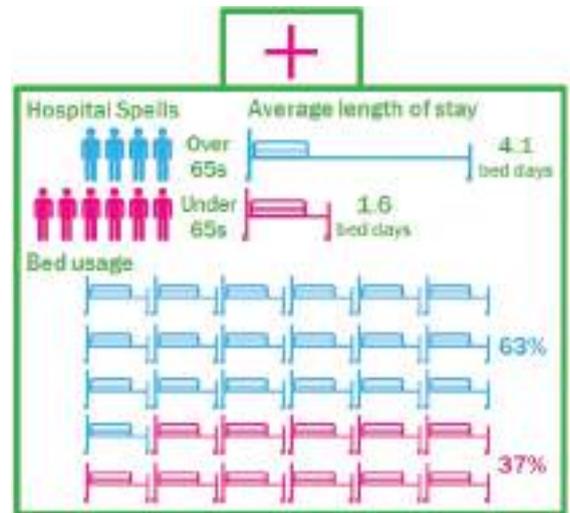
If we get this right we hope to see the following outcomes:

- Older adults will stay healthier and independent for longer.
- Older adults will have a good experience of care and support.
- More older adults with dementia will have access to care and support.
- Older adults will experience hospital admission only when needed and will be supported to return home as soon as possible.
- Older carers will be supported to live a fulfilling life outside caring.

Our Joint Strategic Needs Assessment tells us that:



In the next 5 years, the rate of increase in over 85s is projected to be greater than that for over 65s



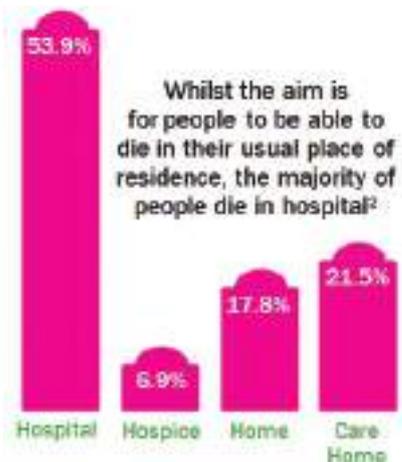
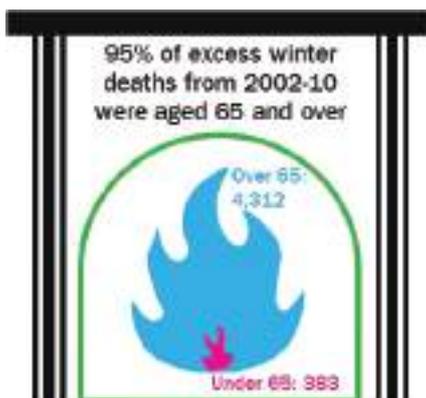
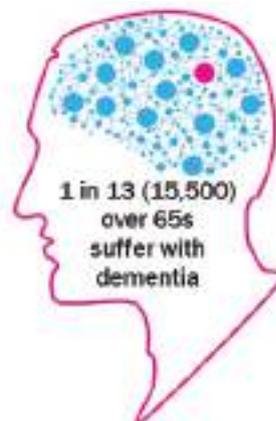
Over 65s accounted for 4 out of 10 hospital spells² but over 67% of total beds used

The number of people aged over 65 predicted to be admitted to hospital as a result of falls is set to rise



£885M

is the estimated health and social care cost for the elderly in Surrey⁴





Priority 5: Safeguarding the population

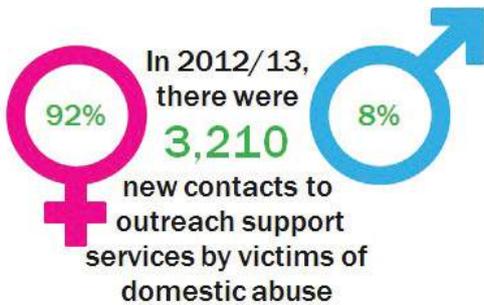
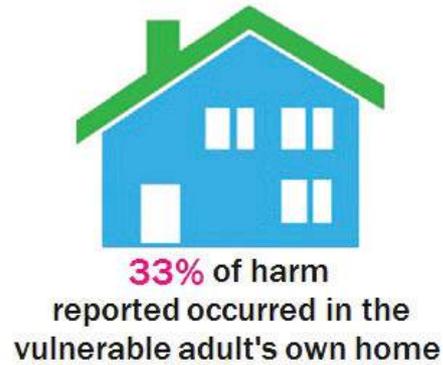
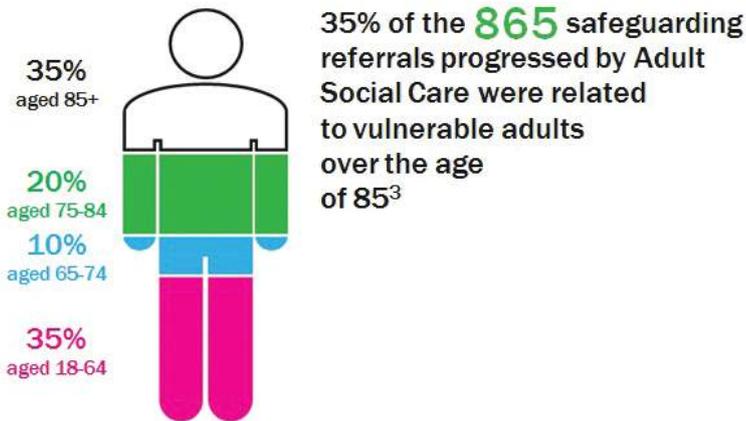
Living a life that is free from harm and abuse is a fundamental right of every person and everyone has a responsibility for safeguarding children and adults. Any individual can be hurt, put at risk of harm or abuse regardless of their age, gender, religion or ethnicity. When abuse does take place, it needs to be dealt with swiftly, effectively and in ways that are proportionate to the issues, with the individual's views at the heart of the process.

Protecting this right means that people can grow up and live safely, and live a life that makes the most of their opportunities.

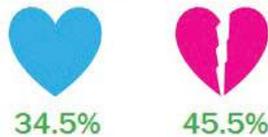
If we get this right we hope to see the following outcomes:

- People (people means all people - children and adults) whose circumstances make them vulnerable will be safeguarded and protected from avoidable harm.
- People will receive care in hospital that always promotes their health and wellbeing.
- People who use services will feel safe.
- Fewer people will experience domestic abuse and repeat incidents of domestic abuse.

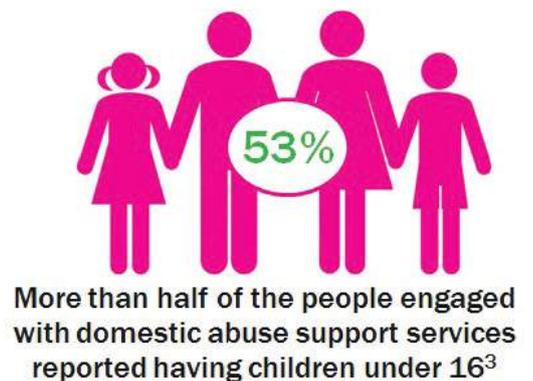
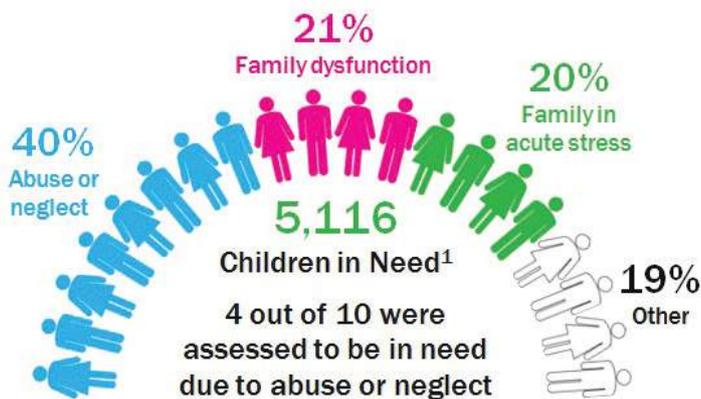
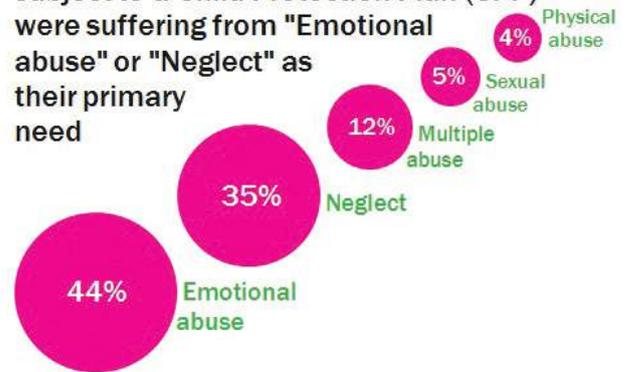
Our Joint Strategic Needs Assessment tells us that:



80% of them suffered abuse from their current or ex-partner

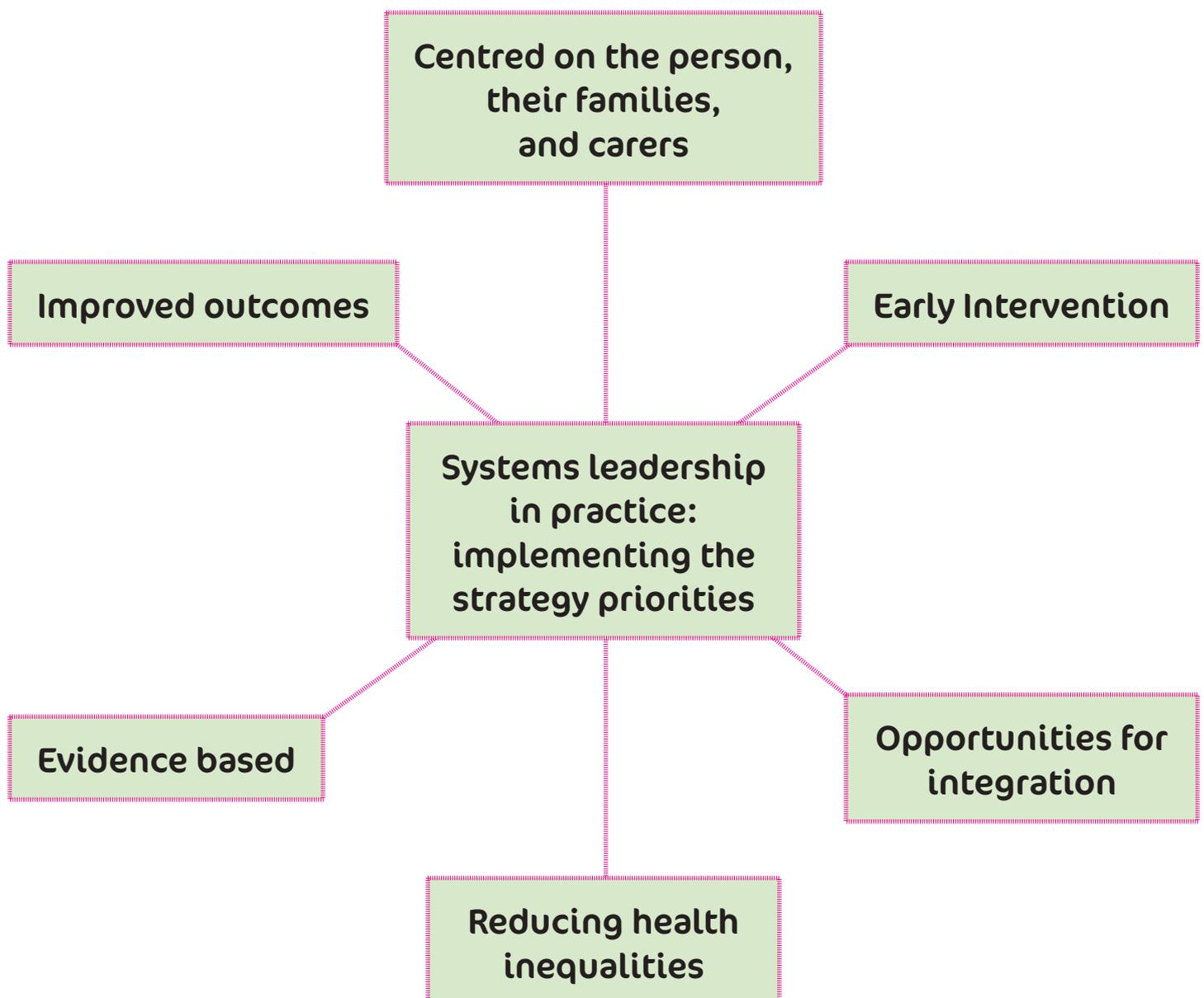


As of March 2013, 79% of the **890** children subject to a Child Protection Plan (CPP) were suffering from "Emotional abuse" or "Neglect" as their primary need



The Health and Wellbeing Board is the place to ensure each of these priorities is clear and present in the plans and actions of all its partner organisations. Each priority has an action plan and related strategy attached to it.

The Board has agreed a set of principles that will underpin its work together on each priority. The principles provide reference points for each discussion at the Board and will help to identify where to facilitate an improved outcome, support existing arrangements, challenge underperformance, or develop new ways of working:





The Board wants everybody in Surrey to be involved in improving their health and wellbeing.

You can keep an eye on the Board and let us know what you think or share any ideas you have by following us on www.surreycc.gov.uk/healthandwellbeingboard. As well as joining us at Health and Wellbeing Board meetings you can find out what is going on in your local area.

Healthwatch Surrey represent the views of local people on health and social care issues, and they are members of the Health and Wellbeing Board. You can contact them and they always welcome new volunteers who want to be involved.

We will be reviewing our strategy and looking at what we will need to do in the future. We really need your help to do this so please join in. To find out more visit www.healthwatchesurrey.co.uk.



Working to improve your health and wellbeing

The Surrey Health and Wellbeing Board membership is made up of the following representatives:

Councillor Helyn Clack - Joint Chair, Surrey Health and Wellbeing Board, Cabinet Member for Wellbeing and Health, Surrey County Council

Dr David Eyre-Brook - Joint Chair, Surrey Health and Wellbeing Board, Chair, Guildford and Waverley Clinical Commissioning Group.

Helen Atkinson - Strategic Director Adult Social Care and Public Health, Surrey County Council

Dr Andy Brooks - Clinical Chief Officer, Surrey Heath Clinical Commissioning Group

Dr Charlotte Canniff - Chair, North West Surrey Clinical Commissioning Group

Councillor Clare Curran - Cabinet Member for Children and Families Wellbeing, Surrey County Council

Ivor Duffy - Director of Assurance and Delivery, NHS England - South

Nick Ephgrave - Temporary Chief Constable, Surrey Police

Councillor Mel Few - Cabinet Member for Adult Social Care, Wellbeing and Independence, Surrey County Council

Julie Fisher - Deputy Chief Executive including strategic lead for Children, Schools and Families, Surrey County Council

Councillor James Friend - Leader, Mole Valley District Council (district and borough elected member representative)

Dr Claire Fuller - Chair, Surrey Downs Clinical Commissioning Group

Peter Gordon - Chair, Healthwatch Surrey

John Jory - Chief Executive, Reigate and Banstead Borough Council (district and borough officer representative)

Councillor John Kingsbury - Leader, Woking Borough Council

Dr Elango Vijaykumar - Chair, East Surrey Clinical Commissioning Group

Dr Andy Whitfield - Chair, North East Hampshire and Farnham Clinical Commissioning Group



Useful links and references

For further details on the Board's work visit
www.surreycc.gov.uk/healthandwellbeingboard

To find your nearest healthcare services and for comprehensive online information to help people make choices about their health visit: www.nhs.uk and www.healthysurrey.org.uk

For health advice and information about local services call **NHS 111**; a new, free to call number when you need medical help fast, but it is not an emergency.

For information about the health needs of the Surrey population visit:
www.surreyi.gov.uk

To find out what local support and services are available in your area visit
www.surreyinformationpoint.org.uk

The Board will use the following indicators to monitor whether we have achieved what we set out to achieve and to track progress against the strategy:

Priority ①

Improving children's health and wellbeing

Outcome →

- More babies will be born healthy
- Children and young people with complex needs will have a good, 'joined up' experience of care and support
- More families, children and young people will have healthy behaviours
- Health outcomes for looked after children and care leavers will improve
- More children and young people will be emotionally resilient

Indicators ●●●

- Low birth weight of term babies
- Percentage of overweight or obese 10 – 11 year olds
- Emotional wellbeing score of looked after children
- Average emotional wellbeing score

Priority ②

Developing a preventative approach

Outcome →

- The gap in life expectancy across Surrey will narrow
- More people will be physically active
- More people will be a healthy weight
- The current increase in people being admitted to hospital due to drinking alcohol will slow
- There will be fewer avoidable winter deaths

Indicators ●●●

- Slope index of inequality at birth
- Percentage of physically active adults
- Percentage of overweight or obese adults
- Rate of alcohol related admissions to hospital
- Ratio of excess winter deaths

Priority ③

Promoting emotional wellbeing and mental health

Outcome →

- More people will have good mental health
- More people with mental health problems will recover
- More people with mental health problems will have good physical health
- More people will have a positive experience of care and support
- Fewer people will experience stigma and discrimination

Indicators ●●●

- Rate of access to Improving Access to Psychological Therapy (IAPT)
- The proportion of adults in contact with secondary mental health services in paid employment
- The average score of physical health checks for patients with a severe mental illness
- Proportion of people feeling supported to manage their condition
- Number of people reached by the anti-stigma campaign 'Time to Change'

Priority ④

Improving older adults' health and wellbeing

Outcome →

- Older adults will stay healthier and independent for longer
- Older adults will have a good experience of care and support
- More older adults with dementia will have access to care and support
- Older adults will experience hospital admission only when needed and will be supported to return home as soon as possible
- Older carers will be supported to live a fulfilling life outside caring

Indicators ●●●

- Rate of non-elective admissions
- The proportion of people aged 65 and over who are still at home 91 days after discharge into rehabilitation
- Overall satisfaction with their care and support of people using adult social care services
- Estimated diagnosis rate for people with dementia
- Carer reported quality of life

Priority ⑤

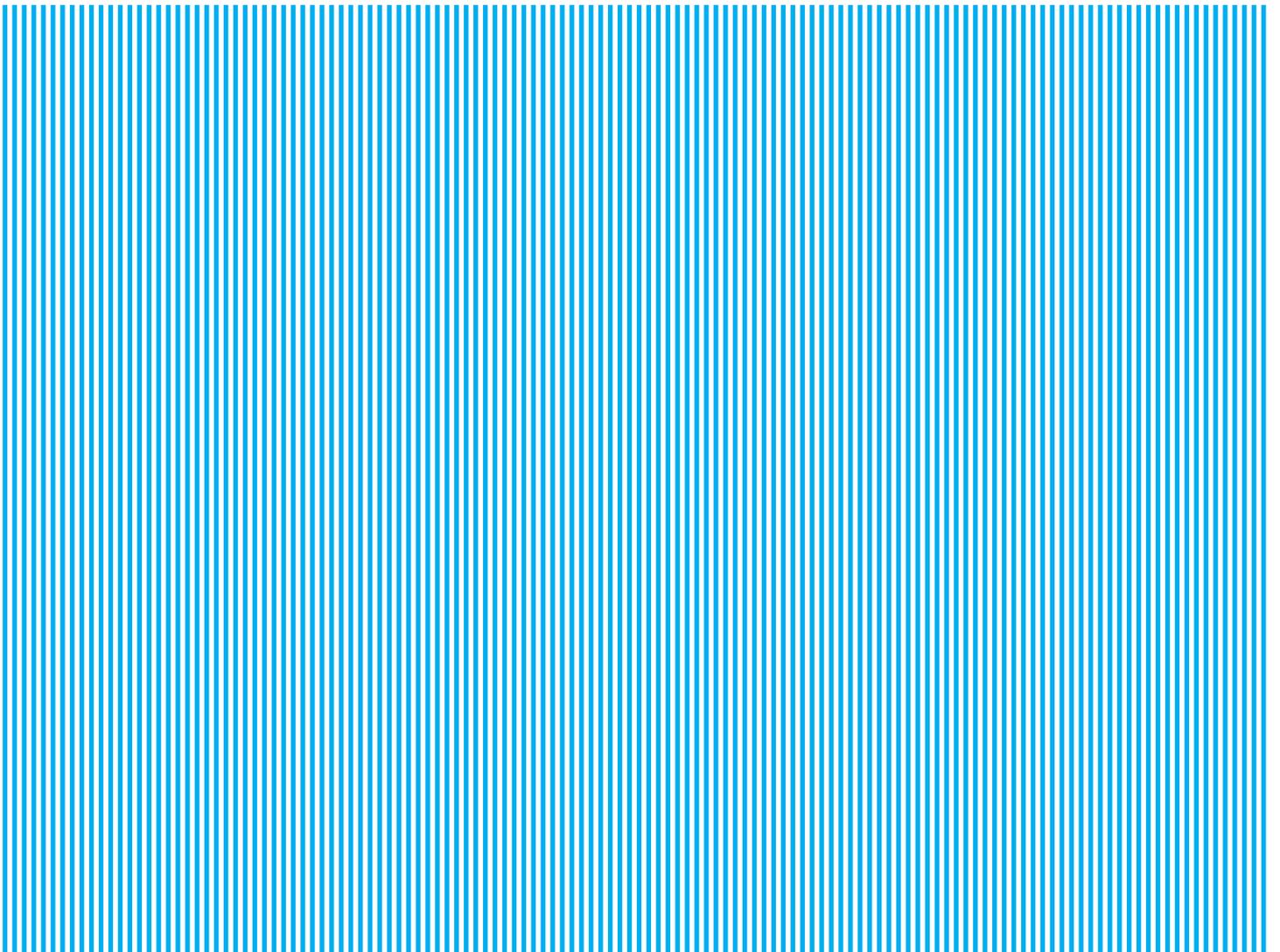
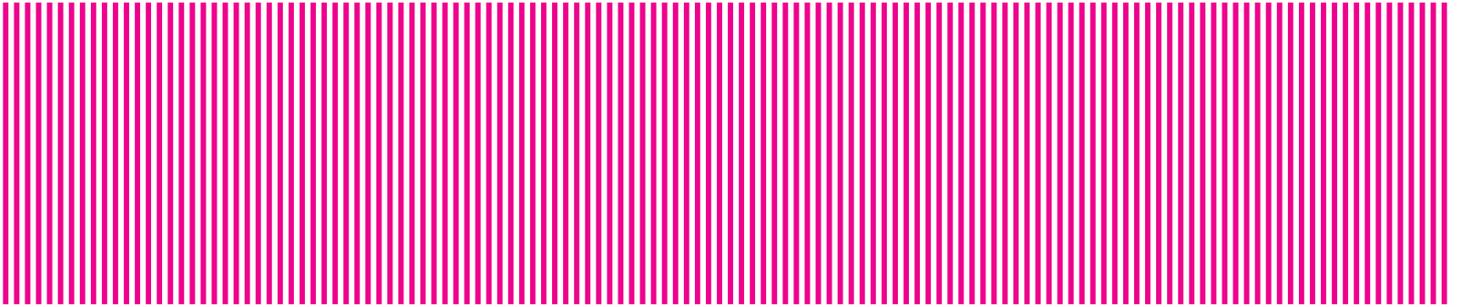
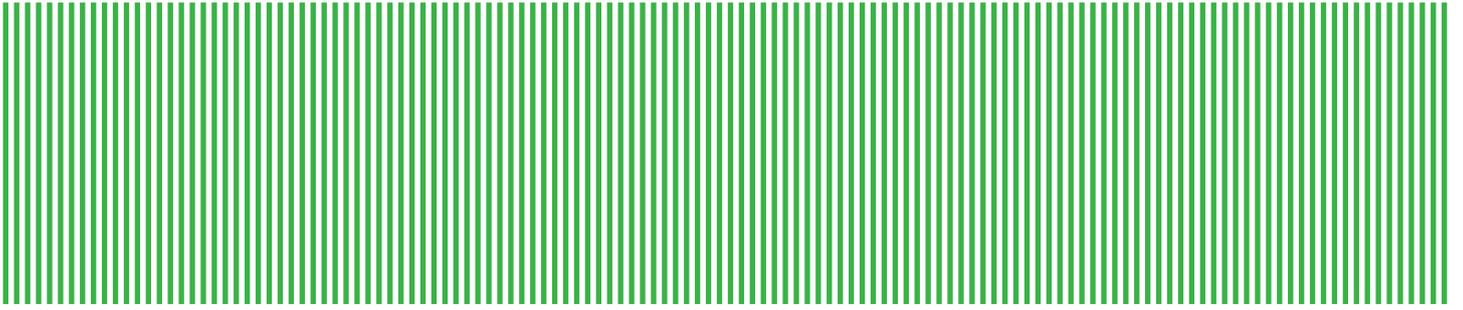
Safeguarding the population

Outcome →

- People whose circumstances make them vulnerable will be safeguarded and protected from avoidable harm
- People will receive care in hospital that always promotes their health and wellbeing
- People who use services will feel safe
- Fewer people will experience domestic abuse and repeat incidents of domestic abuse

Indicators ●●●

- Percentage of people who would recommend their care to friends and family
- Proportion of people who use services who feel safe
- Rate of domestic abuse incidents recorded by police
- Rate of repeat incidents of domestic abuse recorded by police



**Health and
Wellbeing
Surrey**