

Health Liaison Board

At the above stated meeting the attached presentations and documents were tabled for the following items

	Pages	Contact
6. West Kent Mind Update - Stevie Rice, Chief Executive, West Kent Mind The Chief Executive will be in attendance to provide an update to the Board.	(Pages 1 - 26)	Kelly Webb Tel: 01732227474
7. Update On Nursing Levels And General Overview Of Service In The District - Sally Mackinnon, Director, West Kent Health & Care Partnership The West Kent Health and Care Partnership Director will be in attendance to provide an update to the Board.	(Pages 27 - 34)	Kelly Webb Tel: 01732227474

If you wish to obtain further factual information on any of the agenda items listed above, please contact the named officer prior to the day of the meeting.

Should you need this agenda or any of the reports in a different format, or have any other queries concerning this agenda or the meeting please contact Democratic Services on 01732 227000 or democratic.services@sevenoaks.gov.uk.

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Health Liaison Board

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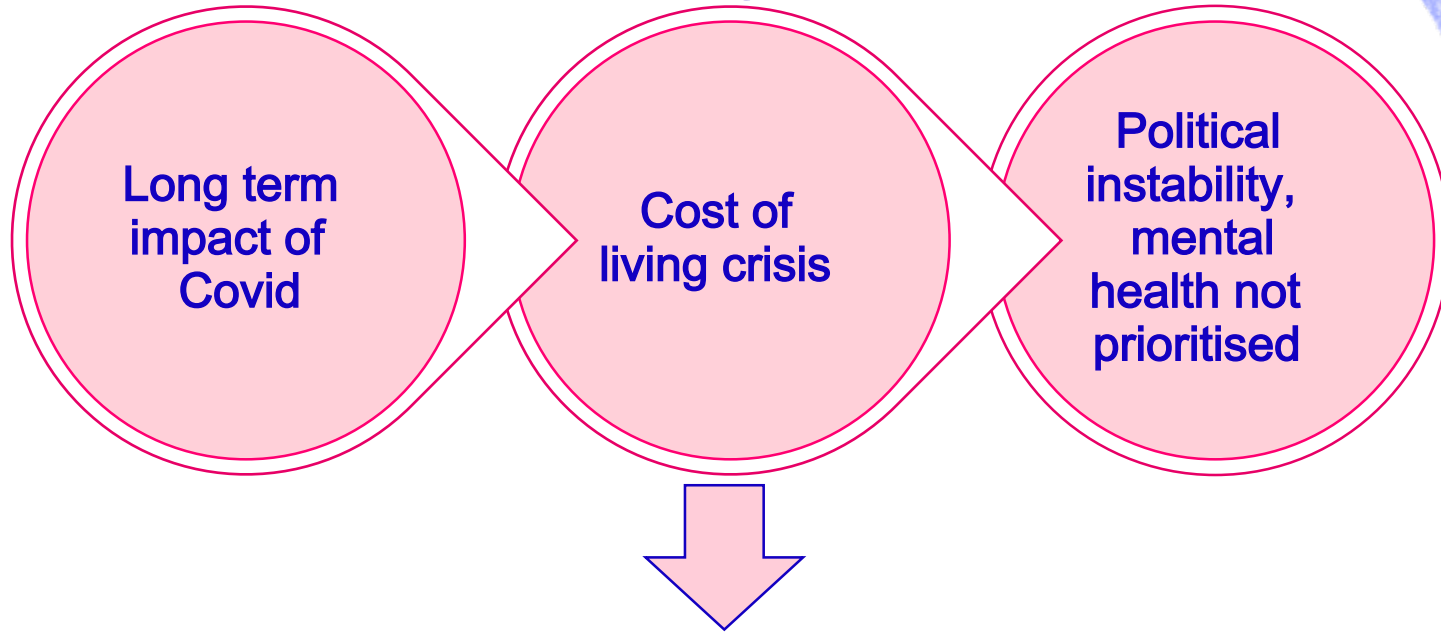
Wednesday 7th June

Stevie Rice, CEO

Agenda Item 6

30,073

A picture of increasing need...



Increased prevalence, severity, and risk of unmet need

Context: population wellbeing (ONS)

Declined in March 2020, recovered up to March 2022; now declining wellbeing (March -November 2022). Not everyone in these groups meets the threshold for a diagnosable mental health problem but all are experiencing distress (March 2022):

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28%

of adults feel their wellbeing is still being affected by the covid-19 pandemic

24%

of adults report they feel lonely often, always or some of the time

34%

of adults are experiencing high levels of anxiety

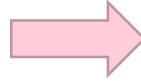
Agenda Item 6

ONS, March
2022

The cost of living crisis

The number of people living in poverty has increased in the last couple of years:

1 in 4 people in the UK lived in poverty before the cost of living crisis
(JRF, 2022)



1 in 3 people in the UK living in poverty in April 2022 during the cost of living crisis
(NEF, 2022)

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- Disproportionate impact on racially minoritised communities
- Child poverty is rising
- Areas with higher deprivation have a higher prevalence of depression
- Increased cost of living is causing a decline in mental health

Agenda Item 6

Robert Wood Johnson Model



SOURCE: Robert Wood Johnson Foundation and University of Wisconsin Population Health Institute in US to rank countries by health status

Mental health and the cost -of - living crisis

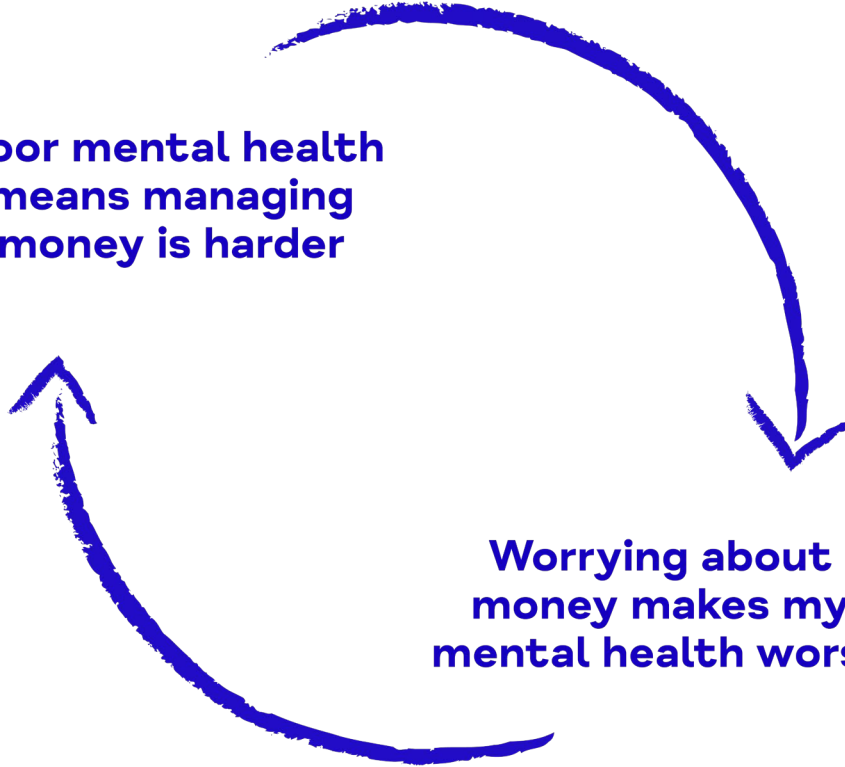
- Poverty and financial stress will increase
- People are now going without basic living essentials (eg food, warm home)
- Impacts will be on a scale similar to Covid
- People are also going without the things that keep them well:
 - 30% of adults have poorer quality sleep
 - 23% met friends less often
 - 15% pursued a hobby less often
 - 12% exercised less often

(Source: Mental Health Foundation, Jan 2023)

Cost of Living Crisis

**Poor mental health
means managing
money is harder**

**Worrying about
money makes my
mental health worse**



Mental health can affect the way you deal with money

- Motivation
- Achieving a brief high
- Impulsive financial decisions
- Ability to work or study and impact on income
- Avoidance (eg opening bills)
- Insurance

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Money problems can affect your mental health

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- Money can be triggering
- Sleep problems
- Affordability of the things that maintain wellbeing
- Social life impact



More people are experiencing mental health problems because of this crisis.

And people who already had a mental health problem are struggling more.



- Food. Fuel. Power. Housing costs. This crisis is hitting everyone from all directions with a speed and severity we've not seen in decades.

It's hard to overstate how big an impact this is going to have on our mental health. This is an emergency. An emergency everyone needs help to deal with.



Vision

People's lives are enriched through better mental wellbeing.

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Mission

West Kent Mind enriches lives through better mental health by offering support to Get Well, Stay Well and Thrive.



How we supported people to get well

- 160 clients supported in 2,400 affordable counselling sessions
- 45 volunteer counsellors within the counselling programme
- 76 clients engaged with **Brighter Futures** - the specialist loss counselling – up 66% in two years
- Average improvement score of 4.6

“From the moment I arrived I felt very welcomed and put at ease. I was given the opportunity to understand why I was feeling the way I was. I feel like a door had been opened to all this knowledge and acceptance and education on anxiety and depression. I honestly feel more positive.”

How we supported people to **get well**

- 15 **Life Skills** specialist psychoeducational courses delivered
- **Solace Café** – opening two evenings a week: 467 attendances, 70 clients
- 2 residents in our **supported housing** moved on to independent living
- 26 D/deaf people supported through Deaf Minds
- 25 people experiencing **domestic violence** supported through our fast-track counselling



How we supported people to stay well

- 23 parents/carers supported through ASD Carers' Support Group
- Money Works – 116 people supported with financial advice
- 204 attendances at our support group for parents/carers of children/young people at risk of self-harm or suicide
- 10 years of Skiffle Express!
- Chat room!

“I’ve been on a roller coaster with my son.

This has been invaluable. Just if nothing else, to feel that actually you’re not on your own.”

How we supported our community to thrive

- Delivered **12** full **Mental Health First Aid** training courses
- 162 **qualified** Mental Health First Aiders
- **144 people** trained during 9 Suicide Awareness & Prevention workshops
- 100% of attendees reported an increase in their confidence to **reduce suicide** risks and signpost appropriately
- 99 people supporting Ukrainian refugees trained in mental health awareness

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“I can say that the course has given me a real sense of understanding mental health, my own attitudes towards it, and then more importantly feeling like I can actually support someone who may need my help.”



Agenda Item 6

Fundraising

- 45% of fundraising income was from Trusts & Foundations
- 3% from individual giving
- 13% from events
- 39% from community and corporate

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£9,157 raised from silent auction

Wear it Blue raised over £3,000

Thank you to so many amazing fundraisers!



Agenda Item 6

Marketing and Communications

- CRM development
- 27,000 visitors to website
- 9,700 engagements on social media
- Total reach 300,000+
- Supported **World Mental Health Day** and **Time to Talk Day** and **Mental Health Awareness Week**
- Broadcast interviews on BBC Radio Kent
- 4,500 recipients of e-newsletter

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Agenda Item 6

Our key strategic goals for 2021-24 are:

1

Goal 1 **Empowered**

People in West Kent feel **empowered** to improve, nurture and sustain their mental wellbeing and the mental wellbeing of others.

We will do this by...

Working with more people to improve knowledge, skills and awareness of positive mental health.

Ensuring a client focussed approach.

Ensuring more people have the tools and resources to support themselves and each other.

2

Goal 2 **Targeted**

Support is responsive, adaptive, accessible and **targeted**.

We will do this by...

Providing services that respond to the (changing) needs of our communities.

Extending our services across West Kent.

Ensuring that our services are available and accessible to those who need them.

3

Goal 3 **Community-focussed**

Communities are informed, engaged and connected with a positive approach to mental health.

We will do this by...

Developing our community involvement and engagement through our Web of Wellbeing programme.

Building a network of mental health advocates across West Kent.

Forging relationships and key partnerships with community and statutory organisations.

4

Goal 4 **Sustainable**

West Kent Mind is an efficient, resilient and **sustainable** organisation.

We will do this by...

Ensuring that West Kent Mind has effective, efficient and secure IT systems, processes and procedures in place.

Evaluating our progress to ensure we are delivering success.

Ensuring the ongoing social, environmental and economic viability of West Kent Mind.

Creative Minds

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 **Mind**
West Kent

 **COMMUNITY**
FUND



Agenda Item 6

Risks facing Voluntary Sector

- Cost of living crisis driving increased demand across the sector
- Increased complexity of cases presented within services
- Inequalities will widen
- Increased costs of operating – Food, fuel, power and labour.
- Reduced income -Charities having to rely on reserves to cover core costs
- Smaller charities most at risk
- 51% of charitable income was from the public



Risks facing Voluntary Sector

- Less public sector income – government funding falling
- Contracts won on cost not quality
- Intense competition for grant funding
- High numbers of vacancies
- Lower pay in the voluntary sector / Increases in pay in private sector
- Pay not matching rising costs
- High levels of stress and burnout





“Feel quite emotional about it to be honest. I didn’t know where to turn or who to speak to.

Everyone I’ve spoken to at DAVSS and West Kent Mind have been incredibly understanding, knowledgeable and empathetic... feel like I had your support all the way through. It’s been amazing...the counselling really helped, great knowing someone understood me as no one had understood me before, I had no one to talk to.”





Thank you!

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WEST KENT HEALTH & CARE PARTNERSHIP

Key Info 2023



West Kent
Health and Care Partnership

- Regulation
- Scrutiny

Scrutiny committees

Regulatory bodies

- Needs analysis
- Strategy design
- Outcome dev't

Local Authority Health and Well-being Boards

Kent and Medway Integrated Care Partnership

Broadening Social and Economic Development Sub-committee

- Allocating resource
- Securing services
- System Quality
- Performance Improvement
- Assurance

NHS England
(Specialised Commissioning)

NHS Integrated Care Board*
(NHS Kent and Medway)

Kent County Council & Medway Council

Improving Outcomes and Experience Committee
Reducing Health Inequalities Committee
Productivity & Investment Committee

District Councils

- Place and neighbourhood priority setting
- Operational delivery
- Place based assurance

4 x Place Based Partnerships (H&CP) with 42 Primary Care Networks

Provider Collaboratives

Individual providers:
Health and social care including: primary care; FTs and NHS Trusts; voluntary and community services; independent sector

Kent and Medway ICS system architecture

Inclusive membership and involvement at all levels
Including clinical and professional leadership

Voluntary, Community and Social Enterprise forum

People and Communities Advisory Group

K&M GP Board

Strategic change programmes

- East Kent transformation
- Vascular
- Stroke

System Programme and Delivery Boards

System Programme Board

- Mental Health, Learning Disabilities & Autism
- Cancer Alliance
- Children and Young People
- Digital and Data
- Workforce

Delivery Board

- Planned Care
- Urgent Care
- LMNS Board

Supports development of system strategy and outcomes; and oversees system delivery and improvement (with place-based partnerships)

Other ICB Committees include Primary Care Commissioning, Audit and Risk and Remuneration Committees

WEST KENT PARTNERS IN THE HEALTH & CARE PARTNERSHIP



West Kent
Health and Care Partnership

- MTW - Hospitals
- KCHFT - Community health
- KMPT - Mental Health
- WKPC – GP Federation
- Resident groups - Healthwatch
- Voluntary and community groups - Involvement
- PCN Clinical directors
- Districts: Maidstone, Tonbridge & Malling, Tunbridge Wells, Sevenoaks
- KCC
- North East London Foundation Trust



Agenda Item 7

Place Development

West Kent Life Course Indicators (08/2022)



West Kent
Health and Care Partnership

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7.8%
Babies born with mothers who smoke



298
Number of under 4 yrs attending A&E (per 1,000)



29%
Year 6 children overweight or obese



76
Under 17 yrs admitted to hospital for mental health (per 100,000)



489
10-24 yrs admitted to hospital due to self harm (per 100,000)



71
Emergency hospital admissions for under 19s due to asthma (per 100,000)



82
15 - 24 yrs admitted to hospital for substance abuse (per 100,000)



13%
Adults with recorded depression



0.24
Number of antibiotic items prescribed



391
People admitted to hospital for alcohol-specific conditions (per 1,000)



1.7%
People with recorded Chronic Obstructive Pulmonary disease



58%
Adults that are obese or overweight



11%
People who are current smokers



11
Under 18's falling pregnant (per 1,000)



0.8%
People with a recorded serious mental illness



11
Suicide rate (per 100,000)



14%
People with recorded hypertension



6.4%
People aged 17+ with recorded Diabetes



2.6%
People with recorded Coronary Heart Disease



4.4%
Adults with recorded Chronic Kidney Disease



75%
Cervical cancer screening coverage for 25-49 yrs



85.1
Female Life Expectancy



81.6
Male Life Expectancy



581
Unplanned hospitalisation for chronic Ambulatory Care sensitive Conditions (per 100,000)



2525
Over 65 yrs admitted to hospital due to falls (per 100,000)



89
Deaths from cancer under 75 yrs (% of England mortality)



72%
Bowel cancer screening coverage for 60-74 yrs



62%
Breast cancer screening coverage for 50-70 yrs

WEST KENT PRIORITIES



West Kent
Health and Care Partnership

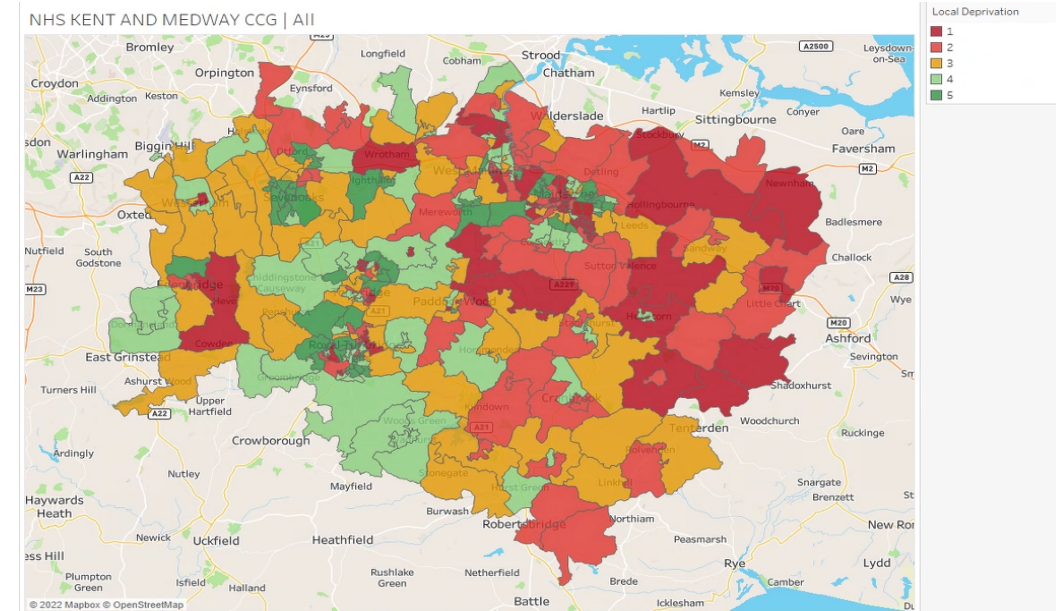
Priorities:

- Children's and Adults mental health
- Frailty & Complex Needs
- Maidstone Inequalities
- Integrated Neighbourhood Teams
- Discharge & Flow

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Enablers:

- Workforce
- Engagement/ Co-production
- Finance/contracts
- Digital
- Estates
- Population health/prevention



INTs - APPROACH OVER NEXT 12 MONTHS

- 1 • All PCNS establish the foundation elements of the INT model over 2023/24 including:
 1. INT Partnership Group
 2. INT Patient/Resident engagement/coproduction forum

- 2 • Pilot key elements of the operational model in different PCN areas including:
 3. Electronic front door
 4. Core INT team to undertake shared workload/case management
 5. Use of shared patient system
 6. Extended INT to provide support on the wider H&WB
 7. MDTs for significant/complex cohorts at Neighbourhood level
 8. Cross PCN planning and support on significant cohorts

- 3 • Provide West Kent wide support to share learning and improve skills development
 9. Establish a West Kent INT network group to share learning of the pilot activity and facilitate mutual support/shared electronic area
 10. Provide active support to all areas piloting and WK wide system learning opportunities to support progress on INTs in all PCN areas

WHAT WE WOULD PILOT WHERE

INTEGRATED NEIGHBOURHOOD TEAM ELEMENT	SITE(S) FOR IMPLEMENTATION	CURRENT STATUS
INT Partnership Forum	All PCN Areas	4 in progress
Resident/Patient Forum	All PCN Areas	4 in progress
Electronic front door	Tunbridge Wells	Started planning
Core INT shared workload/case mgmt.	Weald	New
Core INT using shared patient system	Tonbridge	New
Development of MDTs complex cohorts	Weald/Maidstone	Weald pilot MH
Cross PCN working for shared cohorts	Maidstone PCNs	New
Extended INT wider H&WB	Sevenoaks	New
WK shared learning forum	All PCN Areas	New
WK learning and development offer	All PCN Areas	New



