

# Member Report

## Health, Welfare & Housing Support



To:	Borough Council	Date:	November 2024
From:	Cabinet Member for Health, Welfare & Housing Support		

### 1 What is the purpose of this report?

This report provides the Borough Council with an update on progress, developments and key issues from the Health, Welfare & Housing Portfolio.

### 2 Introduction

This is my annual report to council as Cabinet Member for Health, Welfare and Housing Support.

It sets out the main achievements over the past year to improve the wellbeing of our residents, ensure environmental health and protection standards are met, enforce consumer protection legislation, give advice and support to those in housing need and oversee the provision of leisure facilities.

Earlier this year I sent out a spreadsheet of ward based public health indicators to members. The data highlighted the very significant health inequalities we have across the borough and the enormous challenge public health faces to improve the health and wellbeing of residents at a time when this council, the NHS, social care and education have faced severe and sustained economic pressure. My professional background in the NHS and pathology has given me considerable insight into primary disease prevention and the success of targeted interventions to improve wellbeing. I also appreciate the importance of using data and evidence to set priorities for investment and to monitor effectiveness. Most of the improvements in patient outcomes and service delivery that I was involved in were the result of multidisciplinary team working and a willingness to learn from each other and pool expertise and resources. Often it was small incremental changes that produced the most benefit, but occasionally transformational change was required which is harder to deliver.

My vision for the service is one in which the service has achieved an ambitious goal of putting the improvement of community health and well being at the forefront of this council's decision making and delivery. We must improve the wellbeing of our children, increase opportunities for them and enable young people and adults to maximise their potential.

These aspirations and successful outcomes will be delivered by our colleagues across public health, our healthy community co-ordinators, officers across many directorates, and by community champions such as yourselves as elected members, and by those in the voluntary sector.

Finally, I would like to thank all the officers across the council teams who have contributed to the achievements detailed in this report.

### 3 Summary of Main Achievements 2023-2024

- Publication of Joint Strategic Needs Assessment – June 2024
- Approval of the South Tees Health & Wellbeing Strategy (2024-2030)
- Winning the “Most Impactful Partnership in Preventative Healthcare’ award at the HSJ (Health Service Journal) Partnership Awards 2024.

- Increases in the breast feeding rates.
- Engagement in the Eat Well Schools Award & Eat Well Early Years
- Autoenrollment of free school meals & maximising pupil premium for schools
- Christmas 2023/24 Holiday Activities and Food Programme judged to be in the top 10% of local authorities for delivery and reach
- Outcomes for the Managing Undernutrition South Tees (MUST) Service
- Sports development & events: Lawn Tennis Association funding of £170,000 secured for refurbishment of park tennis courts. Delivery of the National Road Race Championship & Lloyds Bank Tour of Britain stage 2
- THRIVE partnership: Ambassador programme, piloting of new roles i.e. Specialist Substance Misuse Social Worker in Adult Social Care, Thrive worker in Childrens Social Care, pilot of GP Link Worker for domestic abuse, delivery of a range of topics to local schools
- Improved outreach for the Specialist Stop Smoking Service
- Worked with South Tees Acute Hospitals NHS FT to appoint a smoking cessation specialty midwife. Smoking at time of delivery rate reduced to 9.2%, 88 babies born into a newly smoke free home
- Completion of a cervical cancer screening trial in East Cleveland & roll out to selected GP practices across the North East
- COPD & Warm Homes Better Health Project
- Maximising resident income & achieving ~ £3.2 million additional income for residents in 2024, targeted Pension Credit Campaign, funding of £15,000 secured from Northern Gas Network to support warm homes
- Social Prescribing – 2,278 referrals since October 2023. 90% of service users report improved wellbeing
- Making Every Contact Count – 1061 people trained
- NHS Health Checks – invitation take up level looks to be reaching pre Covid levels
- Publication of Suicide Prevention Local Authority Annual Report 2024
- Sexual Health Service review with improvements to monitoring arrangements of the current service and redesign of service prior to new contract award in 2025
- Successful pilot to increase the uptake of adolescent vaccinations in Outwood Normanby.
- Proactive response to the National Measles Outbreak in spring 2024
- Funding secured for affordable warmth – Home Upgrade Grant Funding round 2.
- Appointment of Healthy Community Co-ordinators with feedback of activity to members

#### 4 Live Well South Tees Board

In July 2018 Redcar and Cleveland Borough Council joined-up with Middlesbrough Council to form a single Health and Wellbeing Board: Live Well South Tees.

The vision for the single Health and Wellbeing board is to “empower the citizens of South Tees to live longer and healthier lives”.

The Board has a focus on the following key themes:

- **Inequalities** - addressing the underlying causes of inequalities across the local communities,
- **Integration and Collaboration** - across planning, commissioning, and service delivery.
- **Information and Data** – data sharing, community information, and information given to people.

The key work of the Live Well South Tees Board this year has been:

- Contributed to the development of the JSNA and the South Tees Health and Wellbeing Strategy
- Approved Better Care Fund Planning, Quarterly and End of Year Templates and noted performance updates
- Received an update on the South Tees Hospitals NHS Foundation Trust Group Development and CQC Well Led Outcome
- Received and noted the South Tees Health Protection Assurance Report for 2022-23
- Considered and endorsed the Oral Health Needs Assessment Summary and response to the Water Fluoridation Consultation
- Endorsed the system response to the Government Consultation for Creating a SmokeFree Generation and Tackling Youth Vaping
- Received the updated South Tees Carers Strategy
- Received and noted the South Tees Safeguarding Children Partnership Annual Report
- Received regular updates from Healthwatch South Tees
- Received an update on the Pharmaceutical Needs Assessment

## **5 Joint Strategic Needs Assessment and Mission-led Health and Wellbeing Strategy**

The South Tees Joint Strategic Needs Assessment (JSNA) was published in June 2024. The JSNA is a joint statutory duty of Redcar & Cleveland and Middlesbrough Local Authorities and the North East & North Cumbria Integrated Care Boards (ICBs). The South Tees Health & Wellbeing Board agreed to a “mission-led” approach and the JSNA will provide the intelligence behind the Mission(s).

Each mission is a response to a significant local challenge, one where innovation, working together and aligning resources has a big part to play in driving large-scale change. Each mission is broken up into a number of goals. The JSNA is a collation of the needs assessments developed for each goal. Taken together, the twenty one sections of the JSNA cover the whole life-course, from birth to end of life. The JSNA has been a significant undertaking and has only been possible due to the impressive collaboration between a large number of partner organisations.

This included colleagues and departments across both local authorities and leads across commissioned services, the ICB, Tees, Esk & Wear Valley (TEWV) NHS Foundation Trust, South Tees Hospitals NHS Foundation Trust, North East Commissioning Support (NECS), Cleveland Police, Cleveland Fire Brigade, Healthwatch, the Voluntary & Community Sector (VCS) and many more partners.

## **6 Public Health South Tees**

Established in April 2018, Public Health South Tees continues to deliver strategic and financial benefits to the respective areas, including:

- Securing significant external investment for services across South Tees, to improve quality of life for residents and reduce longer term service demands.
- Long term sustainability, resilience, capacity, and capability to deliver public health and protection services.
- Recruitment and retention of a specialist workforce with the skills, knowledge and attributes to support the wide-reaching remit of Public Health South Tees.
- Efficient and effective use of resources across both Councils.

Public Health South Tees has developed a Programme Framework that aims to describe the key areas of action and how we will operate as a team with partners and communities. The Framework

articulates five programmes, four core approaches, and three levels of intervention across the life-course.

Five Programmes	Four Core Approaches	Three Levels of Intervention
<ul style="list-style-type: none"> <li>• Creating environments for healthy food choices and physical activity</li> <li>• Protecting health</li> <li>• Preventing ill-health</li> <li>• Reducing vulnerability at a population level</li> <li>• Promoting positive mental health and emotional resilience</li> </ul>	<ul style="list-style-type: none"> <li>• Address health inequalities with a determined focus on the best start in life</li> <li>• Better use of intelligence to inform decision-making</li> <li>• Building purposeful relationships with key Partners</li> <li>• Improved financial efficiencies</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Civic-level:</b> healthy public policy</li> <li>• <b>Service-level:</b> evidence-based, effective, efficient and accessible services</li> <li>• <b>Community-level:</b> family of community centred approaches &amp; place-based working for population-level impact</li> </ul>

This framework will ensure that we establish clear perspectives and contexts through which we consider the development of our Programmes. The aim of the framework is to build these perspectives and critical areas of consideration into the way we work. In many ways we already work in this way, but it is not systematic – this is an attempt to codify and ensure best practice in how we work.

All Programmes consider and build into their plans additional perspectives and ways of working:

**Core Approaches** - each programme has been developed with a clear understanding of how we can better reduce health inequalities focusing especially on best start in life. The understanding is informed by data and evidence, the consideration of available resources and the development of purposeful relationships with partners sharing common interests.

**Three levels of intervention across the life course;** using the population intervention triangle and considering interventions at:

- **Civic level**, in particular health in all policies, incorporating population health considerations into decision-making across sectors and policy areas; based on the recognition that the greatest health challenges (for example, non-communicable diseases, health inequalities and increasing health and social care costs) are complex and linked through the social determinants of health;
- **Community**, acknowledging that wellbeing is built through the assets, relationships and solutions that lie in communities; also considering that how we behave and operate builds wealth and capacity in our communities;
- **Services**, ensuring all services are based on evidence and insight, effective, efficient, and accessible – and connected to lived experience and communities.

This report sets out progress, achievements and developments in Redcar and Cleveland for the five programmes and the associated workstreams:

- Creating Healthy Environments
- Ill Health Prevention
- Reducing Vulnerabilities
- Promoting Positive Mental Health and Resilience

- Health Protection

## 6.1 Best Start in Life

What happens in pregnancy and early childhood impacts on physical and emotional health all the way through adulthood. Positive early experience ensures children are ready to learn, ready for school and have good life choices.

All five programmes have a determined focus on the Best Start in Life. The overarching aim is to ensure that Public Health prevention is an embedded approach throughout the work of the Council in their work with families.

Public Health led the process to bring **Health Visiting and School Nursing** into the Council following an unsuccessful commissioning round in 2016 (gaining CQC “outstanding” for the transfer) and this significant service is still funded from the public health grant, however is reported through the Children’s Services reporting route as an integral element of the services to support children and families to improve their wellbeing.

## 7 **CREATING HEALTHY ENVIRONMENTS AND PLACES**

The increasing rate of obesity is one of the most significant health issues both in the UK and in Redcar & Cleveland. Healthy weight underpins the overall health and wellbeing of the population, with obesity resulting in reduced life expectancy, increased morbidity including cardiovascular disease, increased cancer risk, increased dementia risk and poor mental health.

Whilst the causes of overweight and obesity are complex, we recognise that underpinning them are unsustainable and broken systems that create conditions for poor diet and physical inactivity, especially amongst those individuals and communities that face multiple challenges.

The vision of this programme is to create sustainable and inclusive food and physical activity systems, building value of both healthy diets and physical activity as contributors to addressing health inequalities and in meeting the wider aspirations of our place.

### 7.1 Healthy Weight Declaration

The Healthy Weight Declaration (HWD) is central to our approach, including the development of a Healthy Weight Alliance. The HWD has been developed to support local authorities to demonstrate commitment at a leadership level to develop and implement policies that promote healthy weight and improve the health and well-being of the local population. The HWD was presented to Adults, Wellbeing & Health Scrutiny & Improvement Committee in June 2024 with the recommendation that Redcar & Cleveland Borough Council works towards adopting the HWD, which was agreed by panel members. The proposal includes the development of a Healthy Weight Alliance, a collaboration of local organisations with a shared purpose around tackling obesity. The Alliance will be developed with the principles of the Exchange, the You’ve Got This partnership.

### 7.2 Tackling Inactivity: You’ve Got This (YGT) (South Tees Local Delivery Pilot)

You’ve Got This (YGT) is the Sport England place-based system change initiative in South Tees, enabling those who are least active to become more active, with the vision of “Active Lives as a Way of Life”. The work takes a population level approach, recognising the need to tackle growing levels of inactivity and obesity locally and nationally. This means focussing on the policy, environmental and organisational impacts on physical activity, as well as individual behaviour change.

The underlying principles of YGT are to use locally derived insight and other evidence to inform decision-making, build greater collaboration between organisations, encourage more leadership for

physical activity in a greater number of organisations, and use a test and learn approach, ultimately leading to the development of a learning culture in organisations.

YGT is part of Sport England's national movement to tackle physical inactivity, with 11 other existing Place Partnerships, and up to another 100 places coming on board using similar approaches over the next three years.

YGT's wider partnership, The Exchange, consists of over 90 organisations. The focus of The Exchange is to create a common purpose around tackling physical inactivity, building a value of physical activity within partner organisations and encouraging active living amongst their staff, service users and beneficiaries. Over the next year, The Exchange will refocus into a series of smaller topic-based focus groups, linked to the goals of the Health and Wellbeing Strategy and other local priorities. The model will also inform the structure of other emerging partnerships, such as the Healthy Weight Alliance.

Most of the programme delivery is through Exchange members, through a collaborative commissioning process. This brings Exchange organisations together around defined insight, focusing on addressing the identified issues together. These collaborations also bring the skills and experience of a range of organisations together and enables smaller and specialist organisations to participate in delivery.

Programme workstreams cover the whole of South Tees and a smaller geographical area covering Grangetown and South Bank in Redcar and Cleveland alongside North Ormesby and Brambles & Thortree in Middlesbrough, our Community Focus Area (CFA). Some examples linked to different elements of the system are provided in the following section.

### 7.2.1 YGT Programmes

**Flippin' Pain** - In partnership with Tees Valley Sport, Teesside University and the NHS North East and North Cumbria ICB, YGT has been working with Connect Health on the delivery of the Flippin' Pain programme. Flippin' Pain was developed to enable health professionals and communities to rethink their approach to tackling chronic pain, a major contributor to physical inactivity. Through raising awareness and delivering science education, a better understanding of chronic pain at a population level is gained. Flippin' Pain engages and empowers communities to rethink pain, re-engage, recover and become more active.

The work has focussed initially on supporting Connect Health to deliver workshops and training sessions with medical/non-medical professionals. These workshops saw 172 professionals attend the sessions in Redcar & Cleveland and Middlesbrough with 89% of attendees supporting people living with pain regularly.

Initial events for the public in Redcar & Cleveland engaged with 71 people, with 48 of these saying they had persistent pain. Based on the learning from the workshops, a revised approach is being developed to trial in Grangetown and South Bank through "Pain Cafes", providing weekly informal drop in sessions and exercise by stealth.

The success of the work in South Tees was recognised through winning the 'Most Impactful Partnership in Preventative Healthcare' award at the HSJ (Health Service Journal) Partnership Awards 2024. The Awards attract over 200 entrants every year.

**Creating Environments for Physical Activity** - in autumn 2023, a Creating Active and Healthy Places Lead joined YGT's wider team. They have been collaborating with Planning colleagues in preparation for the forthcoming Local Plan review. The postholder's primary objective is to further integrate Health and Wellbeing throughout the planning process, adopting a Health in All Policies approach. There is a particular proposal for an emphasis on addressing the obesogenic environment during the review. As part of this initiative, there is an ambition to develop a new Health Impact Assessment (HIA) Toolkit, to maximise the health benefits arising from

developments in the borough. This toolkit will include triggers and thresholds for conducting HIAs, mindful of our capacity (both PHST and RCBC Planning) and the Borough's populations that are experiencing significant and multiple disadvantage. This collaborative effort aims to ensure that health considerations are systematically incorporated into all aspects of local planning and development. The postholder has also been liaising with a colleague in Transport Planning towards the borough-wide integrated active travel routes strategy.

YGT has been working closely with Growth at RCBC on the proposals for the regeneration of the Eston Recreation Ground, including supporting additional community consultation work, helping to ensure that the proposals maximise opportunities for physical activity by the local community.

Groundwork North East and Cumbria has also been funded by YGT to lead on a programme of work to build growing skills amongst residents in the South Bank and Grangetown wards, whilst also leading on the regeneration of Mushroom Grove allotments in Grangetown.

**Warm Spaces** - this programme was created in response to locally gathered insight that there were opportunities to broaden the offer of community venues that were being used as Warm Spaces in the winter, encouraging more residents to use them. Managed by Middlesbrough Football Club Foundation, the programme has awarded grants totalling more than £25,000 to run activities at 13 venues across the borough. Examples of the activities undertaken included seated exercise classes, carpet bowls and sessions aimed at parents with babies.

**Small Grants** - YGT is currently overseeing two small grant funds, focussing on working with smaller organisations and engaging people new to physical activity. Led by Tees Valley Community Foundation and Everyone Active, the two schemes, one South Tees-wide and the other in the Community Focus Area, have invested over £104,000 in seventeen projects in Redcar & Cleveland in the last two years.

**Creating Active Schools** - Creating Active Schools (CAS), managed by Redcar and Eston School Sport Partnership in collaboration with Tees Valley Sport, aims to increase physical activity across the whole school day and beyond (not just in PE lessons). The programme is now operational in sixteen schools in Redcar & Cleveland. Whole school training in CAS has been delivered to over 160 school staff, ranging from senior leadership personnel to midday supervisors.

### 7.3 Breastfeeding Boroughs

There is generally good breastfeeding initiation across Guisborough, West Dyke, Eston, Kirkleatham and Skelton West. However, work within the wards of Grangetown, Brotton, Teesville and South Bank is required to increase breastfeeding rates at birth.

Service Measures	Target	2023/24			Current monthly Trend
		Total Count	Average monthly count	Average monthly %	
Breastfeeding - women who initiate breastfeeding	Increase	576	48	55.1%	↔
Breastfeeding at PV	Increase	556	46	46.5%	↑
Breastfeeding at 6-8 weeks	Increase	468	39	37.2%	↑
SATOD	Decrease	135	11	12.3%	↓

- \* SATOD – smoking at time of delivery
- \* PV – primary visit, 10-14 days following birth

Infant feeding conversations at 20-24 weeks antenatally and proactive calls with families from targeted wards by the Health Visitors have been implemented this year to increase breastfeeding rates within wards with low breastfeeding rates.

Throughout the year additional Family Hubs Transformation Programme funding has been used to improve capacity in maternity support on the postnatal wards and antenatally, with the aim to increase and improve supporting families with breastfeeding before discharge. This work has supported an increase in *Breastfeeding at PV* (10-14 day check by Health Visitor) from 40.1% in 2022/23 to 45.6% in 2023/24.

The *6-8 week breastfeeding rate* has also increased from 33.3% in 2022/23 to 37.2% in 2023/24.

A big success for the year, again supported through Family Hubs Transformation funding, has been the launch and delivery of the Tongue Tie Clinic at James Cook University Hospital. Previously families from the borough needed to travel to Sunderland or Newcastle to have tongue tie procedures.

The Breastfeeding Borough's commitments continue to be developed. Work is ongoing to create local guidance on ensuring events are breastfeeding friendly, supporting human resource teams to implement an e-learning module aimed at managers who will be supporting mothers to return to work and support the mother to continue with their breastfeeding journey. Work is also underway to implement a new Welcome to Breastfeed Scheme, ensuring venues across the borough are breastfeeding friendly. Breastfeeding Boroughs will culminate in a media campaign to normalise breastfeeding across Redcar and Cleveland.

#### 7.4 Eat Well Schools Award

For schools to achieve the Eat Well Schools Award, they must demonstrate:

- They provide meals which meet all the government school food standards (a legal requirement for schools)
- Teaching children about the importance of healthy eating.
- Supporting children to make healthy choices.
- Supporting and promoting breastfeeding.
- Contributing to the changes needed across South Tees to promote healthy weight and prevent obesity.
- The award has three levels – bronze, silver, and gold, each of which has a set criterion that must be met before advancing on to the next award level.

Schools play a pivotal role in helping children get the best start in life. The Eat Well School Award recognises settings which are committed to providing healthy school meals, great lunchtimes and food education that has a positive impact on both pupils and the wider community.

The award focuses on three areas of award criteria: Food Quality; Food Leadership and Culture and Food and Health Education.

The Eat Well Schools Award was launched with schools in September 2023 and there are currently seven schools working through the award criteria across Redcar and Cleveland, including primary and secondary schools, and one special school. The Eat Well team has worked with Robertson's catering over the past year to train the catering staff and ensure their menus are compliant with the school food standards, with new menus being launched in September 2024.



Vegpower's school growing programme 'Growing to Love Tomatoes' was commissioned in 14 schools in the summer term, with the aim of improving children's nutrition education and engagement with fruit and vegetables by giving them the opportunity to plant and grow their own tomato plants. As part of this, schools were expected to commit to working through the Eat Well Award criteria, to ensure a whole school approach to healthy eating. Feedback is currently being collected from schools to analyse the impact and engagement with the programme.

## 7.5 Eat Well Early Years

The Eat Well Team is also working closely with early years settings, including local nurseries and Childminders to achieve the Eat Well Early Years Award. This programme supports early years settings to provide children in their care, the best possible start to their food journey. The Award is also a great way for settings to demonstrate they meet the OFSTED framework to support children to develop their knowledge of how to keep themselves healthy by:

- Providing nutritionally balanced meals that provide the essential nutrients for the children to grow and develop.
- Supporting children to make their own food choices and try new things.
- Teaching children about the importance of health eating and oral health
- Supporting and promoting breastfeeding
- Contributing to the changes needed across South Tees to promote healthy weight and prevent obesity.

We support settings with the ongoing auditing of menus to ensure compliance with the government guidelines for food in early years settings, training for all staff to upskill them to create varied menus and how to pass these skills on to children and their families, recipe packs and example menus, learning and campaign resources, food policies, training, and resources to signpost families to available support.

A total of 8 early years settings have either achieved or are working towards the award criteria. The Eat Well team is engaging with the local authority Early Years team to promote the programme further with nurseries and childminders, along with working collaboratively with other services, such as the Oral Health Promotion Team, to ensure early years settings are ensuring children get the best start in life by engaging in further public health interventions.

## 7.6 Auto-enrolment of Free School Meals and maximising Pupil Premium Funding

A pilot initiative with schools, between officers across Revenues and Benefits Service, Education and Public Health, to implement the auto-enrolment of Free School Meals, with the aim of increasing the number of children registered for Free School Meals and Pupil Premium funding.

The purpose of the pilot was to ensure that schools are receiving the maximum benefit of Pupil Premium funding to address the attainment gap as well as contribute towards the Council's plan, striving to reduce child poverty in the borough and supporting children to thrive and fulfil their potential, by enabling children who are entitled to Free School Meals to access them.

The rationale for the pilot, was that the initiative takes a proactive approach to ensure that all children who are eligible for Free School Meals are identified and enrolled.

Over 300 letters were sent out to children attending schools across Redcar and Cleveland informing the parents/carers that the children may be eligible for Free School Meals. Parents/carers had the opportunity to "opt out" of having their data processed. Only two opt outs have been received during the programme to date.

198 claims from schools within the council's Free School Meals service have been checked for eligibility and are entitled to Free School Meals. 109 pupils from schools not within the council's Free School Meals service have been sent to schools to add to their Free School Meals systems. These schools will be contacted to follow up on the number of children added to the Free School Meals systems and are entitled to Free School Meals.

The 198 claims being entitled for Free School Meals (for schools within the Free School Meals service), will save families approximately £79,200 (taking an average of c£400 saving in paying for school meals or providing a packed lunch).

An average of £1,265 Pupil Premium per child (average between Primary and Secondary school amounts per child), will result in an approximate figure of £250,470 to schools across the borough.

The final amounts of savings to families and the Pupil Premium funding to schools will not be finalised until all claims have been checked for eligibility, processed and submitted on the school census in October 2024.

## 7.7 Bring It On Redcar & Cleveland – Holiday Activities and Food Programme (HAF)

Since 2018, the Holiday Activities and Food Programme has provided support to children in receipt of benefit free school meals through holiday periods. Following successful pilots between 2018 and 2020, the programme was rolled out to all upper tier local authorities in 2021. The aims of the HAF programme are to encourage children to:

- Eat healthily over the school holidays;
- Be active during the school holidays;
- Take part in engaging & enriching activities which support the development of resilience, character & well-being along with their wider educational attainment;
- Be safe & not socially isolated;
- Have a greater knowledge of health & nutrition
- Be more engaged with school & other local services.

The HAF programme offers the equivalent of 6 weeks holiday provision for eligible children and young people during the Easter, Summer and Christmas School Holidays. The HAF programme must offer provision to best serve the needs of children and families in our area, with a rich mix of provision catering for all, over a good geographical spread. In depth mapping has been undertaken to ensure that the provision offered in Redcar & Cleveland is situated where the need is most. The DfE target is that 20% of those children and young people eligible for benefit related free school meals, access the programme at each delivery period.

The HAF programme was allocated £688,040 in 2023 and £669,340 in 2024 to deliver the programme. Providers who deliver the programme are schools, charities, social enterprises, commercial companies and other local organisations. Within Redcar and Cleveland there are approximately 40 different providers who deliver the programme at each delivery period. Each provider submits a grant application at each delivery period, outlining their programme and the funding they require. A Grants Panel then closely considers each application to ensure the programme aims are being met, a Grant Agreement is issued, and the programmes commences.

In Summer 2023 the programme reached 48% of eligible children and young people, 21% at Christmas and 27% at Easter. At Christmas 2023/24 the HAF programme was in the top 10 local authorities in the country, for delivery and reach. This is an exceptional achievement.

In 2023, Bring It On Redcar & Cleveland engaged with a team of Young Inspectors to conduct quality assurance visits of the HAF programme to allow the young person's voice to be heard – in order to ensure that the programme is not only meeting the requirements set out by the DfE but is

developing in the right direction for those children, young people and their families that access the provision. The Young Inspectors programme also allows the young people who train in this role to develop skills and experience opportunities that can be carried forward into their future. The Young Inspectors visit several HAF provisions during each delivery period; producing good quality reports and identifying areas of development. In 2023, they specifically picked up on the differing physical activity offer within many of the settings. YGT worked with the HAF team and eight local physically activity providers to design and implement a training model to build the knowledge and skills to deliver an exciting, appropriate, and inclusive physical activity programme for participants. This has successfully been rolled out to all HAF providers. In addition, providers undertake mandatory training in School Food Standards and Safeguarding. The HAF team also conduct quality assurance visits and visit each provider delivering at each period.

Throughout the year, the programme has seen an increase in eligible children and young people accessing provision, specifically the Summer holiday period. This indicates that the programme offer is improving and is of excellent quality and variety. Those attending experience new opportunities – many life-changing. The programme however still continues to develop across Redcar & Cleveland. Improvements in the SEND provision available remains a focus of the HAF team, as the offer needs to increase. The programme is currently in the last year of funding and awaits confirmation of continuation – it is believed this will be announced in the next couple of months.

## 7.8 Managing Undernutrition South Tees (MUST) Service – Disability and Mental Health

The Managing Undernutrition South Tees (MUST) Service currently provides nutrition and hydration training and support to 6 disability and mental health care homes in Redcar and Cleveland. The service is currently rolling out its programme of support across the remaining 8 care homes. The service is commissioned, funded, and monitored through the Better Care Fund programme. The training enables care homes to achieve the Care Quality Commission (CQC) essential standards of quality and safety in nutrition and hydration and ensures resident's nutritional requirements are being met. From April 2024 the service is now part of the Redcar Commissioning contract

The aim of the service is to:

- Provide accredited MUST training and support on the timely detection and treatment of undernutrition / obesity in vulnerable adults with a disability and or mental health condition.
- Ensure all adult residents across South Tees living in disability or mental health care homes are screened using the Malnutrition Universal Screening Tool (MUST).
- Ensure appropriate nutrition care plans are in place to treat those residents identified at medium or high risk of undernutrition or obesity, in line with NICE guidance (2006) and the Clinical Nutrition Link Pathway.
- Ensure staff in all care settings recognise the importance of maintaining adequate hydration, normal fluid requirements and how to monitor intake.
- Promote appropriate referrals into Community Dietetic Services or TEWV Dietetic services, training staff on the two referral pathways and signposting appropriately into the Dietetic services for additional support.
- Promote the appropriate prescribing and monitoring of oral nutritional supplements to reduce prescribing costs linking with Dietetic Service and Dietetic Pathway.
- Ensure catering staff are trained to provide special diets for common nutritional problems encountered in disability and mental health care homes:
  - Eat well guide
  - Triggers
  - Fats, sugars and salt
  - Food labelling
  - Support at mealtimes
  - Adapted cutlery

- Take away/eating out/alcohol
  - Eating patterns
  - Menu planning and shopping planning
  - Portion sizes
- Provide cooking programmes to encourage residents to cook from scratch using fresh, healthy and appropriate ingredients. The course will focus on increasing cooking skills, fake-aways, increasing fruit and vegetables and how to follow a recipe.

### 7.8.1 Outcomes

Residents with a BMI in the Overweight / Obese category; lost on average 4.85% of their body weight and 22% of these residents reduced their BMI.

Residents who were at risk of undernutrition; gained on average 7.4% of their body weight and 75% of residents went from having an undernutrition at risk score, to a zero score.

Increased staff knowledge has supported residents to gain understanding eating well and portion size and actively encouraged residents to take control of their own goals.

Staff have increased confidence delivering education and activity session with residents around – The eat well guide, menu planning and shopping, sugars / fats / salt, ready meals and takeaways.

Staff have increased confidence to deliver cooking sessions with residents

Staff have increased confidence to support residents to make healthier habits and set SMART goals.

### 7.9 Sports Development

Sports and Physical Activity sits within the Culture and Tourism service and delivers on many council objectives such as increasing the health of our local communities through engagement in physical activity. It delivers on wider objectives such as ensuring investment in assets aimed at increasing participation through collaborative work with sporting National Governing Bodies and key stakeholders to secure external funding. This in turn benefits the local economy by employing local tradespeople to complete schemes. Key sporting events are used to deliver on wider objectives and also to deliver key messages around sport and physical activity.

The service has worked on delivering a refresh of the council's Playing Pitch and Outdoor Sports Strategy (PPOSS) – the work creates great places and communities, building pride and through a redefined relationship with the people of the borough, contributes to greater community involvement in the running of local assets, resulting in better outcomes and helping the Council meet its fiscal challenges. It provides robust evidence for capital funding. As well as proving the need for developer contributions towards pitches and facilities the PPS will provide evidence of need for a range of capital grants. Current funding examples include the Sport England Lottery Fund, Heritage Lottery Fund (for park improvements), the Football Foundation and the Big Lottery. The strategy was approved by cabinet in February 2024.

The Sports Development service are also working on developing a built facilities strategy. A Built Facilities Strategy (hereafter referred to as 'BFS') is a strategic assessment that provides an up to date analysis of the supply and demand of built sports facilities across the local authority. Whilst the strategy will cover a number of sports it will primarily focus on indoor swimming pools and sports halls.

The proposed headline vision is that RCBC will: 'provide a broad range of high-quality leisure facilities conducive to sustaining and increasing participation for all ages, to enhance the quality of life and health and wellbeing of residents.'

This strategy recommends investment in Redcar and Cleveland indoor leisure stock to address identified quality issues. This will enable the Council to provide sport and physical activity opportunity to support its resident population and sustain its contribution to improving health outcomes across the borough, as per its 2024-27 Corporate Plan.

The strategy is due to be complete January 2025.

#### 7.9.1 *Events*

##### National Cycling Championships

The service also secured and delivered on the National Road Cycling Championships. The British National Road Championships are the biggest event on the road racing calendar, crowning the best riders in Great Britain in the time-trial, circuit race, and road race. This year the team successfully delivered the National Road Race on Sunday 23<sup>rd</sup> June.

##### Tour of Britain

The Lloyds Bank Tour of Britain, the UK's most prestigious cycle race, took place this September with Redcar hosting a finish to the event on Wednesday 4<sup>th</sup> September.

Some of the world's leading teams and riders competed in the event including Remco Evenepoel (double Olympic Champion at Paris) and Tom Pidcock (Olympic Gold medallist at Paris).

The race attracted a roadside audience of over 100000 spectators. Live coverage of the race was shown daily in the UK on ITV4, in addition to around the world. The Tour of Britain is part of the UCI ProSeries, making it one of the most prestigious sporting events in the sport's global calendar.

##### Redcar Running Festival

On Sunday 22<sup>nd</sup> September 1200 athletes took part in the Redcar Running Festival which included the Everyone Active 2k fun run, Beacon 5k, Zetland 10k and half marathon.

In addition to a vital economic impetus, sporting events have the potential to advance social change and positively impact people's lives. With advanced strategic planning, sporting events can serve as a catalyst for change and contribute to a higher quality life for residents of the borough.

Sporting events raise the aspirations of our local communities and provide a platform for discussion and an opportunity to drive awareness and behavioural change around a range of health outcomes. This can be significantly boosted by specific participation and health programmes delivered around events. These programmes provide additional opportunities for people to be active and social, ultimately benefitting their physical and mental well-being.

Hosting events also gives the area increased credibility which in turn could lead to unlocking substantial investment for capital projects linked to the development of sport and physical activity.

#### 7.9.2 *Playzones*

Following a meeting with senior management at Redcar and Cleveland Council and the Football Foundation an expression of interest was submitted in December 2023 to become part of phase 3 of the Playzones programme. The expression of interest was successful, and the council have been invited onto the programme.

What is a Playzone?

Developed by the Football Foundation with support from Sport England and the Premier League, Playzones are recreational facilities (small pitches) designed to support increases in sport and physical activity by inactive populations.

Typically, a Playzone measures 30m x 20m and is fenced and floodlit. A Playzone offers opportunities for recreational football but has also been designed to deliver at least one other sport. The Football Foundation's recommended sports include Basketball, Cricket, Hockey, Netball and Rugby. The council are hoping to deliver 6 facilities across the borough.

### 7.9.3 *Lawn Tennis Association Parks Investment*

The LTA announced that over £30 million was to be invested into public park tennis courts across Britain to bring back to life poor or unplayable courts for the benefit of their local communities.

Park tennis court facilities are owned by local authorities and are vital community assets that can help widen the impact of the physical and mental health benefits that being active through tennis can bring.

There are currently 1.7 million adults and many more children who play tennis in a local park every year with park courts being particularly important in providing affordable, engaging and accessible opportunities for all sections of the community.

Unfortunately, there are many areas of the country where park courts remain dilapidated and unappealing with 45% of park courts categorised as being in a poor or unplayable condition. Critically, half of these are in the most socially deprived areas of the country.

£170,000 was secured to deliver full refurbishment works at Locke Park, Zetland Park and Borough Park. In addition, an operator is being recruited who will be responsible for driving tennis participation, delivering holiday programmes, coaching sessions and developing school / club links.

### 7.9.4 *Club Funding*

£300,000 has been secured for Grangetown Football Club through the Football Foundations Home Advantage Programme, the investment will provide better changing facilities, new fencing, maintenance machinery and a legal package of support allowing them to become more sustainable for the future.

The service also supported Redcar Town to achieve a Football Foundation of investment of £100,000 to improve its facilities for disabled users by installing a platform lift on site.

## **8 REDUCING VULNERABILITIES**

### 8.1 The THRIVE Partnership

The THRIVE Partnership was established in April 2022 and is an integrated drug and alcohol and domestic abuse service made up of key delivery partners and members of Redcar & Cleveland Borough Council. With You are the lead provider for the substance use provision along with Harbour who provide the domestic abuse services, and Intuitive Thinking Skills (ITS) who provide much needed Recovery based programmes and Ambassador programmes for people who are part of THRIVE.

The partnership ensures that anyone requiring support for domestic abuse and/or substance use needs only tell their story once, and their wider support needs will be considered and met within the community. THRIVE aims to feel like a single service to anyone accessing its services. Support provided is trauma informed and looks at the whole person/family, working towards meeting their full potential and sustaining recovery. Redcar & Cleveland Council commission the partnership.

THRIVE partners have carried out extensive shadowing with each other to gain a comprehensive understanding of the services available and the work delivered to better advise and support people to get the best out of the partnership and the wider services. THRIVE workers collaborate, flexing their specialist skills to best support women and men with multiple vulnerabilities. They also work

closely with other services and utilise the specialist skills of partners such as Housing and Homeless advice, Changing Futures and Mental Health Services, collectively problem solving whatever challenges each person faces. Some staff have lived experience which is invaluable as they represent symbols of hope and endurance. THRIVE is accessed through one front door, single referral and partners have a shared case management system which enables a better coordinated level of support. Vulnerable people are often repeatedly traumatised by having to re-tell their story to multiple partners, so THRIVE removes this way of working.

THRIVE recognises that recovery and support is not a pre-determined linear process, is a very individual experience, and delivers its support from that standpoint. Progression through the three stages of Survive, Drive and Thrive ensures that the pace and direction of support is determined by the person receiving it. Alongside receiving support, they can access courses with Intuitive Thinking Skills to help change mindsets and can become Ambassadors. At the point that someone no longer needs the services of the partnership they can join and attend recovery groups and/or do some volunteer work with the partners.

The THRIVE Partnership is continuing to develop, through consultation and co-production with those in recovery. Lived Experience Ambassadors are a visible sign of hope and are credible examples of how change is possible.

Case studies demonstrate the impact of THRIVE and the significant life changes for the people they support. One woman, who had been addicted to crack cocaine for three years following the removal of her daughter, was inspired by her workers from the partnership to access full time education and become an Ambassador for Thrive. Her daughter also received support through Thrive. A gentleman was referred eight times by the Police due to abuse from his partner before accepting support, he was at risk of losing his accommodation due to her behaviour. He received specialist male victim online group support, a home treatment plan was agreed for support around his alcohol use, and he was assisted to access his GP to address his multiple other health conditions.

#### 8.1.1 *With You (WY)*

Between October 2023 and September 2024, the numbers of adults referred into With You was 1,292; over the same time period there were 360 successful completions, and 366 who dropped out of service. Looking specifically at young people there were 117 new referrals, 87 successfully completing and 6 dropping out of service. Between October 23 and September 2024 there were 1,447 people (adults and young people) in structured treatment.

#### 8.1.2 *Intuitive Thinking Skills (ITS)*

Intuitive Thinking Skills (ITS) are a peer led organisation that deliver accredited attitude and behaviour change programmes within the THRIVE partnership. ITS work closely with individuals still using substances and provide simple and practical tools to help them overcome addictive behaviours. Another key element of delivery within the partnership is the ambassador programme which aims to upskill those who are ready to move on from treatment services and give back to the community.

Since October 2023, there has been 237 referrals made to ITS programmes from within the partnership. 125 of these have been referred onto the Intuitive Recovery Programme. 40 of those referrals commenced the course and 93% of learners went on to complete the programme and achieve accreditation. The Skills-Tu Life programme has had 112 referrals with 36 commencing the course and a 83% completion rate. 100% of all learners have reported a positive impact on their wellbeing since completing the programmes.

There have been some extremely positive outcomes from the ambassador programme since October 2023. 22 people have been referred onto the Information and Guidance course with 15 of those referrals commencing learning and 9 achieving accreditation.

### 8.1.3 Addictions – Cross-Council Working

The Thrive Partnership of With You, Harbour and Intuitive Thinking Skills, is entering its third year, and thanks to Supplemental Substance Misuse and Treatment Grant, has been able to pilot some innovative new roles employed by With You but hosted in Adults and Childrens Social Care:

- a Specialist Substance Misuse Social Worker has been supporting the development of new pathways into treatment and recovery and carrying a small caseload of adults identified as needing a detox or rehabilitation;
- a Thrive Worker has started their role in Childrens Social Care, making contact and offering independent support to parents with either substance misuse or domestic abuse issues and attempting to de-escalate cases out of the child protection arena;
- An Alcohol Nurse has supported 13 home alcohol detoxes.

### 8.1.4 Work Across the THRIVE Partnership

A THRIVE Performance Subgroup has been established where performance information can be shared between the partners and opportunities for more joint working identified. For example, to improve referrals to Intuitive Thinking Skills (ITS), they are running the courses for Harbour and With You staff to give them a better understanding of what the offer is and help increase referrals.

Harbour are delivering training to RCBC's new cohort of social workers in the Social Care Academy and RCBC Children's Services are training Harbour in their 'Threshold training'.

The Victim and Prisoners Act 2024 introduced a duty to collaborate with the Police/Office of the Police and Crime Commissioner (OPCC), Local Authorities and the Integrated Care Board (ICB) in the exercise of victim support functions. A joint local needs assessment is being carried out, followed by a joint commissioning strategy. The Office of the Police and Crime Commissioner is the lead, and work is due to start on this.

## 8.2 Changing Futures

Public Health South Tees successfully secured £3.11 Million funding from the Department for Levelling Up, Housing and Communities (DLUHC) and the Big Lottery in April 2022 to support people facing multiple vulnerabilities across South Tees.

The Changing Futures programme began delivering interventions in South Tees through a model of Key Workers and Enhanced Caseload Workers in March 2022 and continued with DLUHC and Big Lottery funding until the end of March 2024.

On the 1<sup>st</sup> April 2024 funding from the Integrated Care Board (ICB) Health Inequalities to continue service delivery (the brand name of Changing Futures continued to avoid confusion) for a further twelve months. Due to the change of funder in April 2024, this report will focus on the first two years of the Changing Futures programme.

### 8.2.1 Key Workers

The team of 23 Key Workers provide intensive and respectful support for people experiencing multiple disadvantages. They work with local specialist services to effect and sustain positive changes in their lives, working directly with people to help them understand and learn how to meet their own needs, build upon their strengths, and reach a point where our support is no longer required.



### 8.2.2 *Enhanced Case Workers*

There are five Enhanced Case Workers (ECWs) each aligned to a specific work strand. The people supported by an ECW are identified directly from within the work strand rather than via referrals from other organisations. The work strands are as follows:

- A&E department within James Cook University Hospital.
- Crisis Suite at Roseberry Park.
- Temporary Accommodation within Redcar & Cleveland Borough Council Housing and Homelessness Prevention Team.
- Custody Suite at Middlesbrough Police Station.
- Intensive Supervisions Court within the Probation Service.

The team have supported people to access services such as:

- Housing solutions
- Substance misuse services
- Welfare rights services
- Domestic Abuse support
- Anti-social behaviour issues
- Mental health support
- Community based activities
- Debt relief and benefit support

In the two-year period, there were 991 referrals requesting Changing Futures support. Of the 702 cases that were subsequently moved to 'no longer active', 66% of the service beneficiaries agreed that all outcomes have been achieved. This means that all initial mutually agreed outcomes, plus any others that might have developed throughout the engagement have been fulfilled. On average there are 163 adults being supported at any one time, with 10 cases to each support worker. Figures which are indicative of the chaotic situation the service recipients find themselves in, and the need for intensive support. The average engagement length across all 702 cases moved to no longer active in the first two years of the programme was 140 days.

### 8.3 Domestic Abuse

The annual return regarding safe accommodation provision and related support (for period April 2023 to March 2024) was submitted to the Ministry of Housing, Communities & Local Government (MHCLG) in June 2024. Feedback has been given to MHCLG following discussions at the North East Domestic Abuse Commissioners Group, as it is evident that some questions have been interpreted differently so caution is to be given to some of the data when comparing with other areas.

A Domestic Abuse Practitioner sits in the Multi-Agency Children's Hub (MACH), they lead and assist with domestic abuse safer referrals received and make recommendations about support and interventions. The role has made a positive difference in helping children and families, who have experienced domestic abuse, and they have developed a domestic abuse toolkit (and consulted with Harbour on this) which is being launched, along with some training, during Social Care Practice Week (October).

Work is ongoing for the Local Needs Assessment, data is being collected, including case studies, a survey for the public and professionals and one-to-ones arranged with victims/survivors to find out their experiences of accessing support within safe accommodation. This information will be used to produce a report that will inform the review of the Domestic Abuse Strategy, in early 2025.

A Domestic Abuse audit was carried out in November 2023 which found that performance against the Key Emerging Priorities action plan had not been subject to regular review by officers or presented to the Domestic Abuse Partnership (DAP) for update or review. In response the action plan was reviewed, confirming actions complete or outstanding, no longer relevant, or appropriate

for amendment. This was taken back to the DAP and any actions outstanding/ongoing will be carried forward.

Domestic Abuse Act funding has been received for the last 3 years (from MHCLG, formerly DLUHC) and this has provided additional support for those in safe accommodation for Harbour and EVA Women's Aid but the funding position beyond March 2025 is not known as yet.

### 8.3.1 *Domestic Abuse – The THRIVE Partnership*

Harbour have been successful in securing further funding from the Holiday Activities and Food Programme (HAF) to enhance the support provided over the school holiday periods and providing families with food parcels, healthy meals and cooking activities. The Mental Wellbeing Worker and Family Worker (both funded from the Domestic Abuse Act grant) work together on this, for example, the Spring half term activities included games (inside and outside), a morning walk, milkshake making activity, cupcake baking session, painting plant pots and potting own sunflower seeds, breakfast club and a craft session.

The Refuge have seen an increase in residents needing to access foodbanks and have responded to this by delivering budgeting sessions with the residents.

### 8.3.2 *Domestic Abuse Partnership - Priorities*

Housing Vulnerable Victims – Harbour now has eight dispersed properties to be used to provide safe accommodation to victims of domestic abuse where the Refuge is not suitable, for example, male victims of domestic abuse, victims who have adult sons or victims whose needs cannot be met in a Refuge setting. Four are Beyond Housing properties, one is a North Star property and Harbour have purchased three from funding they have obtained through a social enterprise. EVA Women's Aid have also purchased seven one-bed flats to use as move-on accommodation from their shared, safe houses to help victims live independently and manage a tenancy whilst still receiving support.

Hidden victims – through Changing Futures funding Harbour have been commissioned to pilot a GP Link Worker role. They are working with Redcar Coastal PCN, raising awareness to the surgery staff and offering drop-ins for people experiencing domestic abuse. Success for the role will be measured through earlier intervention with victims not already accessing support but making disclosures to primary care practitioners.

Improve Positive Outcomes – a focus group was held in December 2023 and datasets from several partners were agreed. Baseline data was collected for 2022/23, and data is now being collected from April 2024. This will be presented to the DAP, for analysis and actions as appropriate.

Engaging with perpetrators – a Task and Finish group has been established (led by the OPCC) and work has started on developing a Tees wide Perpetrator Strategy. A subgroup has been established to explore how those with lived experience of domestic abuse can be represented on the DAP and a Lived Experience Group is to be developed that can feed into the DAP (and vice versa). A 'purpose' has been agreed and work is ongoing to develop a Terms of Reference for the group.

## 8.4 Partnership Working with Schools

As part of the THRIVE partnership Harbour and With You have been co-delivering sessions to local primary schools. They offer a range of topics that the school can choose from, such as:

- Respectful friendships
- Healthy relationships
- Vapes
- Alcohol awareness

- Emotional well-being
- Child criminal exploitation
- Cannabis awareness

Feedback from the schools has been excellent and this work is continuing.

## 8.5 Residential Rehabilitation

Recovery Connections are a Lived Experience Recovery Organisation and are developing Building Recovery in the Community (BRIC) service in Redcar & Cleveland. Where BRICs have been developed in other areas, they have increased the numbers of people who use drugs going into treatment and recovery by 50%. The service will be delivered across the broad geographical Redcar & Cleveland area, ensuring that those areas that are considered to be isolated have an accessible service. In conjunction with those accessing the service, they will be providing a structured programme of activities, as well as utilising a coffee bike to initiate conversations about treatment and recovery and tackle stigma.

The local treatment and recovery pathway has also been bolstered by Substance Misuse Treatment and Recovery Grant, with a number of suite of inter-connected accommodation options being developed across South Tees :

- **Prehabilitation:** Cromwell House, an 8 self contained bedroomed property owned by Home Group in South Bank, is to be leased by Recovery Connections and opened as a prehabilitation facility. Housing continues to be the biggest barrier to someone considering and then being motivated to start their recovery journey. Cromwell House will accept referrals for people who are in treatment, but living in unsuitable or high risk accommodation. It will be short term housing which aims to prepare individuals for continuing their recovery journey.
- **Primary Rehabilitation:** a lease is shortly to be signed with Home Group for **Royce House** in Brotton which will be opened as a 14 bed South Tees primary rehabilitation facility. Recovery Connections will be merging their Middlesbrough Rehab service with the development of a new Redcar & Cleveland Rehab, bringing many efficiencies in terms of staffing and resource. There has been a lot of local interest in this state of the art building and so as soon as the lease is signed there will be open days arranged for local people to visit and understand why and how the service will be delivered. Those accessing the primary rehab facility will be offered 12 weeks of accommodation with structured support.
- **Secondary Rehabilitation:** a secondary rehabilitation facility has opened at **Eastbourne Road in Middlesbrough**. This offers 8 self contained flats for people who have completed 12 weeks of primary rehabilitation but still require some support. Both the primary and secondary rehabilitation facilities require CQC registration and oversight.

## 9 ILL HEALTH PREVENTION

Public Health prevention focuses on reducing the onset and impact of diseases and disabilities, thereby enhancing the overall quality of life for our population. The governance structure for Ill health prevention across Redcar and Cleveland and Middlesbrough is the South Tees Ill Health Prevention Board, which reports to sub the statutory Health and Wellbeing Board (HWBB). The HWBB brings together partner organisations that have a role to play in the delivery of Ill health prevention across South Tees, ensuring they are acting jointly and effectively to improve the population's health.

Adult Social Care are key partners of the board working together with public health, the NHS and others to address the prevention agenda focusing on primary and secondary prevention and

reducing health inequalities as well as preventing, reducing and delaying the demand for social care to reduce the incidence of disease and ill health of our population.

In developing our local approach to prevention, we aim to use our data to identify and understand current health needs. As well as understanding the future demand for preventative support with an aging population who are living longer in poorer health. The main preventative programmes are described below.

## 9.1 Tobacco

### 9.1.1 *South Tees Specialist Stop Smoking Service*

South Tees Stop Smoking service offers support to individuals (aged 12+) who reside, work or study across Middlesbrough and Redcar and Cleveland. The service supports individuals using a combination of Nicotine Replacement Therapy (NRT) and provision of Free Vaping Products, as well as a range of other interventions used to support and maintain change. The service offers a 12-week support programme, however this can now be extended to support those that may need additional support either due to complexities such as mental Health or those that simply require additional relapse prevention support through a light touch approach.

A pilot scheme supporting young people aged 12-18 years old to quit vaping was expanded following positive results. 72% of individuals were vape free on completion of the 12-week programme. The programme supports two pathways to quitting vaping: either with behavioural change support exclusively or with the addition of NRT.

During 2023 the service was selected as an early implementation site for a Serious Mental Illness (SMI) pilot. Although this pilot has now ended enhanced support for SMI pathways has been embedded into the standardised offer. In addition the service has recruited two specialist nurse prescribers in to target people with vulnerabilities. The designated nurses are in the process of establishing shared Stop Smoking clinics in sites that are currently being utilised to support patients involved with support services that are working in the vulnerabilities such as those within the THRIVE partnership and TEWV. This collaborative approach will make it easier for individuals to access through a single point of access and will remove some of the barriers that those with complex needs often face when requiring support from multiple specialist services.

The additional government funding has allowed the team to grow with the recruitment of 6 new Tobacco Dependency Advisors. The additional capacity will increase the number of community clinics, targeting areas of high smoking prevalence and deprivation. Front line staff working in the community, such as family hubs, will be trained to request NRT and a pharmacist will review the request before issuing NRT to the individual. This will increase access and availability of stop smoking support.

Whilst we have continued to offer appointments in line with those agreed from Redcar library as well as late night telephone appointments and home visits for those with medical or additional needs, we have also identified a total of 13 new delivery sites that may be utilised across Redcar and Cleveland, including libraries, Family Hubs, THRIVE delivery sites and G.P practices. These new sites will be offering support on a drop in basis and will see an increased coverage of sites across the whole of the borough as well as creating opportunities for Face to face clinics for late night and Weekend clinics for those that struggle to access during the standard office hours.

Public Health South Tees continue to work closely with FRESH, the regional tobacco control charity, and the South Tees Smoke Free Alliance we have produced localised resources to promote the SmokeFree Generation campaign. The campaign features Tony, a man from South Bank who has suffered greatly from the effects of smoking. We hope the local perspective will resonate with our residents. The SmokeFree Alliance have also created resources to promote the national Swap to Stop scheme which has been distributed to all pharmacies, libraires, family hubs and community centres to offer a light-touch approach to those wanting to quit smoking.

### 9.1.2 *Smoking at the Time of Delivery*

Smoking during pregnancy increases the risk of stillbirth, miscarriage and sudden infant death. Babies born to people who smoke are more likely to be underdeveloped and in poor health. Smoking after birth is associated with a three-fold increase in the risk of sudden infant death.

In 2022, the number of pregnant women who smoked within South Tees was higher than the England average. Smoking is a major cause of health inequalities, with smoking rates among pregnant teenagers, and people living in more deprived areas of the country, being considerably higher than older, more affluent groups. In 2022, the smoking at time of delivery rate in the Tees Valley was 12.9%.

In July 2022 South Tees NHS Foundation Trust established an in-house tobacco dependency treatment service for pregnant smokers in South Tees, in line with the NHS Long Term Plan and building on the Saving Babies' Lives Care Bundle to achieve a smoke free pregnancy.

Maternity Tobacco Dependency Advisors work closely with pregnant women and their families, offering individualised, one-to one support to help them stop smoking and give their babies the best start in life. This is done through a combination of intensive behavioural support and Nicotine Replacement Therapy, including the offer of vapes. In addition to this, pregnant women who set a quit date and maintain the quit are offered the opportunity to join the Maternity Incentive scheme. Incentives have proved to be highly effective in helping people to stay engaged with the service and access support throughout pregnancy. Furthermore, incentives help people to remain smoke-free in the months immediately following delivery, a time when relapse rates are high. Pregnant women enrolled on the scheme are able to access incentives (in the form of Love2shop vouchers) over the course of their pregnancy and following delivery of their baby, providing they continue to attend regular appointments and are verified as smoke-free (carbon monoxide (CO) level <4 ppm).

Since the start of the service in July 2022, we have supported many people and their families to stop smoking and to date have **significantly decreased Smoking at Time of Delivery rate to 9.2%. In South Tees, we have had 88 babies born into a newly smoke free homes.**

#### Case Study

Lauren was referred to the Best Start in Life Clinic in her third trimester and at the time she was keen to give up smoking. Lauren had many obstacles during her quit journey which made things difficult. She was always open and honest when she had smoked a cigarette and used this time to talk and reflect. Eventually, Lauren set a quit date for 28th August 2022. With lots of support and encouragement, Lauren was able to maintain this quit and gave birth to baby Anthony; he was our first baby to be born smoke free since the service began.

Lauren had a rough journey, but she persevered, and her hard work paid off with the reward of knowing she gave her son the very best start in life.

Laurens experience,

"Catherine and Naz have really helped me through quitting smoking without any judgement. The support they have given me enabled me to quit at a time that I thought I couldn't they have helped me every step of the way. My experience has been lovely with them, with open and honest conversations which has helped me to do the best for my baby. They are lovely people and go above and beyond to help you achieve what you want".

### 9.1.3 *Illicit Tobacco*

The Trading Standards team continue to work as part of Operation CECE (regional HMRC funded illicit tobacco operation) continues, in the last year we have seized 32,771 cigarettes, 8.350kgKG of hand rolling tobacco and 8054 vapes (Nicotine Inhaling Devices). We also successfully obtained four Closure Orders for a retail premises in relation to the supply of these products in addition we have been successful in obtaining extensions to three of the Closure Orders granted.

We have also attended four secondary schools within the Borough, accompanied by a specialist dog and handler, within the schools we have delivered awareness to the school assembly, demonstrating the skills of the specialist dog and how such dogs are used to seek out illegal goods. Officers have spoken about the dangers of illegal vapes and provided each school with an amnesty box so that the school children can use to voluntarily hand over any vapes they may have. Vapes and tobacco products are age restricted products and it is a criminal offence for sale of such to anyone under the age of 18 years. We also undertook a search at each school and located vapes hidden in sanitary bins. The participating schools valued the delivery of the programme, officers are aiming to deliver the programme at additional schools in the new academic year.

## 9.2 Cancer Screening

Cancer is one of the leading causes of death accounting for 27.2% of deaths in Redcar and Cleveland. There is a significant health inequality gap within communities across our localities. More people from our deprived communities die from cancer or their quality-of-life post cancer treatment is worse than it should be when compared to the local, regional, and English averages. Increasing the uptake of cancer screening across cervical, breast and bowel screening are key priorities in the South Tees Public Health Strategy and there are a number of interventions underway across Redcar and Cleveland in partnership with key stakeholders to increase screening uptake and reduce inequalities in screening, an example of a recent intervention is provided below:

A cervical screening trial has recently been completed by two East Cleveland GP practices, the text message appointment booking link, scripted telephone calls, and letter from the GP have significantly increased the number of people overdue their screening attending their appointment. This strategy is now being rolled out to selected practices across the North East by Northern Cancer Alliance.

There is a clear correlation between the most deprived GP practices and low cancer screening uptake rates across Redcar and Cleveland. Working with ELM GP Alliance, and other key partners we are implementing a pilot across 10 GP practices across R&C. The aim of the pilot is to:

- increase cervical screening uptake amongst those living in IMD 1, those from black ethnic minority communities and those that have not responded to previous screening invitations.
- Greater understanding of the barriers to attending cervical screening
- Improvement in patient access, experience and outcome

These practices have been chosen because they have the lowest uptake of cervical screening in 25 – 49 year old population across South Tees and have the highest number of patients from IMD 1. ELM alliance will work with the identified GP practice to obtain patient lists of those individuals that have not responded to screening. The service will send a text message and booking link to invite individuals to a screening appointment at their GP practice. For those that don't respond to text telephone calls will be made to those patients to provide a personalised care approach to book them into a clinic appointment. The pilot will also gather data to understand the barriers to cervical screening appointments.

## 9.3 Lung Conditions

Incidence and mortality rates for those with respiratory disease are higher in disadvantaged groups and areas of social deprivation, where there is often higher smoking incidence, exposure to higher levels of air pollution, poor housing conditions and exposure to occupational hazards.

Emergency hospital admissions for a range of respiratory conditions are higher than the national average for areas in the Tees Valley. The rate of admissions for COPD, particularly in the South Tees area is significantly higher than the England average.

### 9.3.1 *Chronic Obstructive Pulmonary Disease (COPD) Warm Homes Better Health Project*

Collaboration between South Tees Public Health, South Tees NHS Foundation Trust, ICB and Middlesbrough Environment City (MEC) was successful in a bid to Northern Gas Alliance for £558,000 to support those living in disadvantaged groups with a respiratory condition (COPD) and support them to warm their home in winter, plus support with making positive changes to their heating infrastructure to prevent exacerbation of their condition.

The overarching project, implemented in the winter of 2024/2025, will target 15 GP practices across the Tees Valley who are defined as 'deep end' practices, these are practices with the highest levels of socioeconomic deprivation. Within these practices there are a significant number of individuals diagnosed with COPD. Individuals not registered with these practices can also be referred by the respiratory team at James Cook University Hospital. The target cohort for the project will reach 1,322 in line with the funding available from the project.

Against a set of agreed criteria, patients identified as being diagnosed with COPD in these practices will be proactively contacted to be offered support from the warm homes: better health scheme. This contact will be two-fold by their GP Practice: by initial invitation (letter/text/email) and follow up direct contact from the practice (there is scope for Social Prescribers to support if they have capacity or another identified lead within the practice) - to support engagement and increase uptake.

Individuals will be contacted by MEC to undertake assessment of heating infrastructure, access to £300 fuel voucher referred to LA warm homes scheme for broader assessment/housing standards, income maximisation and MECC

Patients will be followed up after 3 months to measure outcomes via a validated quality of life questionnaire (QOL, EQ-5D-5L) and the St George's respiratory questionnaire for COPD patients.

The expected outcomes for people with COPD accessing the scheme include:

- Reduced COPD exacerbations
- Reduced pressure on NHS services (GP appointments/hospital admissions)
- Improved quality of life
- Improved access to benefits
- Warmer home during winter
- Increase in home energy efficiency
- Registered with priority service register
- Increase in advice, guidance and support - citizens advice, carers together, support income maximisation
- MECC approach for brief intervention advice

A pilot phase was undertaken during December 2023 to March 2024, learning from this pilot will be used to inform further roll out from October 2024.

From December 2023 to March 2024 - 94 individuals were referred into the project:

- 1 patient from North Yorkshire, 2 from Stockton-on-Tees the remaining 91 split evenly between Redcar & Cleveland and Middlesbrough
- 54% are decile 1 and total of 72% are decile 1-3
- Longlands & Beechwood largest ward represented with 10 patients, followed by Grangetown (9) and Eston (7)
- South Grange Medical has the largest number of patients with 18, followed by Newlands Medical with 11
- Average age is 70, with the majority current or ex smokers
- 83% are retired, with 6% employed and 4% unemployed
- 90% had at least one emergency COPD admission in last 12 months
- 69 (93%) are struggling to pay heating bills and 19 patients said they had avoided using oxygen convector because of the cost of fuel payments

## Outcomes

- All individuals have been added to the priority services register
- Smokers have been referred to stop smoking service
- Those struggling with anxiety or depression because of their condition, referred to Teesside MIND
- Individuals were also referred for loft insulation and support from the Affordable Warmth lead (see section 11.3.5)

## 9.4 Maximising Income

The Council operates a reactive Welfare Rights Service of five welfare rights officers who provide welfare entitlement checks and advocacy and representation for appeals. In addition periodic take up campaigns are conducted alongside core service provision when resources allow. The current campaigns are to increase Pension Credit take up and Council Tax Support take up.

The team through its work over the last 3 financial years has been able to achieve the following additional welfare income for residents:

- 2022 circa £4.4M overall additional income including circa £382k in additional Pension Credit income;
- 2023 circa £4.35M overall additional income including circa £878k in additional Pension Credit income;
- 2024 circa £3.2M overall additional income including circa 385k in additional Pension Credit income

Household Support Funding (HSF) is now on its sixth iteration with the current scheme running until 31 March 2025. However, in the October 2024 Budget the chancellor confirmed that the HSF and discretionary housing payments have been extended to 2025/2026.

All Council Tax Support Households are entitled to a payment and discretionary payments are available to households not entitled to council tax support, but are low income and struggling financially, perhaps due to debt or other circumstances. This includes low-income pension aged households who may have just missed out on Winter Fuel Assistance. Entitlement to Discretionary Assistance is assessed by Citizens Advice whom we commission to do this. They also offer debt advice at point of contact in appropriate cases.

The Household Support Fund Scope and delivery is agreed in advance with Cllr Massey.

### 9.4.1 *Targeted Pension Credit Campaign*

Welfare rights are currently completing benefit checks for the 1,798 customers receiving Council Tax Support benefit but not receiving Pension Credit. 345 cases have been checked to date (the campaign started mid September) and of these checks, 69 cases have been opened where it's been identified that the client may be entitled to additional welfare benefits. Not all these cases will be Pension Credit that has been identified as the unclaimed benefit and looking at the limited data available it likely to be a mixture of additional Council Tax Support benefit (premiums), Housing Benefit new claims and additional benefit (premiums), disability benefits and Pension Credit. Approximately a third of the cases opened during the campaign relate to identified Pension Credit entitlement. Whilst it's estimated that welfare rights will identify less than 300 unclaimed Pension Credit claims from the campaign the additional financial increases in other welfare benefits/income identified will go some way to offsetting the withdrawal of the Winter Fuel Payment for our pensioner residents.

It is important to note that we are unlikely to see the outcomes and results from the new Pension Credit campaign for at least 4 – 6 months due to the lengthy delays in processing claims by the DWP.



#### 9.4.2 *Warm Homes – Healthy People*

After successfully securing £10,000 from the Northern Gas Networks to run a pilot affordable warmth project called Warm Homes – Healthy Children; we worked in collaboration with Middlesbrough Environment City Affordable Warmth Team, The Junction Foundation, Early Help, Leaving Care and Social Prescribers to deliver this. The aim was to work closely with these identified groups so that any vulnerable clients experiencing fuel poverty issues could be referred for advice, guidance, and support. The Funding also created an opportunity for emergency fuel vouchers to be issued along with warm homes packs which included items such as: Carbon Monoxide detectors, heat reflective foil, draft excluders and LED energy saving light bulbs. This project was a huge success, so much so that earlier this year we applied to extend this funding for a further year and were awarded £15,000 from the Northern Gas Networks. This additional funding will enable the project to run beyond 2024 and extend it's offer so that the focus is on vulnerable residents.

#### 9.5 Social Prescribing

Redcar and Cleveland Council provide a Social Prescribing Service on behalf of the three Primary Care Networks in Redcar and Cleveland (Clusters of GP practices- East Cleveland, Redcar Coastal and Greater Eston). The team of eight Social Prescribing Link Workers received **2,278** referrals from October 23 to date.

Social Prescribing Link Workers help to reduce health inequalities by supporting people to unpick complex issues affecting their health and wellbeing. They offer short term support to adults (18+) helping them to explore self care solutions, local services/community activities with the aim of improving their health and wellbeing in the longer term.

The Social Prescribing Practitioners have supported those referred into the service to achieve a variety of outcomes, including, access to debt management support, housing advice and guidance, benefit entitlements, addressing loneliness and isolation, low level mental health issues, familial issues, interpreting and completing important documentation, overcoming barriers such as transport and digital issues as well as signposting to specialist services and social care. **90%** of people who have accessed the service report improved wellbeing and would recommend the service to others.

Working with You've Got This, social prescribers are also developing a new journal system with participants, to enable them to track their journey effectively and see clearly the improvements they are making to their own well-being.

#### 9.6 Waiting Well

The Waiting Well programme launched in March 2023 and is commissioned by the North East Integrated Care Board (ICB) Healthier and Fairer programme until March 2025. (a prioritisation exercise is currently underway across all of the ICB Healthier Fairer programmes of work, therefore at this time it is uncertain whether this programme will be funded beyond this date)

The programme provides an all-encompassing health and wellbeing service to patients waiting for surgery across South Tees. The programme was initiated in response to long waiting list following the covid pandemic and high levels of health inequalities experienced by residents across South Tees.

The programme involves Public Health South Tees, South Tees Hospitals NHS Foundation Trust, North East North Cumbria ICB, North of England Commissioning Support Unit and local partners working in an integrated way to support patients waiting for surgery to improve their health and wellbeing. This in turn reduces the likelihood of operations being cancelled due to people not being well enough/fit enough, improves operation outcomes and patient recovery, and enables a swifter

return to independence with improved patient health and wellbeing outcomes. The South Tees programme builds on learning from the Prep-well pilot led by South Tees Hospitals NHS Foundation Trust and You've Got This.

The service aims to reach those patients from the most vulnerable and adversely affected parts of the community to address inequalities in health and wellbeing. The service receives referrals via the South Tees Hospital Trust and targets those residents in the most deprived wards based on Index of Multiple deprivation, those with a learning disability, diabetic patients, those with a Body Mass Index over 30, smokers and patients from ethnic minorities. This aligns with Core 20+5 NHS England and NHS Improvement approach to supporting the reduction of health inequalities at national and system level. The approach defines a target population cohort – the 'Core20PLUS' – and identifies '5' focus clinical areas requiring accelerated improvement.

The South Tees team consists of two Social Prescribing Practitioners and one Health and Wellbeing Coach hosted and managed by Redcar and Cleveland Council alongside a Physiotherapist and Anaesthetist from South Tees Hospital Trust.

The Waiting Well programme supports and empowers patients to address issues affecting their health and wellbeing in the pre operation preparation as well as the clinical components. The team provides a tiered support offer depending on what the patients have identified as important to them after a holistic assessment and they support patients for a period of 8-12 weeks, with an outcome assessment at 12 weeks.

Between October 23 and September 24, the team have invited **1079 patients**, **430** of which have been Redcar and Cleveland residents with 372 taking up the Waiting Well support offer, 148 of which have been residents of Redcar and Cleveland. Patients are supported to participate in exercise programmes, weight management, alcohol, and smoking reduction programmes, as well as providing brief interventions to address issues such as financial wellbeing, loneliness, mental health and pain management. The programme has a **34% conversion rate from invitation to participation on the programme**. This is higher than the 28% average uptake across other North East Waiting Well programmes.

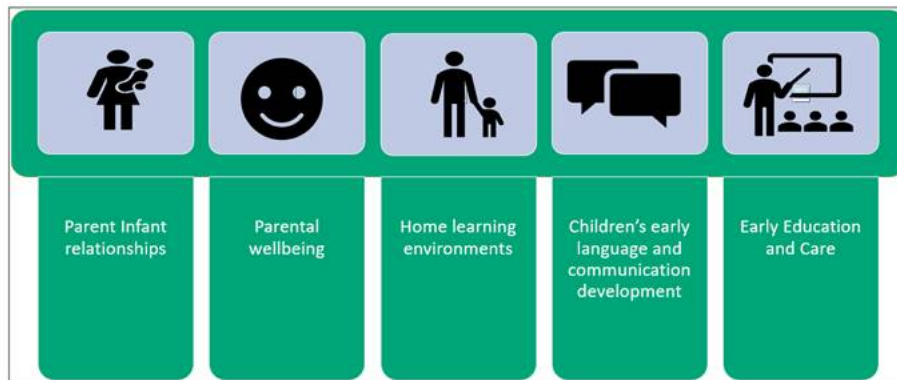
The programme provides a dedicated face to face exercise group with the added benefit of peer-peer support. Alongside this, patients can choose to access a digital support offer through the Surgery Hero app. This provides access to healthy eating, sleep, and exercise support with the added benefit of an online coach. In addition, the programme utilises existing community provision and local services to meet the health and wellbeing needs of patients. EQ-5D (Health related quality of life survey) results are encouraging, showing an **84% improvement in patient health and wellbeing outcomes**.

## 9.7 Thrive at Five

In late 2023, along with Children and Families Directorate, Public Health entered into a partnership with Thrive at Five, who are a national charity aimed at improving outcomes for children before they reach school, increasing the number of children "ready for school" and therefore better set to achieve in their school career.

Thrive at Five are delivering an area-based pilot in five wards of the Borough (Eston, Kirkleatham, Southbank, Grangetown and Dormanstown). Since commencing their work they have been on a phase of 'discovery' to gain insight around key needs in the area.

Their work has identified the **five themes below** that they will work on with the local community and partners across the partnership described above, the private sector (mainly nurseries) and the VCS. The programme has recently recruited to a number of posts to support local delivery, including parent connectors in the five wards.



## 9.8 Making Every Contact Count

Making Every Contact Count (MECC) is an evidence-based approach to behaviour change that utilises the everyday interactions that organisations and individuals have with residents to help support them to make positive changes to their health and wellbeing. There is a focus on addressing lifestyle behaviours (smoking, physical inactivity) as well as wider social determinants of health (finance, housing etc). Redcar and Cleveland Council are part of the ICB Regional MECC Steering Group.

A MECC website ([www.meccgateway.co.uk/nenc](http://www.meccgateway.co.uk/nenc)) has been developed in partnership with local partners and regional ICB to provide users with very brief intervention guidance on a wide range of health and wellbeing topics. Throughout the past year additional themes have been added to the website, including cancer awareness, screening, visual health and long term conditions. An essential element of the website is the facility to signpost to local health and wellbeing services as well as national support services. This has been populated with Redcar and Cleveland signposting information.

To date **1,061 people** (council staff, partners, volunteers, community members) have been trained in the MECC approach and should now be utilising this in their day-to-day interactions. If each person trained in MECC, has on average one MECC conversations a day, this equates to approximately **300,000** health and wellbeing conversation/year. If **1 in 10** of these conversations motivates/encourages someone to seek support/change their health behaviour for the better, that is **30,000** residents taking steps to improve their health and wellbeing.

For those who are not online, a paper copy of MECC health and wellbeing signposting information has been developed and this information is hosted in all Redcar and Cleveland libraries, ensuring this information is accessible to all.

## 9.9 NHS Health Checks

Cardiovascular Disease (CVD) is the biggest single contributor to this life expectancy gap and the NHS health check is designed to spot the early signs of CVD.

In April 2013, the NHS Health Check became a statutory public health service in England. Local authorities are responsible for making provision to offer an NHS Health Check to eligible individuals aged 40-74 years once every five years.

### 9.9.1 *What is an NHS Health Check?*

The NHS Health Check is a free check-up of overall health. It can let patients know whether they are at a higher risk of getting certain health problems such as heart disease; type 2 diabetes; kidney disease and stroke. Discussion in the checks includes how to reduce the risk of developing

these conditions, and for those over 65 dementia is also addressed. Checks normally take around 20-30 minutes.

The NHS Health Check is available to people aged 40 -74, who have not already been diagnosed with one of these conditions, are invited once every five years for a health check to assess their risk of developing CVD within the next 10 years. The Check helps detect hypertension, diabetes, atrial fibrillation and those at high CVD risk and in additions identifies weight, smoking status, alcohol intake, and exercise levels with referrals to support services incorporated into the check and onward signposting to support. Patients are also given advice and support to help them reduce or manage their risk.

#### 9.9.2 *Current Local Arrangements*

- Shared commissioning approach across South Tees with GPs currently the only provider for provision of full NHS Health Checks
- Full data management support and reporting on the checks is provided on a Tees arrangement with NECS.
- Tier payment system for GPs is in place to encourage reduction in health inequalities (deciles 1-3 are paid more than deciles 4-7 and 8-10). This tier payment system is identical across all 4 Tees authorities.
- Simplified payment structure for GPs was introduced in 2023 to increase uptake, particularly in deprived postcodes.

#### 9.9.3 *Activity in Redcar and Cleveland (2023/24)*

- 4004 males (24.79% of eligible list) and 4521 females (23.82% of eligible list) received invitations for an NHS Health Check in 2023/24.
- 1346 males (8.33% of eligible list) and 1879 females (9.90% of eligible list) received an NHS Health Check in 2023/24.
- 58% of NHS HCs were completed on women compared to 42% on men. This means that 9.9% of eligible women and 8.3% of eligible men were assessed (against last year this shows more even/comparable activity, and is similar to previous years, levels looks to be reaching pre-Covid levels).
- The highest number of NHS Health Checks (n=584) were in 55-59 year olds (319 women and 265 men , previous years this was the same age group). However, the highest proportion of Healthy Heart Checks (compared to eligible population) was completed on 65-69 years age group (60-64 in previous years). Proportional trends are similar to previous years.

The current 5-year Service Specification in place with GPs across South Tees ceases on 31 March 2025. This gives us an opportunity to review the current arrangements and service spec and consider how and where improvements could be made; understand why some GP practices are delivering and others are not; review our priorities and explore the potential for different delivery models that could improve current uptake and further address health inequalities.

## **10 PROMOTING POSITIVE MENTAL HEALTH & RESILIENCE**

### 10.1 Head Start Service – Children and Young People

HeadStart was introduced into Redcar & Cleveland in 2019 to give all children and young people the necessary support to build resilience to achieve good emotional health. The Public Health

HeadStart team supports schools across the borough delivering a whole school resilience approach through an asset building approach.

### 10.1.1 *Service Delivery Highlights*

Delivery during the 2023/24 academic year includes providing direct support to 24 primary schools, 7 secondary schools, 3 special schools and 2 post 16 settings, including:

- Emotional wellbeing sessions delivered to Redcar and Cleveland Council apprentices
- All educational settings received information, advice, and resources.
- 1,383 pupils/students accessed interventions.
- The HeadStarters educational pathway provided guided learning within schools to develop pupils as mental health champion. At the completion of the academic year 1,063 pupils had accessed the pathway.
- Continued to manage the Mental Health Leads in Schools Network. The network brings together representatives from across settings to explore the issue of mental health through workshops, the sharing of resources and identifying best practice. All those who attend report that the network supports them in their role of Mental Health lead.
- Produced a fortnightly newsletter covering issues relevant to children and young people's mental health and staff well-being.
- Academic Resilience training sessions are delivered every half term and 100% of those attending state that they felt the content would be useful to implement in school.
- Held the annual HeadStart conference at Teesside university in which 9 schools participated. Students from Prior Pursglove college delivered a raising educational aspirations workshop. 100% of schools attending confirmed that they felt the day was worthwhile and would attend again.

All of the educational settings supported reported:

- Sessions and interventions delivered were useful.
- HeadStart interventions had a positive impact.
- The pace and content were at the right level.
- They had a better understanding of the resilience approach and evidence base.
- That HeadStart had a positive impact on school.

Pupils undertaking the HeadStart educational pathway:

- 85% felt they were useful.
- 83% were interested in others.
- 90% were dealing with problems well.
- 90% were thinking clearly.
- 95% were working with others well.

## 10.2 Suicide Prevention

Multi-agency work continues to be coordinated across Tees by the Tees Suicide Prevention Taskforce, Public Health South Tees and local partners in our borough to address the key areas of action in the local suicide prevention plan.

### 10.2.1 *Examples of Suicide Prevention Interventions*

A Tees Suicide Prevention Awareness Day Conference, theme: 'create hope through action' brought together organisations from across Redcar & Cleveland and Tees to discuss national priorities, celebrate local projects and bring about change through combined efforts to help shape the new Tees Strategy.

Public Health South Tees published the 2023 Suicide Prevention Local Authority annual report to present local data, trends, activity and emerging workstreams.

'Tough Talk' – *Male Suicide, how to break the silence* event day to coincide with Suicide Prevention Day was held in partnership with North Riding FA and Public Health South Tees to shed light on the factors contributing to male suicide and provide strategies for support within our communities.

Samaritans has partnered with Public Health to have their support number advertised on all council car park tickets.

### 10.3 Mental Health Awareness Week May 2024

Mental Health Awareness week aims to tackle stigma and help people understand and prioritise their and others' mental health. The theme this year was *movement for your mental health*. A Mental Health Awareness Week Webinar Event was jointly coordinated between Public Health South Tees and Tees Training Hub provider to highlight the impact and importance of movement on mental health and wellbeing. The event was supported by relevant local service updates.

### 10.4 South Tees Wellbeing Network (STWN)

A personalised wellbeing network was developed and launched for people who work or volunteer in South Tees to support others health and wellbeing and has developed from strength to strength. We are proud to share that our network approaches nine hundred members and represents over 450 organisations from all sectors.

[www.teeswellbeingnetwork.org](http://www.teeswellbeingnetwork.org)

The key areas of focus in 23-24 have been to:

- Continue growth of our active membership.
- Increase range of content provided for our calls to action, website, newsletter, blogs, and inspirations for collaborative working.
- Focus on branding and renew layout of website from original launch design, to embrace our new 'Connect, Explore, Act' format.
- Deliver our journals programme phase 1 and evaluate to plan for phase 2.
- Deliver three events in response to our topic survey.
- Forge a range of connections amongst our members to drive forward collaborations.
- Continue to offer monthly wellbeing taster sessions to our members.

Personalised member newsletters, blogs, virtual briefings and wellbeing programme promotions/member taster events and development support continue to grow in last 12 months include over 100 wellbeing developments including successful requests for development collaborations, new services/resource promotions, service updates and campaigns briefings.

#### 10.4.1 *Future Plans*

Event topic planning for 2025 will include:

Building communities – Developing a sense of belonging  
Workplace health wellbeing – good work is good for you.

Our Annual Report for April 2023-March 2024 is expected to be made publicly available in December 2024.

#### 10.4.2 *Wellbeing System Events:*

In late 2023, following our first commissioned and test event for Peer Support and Lived experience (resulting in a new commissioned Tees wide peer support service and related services to support peer supporters/organisations) by TEWV NHS, we worked with partners to collaborate, directly lead or commission and deliver two system change events, in direct response to our members survey.

Wellbeing Alternatives to the Medicalisation of Human Distress – See our [events website page \(scroll down to past events\)](#) to see the morning speakers, summary of the event and outcomes including the ground work to develop a wellbeing pathway for South Tees (potentially Tees wide)

Loneliness and social isolation – the difference, the issues and what to do? – Red Balloons (who run the Tees Valley peer support network) are currently planning and coordinating this event with key stakeholders to plan an effective system event in March 2025.

#### 10.5 Community Outreach Programme

The council commissioned provider for adult community mental health and wellbeing (Teesside Mind) has delivered a phased programme of community outreach with their team visiting local libraries, job centres, supermarkets, barbershops etc, this has resulted in strengthening relationships and ensuring that people of Redcar and surrounding areas are aware of services available.

#### 10.6 Community Wellbeing in Whale Hill Community Centre

The HCC team have linked Whale Hill Community Centre to the Community Wellbeing Partnership, who have given £6000 to the Centre to run wellbeing sessions over the next 2 years. Both partners are really looking forward to working more closely together to get activities into the heart of the community.

## 11 HEALTH PROTECTION

The South Tees Health Protection Assurance Board meets quarterly, it brings together a range of partners including Public Health South Tees, Local Authority, ICB, NHSE, South Tees Hospitals NHS Foundation Trust, UK Health Security Agency (UKHSA) and the Local Resilience Forum, to provide strategic direction for health protection efforts, coordinating responses to local outbreaks, oversee monitoring and surveillance of any health protection threats and risk assessment and management. The board produces an annual health protection assurance report for the Health and Wellbeing Board and leads forward an annual workplan.

#### 11.1 Sexual Health

There is a statutory duty incumbent on Local Authorities, Integrated Care Boards and NHS England and NHS Improvement to commission or provide sexual and reproductive health services. This covers all forms of contraception, coil fits for heavy menstrual bleeding (HMB) and Hormonal Replacement Therapy (HRT), screening and treatment for sexually transmitted infections (STIs) including HIV, cervical screening, psychosexual counselling, and vasectomy services.

The Tees sexual health provider, HCRG, is now in an extension year with the contract due to end on 31<sup>st</sup> July 2025. Commissioners will be going out to tender for a new service model, via three separate lots to reflect the changing landscape, at the end of September 2024. The three lots will

deliver the requirements of all six commissioning partners: the four Tees local authorities, North-East and North Cumbria Integrated Care Board (ICB) (formerly NHS Tees Valley Clinical Commissioning Group (CCG)) and NHS England and Improvement (NHSE&I):

- Lot 1 will be for an integrated Teeswide sexual health service that can deliver Levels 1, 2 and 3 services ranging from advice and guidance to complex coil fits and treatments for syphilis and gonorrhoea.
- Lot 2 will be for a South of Tees community contraception model delivering Long Acting Reversible Contraception (LARC) in the community, Emergency Hormonal Contraception (EHC) known as the morning after pill, chlamydia screening and condom distribution.
- Lot 3 will be a duplicate of Lot 1 for the North of Tees.

The new model has been designed following an in-depth review of the current model, and aims to address some key challenges in sexual health including:

- Having a Tees integrated sexual health service will allow the provider to focus on the more specialist areas like testing and treatment for Sexually Transmitted Infections (STIs) and not dilute resources subcontracting other providers like GPs and Pharmacies.
- The integrated service will also deliver an outreach model to reach individuals who do not usually engage with services.
- Having access to LARC and EHC in the community will increase choice and accessibility for women and help address inequalities and access to services. In addition this will help to improve outcomes by providing a greater focus on LARC improving our national position in terms of key performance outcomes such as LARC rates per 1000 15-44yr old females.
- Improving access to and uptake of LARC will also help to reduce high teenage conception rates (Redcar and Cleveland has the 5th highest rate of teenage conceptions in the country) as well as high abortion rates and high usage of EHC.

All Lots will be procured simultaneously.

- Out to tender end of September 2024 for 2 months
- Evaluations in December 2024
- Award of contract January 2025
- Go live on 01/08/25
- Contract lengths, 3 years and 8 months (to realign with the financial year) with 2 x 12-month extensions

The annual contract value for the new model for Redcar and Cleveland, for the Tees clinical sexual health service, is £731,421.16 and the annual contract value for the new community contraception model for South Tees is £414,290.

From April 2023 to the end of July 2025, South Tees Public Health directly commissioned sexual health prevention for the following:

- A C-Card scheme (free condoms for 13–24-year-olds) (delivered by Brook)
- Education and training for educational settings and organisations working with young people (delivered by Brook)
- In April – June 2024:
  - A total number of 16 Relationship and Sex Education (RSE) sessions were delivered (digital or face-to-face) in FE Colleges for years 12-13
  - A total number of 15 RSE sessions were delivered (digital or face-to-face) in mainstream schools for years 10-11



- A total number of 4 Assemblies took place on access to sexual health services and C-Card promotion for years 9-13
- A total number of 7 young people were directly supported by 1:1 My Life Programme
- 2 targeted group education programmes took place of 4-6 weeks for vulnerable young people
- Organisation interactions have taken place with:
  - Tuned In
  - Skelton and Loftus Youth Clubs
  - Princes Trust
  - Redcar and Cleveland and Prior Pursglove Colleges and Nunthorpe 6<sup>th</sup> Form
  - Laurence Jackson, Huntcliffe, Bydales and Sacred Heart schools

Outreach to vulnerable groups including HIV testing of young people (delivered by Terence Higgins Trust)

In April – June 2024 there was 91 interactions with residents of Redcar and Cleveland delivering a range of interventions including HIV, STI and sexual health information, advice, guidance and support. As well as HIV, Syphilis and Hepatitis C Point of Care rapid testing. In addition, Education and Awareness raising sessions have also been delivered for professionals.

Sexual Health Teesside (SHT) are working closely with the Maternity Unit at James Cook, training midwives / medics to provide LARC within the unit so access to contraception is available and sustainable.

- SHT offer an initial one- off set up payment of £2000 to cover staff access to training module and certification in order for the completion of the Letter of Competency (LOC) for implant fitting
- SHT provide the support and practical training for identified staff to complete the LOC
- (SDI insertion only) · Subcutaneous dermal implant?
- The Trust provide the devices and SHT reimburse the Trust with the cost of the devices as agreed
- SHT reimburses the Trust with an activity tariff of £30 per fit for both Implant and IUCD.
- Maximum insertions of 200 fits per Trust during this contract.
- SHT offer support to Maternity staff and work closely with service provider.
- Referral pathway in place to SHT for post-fit coil checks and for access to contraception including coils for those not receiving immediate contraception.

To date, SHT have provided training and support to 14 midwives and 2 Consultants who have successfully completed LOC of implant fitting. This was included within the £2000 given to the Trust to help with the commencement of this project. It is hoped that the money reviewed from activity will be reinvested by the Trust to continue to offer training places for staff to increase capacity.

A pilot was trialled in Middlesbrough on behalf of the four Tees local authorities to develop marketing materials promoting condom use in the 16-34year old age group. Results are promising and show an increase in the number of people walking into the sexual health service to collect free condoms. This work will be scaled up and rolled out across Teesside.

There is in place a South Tees Teenage Pregnancy Strategic Partnership Group bringing together a wide range of healthcare professionals including (but not exhaustive):

- School nurses

- Health visitors
- Education staff
- Early years staff
- Youth Services
- Termination services
- Sexual Health Service
- Family Hub staff
- Prevention staff
- Public Health Midwife
- Healthy child programme staff
- Research
- Social work

The partnership oversees the delivery of a robust workplan which aims to reduce the number of teenage conceptions by:

- Using evidence-based data to inform decision making
- Ensuring effective and efficient communication with key stakeholders
- Supporting teenage parents to reach their full potential
- Providing a first-rate sexual health service for young people

Work has been carried out with colleagues from the UK Health Security Agency (UKHSA), sexual health commissioners and HCRG to further develop a syphilis action plan to aim to decrease the high positive numbers in Teesside. Actions include increasing STI testing and rapid access to treatment, increased partner notification and more awareness raising through social media. The plan will also be used to reduce high rates of gonorrhoea locally.

Between October 2023 and September 2024, there were 2,984 attendances at the Tees Sexual Health service by R&C residents.

Of those 2,984 attendances:

- 60% attended the hub in the Civic Centre – Redcar.
- There were 145 positive gonorrhoea diagnoses.
- There were 18 positive syphilis diagnoses.
- 92 cervical screens were carried out of which 62 were booked appointments and 30 were opportunistic screenings.
- 585 women received a Long-Acting Reversible Contraception (LARC) coil or implant in the service.
- 154 implants, 55 Mirena Coils and 30 copper coils fitted.

## 11.2 Immunisation

To increase the uptake of adolescent vaccinations in Redcar and Cleveland, the Health Protection team commissioned a behavioural insights company to conduct focus groups and surveys to understand the barriers amongst students, parents and school staff towards school aged immunisations. Following a trial of resources in 2022/23 in a school in Middlesbrough, the trial was extended to Outwood Normanby in Redcar & Cleveland. During the academic year 2023/24, the school implemented several interventions to influence parents' behaviour to return the consent form. These interventions included a behavioural science influenced letter sent from the Director of Public Health via the headteachers, reminder SMS text messages with a link to the consent portal, and assemblies to pupils. The materials were used in the flu, DTP/MenAWCY and HPV

vaccination programmes. When compared to the control school during the trial, Outwood Normanby had a 25%, 26% and 27% higher consent rate for the flu, DTP/MenACWY and HPV programme respectively. Following the success of the trial, the team are working closely with the school aged immunisation service to roll out the resources to all secondary schools in Redcar & Cleveland and a regional vaccine video commissioned by the North East Association of Directors of Public Health (NE ADPH) network is currently being finalised.

Similarly, resources to increase the uptake of childhood immunisations have been developed. A 5 step sticker for the front of the child's red book acts as a visible checklist for parents, a leaflet designed to present the 0-5 immunisations as a complete set is given to new parents by maternity and registry offices, GP practices and health visitors will also have the resource to give out where appropriate. School admissions have agreed to send out a similar "it's not too late" leaflet designed to encourage parents to complete the set by catching up on missing vaccines before their child starts in reception. We will also be exploring the distribution of birthday cards for all children aged 0-4 by appropriate partner organisations (nurseries, schools, health visitors etc).

During the measles outbreak Redcar & Cleveland parents received a letter from Public Health South Tees and the Assistant Director for Education, raising awareness of the increased measles cases in the area and the importance of vaccination. The letter gave advice on what symptoms to look out for and guidance on keeping children off school for 4 days following the first appearance of a rash to minimise further infections.

### 11.3 Environmental

The **South Tees Adverse Weather and Health Plan** has been updated in line with the UKHSA Adverse Weather and Health Plan. The national plan outlines the measures taken by government, its agencies, the NHS and local authorities to protect individuals and communities from the health effects of adverse weather and to build community resilience. The updated local Plan highlights the important areas where the public sector, independent sector, voluntary sector, health and social care organisations and local communities can work together during adverse weather. It also identifies vulnerable groups and the potential health risks of hot weather, cold weather, floods and droughts.

In recognition of the continued cost-of-living crisis **scams awareness information** has been added onto the council website, providing advice on different types of scams, and social media messages have been promoted through posts published on Facebook, Instagram, and Twitter. In the last year officers have attended 6 public engagement community events. In addition, we attend the Financial Inclusion Group meeting to assist with community matters, this includes highlighting new trends in relation to scams, signposting to other partners such as the Illegal Money Lending Team.

#### 11.3.1 Environmental Protection

Saltburn Beach and Redcar Lifeboat beach were two of 136 beaches in England and two of 8 north-east winners to again achieve Seaside Award Flags which promote the best beaches boasting good water quality and improving coastlines.

The Environmental Protection Team continue to participate in the Environment Agency Short Term Pollution (STP) prediction scheme programme in 2024, operating throughout the Bathing Water Season (15 May – 30 September). During this period, the team responded promptly to 27 bathing water quality warnings, posting advice to the public at our affected beaches.

These achievements continue to reflect strong partnership working in investigating localised pollution and delivering ambitious infrastructure works to improve bathing water quality. In addition, the strong focus of the Seaside Awards programme, in connecting local communities with their environments, compliments other local environmental initiatives, such as community litter-picks and rock pooling.

The annual **Air Quality Status report (ASR) 2024** was submitted to DEFRA in June; this has been accepted in full and positive feedback received. Air quality remains good and continues to meet government limits. Alongside the ASR submission, the **South Tees Clean Air Strategy** was adopted in March and was positively received by DEFRA.

Over the past year publicity campaigns have been undertaken to raise awareness around smoke emissions from wood burning stoves and around the health implications arising from breathing in fumes from idling cars during the school run.

#### 11.3.2 *River Tees Port Health*

The service monitors all imported food and feed that enters the port and carry out official controls as necessary and in accordance with regulatory requirements. They also respond to requests for Ship Sanitation and Water Sample Requests on ships entering the Tees. During the last year, 2,900 ships have entered the Tees.

Following the UK's exit from the EU, new controls were implemented in April 2024 in accordance with the Border Target Operating Model. These additional controls saw further approvals to the Border Control Post, and the addition of an Official Veterinarian to the team.

These new controls have generated income by the Port Health Authority.

Current import controls include Products of Animal Origin from the EU and the rest of world, High Risk Food not of Animal Origin, Organic imports from the rest of the world, processed fishery products for illegal, unreported, and unregulated fishing, and plastic kitchenware from China and Hong Kong. The service monitors all shipping manifests and detains any unknown imports for further clarification of their contents.

Additional work provided by the Port Health Service includes jetty water quality monitoring, food hygiene and standards inspection to its five registered food businesses (all rated '5' (Very good)), infectious disease controls, and environmental permitting (there are 3 Part B processes at the port).

#### 11.3.3 *Housing Advice & Information Team*

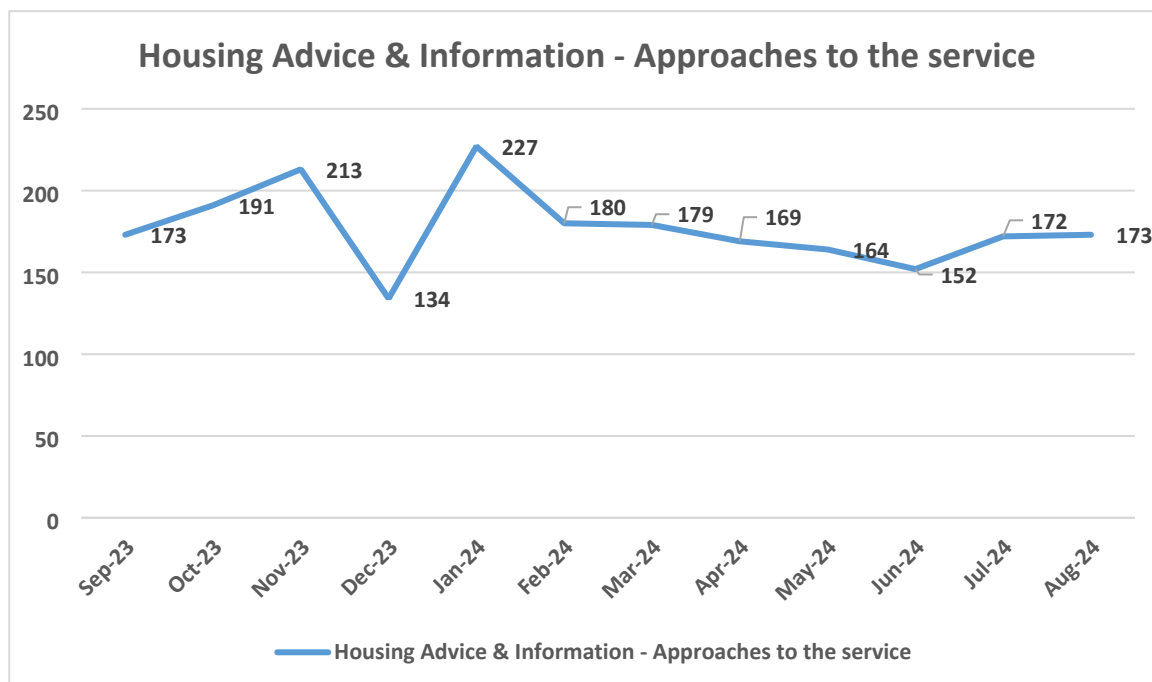
The team provides free advice and information to tenants, landlords and other professional support services for those who are in housing need, at risk of becoming homeless in the next 56 days or are already homeless.

They provide advice and guidance to clients who find themselves at risk of homelessness following serving of a notice seeking possession. The team provide advice to landlords where notices are incorrect and seek to work with them to resolve any issues that may have initiated the notice being served. Where remaining in the property is not possible, a planned move to suitable alternative accommodation can be arranged. The team continues to work closely with partner agencies and other services to reduce the number of people who are at risk of becoming homeless. Service demand continues to remain high.

A support worker from Open Door North East, a charity who work with Asylum Seekers has been working alongside the team for the past year, supporting those Asylum Seekers, families and single adults, who secure a positive decision from their application to the Home Office. Subsequently, they approach the local authority for housing advice. The specialist support worker has been assisting customers to open bank accounts, apply for benefits, access learning, and seek employment as well as register with social and private landlords for accommodation. They have also supported the customer to secure the correct information required to evidence a "right to rent" and to be tenancy ready once they have secured a property to rent, ensuring they have the means to maintain the property and understand their rights and responsibilities in a tenancy.

Officers work with customers to ensure properties are sustainable and affordable, by maximising income and completing affordability checks before customers enter into a tenancy agreement, especially for those that are already struggling financially. The team continue to work with landlords and letting agents to source affordable properties boroughwide where possible, this is proving to be a challenge due to the increasing rents that mainly price a lot of our customers out of the market.

We are seeing a reduction in landlords privately renting out properties long term and moving to online property rentals such as Airbnb and contract accommodation due to the significant increase in income they can achieve, minimising the risk of loss of rental income via traditional methods of letting.



#### 11.3.4 *Rough Sleepers*

Because of an increase in reports of rough sleepers in the borough, we have increased the frequency of the walk arounds to weekly using the intelligence received to try and engage with people sleeping rough. We have reached out to services to advise on the support available from their services e.g. With You, Adult Social Care and Changing Futures. We continue to attend reports of people rough sleeping throughout the Borough in addition to the weekly walk around.

We have seen an increase in the number of rough sleepers from out of area as they have exhausted options in their own area and moved to a new area. As part of the joined-up work, we are working closely with neighbouring local authorities by holding monthly meetings to discuss the individual cases and support the other LAs looking at options to resolve their housing situation, including arranging interviewing rooms in our area for other LAs to access to enable them to meet and speak to their customers who are rough sleeping in our area.

We are awaiting updates from Central government regarding future funding in relation to Rough Sleepers as current grant funding ends in March 2025. We are working closely with Beyond Housing to ensure we can continue to operate the Rough Sleeper Accommodation Scheme that offers 15 properties to support those who have a history of rough sleeping alongside dedicated Holistic Support Advisors who work with customers to prepare them for independent living, once they leave the scheme. The support includes building family/friend relationships, assisting individuals to access health services and to be ready to work / secure employment.

### 11.3.5 *Affordable Warmth*

The Housing Standards Team operate a dedicated 'Warm & Well' advice service for our residents, delivered primarily through our Energy & Affordable Warmth Officer. We offer tailored advice and signposting to grants and assistance to improve the energy efficiency of homes and reduce fuel poverty for residents across the borough.

For several years, the Council have also participated in consecutive Government funded schemes aimed at increasing the energy efficiency of homes within the Borough.

A successful consortium bid led by Darlington Borough Council, included Stockton-on-Tees, Hartlepool and Redcar & Cleveland secured funding under the Home Upgrade Grant funding, round two (HUG2). The scheme began late 2023 and runs until March 2025. It is anticipated that 120 homes across the four local authority areas will be improved during the lifetime of the scheme.

On the 23<sup>rd</sup> September 2024 the new Government launched The Warm Homes: Local Grant. This is a government-funded scheme delivered by Local Authorities that will take the first steps to delivering on the ambitions of the Government's Warm Homes Plan. It will provide grants for energy performance upgrades and low carbon heating to low-income households living in the worst quality, privately owned homes in England to achieve energy bill savings and carbon savings.

These upgrades will be open to all fuel types, including on gas households (those heated by mains gas), and off gas households (those heated by electricity, oil, coal, or liquid petroleum gas).

Local Authorities will have the opportunity to express an interest in being allocated Warm Homes: Local Grant funding later this year. It is anticipated that the scheme will begin in April 2025 and is expected to run for 3-5 years. This will be confirmed following the upcoming Government Spending Review/ Budget.

A further funding initiative that the local authority is involved in is ECO Flex Funding and the Great British Insulation Scheme (GBFS). These schemes form part of the government's Energy Company Obligation (ECO). Under ECO, energy companies must provide funding for energy efficiency improvements to eligible households who are in receipt of particular benefits. ECO Flex and the GBFS allows Local Authorities to declare certain additional households as eligible for funding, meaning that more households can receive support.

The energy efficiency measures installed within a property (ECO/HUG2 and GBFS) are determined by the installer based upon the Energy Performance Certification (EPC) recommendations and the level of funding available.

The Local Authority is not involved or responsible for issuing the funding, appointing an installer, or installing the works. However, we are required to approve any applications and confirm that the household is eligible. The process for approving ECO Flex applications has placed additional administrative auditing and reporting burdens on local authorities. An approval fee of £55 per application will be charged to the installer to cover this additional burden. Since the introduction of ECO4 Flex in spring 2023 to date we have approved over 400 applications.

Redcar and Cleveland again contributed to Cleveland Fire Brigades Stay Safe and Warm Scheme. The Brigade along with its Council partners across Hartlepool, Stockton-on-Tees, Middlesbrough and Redcar and Cleveland will run the Stay Safe and Warm Scheme from October 2023 to March 2024. The FREE service is available for all residents who are struggling to keep warm this winter with no age restrictions. A range of equipment will be available to suit the resident(s) depending on what they require following an assessment. The scheme is due to be launched again in October 2024 and we are currently investigating how to fund the scheme.

### 11.3.6 *Environmental Health (Commercial Team)*

The team inspects all food businesses within the borough for both food hygiene and food standards, according to the Food Law Code of Practice. Interventions are risk based with those

higher risk premises receiving their inspections more regularly i.e., every 6 months. Each inspection results in a Food Hygiene Rating which is published on the Food Standards Agency's website, that consumers can check prior to visiting a food business. They are rated from "0" – Urgent Improvement Necessary, to "5" Very Good. 97% of those within the scheme are broadly compliant in the borough.

One of the services priorities is allergen management within food businesses; lack of allergen control can be fatal for someone with a food hypersensitivity. We continue to work in collaboration with all Northeast Local authorities to provide a consistent approach to interventions.

The service monitors Private Water Supplies in the borough to ensure the water quality is safe for consumption. Many of our rural communities are not on mains supply and rely upon wells, boreholes, and streams for their water supply. These private supplies come with bacteriological chemical and physical risks that must be mitigated to ensure their water is safe. Officers are supporting the users of one private supply to implement a management plan to ensure that they have a safe and sufficient water supply. The responsibility for the cost of improvements to a private water supply including connection to an alternative supply fall to the residents/users of the supply, not the local authority. .

The Health and Safety in the workplace for many of our commercial businesses is paramount to protecting public health. We monitor all notifiable accidents and near misses in the borough and investigate those identified according to the seriousness of the injury. Projects are carried out to educate businesses and raise awareness where high risk incidents are likely to occur, such as electrical and gas safety in catering businesses.

The service also investigates food complaints (47 during 2023/24), notifications of food poisoning (8 during 2023/24), infectious disease notifications from the UK Health Security Agency (236 during 2023/24) as well as providing consultation responses to planning and licensing applications. No food poisoning outbreaks were reported/investigated in 2023/24.

## **12 Health Determinants Research Collaboration (HDRC)**

This is a six-year programme of work funded by the National Institute for Health and Care Research. Following a 12-month development period HDRC South Tees was launched in October 2024. This is a collaboration between Middlesbrough Council, Redcar & Cleveland Borough Council and Teesside University and the aim is to become an international beacon in tackling health inequalities and improve the lives of those living in South Tees. The goal is to boost research capacity and capability and help local authorities to make better evidence-informed decisions. There is also an expectation that HDRCs will engage with, and involve, local communities in shaping and conducting research.

We are currently running a survey to understand the research skills needs of local authority staff. This will inform our training offer for those who would like to learn, or build upon existing, research skills. Our team have conducted 'sandpit' sessions (where groups freely discuss and explore problems and solutions) with local authority staff exploring barriers and enablers to research, working to embed a research culture. To enable stakeholders (local authority and university staff, community members and small businesses) to engage with the HDRC we have implemented a process where they can submit research ideas. The team will then match the stakeholder with the relevant people to develop their idea into a project and seek research funding.

To date we have received 89 contacts: 22 of these have progressed to the submission of a research funding application, seven were successful and six pending. We are encouraged by the balance of contacts with research ideas shifting over time towards a greater number being submitted by local authority than university staff. We have collected directorate and community research priorities and along with the key areas and goals from the Health and Wellbeing Strategy these will inform the direction of future research. Finally, we feel it crucial to involve elected

members in the HDRC and its progress. To promote the HDRC we are continuing to meet with elected members and have established a Journey with the Elected Members group who we hope will work with us until the end of the programme.

## 13 Communities

### 13.1 The Healthy Communities Team

In April 2024, the Healthy Communities Team was formed to merge the former Community Development and Health Improvement Teams and release significant savings as part of the Council's transformation plan.

The new team collectively brings over 100 years of experience in community development, along with extensive qualifications in public health and health improvement. Merging the team has been challenging due to the diversity of skill sets and levels of expertise each member brings. We are developing the team into their new roles and exploring training and development opportunities to develop a common skill-set across the team.

Healthy communities in Redcar and Cleveland is more than just physical well-being; the team are focused on creating a supportive environment where people can live, work, and grow. A healthy community fosters a safe, inclusive atmosphere with access to clean air, nutritious food, quality healthcare, and mental health support. It's about creating connections and encouraging active lifestyles and inclusivity for everyone. By investing in community well-being, we build spaces where every person can thrive.

The work of the Healthy Community Coordinators is vital in shaping community wellbeing through:

- **Promoting Health and Wellbeing:** Coordinators organise programmes that encourage healthy behaviours like physical activity, balanced nutrition, and mental health support, reducing chronic disease rates, obesity, and mental health issues.
- **Enhancing Public Spaces:** they advocate for accessible, safe green spaces that encourage outdoor activity. Recently, the Greater Eston Team met with the National Trust at Ormesby Hall to explore new opportunities for the use of public space.
- **Addressing Social Determinants of Health:** Coordinators work to reduce health inequalities by ensuring everyone, regardless of socioeconomic background, has access to healthcare, education, and opportunities for a healthier life.

The Healthy Communities Team has access to communities in most areas and apply a wider health determinant approach; the team is collaborating with the Teesworks Skills Academy to help local communities access emerging jobs and skill-building opportunities in this growing economic sector. Additionally, we work directly in seldom heard communities, bringing resources and funding to underserved areas.

As an example of the work of the Healthy Communities Coordinators in Greater Eston has been instrumental in supporting local efforts like the Melissa Bus in Whale Hill; providing blood pressure and heart health checks. In addition they facilitated the Greater Eston Health and Wellbeing Forum, where over 40 stakeholders gathered at Grangetown United to discuss a comprehensive agenda on the wider health determinants. From this meeting, key initiatives have emerged that are at the heart of our team's mission and will feed the next quarter's activities supported by the experts and stakeholders in that area.

The Team is still developing a collective team approach and have developed a Dashboard to reflect the work of the Healthy Community Co-ordinators across all areas, and the HCCs are developing relationships in their communities and are connected into the Public Health South Tees programme approach, bringing the community voice into those programmes.



### 13.2 Reading for Wellbeing (Community Reading Champions)

The South Tees Community Reading Champion supports parents in Loftus to read, allowing them to help their child's development but also for their own pleasure and wellbeing.

The project has provided intensive support to around 53 families and engaged with many more to encourage and motivate regular reading habits in the home. The champion also engages local families in library and hub activities and has developed a drop in that is attended on average by 12 families each week. The champion works alongside colleagues including Family Support Workers, Library Development Officer, Speech & Language Therapist, Community Development Lead, Health Visitors and Midwives to deliver consistent wider health messages and signpost towards ongoing support.

### 13.3 Ballinger Charitable Trust – Community Micro Grant

In February 2024 the Healthy Communities Team were awarded £15k from the Ballinger Charitable Trust. These funds were used to facilitate a Community Micro Grant scheme for voluntary sector groups throughout the borough who wished to develop projects which supported residents aged 50 years and over. Groups could apply for up to £1000 to fund or part fund their activities so long as it met the criteria. The process proved very popular with over 20 organisations applying for a grant and 14 of these proving to be successful. Successful projects received their funds this spring.

## **14 Recommendations**

The Council are recommended to note the content of this report.