

Lancashire Health and Wellbeing Board

Minutes of the Meeting held on Tuesday, 21st July, 2020 at 2.00 pm in Virtual Meeting - Skype

Present:

Chair

County Councillor Shaun Turner, Lancashire County Council

Committee Members

Denis Gizzi, Chorley and South Ribble CCG and Greater Preston CCG

County Councillor Graham Gooch, Lancashire County Council

County Councillor Geoff Driver CBE, Lancashire County Council

County Councillor Philippa Williamson, Lancashire County Council

Dr Sakthi Karunanithi, Public Health, Lancashire County Council

Louise Taylor, Adult Services and Health and Wellbeing, Lancashire County Council

Edwina Grant OBE, Education and Children's Services, Lancashire County Council

Stephen Young, Growth, Environment, Transport and Community Services, Lancashire County Council

Gary Doherty, Lancashire Teaching Hospitals Foundation Trust

Tracey Cookscowan, Lancashire Care Foundation Trust

Dr Victoria Gibson FCMI, Lancashire Children's Safeguarding Assurance Partnership and Lancashire Adult Safeguarding Board

Councillor Bridget Hilton, Central Lancashire, Lancashire Leaders Group

Cllr Viv Willder, Fylde Coast, Lancashire Leaders Group

Councillor Margaret France, Central Health and Wellbeing Partnership

Greg Mitten, West Lancashire Health and Wellbeing Partnership

Adrian Leather, Third Sector

Tammy Bradley, Housing Providers

David Blacklock, Healthwatch

Clare Platt, Health, Equity, Welfare and Partnerships, Lancashire County Council

Sam Gorton, Democratic Services, Lancashire County Council

Apologies

Dr Geoff Jolliffe

Morecambe Bay CCG

Dr Adam Janjua

Fylde and Wyre CCG

Dr Peter Gregory

West Lancashire CCG

1. Welcome, introductions and apologies

The Chair welcomed all to the meeting.

Apologies were noted as above.

Replacements for the meeting were as follows:

- Denis Gizzi for Dr Lindsey Dickinson, Chorley and South Ribble Clinical Commissioning Group and Dr Sumantra Mukerji, Greater Preston Clinical Commissioning Group
- Gary Doherty for Karen Partington, Lancashire Teaching Hospitals Foundation Trust
- Tracey Cookscowen for Caroline Donovan, Lancashire Care Trust
- Victoria Gibson for Stephen Ashley, Lancashire Safeguarding Adult's Board and Lancashire Children's Safeguarding Assurance Partnership.

Dominic Harrison, Director of Public Health, Blackburn with Darwen Council gave his apologies for this meeting and Councillor Mohammed Khan, Chair of Blackburn with Darwen Council Health and Wellbeing Board was in attendance.

2. Disclosure of Pecuniary and Non-Pecuniary Interests

There were no disclosures of interest in relation to items appearing on the agenda.

3. Minutes of the Last Meetings held on 28 January 2020 and 3 July 2020

Resolved: That the Board agreed the minutes of the meetings held in January and July 2020.

4. Action Sheet and Forward Plan

Clare Platt, Head of Service Health, Equity, Welfare and Partnerships, Lancashire County Council, updated the Boards on actions from the previous meetings and also the forward plan.

Work has been carried out with regards the review of the Health and Wellbeing Board, with discussions being held with Democratic Services, however due to the current pandemic, this has been on hold and will be kept on the action plan to be revisited.

All other items are either included in the forward plan or on the agenda today.

5. COVID-19 in Lancashire

Dr Sakthi Karunanithi, Director of Public Health, Lancashire County Council gave an update on COVID-19 in Lancashire and highlighted the key issues/risks in the system and also provided an outlook for the next few weeks.

As can be seen across the world, there has been a resurgence of cases and what Lancashire is seeing is that the first wave has levelled off. However, there are flare-ups within care home settings and other establishments and there are also signs of infections within household settings in parts of Lancashire.

There are a couple of breakthroughs in the form of a vaccine which will possibly be available early next year and which further information is still awaited, and the other new development is drugs and medicines which keeps evolving. What is currently being seen

across Lancashire, is that there has been a clear shift in the demographic of the pandemic from older people to the younger working aged groups.

Daily data is provided which is more precise and aids the actions taken from the results of the Test and Trace programme so that Local Authorities can make decisions from the data relevant to their areas and communities which are more localised than the national picture.

Two key themes that will help through the next phase of the virus are:

- i) Messaging, more dynamic and aligned with local agendas and engage with the local public.
- ii) The effectiveness of Test and Trace and support for self-isolation especially when the furlough scheme stops.

Mental health and wellbeing is a key theme across all age groups as an issue which needs to be addressed now. Longer term there are three fixed points that are a cause for concern:

- i) As the lockdown lifts and new powers are given, what changes will happen to the pandemic curve is the immediate issue and there are starting to be localised outbreaks already.
- ii) When more businesses, particularly schools, colleges, universities start to reopen, if the virus is contained and the outbreaks are controlled those settings will not become places of transmission.
- iii) Winter - if the points above are not fully under control there will be significant winter pressures. If the situation with the virus changes for the worst or is not kept under control as it is now, this will cause huge additional pressures in the winter.

The situation in terms of the outbreaks in Pendle and Blackburn with Darwen are different, in that Pendle saw a recent two day spike in infections and Blackburn with Darwen have seen a sustained increased level of cases. Both of them are beyond the usual outbreak management situation so a broader plan has been activated and agreed by the Lancashire Outbreak Engagement Board, the Health Protection Board and the Lancashire Resilience Forum structures to look at that broader plan; and in essence involves community engagement and increased test and trace in areas which have seen outbreaks. The testing regimes have been broadened to include members of the public that may not be symptomatic in Pendle.

The rest of the areas within Lancashire are being assessed based on escalated risk which utilising five categories:

- i) The pandemic is over
- ii) Outbreaks/incidents are well managed, just follow national guidance (all areas excluding Pendle (and Blackburn with Darwen) are currently at this level)
- iii) Requires additional testing, increased inspections, introduce some new powers, additional intervention and further restrictions on top of national guidelines ie introduction of face coverings, testing more people, enhancing support for shops

- including requiring them to display the maximum number of customers at any one time allowed inside the premises
- iv) Further increase in widespread community/household transmission where further restrictions will need to be introduced. This will involve discussions with national colleagues
 - v) Maximum escalated risk which is where there would be a need to add national interventions with sectors/localities in lockdown

Fundamental to an effective response is public consent and the role of elected members and national politicians is crucial in getting that engagement as well as getting the intelligence from the local community. There are also fundamental issues regarding stigma and community cohesion.

A plan is being activated in every district with different levels of intervention based on the risk as explained above. Learning is happening from the areas that have had to introduce stricture measures locally, such as Blackburn with Darwen, Pendle as well as Leicester.

In summary, the first wave of the pandemic has levelled off, with a couple of flare-ups occurring in a few of areas in Lancashire, where additional measures have been introduced on top of the national measures. The forward planning phases are from now to September and September through to winter. There are specific risks that come with the planning and the requirements of community engagement and people following the advice, as well as an effective test and trace programme will help ease the pressures from now through to winter.

Dr Sakthi Karunanithi extended his thanks to all the public, agencies, colleagues, elected members for their involvement and support throughout this pandemic.

Following Dr Sakthi Karunanithi's overview, the Board discussed how they could support especially in terms of communicating and engaging with communities. The Board were informed that there was a Communications group which was taking a universal approach and going ultra-local with very specific insights into local businesses, ie barbers, food shops.

With regards those who have limited digital capabilities, different approaches were being made with regards encouraging people to get tested. At the moment there are local testing stations so people can just turn up for tests and also there is some good partnership working emerging with the community where staff are buddying up with local community. With regards tracing, it is proving that not everybody leaves their details and that is becoming a challenge in itself, however not everybody that gives their details engages as well. Again, more communication and engagement is needed to improve this.

There is a widespread flu vaccination plan which is expected to have a higher uptake than normal and if a vaccine is found for COVID-19, this cannot be given at the same time as the flu vaccination, so there is a huge logistical planning exercise underway if and when a vaccine for the virus is found.

The Voluntary, Community and Faith Sector (VCFS) reiterated that they can help communicate at different levels throughout Lancashire and keep repeating the messages

being delivered centrally and reassure communities that there was a plan for each area. There was a request for a consistent message to be passed to the Voluntary, Community and Faith Sector (VCFS) groups to forward on to their communities and they requested to be kept updated when there was a change. It was noted that there needed to be a bridge built between the Local Resilience Forum and the Integrated Care System.

Resolved: That Dr Sakthi Karunanithi would speak to Communication and Engagement colleagues in the Lancashire Resilience Forum along with colleagues in the Integrated Care System and ensure that connections are made with colleagues in the Voluntary, Community and Faith Sector (VCFS) so they can actively engage and reiterate messages out to the communities of Lancashire.

6. Healthwatch - Impact of COVID-19

Sue Stevenson, Chief Operating Officer, Healthwatch Lancashire, provided the Board with the key findings from a survey which is being carried out in Lancashire on the "Impact of Covid-19" by Healthwatch. The survey was co-developed with partners and carried out on behalf of all four Healthwatch services that exist across Cumbria and Lancashire.

Findings from the questionnaire were detailed in the presentation which was circulated with the agenda

<https://council.lancashire.gov.uk/ieListDocuments.aspx?CId=825&MId=10347&Ver=4>.

Version 1 of the survey was created as a 'temperature check' to find out how people were feeling and coping during the initial days of the pandemic. Version 2 concentrated on emerging themes and concerns, such as mental health, carers and the financial impact of the pandemic and Version 3 which is currently 'live' is similar in focus to Version 2, however, views are also being sought about leaving lockdown and the lifting of restrictions. From the responses to the different versions of the survey, a number of reports have been created and the Board were encouraged to read them

<https://healthwatchlancashire.co.uk/coronavirus-survey-reports/>.

Researchers at Healthwatch have commented that they have never been involved in surveys where people have been so open to describe their experiences as they have during the pandemic. Although the pandemic has caused upheaval and affected almost everyone in some way, there have been positives come from this experience too such as community spirit, less stress, less pollution and many others as detailed in the presentation. From Version 3, early findings from the survey was that currently 28% of people responded had experienced a medical issue during the pandemic, however avoided consulting a medical professional about it and Healthwatch is minded that this was something the Board needed to take account of, coupled with those that were on waiting lists, where those lists had now increased and where services had currently stopped.

An interesting finding from Version 2 of the survey was that 82% of people who have had a phone or video consultation have found it a positive experience, liking the convenience of them and that they happened on time. Community hubs have been another positive and absolutely integral to the response and people who have been furloughed have been wanting to get involved and help others which in turn lifted community spirits.

A question arose around the findings on social prescribing, with 25% of responses coming from carers and whether this could be broken down into localities. Sue felt that there were a number of supplementary questions from the findings, that, collectively the Health and Wellbeing Board and Healthwatch could explore in more detail going forward as we start to move to the next phase of the pandemic.

Resolved: That Sam Gorton, Clerk to the Health and Wellbeing Board be added to the distribution list to share information on this survey and future surveys and findings, so members of the Board can share within their networks. If any members wished to be added directly to the distribution list, please email sue@healthwatchcumbria.co.uk.

7. Children's Services - The Impact of the COVID-19 Pandemic on Children and Young People's Emotional Wellbeing and Mental Health

Dave Carr, Head of Service, Policy, Information and Commissioning, Lancashire County Council, updated the Board on the evidence of impact of the COVID-19 pandemic had had on children and young people's emotional wellbeing and mental health and that are still continuing to emerge. The report also provided:

- An overview of the emerging evidence of impact
- Details of some of the significant elements of Lancashire's local system response
- Plans for moving forward in the short term
- Recommendations to ensure a continued support and improved system-wide response.

There were strong indications that the pandemic had had a negative impact on the emotional wellbeing and mental health of many children and young people in Lancashire, who have already required extra help or may do so in the future. Partners have made significant changes in arrangements to better support children and young people but there was much more to do. It was proposed that Partners in Lancashire continued to look forward to delivering the NHS Long Term Plan and wider strategy for children and young people's emotional wellbeing and mental health, maintaining and enhancing current provision, but in doing so addressed the expected significant longer term impacts of the COVID-19 pandemic.

Among the sources of evidence detailed in the report which was circulated to members of the Board were the findings of a rapid review which had been undertaken nationally by the Anna Freud Foundation, along with further evidence which was provided by the Co-SPACE project which was again was undertaken at a national level by Oxford University which tracked the mental health of school-aged children and young people aged 4-16 years throughout the COVID-19 crisis. Summaries of both these studies were detailed in the report attached to the agenda.

Evidence shows that more young people have sought support during the lockdown period, and will continue do so as the impact of COVID-19 continues to affect the way that young people live their lives. Equally, for those young people who have found it easier spending

more time away from their school environment, the prospect of returning may be challenging.

With regards the Local System Response during COVID-19, many services have continued to operate to provide support for children and young people with many changing their offers to deliver more online and telephony based services and increased the use of technology, as well as continuing face to face contact if required.

There has been a huge amount of resource made available to support children and young people's emotional wellbeing and mental health and this can be found on the Lancashire and South Cumbria Healthy Young Minds Website (<https://youngminds.org.uk/training/mental-health-training/>) which has been expanded to include COVID-19 specific resources alongside the planned launch of information, advice and resources to support children, young people, parents/carers and professionals identify and manage emotional wellbeing and mental health issues.

As discussed at this Board, Child and Adolescent Mental Health Services (CAMHS) 0-19 service provision (which previously stopped at 16 years of age) has changed in order to address the issue of older adolescents, they are now given a choice as to whether they wish to continue to access CAMHS or move to Adult Services. This has commenced on a phased basis across the County. Blackpool Teaching Hospitals Trust achieved full implementation in early April 2020, Lancashire and South Cumbria Foundation Trust from end of June 2020 and East Lancashire Hospitals Trust commenced a phased implementation on 1 April 2020 with full implementation by 1 September 2020.

Work around suicide prevention has included real time surveillance data, with an intelligence led approach to communications using social media, and through partner agencies, targeted on high risk locations. Data has also helped identify clusters/groups to target more specific interventions and ensure wider networks get the support they need.

The Board were highlighted on some of the plans moving forward which included:

The Children and Young People's Emotional Wellbeing and Mental Health Transformation Plan for Lancashire (2015-2020) which was first published in January 2016. That document set out the initial iteration of a five-year plan for Lancashire, to support local implementation of the national ambition and principles as set out in 'Future in Mind – promoting, protecting and improving our children and young people's mental health and wellbeing' (2015).

The Plan's continued aim is to improve the resilience, emotional wellbeing and mental health of children and young people, especially those who are at increased risk due to their vulnerability, such as those within and on the 'edge of care', making it easier for them and their families to access help and support when they need it whilst improving the standard of mental health services across Lancashire and now, South Cumbria.

From April 2020 through to March 2021 is the final year of this Transformation Plan, and there remain some key deliverables including the final stages of evaluation and subsequent implementation of the redesign of NHS funded Child and Adolescent Mental

Health Services (CAMHS). Whilst some elements of the redesign have been brought forward as a consequence of the COVID-19 pandemic, completion of the final design, evaluation and further consideration of overall affordability of the proposed model have been delayed.

Discussion ensued around homeless young people who have left care and asked that the Board be reassured that the appropriate public and Voluntary, Community and Faith Sector (VCFS) agencies are supported to pick up on any homeless young people who have left care. In terms of the pathways there is a system across Lancashire for those young people leaving care and there are a number of services that the county council commissions and also works very closely with district council partners to ensure that the provision is used appropriately and ensure there is a clear interface with social care. This is something that needs to have continued focus and the Housing Reference group is picking up on some of that discussion at the moment. Therefore, the Board can take some assurance that support is available, however this is something that needs continued work on.

The Board was requested to monitor the work on children and young people's emotional wellbeing and mental health and note that there is still work to be done. As these are unprecedented times there really are no measures about the impact on mental health on children going through the Autumn term and some very young children have had no contact with peers, especially if they have no siblings, and that they are going to have to be reintroduced to things such as play and for adolescents, being in groups and hanging out with friends is a big part of their development, so it will be about watching very carefully mental health referrals at lower and higher levels during the Autumn Term and making sure that as a Board, it responds appropriately.

Following discussion the Board noted the impact of COVID-19 on children and young people's emotional wellbeing and mental health and agreed on the principles outlined in the report and that there were still work to do going forward.

Resolved: That the Health and Wellbeing Board:

- i) Noted the emerging evidence of impact of the COVID-19 pandemic on children and young people's emotional wellbeing and mental health.
- ii) Noted the system wide response to help mitigate the short term impact.
- iii) Agreed that the outcome of the redesign of NHS Funded Services will be reported to the Health and Wellbeing Board at a future date.
- iv) Agreed the continued need for a whole system approach across all partners.
- v) Committed to principles of:
 - o Ensuring sufficient resource to meet demand.
 - o Implementation of the NHS funded Child and Adolescent Mental Health Service (CAMHS) service redesign.
 - o Mental health support for children and young people embedded in schools and colleges, building on the learning from Mental Health Trailblazer Teams.

- Meeting new national waiting time standards for all children and young people who need specialist mental health services.
- Investing in early and appropriate interventions, to prevent escalation in to crisis
- Greater focus on the longer term development of digital services.
- Co-production with children and young people, including of primary age and those in more vulnerable groups, to help young people to shape services to meet their needs and to play an active role in promoting positive mental health and wellbeing.

8. Adult Services - COVID-19 Impact on Lancashire Care Homes

Louise Taylor, Executive Director for Adult Service and Health and Wellbeing and Lisa Slack, Head of Service, Quality, Contracts and Safeguarding Adults, Lancashire County Council provided the Board with an update on the impact of COVID-19 on care homes in Lancashire.

The purpose of the report was to highlight the challenges faced by care homes during the first phase of the pandemic and outline measures taken by the county council with the Lancashire Resilience Forum partners to support the sector.

The report outlined the engagement from the start of the pandemic.

The impact of the COVID-19 pandemic on the care home sector in Lancashire has been significant. Using information gathered daily from each care home, the County Council, with the assistance of the Lancashire Resilience Forum, has been able to respond to support care homes across a range of areas. The focus of the support has changed as the pandemic has progressed; the priority always to ensure care homes are able to continue to deliver safe care.

Highlighted to the Board that, whilst nationally there had been a strong focus on care homes, the three Pan-Lancashire Authorities had looked at 'all' care, not just for older people, it included those that were also vulnerable. The key priority had been, because care providers have been under immense pressure, it was felt that it was important to let care providers care for the people they were supporting. Therefore as Authorities the decision was taken to protect them from what has been significant and ongoing change and to carry that responsibility for them. Ways in which this has been done and are continuing to do are as follows:

- i) Instituted a daily welfare call to all care providers (Blackburn with Darwen and Blackpool were also doing the same). There are over 600 providers in the county council, however they have all been contacted daily, 7 days a week to give them direct support. This continues to be the means through which the Council gets intelligence from the care market that can inform the work that Public Health are doing, in understanding where the pressure lies and also hot spots and maybe where things are potentially starting to escalate.
- ii) A purposeful decision to purchase personal protective equipment (PPE) for care providers with no discrimination for those that were self-funded and those that were

funded by the Local Authority as PPE is intrinsic to good infection prevention control.

- iii) Another key way of keeping people safe is to understand if they have the virus as not everybody who has the virus will necessarily show symptoms, therefore, testing has been critical and continues to be.
- iv) Some families have requested that care be temporarily removed for relatives due to the risk of spreading infection, so by stepping back not to provide that help, there has been an incredible burden within families who have themselves become the carer. As a sector, there has been continued support to those carers throughout this pandemic and as part of that, the sector can now step-up to provide some more services that families had previously relied on such as day-care and respite where it is safe and suitable to do so.
- v) Visits to care homes going forward will be very different to what they were prior to the pandemic. Discussions are continuing with the NHS around this.

As Local Authorities, we are still recognising and responding to this as a response not as a recovery phase yet, we cannot assume or safely say that the virus will not re-emerge into the care sector.

During the pandemic it was noted that joint working with the NHS has worked extremely well. Decisions have been made swiftly, executed safely and there has been a clear purpose and a clearer sense as to what the priorities have been and have moved at pace to benefit Lancashire people. Learning needs to be taken from this to ensure the things that have been done well throughout, will endure and last beyond this pandemic.

Lisa Slack updated the Board on the current position regarding care homes in Lancashire. In relation to outbreaks, there had been a downward trajectory since March. In terms of outbreaks, currently as of today, there were eight outbreaks across Lancashire Care Homes and 10 incidents that were currently being reported which is a significant change from the peak of the virus when there was around 200 outbreaks and incidents.

A pathway is now being developed with an offer of enhanced support around the care homes with outbreaks or incidents, ensuring they have appropriate infection prevention control in the setting and that the workforce are stabilised. Provider failure plans were put in situ back in April and they are looking to be developed further so there is more of a business as usual response and extra resources are also being sourced. The offer of whole home testing is being supported too with the outbreak work.

Resolved: That the Health and Wellbeing Board:

- i) Noted the hard work of care homes in Lancashire to continue to provide care during challenging circumstances.
- ii) Noted and support ongoing measures to support the care home market in Lancashire.

9. Urgent Business

There was no urgent business.

10. Date of Next Meeting

It was noted that the next meeting of the Board would take place on Tuesday, 8 September 2020 at 2pm. The meeting would be held virtually.

L Sales
Director of Corporate Services

County Hall
Preston