

## Prevention at Scale Stocktake September 2021

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Development of the Prevention at Scale portfolio was kickstarted with a system workshop hosted by the two Health and Wellbeing Boards in October 2016, and built up into a series of programmes and plans through to 2017. This paper sets out the key achievements across the breadth of the Prevention at Scale portfolio since this first iteration in 2017. It also highlights where progress has been impacted by COVID, and areas of work that are still ongoing.

Funds to pump-prime projects have mainly come from non-recurrent sources, with £1M funding committed from the Public Health Dorset ring-fenced reserve in November 2016, £308k from Dorset County Council public health ring-fenced reserve in June 2018 and CCG transformation funding of £150k in November 2018. Other funding for specific programmes or projects is outlined in the relevant sections.

A key success of the portfolio has been the much wider ownership of prevention, with key players across the system taking a much more bottom-up development approach, thinking about broader health and wellbeing outcomes not focused only on performance and activity metrics.

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### Starting Well

#### Antenatal support

##### Better births programme

Good strategic partnerships forged and thinking around broader health and wellbeing outcomes continues to develop, with system work on peri-natal mental health, foetal alcohol syndrome in progress and infant feeding/breastfeeding and healthy maternal weight in pregnancy in scope.

##### Smoking in Pregnancy

Public Health Investment in dedicated midwives to help stop Smoking in Pregnancy has proven a successful model in reducing Smoking at the Time of Delivery (SATOD), including upskilling teams and introducing regular CO monitoring. However, this has been achieved through non-recurrent funding each year and no sustainable funding identified yet.

Household smoking is recognised as contributing to both the success of mothers quitting and the increased risk of childhood respiratory illness. Two pilots are being integrated into service offers; a smoking cessation offer through maternity to partners and CO monitoring and training with Health Visitors in Weymouth which informed the delivery priorities in the 0-19 CYPPPHS specification.

Next step – to assess and develop workstreams which reflect inequalities.

#### Universal Services for Families and Children

##### Effective 0-19 universal offer

Public Health Dorset led comprehensive stakeholder engagement in drawing up a new specification for the service, with the tender process completed and new contract with Dorset Health Care in place since October 2019 that focuses on outcomes.

Overall there is closer working together as a system around services for families and children, resulting in a new early help offer for 0-5s.

##### Whole school approaches to health and wellbeing

Over 300 school staff received Mental Health First Aid training and we have established a sustainable provider model for education settings with Weymouth College. This complements the Wellbeing Return for Education programme for schools, addressing additional needs from Covid-19.

The Headteachers Alliance delivered an innovative participatory approach to WSA by promoting physical activity as an enabler of positive mental health. Relationships developed with schools and the Alliance provide regular opportunities for co-produced approaches to public health and wellbeing.

#### Community capacity and confidence to support CYP to THRIVE

Significant additions to support CYP in “getting help” services have been implemented including; digital tools Chat Heath, Kooth and emotional health and wellbeing podcasts; Mental Health Teams in Schools and workforce development. A thorough Health Needs Assessment supports prioritisation of transformation plans.

#### Reduce variation in immunisation rates

There are examples of PCN good practice, but COVID has interrupted scaling those good examples.

## Living Well

### LiveWell Dorset

#### LiveWell Dorset Digital Development

Digital development of [LiveWell Dorset](#) up to February 2021 has covered development of an intelligent CRM to guide selection of evidence-based behaviour change techniques and coaching; launch of the LiveWell Finder to help people locate a vast range of health-and-wellbeing-promoting services, support and activities on their doorstep, the initial testing and development of self-service behaviour change tools, and, working closely with colleagues from the digital portfolio, supporting the mass roll-out of the ORCHA app library to select personalised content from accredited sources. The next phase of development will enable iterative improvements to these features plus:

- redesign and relaunch of a new My LiveWell platform;
- improved initial registration, and personalisation
- increased longer-term engagement with the service, including quality impact assessment to understand groups that continue to be poorly represented
- Integrating LiveWell Dorset data on the DiiS platform to increase primary care utilisation and engagement with the service (cross-over to Ageing Well too)

#### Referral in following Health Checks

Health Checks have been paused through COVID. The intention is to pause and review as we consider future options for more targeted Health Checks, including digital assessment and delivery.

### Workforce

#### System wide approach to supporting staff health and wellbeing

Initial offer established pre-COVID. The enhanced offer developed during COVID emphasises mental health and MSK support, makes strong links with our Active Ageing Programme, and includes a bespoke package for care homes. [Here For Each Other – Join Our Dorset](#) This cross-system team is hosted by Dorset HealthCare and funded through 1-year NHSE monies – need clarity to understand how we sustain the offer going forward.

Next steps are a focus on inequalities and under-served groups, plus connecting this with development on compassionate leadership and digitalisation.

#### Training frontline professionals

Making Every Contact Count and Mental Health First Aid course have been rolled out across the system. System wide network of trainers established and supported. One-third of Allied Health Professionals across the system have been trained. Good representation from across the system,

with participants from both councils, the CCG, all 4 NHS Trusts, Primary Care Networks, local third sector providers and wider voluntary sector, schools, pharmacies, our universities and the fire service.

Suicide Prevention training is also now being rolled out across the system.

Next steps are planning for wider rollout across the voluntary sector -initially with a training needs analysis and then signpost to relevant digital courses. Dorset MHFA website being set up.

## **Physical Activity**

### **Active Ageing**

Following a bid to Sport England in 2017, the system has received £659k of lottery funding to support a 3-year programme (April 2018 to March 2021) working across the system on building in systematic support for physical activity. Sport England have subsequently agreed to continued funding until March 2022 as they recognise the value of our local approach, and the additional challenges that COVID has brought in the last year.

The programme, led by Active Dorset, has attracted national recognition from Public Health England, Sport England and the Active Partnerships National Team and our approach has been shared as a best practice example of a systems approach to physical activity (see p. 44 of UWE research [Engaging NHS system Leaders in Whole Systems Approaches to Physical Activity](#) and p. 31 of Sport England's new 10-year strategy [Uniting the Movement](#) ).

Both Health and Wellbeing Boards have prioritised physical activity in their strategies and have committed to development of a Physical Activity Strategy via Public Health Dorset's JSNA process. It is also a clear priority within the overall COVID recovery plan for Dorset Local Resilience Forum, part of the welfare recovery stream. The Active Ageing programme and our work to encourage everyone to move more connects across many other strands of the Prevention at Scale portfolio, including:

- Living Well:
  - An increased focus through LiveWell Dorset (LWD) – People registering with LWD that are interested in increasing their activity levels has increased from 35% (April 2018) to consistently over 70%. Active Dorset staff work very closely with the LWD team.
  - Workforce Training – physical activity and behaviour change training developed and delivered to health and social care professionals and social prescribers and connecting with LiveWell Dorset.
  - Work with local Allied Health Professionals – physical activity is one of the 5 priorities set by their AHP Public Health strategy group
  - Pre-Retirement focus - workshops delivered for local authority partners and CCG.
- Ageing Well:
  - Maximising the opportunities through digital consultations to include prevention messages and promotion of LiveWell Dorset, adding resources to health and care video library.
  - Cancer – delivering cancer wellbeing events for patients nearing the end of cancer treatment, and supporting the Dorset cancer prevention programme with funding, signposting, information on the new cancer website, and embedding these changes in letters and patient information leaflets.
- Healthy Places:
  - Work in local areas to support Picnic in the Park, Walking for Health, Thriving Communities project and Health and Nature Collaboration. Funding distributed to organisations such as Age UK and Help and Care

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## Ageing Well

### Embed lifestyle Support Offer in Health and Care Pathways

#### Exercise and education programmes for joint pain

Original PAS plans had a focus on the [EscapePain](#) programme. This continues at DCH, with provision moving online during COVID. However, challenges around face-to-face provision and capacity, with leisure and physical activity providers unable to do this through COVID have meant that a new MSK prevention group has been established, with the Active Ageing programme part-funding an [MSK website](#) to support patient self-management through increased activity and physio self-referral,

#### Alcohol screening and brief intervention across all secondary care

All three acute sites now have an alcohol liaison service in place.

#### Lifestyle assessment for all planned care episodes

This work has been slow to progress overall, although there has been good engagement with some clinical groups, such as MSK professionals supporting pre- and post-op fitness and signposting to LiveWell. With COVID progress slowed further, however there is now work, linking with Population Health Management work on elective care waiting lists for COVID recovery as an opportunity to embed lifestyle assessments.

#### National Diabetes Prevention Programme

A Dorset NDPP programme has been procured through the national framework and is now well-established. Work to support and integrate with our sustainable system offers for healthy lifestyle support through LiveWell Dorset and our Active Ageing programme after people complete their 12-week NDPP programme slowed during COVID but is now being re-energised.

### Understand and Act on Implications of the NHS Long Term Plan

#### CARED project

Business case building on existing smoking in pregnancy work has been developed and submitted but not prioritised as waiting on the LTP specific allocation. The allocation has now been published; however, this is lower than expected and may no longer be recurrent. Business case being reviewed to understand how we use this most effectively.

### Align and support prevention offer with PHM approach to defined groups

#### Reduce variation in secondary prevention of CVD

Hypertension monitoring project – GPs identify and give, if someone needs support to use the technology and give lifestyle support. Activation support and sustainable lifestyle changes.

#### Transform diabetes pathway

The Diabetes Steering Group oversees use of national diabetes transformation funding to support multidisciplinary foot care preventing amputation, support to inpatients who are diabetic (most admitted for other reasons), structured education for new diabetics and reduced variation in achievement of treatment targets. Although progress had been made, this has been impacted by COVID and recovery is an additional focus for 21/22. Alongside this some PCNs have been using population health management tools to help them think differently about how they support

different groups of diabetic patients. Work to map and connect these two strands of work is ongoing.

#### Frailty and falls prevention

Through engaging with partners across the system a high-level integrated system model has been developed which sets out goals for:

- Co-ordinated learning and response across the system
- Building population resilience by normalising physical activity, with older people living safe and independent lives
- Taking early action to identify and support those at particular risk
- Responding at the time of a fall in a way that minimises harm and enables the best recovery
- Targeting evidence-based, personalised support for those with highest risk, complex needs, or following a hip fracture

An implementation plan has been drafted including interdependencies with other areas of work across the ICS such as the Active Ageing programme.

#### Community capacity in general practice

Public Health Dorset commissioned Altogether Better to deliver a Collaborative Practice Leadership and Development Programme in 2017, to support general practice to find new ways to respond to rising demand and unmet need. A [report](#) has now been published highlighting the outcomes and key learning from the 46 members of staff across 27 GP practices that took part, working with local people as practice champions. Champions were invited to be part of the practice team and work together to deliver new models of care. Staff morale improved, new groups and activities have been set up, and one practice was able to demonstrate a 7% reduction in attendance. 22 of the 27 practices showed strong evidence of embedding collaborative practice.

The CCG has funded a further programme to support local practices, however this has been delayed by the COVID pandemic.

#### Social prescribing

In 2019 Dorset CCG awarded their Non-Clinical Health Coaching and Social Prescribing contract to Help and Care in partnership with Dorset Mental Health Forum (DMHF) and Dorset Healthcare, and [The Dorset Self-Management Service](#) went live in April 2019. In July 2019 NHS England introduced Primary Care Networks, with funding for additional social prescribers available through the PCN contract. Different PCNs have approached this in different ways, some working with Help and Care and others employing these directly, with different areas of focus depending on their local population need. Our social prescribers have proven invaluable through the COVID pandemic, working to support shielded and more vulnerable patients.

#### Physical health checks within Serious Mental Illness (SMI) Annual Health Check

Working initially with three pilot PCNs, Dorset Health Care support workers have been delivering checks asking about medications, BMI, blood pressure, cholesterol, glucose, alcohol intake and smoking to patients with a Serious Mental Illness. Patients requiring support towards a healthy lifestyle are offered a facilitated referral to LiveWell Dorset, recognising that they may need more support than most people. Pilot areas have seen more than a 50% increase in numbers of checks being conducted. From April 2021 the approach is being rolled out to other PCN areas.

#### Poole Assertive outreach model

The Clinical Services Review, UHD merger and COVID have all meant that there has been no capacity to explore expanding the existing Poole model to the other acute Trusts.

## **Align and support prevention offer as part of the LA transformation work**

### [BCP council Vibrant Community Partnerships Board](#)

Currently being established

### [Dorset Council Project Weymouth](#)

Re-energised to enable better co-ordination of council and partner services in Weymouth and Portland.

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## **Healthy Places**

### **Social /Communities**

#### [Active Travel](#)

BCP and Dorset councils were awarded £79M as part of the Government's Transforming Cities Fund in March 2020. Our Transforming Travel Programme aims to create a network of sustainable travel routes and encourage their use. Consultation on the six new sustainable routes took place in phases, with final reports due to be published late August this year, with construction underway in East Dorset on one of these. Both councils are also working on Local Cycling and Walking Infrastructure Plans (LCWIP), along with other active travel schemes and support.

### **Natural Environment**

#### [Improve access to Green Space](#)

PAS funding was used to match fund and support a Future Park's Accelerator bid. BCP is one of nine places across the UK to receive a share of £6.2M funding and £5M in support and expertise.

Delivered by [The Parks Foundation](#), Stour Valley Park and three pilot parks have been selected for environmental enhancements and developments to encourage people to use the parks to improve their mental health and wellbeing and increase physical activity. Original plan was for activities to be delivered by April 2022, but this has been impacted by COVID. Evaluation will then enable lessons to be learnt for further developments locally.

Work has been completed with Exeter University to map local access to green space across Dorset and continues to understand the evidence on the connection between access and health outcomes. This work will support the development of the Local Plans and green infrastructure strategy, and has been shared as an exemplar case study through the South West Partnership for Environmental and Economic Prosperity (SWEEP).

#### [Skills training for place-based staff across the system](#)

Following training and support with evaluation to back up a funding bid, Stepping into Nature (SiN) was awarded £380K by the National Lottery Community Fund to expand its work delivering nature-based activities for older people and people living with dementia into North and East Dorset. Part of this work included connecting staff with the Mental Health First Aid training on offer.

### **Built Environment**

#### [Local Plan](#)

Each council is in the process of developing a new Local Plan, expected to be adopted by 2023 following public consultation. These plans set out the vision for the future of each area and provide a

framework for the local planning system to address housing needs and other economic, social and environmental priorities. This provides an opportunity to ensure that the making of the plan and its implementation creates places that support prevention through, for example providing good quality housing, access to natural environments and green space and a public realm that enables and encourage active travel. Final drafts after consultation are submitted to an Independent Inspector who will examine the plan and make any further recommendations that need to be addressed before the plan can be formally adopted. Latest position:

- As part of this work there has now been agreement on a process for the two local authorities to engage with health services around planning issues.
- Consultation on the draft [Dorset Council Local Plan](#) has closed and responses are being analysed, to inform the final draft for submission.
- BCP council is currently collating evidence, including consideration of green infrastructure, which will include a detailed understanding of issues and options, before the draft goes out for consultation later this year (Autumn / Winter 2021).

### [Healthy Homes](#)

The [Healthy Homes Dorset](#) programme aims to support adaptations to people's homes to reduce fuel poverty and improve respiratory health. In place since December 2016, with the Centre for Sustainable Energy (CSE) as our delivery partner, this has now been handed over to Ridgewater Energy who won the tender to deliver the next phase. CSE's handover report shows that to March 2020 the programme has:

- engaged over 4,000 residents, at least 40% with a health condition that may be worsened by living in a cold home
- provided direct support to over 2,500 households including helping clients to apply for Warm Homes discount, Surviving Winter Grants or other benefits, with an average £142 saving per household
- installed energy efficient or heating measures in 318 households, with every £1 of council funds matched by £2.40 of funding from other grants or funding sources
- been part of the Safe and Independent Living assessment (SAIL) process, enabling systematic referral to partners across the system to help with other wellbeing issues such as a home safety check, support to explore memory loss issues or help to move wheelie bins

The programme has slowed during COVID but has been recently successful in securing £860k of funding from the Green Homes Grant. It continues to explore the most effective ways to link with health care to ensure support is targeted at those most likely to benefit.

### [Weymouth Station Gateway](#)

The Weymouth Station Gateway project will deliver environmental and accessibility enhancements. It is funded by the South Western Rail Customer & Community Fund (£600K in total) with a small amount of PAS match funding to include the creation of a publicly accessible 'pocket park'. A planning application has been submitted and implementation plans are in development.

### [Air Quality](#)

An Air quality monitoring network is now in place funded by PAS monies, with ongoing infrastructure costs being picked up by PHD.

## **[Locality link workers – enabling workstream](#)**

To support work in local places Public Health Dorset refocused work within the team so that each of the then 13 localities had a 0.5 wte named public health link. They built relationships and connections with local stakeholders including the GP practices, the voluntary sector and community groups in support of local prevention priorities for the area, connecting into wider programmes



where relevant. Locality link workers worked closely with local GP surgeries to help them develop prevention plans under the Clinical Local Incentive Plan (CCLIP). These have ranged from a focus on screening and immunisations, to improving annual checks for learning disabilities, to working with local communities to increase physical activity. Locality Links have also been able to connect their localities into broader work across the breadth of the PAS agenda.

With the establishment of 18 PCNs in 2019 our locality link workers have been more stretched, and the COVID response has also impacted on our capacity. However, the local knowledge and partnerships that have built up have helped us to work in an agile way on our response to COVID.

For example, [food security](#) was a focus pre-COVID and has expanded greatly during COVID. Increasingly this is not just about emergency food supply, but a more sustainable approach and a focus on healthy and nutritious food, with cooking skills, cook boxes (ingredients and instructions at the same time), and food friendly clubs being established.

Our locality work connects across many other strands of the Prevention at Scale portfolio, including:

- Living Well:
  - Beat the Street programme run in xxx to xx to increase physical activity in Weymouth and Portland, Poole and Purbeck.
- Ageing Well:
  - Using population health management approaches to identify patients at high risk of loneliness and connect them with social prescribers and a local telephone support system.
  - Connection with falls prevention work.
- Healthy Places:
  - Supporting the Transforming Travel work in Poole
  - Work with Active Aging and other partners to encourage ParkRuns, Walking for Health and Orienteering projects in local areas.