



NOTICE OF MEETING

CABINET MEMBER FOR HEALTH, WELLBEING & SOCIAL CARE

TUESDAY, 7 MARCH 2023 AT 4.00 PM

COUNCIL CHAMBER - THE GUILDHALL, PORTSMOUTH

Telephone enquiries to Anna Martyn 023 9283 4870
Email: Anna.Martyn@portsmouthcc.gov.uk

If any member of the public wishing to attend the meeting has access requirements, please notify the contact named above.

Public health guidance for staff and the public due to Winter coughs, colds and viruses, including Covid-19

- Following the government announcement 'Living with Covid-19' made on 21 February 2022 and the end of universal free testing from 1 April 2022, attendees are no longer required to undertake any asymptomatic/ lateral flow test within 48 hours of the meeting; however, we still encourage attendees to follow the public health precautions we have followed over the last two years to protect themselves and others including vaccination and taking a lateral flow test should they wish.
- We strongly recommend that attendees should be double vaccinated and have received any boosters they are eligible for.
- If unwell we encourage you not to attend the meeting but to stay at home. Updated government guidance from 1 April 2022 advises people with a respiratory infection, a high temperature and who feel unwell, to stay at home and avoid contact with other people, until they feel well enough to resume normal activities and they no longer have a high temperature. From 1 April 2022, anyone with a positive Covid-19 test result is still being advised to follow this guidance for five days, which is the period when you are most infectious.
- We encourage all attendees to wear a face covering while moving around crowded areas of the Guildhall.
- Although not a legal requirement, attendees are strongly encouraged to keep a social distance and take opportunities to prevent the spread of infection by following the 'hands, face, space' and 'catch it, kill it, bin it' advice that protects us from coughs, colds and winter viruses, including Covid-19.
- Hand sanitiser is provided at the entrance and throughout the Guildhall. All attendees are encouraged to make use of hand sanitiser on entry to the Guildhall.
- Those not participating in the meeting and wish to view proceedings are encouraged to do so remotely via the livestream link.

Membership

Cabinet Member for Health, Wellbeing & Social Care
Councillor Matthew Winnington (Cabinet Member)

Group Spokespersons

Councillor Brian Madgwick
Councillor Yinka Adeniran
Councillor Lewis Gosling

(NB This agenda should be retained for future reference with the minutes of this meeting).

Please note that the agenda, minutes and non-exempt reports are available to view online on the Portsmouth City Council website: www.portsmouth.gov.uk

Deputations by members of the public may be made on any item where a decision is going to be taken. The request should be made in writing to the contact officer (above) by 12 noon of the working day before the meeting, and must include the purpose of the deputation (for example, for or against the recommendations). Email requests are accepted.

AGENDA

1 Apologies for absence

2 Declarations of interest

3 Prevention and reduction of need (Pages 3 - 8)

Purpose

To update the Portfolio holder and spokespeople on the Independence and Wellbeing Team (IWT) activity on prevention and reduction of need.

4 Carers Survey and Strategy (Pages 9 - 14)

Purpose

To update the Portfolio holder and spokespeople of Carers Survey results and activity around the Carers Strategic Plan.

Members of the public are permitted to use both audio visual recording devices and social media during this meeting, on the understanding that it neither disrupts the meeting nor records those stating explicitly that they do not wish to be recorded. Guidance on the use of devices at meetings open to the public is available on the Council's website and posters on the wall of the meeting's venue.

Whilst every effort will be made to webcast this meeting, should technical or other difficulties occur, the meeting will continue without being webcast via the council's website.

This meeting is webcast (videoed), viewable via the council's livestream account at

<https://livestream.com/accounts/14063785>

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Agenda Item 3



Title of meeting: Health, Wellbeing & Social Care Portfolio Meeting

Subject: Prevention and Reduction in need

Date of meeting: 7th March 2023

Report by: Sharon Furtado, Team Manager, Independence & Wellbeing

Wards affected: All

1. Requested by

Councillor Matthew Winnington, Cabinet Member, Health, Wellbeing & Social Care

2. Purpose

To update the Portfolio holder and spokespeople on the Independence and Wellbeing Team (IWT) activity on prevention and reduction of need.

3. Background

The Care Act 2014 highlights Prevention as one of 7 key responsibilities for Local Authorities and is defined in the Care Act Statutory Guidance (2016), as ***the care and support system actively promoting independence and wellbeing***. Our responsibility applies to adults with care and support needs, whether eligible or ineligible as well as those without care and support needs. As the statutory guidance highlights, 'at every interaction with a person, a local authority should consider whether or how the person's needs could be reduced or other needs could be delayed from arising' (DHSC, 2016).

The current Adult Social Care (ASC) Strategy 2021-25 sets out 5 indicators of its effectiveness:

- People are informed, enabled independent and safe.
- People have a range of options for receiving the care and support they need.
- The service is working collaboratively with people.
- There is collaboration with the Community to work in a strengths-based approach.
- Portsmouth has a high quality, safe, sustainable and integrated health and care offer.

The IWT, in its present format, was established approximately 10 years ago, having previously operated under the name of the Health Improvement & Development Service. The aim of the service is to reduce dependence and demand on health and social care statutory services by developing early intervention support and activities to help individuals to learn and/or retain their skills and confidence, thus preventing

and reducing need or delaying deterioration wherever possible. Thereby, ensuring the Council delivers on its statutory duties.

IWT's aims are to support Portsmouth residents to:

- retain their independence and quality of life
- keep well
- avoid social isolation and loneliness
- have a sense of purpose
- build and promote community

The team includes the following roles:

- Management
- Community Connectors
- Community Development Officers
- Project Officers
- Catering & Domestic Service Officer Training Officer
- Admin support

4. Information requested

The IWT has 3 main strands to its service - Community Connectors Service, Community Development and Training In addition, a Catering & Domestic Services Officer, who provides training and audit services for Portsmouth City Council, (PCC) residential care homes (adults and children).

Covid-19 lockdown restrictions imposed a reduction on service delivery; however, a limited offer was still available to residents. Post-pandemic a robust recovery plan was implemented, and the service is again able to offer social and wellbeing activities and the number of people accessing IWT projects has returned to pre-Covid levels. Lockdown was also used to review aims and objectives and revise the service offer. This included reviewing the service evaluation and feedback mechanisms and implementing changes so that meaningful statistical data can be collected and analysed to assess the effectiveness of the service and establish its return on investment.

4.1 Community Connectors

The Community Connector Service was piloted in 2015 funded through the Better Care Fund. The aim of the Service is to reduce loneliness and social isolation amongst adults residing in Extra Care Housing and/or the local community in Portsmouth (PO1 - PO6), by connecting individuals to existing community-based resources appropriate to their needs and interests. A strength based approach is taken to identify and address inequalities in accessing these resources and by supporting Portsmouth residents irrespective of their accommodation, to grow their own networks. In 2022, the service has received 268 (2022/23 Q1-Q3) referrals from Adult Services, the NHS, specifically primary care services such as Social Prescribers. This year to date, 176 people have received support as the number of referrals consistently outstrips capacity, and a waiting list is in operation to manage the demand. Since engaging with the Community Connector

Service, 91% of Portsmouth residents reported a decrease in "feeling lonely or isolated" and 91% reported an increase to their "Confidence to go out and about and doing things they enjoy".

4.2 Community Development Team

The Community Development Team's remit is to set up and facilitate social, healthy and/or physical activity groups across the city for adults who are or may be at risk of social isolation and loneliness or on the cusp of requiring health or social care services. Community Development Officers undertake this work either through direct project delivery or in partnership with local community groups or voluntary organisations. Referral pathways into IWT projects include Adult Social Care, the NHS (including primary care services), community organisations and self-referrals. Current projects are:

- Milton Piece Community Allotment
- Ethnic Grow Project (in partnership with the Landport Grow Zone)
- Mini Orchard (in partnership with the Stacey Centre)
- Treadgolds Courtyard Garden
- Diversi-Tea Lounge including a monthly lunch club (in partnership with Personal Choice)
- Cross Cultural Women's Group (in partnership with University of Portsmouth who provide English for Speakers of Other Languages, ESOL facilitators)
- Reading Friends (in partnership with Portsmouth Library Service)
- Wellbeing Walks
- Nature Watch
- Chop Cook Chat
- Carers' Breaks (in partnership with the Carers' Centre)
- Extra Care Housing Social Activities Group

Monday	Ethnic Growing Project Session	Carers 'Breaks - Cookery Session	Community Allotment - Learning Disability Group Session	2 x Wellbeing Walk			
Tuesday	Chop Cook Chat Session	Community Allotment - St. James' Hospital Group Session	Reading Friends - Cosham Library	4 x Wellbeing Walks	Diversi-Tea Lounge Session		
Wednesday	2 x Chop Cook Chat Session	Cross Cultural Women's Group	Community Allotment - Volunteer Session	Community Allotment - Refugee Group Session	4 x Wellbeing Walks	Extra Care - Crane Court Tea & Chat Session	Stacey Centre Mini Orchard Gardening Group
Thursday	Carers' Break Cookery Session	Extra Care - Brunel Court Games Group	Wellbeing Walk	Extra Care - Osprey Court Activities Group	Nature Watch		
Friday	Carers' Breaks Cookery Session	Community Allotment - Learning Disability Group Session	Treadgolds Learning Disability Group Session	2 x Wellbeing Walk			

Saturday	Carers' Breaks - Games Group						
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The service is now working to support projects to move to a self-sustainable status, either by becoming a voluntary organisation or with volunteers becoming session leaders. This will release capacity in the service, to develop new projects and grow the community offer. Examples of success are:

Chat Over Chai.

This group was set up by IWT to provide cross cultural social and wellbeing opportunities for BME women with a focus on confidence building. Participants were encouraged to take ownership of the group, which led to a committee being set up. The committee was supported by IWT to become a standalone voluntary organisation and they are now a key partner organisation.

Volunteers

Volunteers are important and valued members of the IWT and an integral support to a number of our community-based projects. Involving volunteers in our work increases the diversity of our services, which enriches the experiences of the people who access them and means that we have the additional skills and capacity to reach more people in need. For example, our volunteers have enabled IWT to offer 12 weekly walking opportunities for approx. 150 walkers throughout the city; 6 weekly Chop Cook Chat sessions supporting 35 older men to learn how to cook for themselves; maintenance of the community allotment and other gardening sites. Working in partnership with our volunteers has supported the service to increase the number of activity sessions available to vulnerable residents as well as enabling the service to grow its offer by developing a diverse and varied programme of activities and social opportunities.

4.3 Training

The IWT training offer includes delivery of:

- **Making Every Contact Count - Healthy Conversation Skills (MECC HCS)** is an approach that enhances the day-to-day conversations professionals have with people to support them in making positive changes to their health and wellbeing.
- **Cultural Competency Training** is a course to support professionals understanding of the principles of cultural competence; the impact stereotyping has on practice and explore the barriers marginalised communities face when accessing services.
- **Volunteer Training** is provided to volunteers to ensure they understand their role as a volunteer and are trained to undertake the work required, understand the principles of safeguarding and work within the PCC standards.
- **Social Care and Training - Portsmouth Partnership (SCAT-PP)** is a directory of training offered by PCC to external care organisations. This training offer generates income of approx. £15,000 p.a.

4.2 Future Development

Our plan for 2023-24 is to develop new social, health and wellbeing opportunities in the city to meet increasing demand for preventative work.

Social

- Men's Group in the north of the city.
- Deliver additional sessions of existing social groups to manage demand.

Green Activities

- Increase number of facilitated growing sessions at the Community Allotment following requests from disability groups.
- Redevelop the Community Allotment to make it more accessible and safer for residents with disabilities.
- Work in partnership with Victoria Park to develop nature/gardening-based activities as part of their "People's Park" project to create a more inclusive space for residents.

Health

- Additional sessions to meet demand for cookery sessions for older people. Work is currently being undertaken to recruit volunteer session leads and suitable venues.
- Working with Victoria Park as part of their "People's Park" project, which looks to create a multiuse and more inclusive green space for residents. This is to develop a more varied offer of physical activities such as yoga, circuits, racquet sports, cycling etc. for a wide demographic, inclusive of marginalised groups. To meet the cost of trainers and equipment, we are exploring funding through Sports England.
- Delivery of seated exercises within Extra Care and in the wider community to prevent falls, improve muscle strength and improve mobility of joints.
- £25,000 in funding has been given by PCC Public Health Directorate to fund a Community Development Officer to raise awareness and understanding of mental health within minority ethnic communities and improve their access to mental health services.

Community Connectors

- Apply for Transformation funding to grow capacity within the service to meet ongoing and increasing demand within Extra Care and in the wider community.
- Recruit a Community Connector to support Adult Social Care to connect more of our residents to independence and wellbeing opportunities when they are referred to ASC.

Other

- Implement revised evaluation mechanisms to generate meaningful statistical data to report on the impact and effectiveness of the service.

- Continue to embed co-production in community development and review current ways of working to ensure the needs of Portsmouth residents are met.
- Support ASC and other professional partners to engage with Portsmouth residents to promote health and wellbeing initiatives to prevent and/or reduce dependence on statutory services.

4.3 Summary

IWT plays an integral role in delivering PCCs statutory duties within the Care Act 2014, focussing on preventing, reducing and delaying the needs for funded social care. The focus is now on ensuring that the limited resources can be utilised as effectively as possible to grow the offer and ensure more residents of Portsmouth can benefit from connecting with their communities and by doing so improve their health and wellbeing. This includes the service working closely with Adults Care and Support and with partners in the NHS and specifically with primary care, to ensure that prevention is at the heart of what is delivered and that resources are coordinated across the system to best effect.

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Signed by (Director)

Appendices:

Background list of documents: Section 100D of the Local Government Act 1972

The following documents disclose facts or matters, which have been relied upon to a material extent by the author in preparing this report:

Title of document	Location

Agenda Item 4



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(Please note that "Information Only" reports do not require Integrated Impact Assessments, Legal or Finance Comments as no decision is being taken)

Title of meeting: Health, Wellbeing & Social Care Portfolio meeting

Subject: Carers Survey and Strategy

Date of meeting: 7th March 2023

Report by: Clare Rachwal, Deputy Head of Service

Wards affected: All

1. Requested by

Councillor Matthew Winnington, Cabinet Member, Health, Wellbeing & Social Care

2. Purpose

To update the Portfolio holder and spokespeople of Carers Survey results and activity around the Carers Strategic Plan.

3.1.1 Background & Context

Portsmouth has a long history of recognising that carers are an integral part of the local health and social care landscape. Work is now taking place through the Portsmouth Plan for carers and informed by the Carers Survey to determine what the priorities are for carers and to take stock of how carer's matters sit within the ICS structures.

Over the past 10 years the Carers Service has developed a reputation for providing high quality, innovative support to carers in partnership with colleagues across the health and care system. Andy Biddle chairs the Southeast Association of Directors of Adult Social Services, (SE ADASS) Carers Network with support from Clare Rachwal, who represents the group at the National Carers Policy Network. Clare has been involved in carers policy work with the National Institute for Health & Care Excellence, (NICE) Social Care Institute for Excellence, (SCIE) and the Department of Health & Social Care, (DHSC).

3.2 National

Data from the 2021 Census released by the Office for National Statistics, (ONS) on the 19th January 2023 has revealed more about the number of carers and type of care being provided nationally. Carers UK initial analysis reports the following:

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"There is a distinct increase in the number of people providing substantial care, of 20-49 hours a week (260,000) and 50 hours a week (152,000) between 2011 and 2021 and a deepening of the amount of care provided over time. This is significant because of the impact that substantial unpaid care of over 20 hours per week can have on carers' health, wellbeing and ability to juggle work and care.

However, despite the pandemic, surprisingly the overall number of unpaid carers has fallen from 5.8 million in the 2011 Census to 5 million in the 2021 Census across England and Wales, mostly through a reduction in the numbers of people providing lower hours of care.

The ONS suggests a number of reasons for this, including changes in the nature of caring during the pandemic and the high level of deaths during the pandemic. However, it also suggests that the change in question framing could have made a difference. Whilst the 2011 Census question mentioned providing unpaid care for family, friends or neighbours, the 2021 question referred to caring for anyone. This will have had an impact because people don't recognise themselves as unpaid carers."

Carers UK carries out the largest annual survey of carers experiences in the UK. The following highlights are from the 2022 State of Caring Report:

- Many carers face difficulties in getting NHS treatment, with a third (34%) of those waiting for specialist treatment or assessment waiting for over a year
- Two thirds of those (67%) waiting for treatment said that waiting is having a negative impact on their physical or mental health
- 41% of carers haven't taken a break from their caring role in the last year
- Half of all carers (51%) took over a year to recognise their caring role, with over a third (36%) taking over three years to recognise themselves as a carer
- 75% of carers worry about continuing to juggle work and care
- With many services being reduced or cut completely, carers are extremely worried about the future: 61% said they were uncertain about what practical support they might be able to access in the next 12 months

3.3 Legislative and Policy Context

The Health and Care Act 2022 created new duties designed to enhance and further develop support for and recognition of carers including:

- Duty on NHS England to consult carers and other relevant representatives affecting commissioning or policy decisions affecting services.
- Duty on Integrated Care Boards to promote the involvement of each carer, where appropriate, in relation to decisions about diagnosis, treatment and care
- Duty on Integrated Care Boards to consult carers in commissioning or policy decisions affecting services
- Duty on NHS Trusts and Foundation Trusts to involve carers, where appropriate, in planning for hospital discharge as soon as is feasible.

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Prior to the Health and Care Act, the legislative responsibility for carers has been with social care.

The Health and Care Act enhances the rights achieved for carers and young carers under the Care Act 2014 and Children and Families Act 2014:

- Duty on NHS to co-operate with Local Authorities (Care Act re-emphasised)
- Duty to integrate (links to Better Care Fund)
- Prevention – includes promotion of physical and mental health and wellbeing for carers
- Provide information and advice and identify carers and young carers
- The current boundary between Local Authority responsibilities and NHS Continuing care, (CHC). These were defined in the 'Coughlan' judgement in the Court of Appeal, which set the threshold for NHS CHC.
- [*National framework for NHS continuing healthcare and NHS-funded nursing care 2019](#) updated May 2022
- [Care and Support Statutory Guidance](#) updated 2nd Sept 2022 (Revoked scheduled 3 and amended section 74 of Care Act)

In terms of policy the following documents influence the direction of travel for the carers agenda and support local good practice

- [NHS England Commitment to Carers](#)
- [NICE Guideline Supporting Adult Carers](#)
- [NICE Supporting Adult Carers Quality Standard](#)

Finally, the Carers Leave Bill will further enhance carers rights to flexible working and will increase the visibility of carers in the workforce.

4. Carers Survey

The Carers survey is designed by NHS digital and sent to a sample of all carers 18 years and over who were included in the Short and Long Term (SALT) data return that Local Authorities make to government. A large number of carers known to Portsmouth City Council, (PCC) could not be included within the eligible population at the time.

The Carers Survey was sent to 1080 Portsmouth carers in October 2021. 134 (12.4%) responded to the survey. The fieldwork period for this survey was eighteen months after the beginning of the COVID-19 restrictions and is likely to have a direct impact on the responses.

Of the carers suitable for inclusion within the eligible population:

- The majority were female and aged between 45 and 64 who are often referred to as 'sandwich generation' as many are caring for both children and for aging parents
- Most were caring for people 75 and older who live with dementia, physical impairments or problems with ageing
- The majority of carers reported that the person they care for lives with them.

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Carers have received a variety of support including a managed personal budget (33%), information and advice (31%) and direct payment (20%). Most carers had been assessed separately from the cared for person (63%), however 31% of carers had neither been reviewed or assessed in the past twelve months.

Of the 134 (12.4%) responses it was found that:

- Carers remain satisfied with services with levels remaining above the England average and a three-point improvement on 2018/19.
- The majority of Carers felt involved or consulted (72%) which is significantly better than the England average (65%).
- Calculated using the Adult Social Care Outcomes Framework, (ASCOF) indicator 1D, (which calculates a score across six questions based on needs met) the Portsmouth score has reduced 0.7 points to 7.4 from 8.1 since 2018/19, representing a small decline on reported quality of life.
- In 2021/22 the ASCOF indicator 112 (proportion of carers who reported that they had as much social contact as they would like) had declined 11.5 percentage points on 2018/19; however, this decline is comparable to the England average. This result is unsurprising considering the COVID-19 restrictions on 2020-21 had a direct impact on social isolation.
- Most carers stated that they found information easy or fairly easy to find (67%) which was significantly higher than then England average.

From 134 respondents, we received 76 written statements. These have been grouped and the themes identified were:

1. Challenges of caring
2. COVID-19 pandemic
3. Positive experiences with Adult Social Care
4. Negative experiences with Adult Social Care
5. Negative experiences with the Health System
6. Dementia
7. Domiciliary Care
8. Care Homes

5. Carers Strategic Plan

Portsmouth had its first Carers Strategy with ownership shared across PCC and the NHS in 2008. The 2015 strategy further developed this work and secured engagement from a broader range of partner organisations with solid commitment to action spread across PCC, Solent NHS Trust and Portsmouth Hospitals Trust. The 2015 strategy expired in 2020 with engagement work to develop a new Carers Strategy starting early in 2020. The Carers Oversight Group comprises colleagues from HIVE Portsmouth, Healthwatch Portsmouth, Solent NHS Trust, Portsmouth Hospitals University Trust, Health and Care Portsmouth and Portsmouth City Council, Adult Social Care. The group developed an engagement plan to develop the new strategy but unfortunately

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the Covid 19 pandemic severely impacted this so a revised plan was developed making use of online focus groups and taking advantage of a number of corporate Covid 19 surveys that were being carried out. A brief initial strategic plan was developed following this work which was formally launched at the Carers Rights Day event on the 24th November 2022.

The core aim of the Portsmouth Plan for Carers is for Health and Care Portsmouth to work together to improve how our services work for carers using shared actions that aim to provide a level of consistency across the health and social care system.

6. Priorities

Carers Plan Priorities

- Priority 1: Improving targeted practical, psychological and emotional support for carers
- Priority 2: Supporting working carers to remain in work
- Priority 3: Improving identification of carers
- Priority 4: Communicating and engaging with carers
- Priority 5: Make sure we do what we have agreed we will do

The Carers Oversight Group will meet on the 7th February 2023 to review the comments from group discussions at the Carers Event and agree next steps for developing a fuller strategic action plan. The Carers Plan priorities were welcomed by carers and colleagues at the event so focus will be given to further developing areas of work within these priorities linking to the Health and Care Act and Health and Wellbeing Board priorities.

7. Links to Corporate and ICB

The strategic lead for carers in Portsmouth has historically sat with Adult Social Care. Good progress has been made in moving towards shared ownership and the Health and Care Act provides further opportunity to achieve more strategic ownership within the ICB/ICP structure.

Corporately the Carers Service has been working with the Equality Diversity and Inclusion (EDI) Lead and with PCC HR to support a variety of carer initiatives including:

- The development of better conditions for PCC employees who are balancing work and caring
- Inclusion of carers in the new EDI strategy
- Including carers as a protected characteristic in Equality Impact Assessments

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8. Next steps

The more detailed version of the Carers Strategic Plan will be published by Autumn 2023.

Efforts will be made to engage and align with ICS colleagues around the carer's agenda during upcoming ICS partnership events.

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Signed by (Director)

Appendices:

Background list of documents: Section 100D of the Local Government Act 1972

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Title of document	Location