

Luton Population Wellbeing Strategy

Implementation Plan

Working together to challenge inequalities

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Luton 2020 -2040

A place to thrive

POPULATION WELLBEING STRATEGY

The Population Wellbeing Strategy will focus on improving the quality of life for our residents, by protecting the most vulnerable in our society and addressing the health inequalities that prevent people from reaching their full potential. The Health and Wellbeing Board will lead work across the town to improve mental and physical wellbeing from early years to old age, as well as improving quality of life through access to decent and affordable housing, quality education and ensuring a safe and cohesive community.

STARTING AND DEVELOPING WELL

The Population Wellbeing Strategy seeks to give all of Luton's children the best start by laying the foundations for a healthy life.

The strategy has a clear focus on ensuring children and young people in Luton can maintain a healthy weight and have good emotional wellbeing. In addition, the strategy seeks to improve educational attendance and attainment, while ensuring that young people are able to remain safe from harm.

The strategy will also focus on ensuring that we reduce inequalities for young people that are increasing as a result of the COVID-19 pandemic.

Key outcomes for this strategy:

- Reduced inequalities from birth across Luton
- Good educational attainment from early years
- A healthy weight for more children in Luton
- Greater support for mental wellbeing for young people



LIVING AND WORKING WELL

The strategy will focus on ensuring that all of our working age population are able to live a healthy life, which enables them to reach their full potential.

The strategy will support the wellbeing of our population by supporting good social interaction, physical activity and support for people to access housing and employment.

This will include measures to develop a healthier environment, to increase social connectedness and to improve self-care and resilience to address the most complex needs.

Key outcomes for this strategy:

- Increased physical activity and lower obesity rates in adults
- Greater support for mental wellbeing
- Increasing screening and detection of serious conditions
- Reduced drug and alcohol-related harm



AGEING AND DYING WELL

The Population Wellbeing Strategy will also aim to ensure that more people are able to live in good health into old age.

The strategy will seek to reduce inequalities around healthy life expectancy and increase social connectedness for elderly residents.

The strategy also includes measures to reduce frailty and social isolation, as well as support for carers to ensure that more people are able to remain in their own homes during old age.

Key outcomes for this strategy:

- Reducing social isolation
- Ensuring elderly residents are living in decent housing
- Tackling fuel poverty and pensioner poverty
- Enabling more people to remain in their own home in old age



QUALITY EDUCATION FOR ALL

Ensuring that our young population are well educated and highly aspirational is crucial to ensuring that they can benefit from economic growth in the town.

The strategy will ensure that more of our schools are outstanding places for our children to learn and build their ambitions, as well as supporting lifelong learning for our residents. The strategy will also bring together schools, colleges and businesses to tackle educational inequalities exacerbated by COVID-19 and to improve job readiness.

Key outcomes for this strategy:

- More good and outstanding schools in Luton
- Higher educational attainment
- SEND provision and measures to tackle educational inequalities
- Increased access to adult education and lifelong learning



SAFE AND COHESIVE COMMUNITY

Making sure that our communities are safe and cohesive is central to improving the wellbeing of our population.

The Health and Wellbeing Board will work with key partners in the town to ensure that we have a safe environment, which encourages social interaction and protects our most vulnerable residents.

The strategy will also focus on working with our community to increase the capacity of the voluntary sector and the resilience of our population.

Key outcomes for this strategy:

- Lower crime and reoffending rates including fewer cases of domestic abuse, exploitation and serious youth violence
- A safe environment that protects the most vulnerable
- Increased capacity and resilience in our community



QUALITY AND AFFORDABLE HOUSING

Ensuring that everybody in Luton can afford a quality, safe and secure home is central to eradicating poverty and improving health outcomes for our population.

The strategy will aim to ensure that all households can access good quality housing at a more affordable cost.

The strategy will also focus on more preventative measures to reduce debt and financial hardship from leading to homelessness for people of all ages.

Key outcomes for this strategy:

- More affordable homes for families in Luton
- Fewer people and families who are homeless or living in temporary accommodation
- Ensuring more housing is decent, safe and secure

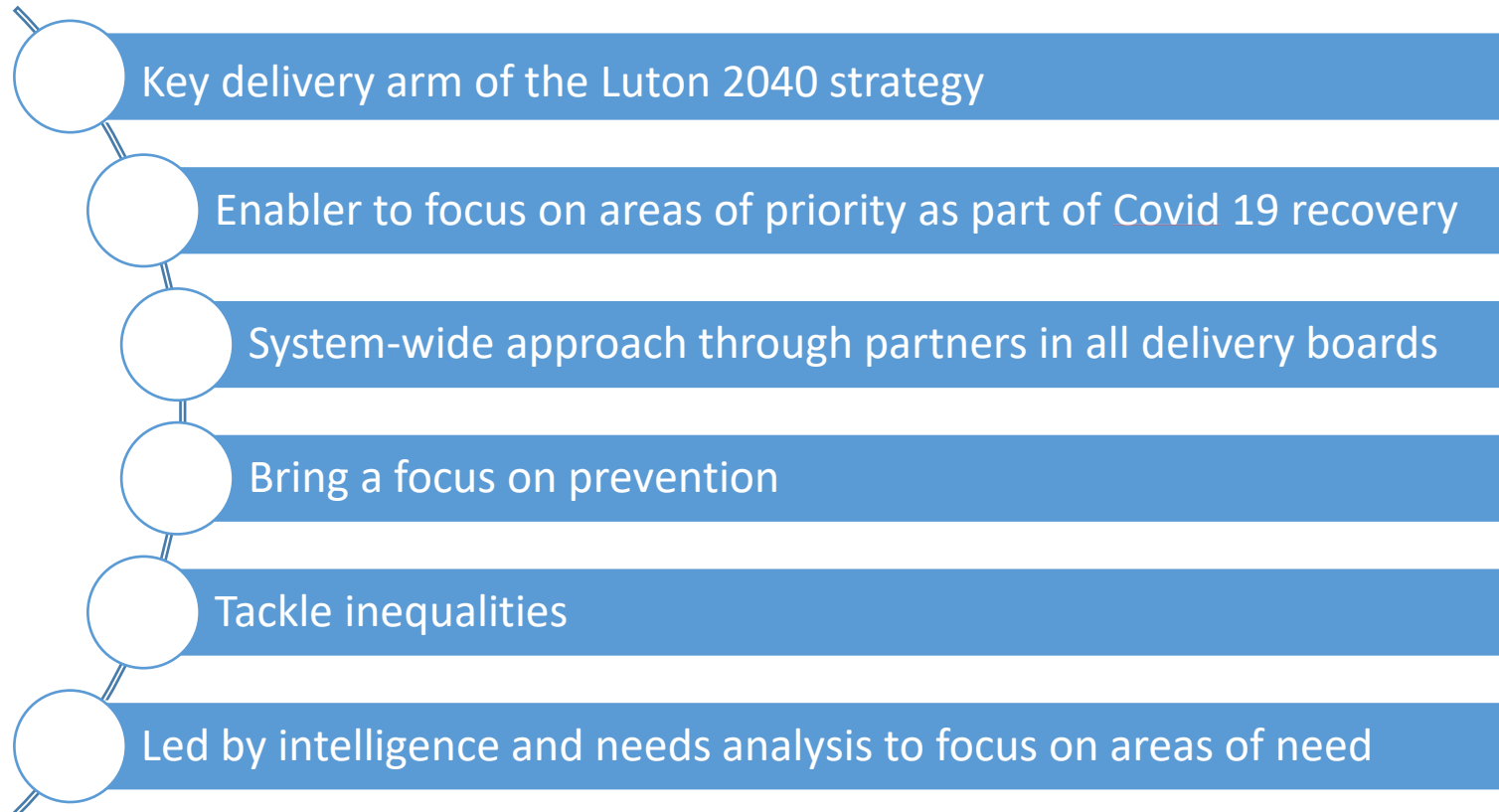


The implementation plan

The Population wellbeing strategy was finalised at the end of 2019. Following this, the implementation plan has been developed taking into account changing priorities and challenges in the system.

These include to the impact and pressures of Covid-19, including the renewed attention on inequalities, the developing Luton 2040 strategy, as well as budget pressures and organisational changes across the system such as the merger of the CCGs. The implementation plan is therefore a continually developing plan that is responsive to the evolving system priorities, challenges, and enablers.

Key principles



Luton Population Wellbeing Strategy – Delivery

Luton Health and Wellbeing Board

Shared approach, across partners and with communities

Challenging & targeting inequalities

Targeted universalism

Children's Trust
Board

Health
Inequalities
Delivery Board

Transformation
Board

Strategy, priorities and governance

Health & Wellbeing Board		
Children's Trust Board	Health Inequalities Delivery Board	Transformation Board
<ul style="list-style-type: none"> • Giving all Luton's children the best start to their education, including speech and language development; and meet the SEND agenda • Reduce Inequality in educational achievement and opportunity • Raising young people's aspirations with a focus on increasing employment, education and training opportunities for young people • Helping families to improve children's health and wellbeing, with particular emphasis on healthy weight and emotional health • Improving education for all and developing skills for the future, including higher educational attainment rates, reduction in NEETs and better career pathways. 	<ul style="list-style-type: none"> • Improve life expectancy, healthy life expectancy and reduce the gap in life expectancy • Increase physical activity, good nutrition and healthy weight among adults • Improve health & wellbeing for people with mental health conditions • Keeping adults safe and encouraging positive relationships, with a focus on reducing domestic abuse • Meeting the needs of carers • Decrease drug and alcohol related harm in adults • Increase social connectedness • Improving physical and mental health in older people • Decrease drug related harm in young people • Keeping children and young people safe, with a focus on reducing serious youth violence, exploitation and neglect • Create healthy housing and reduce homelessness • Reduce smoking prevalence 	<ul style="list-style-type: none"> • Improving mental health and wellbeing, including access to services for adults and 'transition years' • Reducing frailty and falls in adults and older people • Increasing early detection and reducing late diagnosis, focusing on cancer and CVD • Supporting self-care and increasing resilience for people with long term conditions • Addressing the needs of people with complex needs e.g. multi-morbidity

Role of each board in delivery

Each of these boards will:

Own their action plan to deliver outcomes against priorities

Ensure inequalities are challenged and addressed through actions

Have buy in across partners through the group's wider membership

Report back on progress to HWB each meeting

Formally report back to HWB with update against actions, priorities, and outcomes on annual basis. Include some process and qualitative elements to review progress and social value

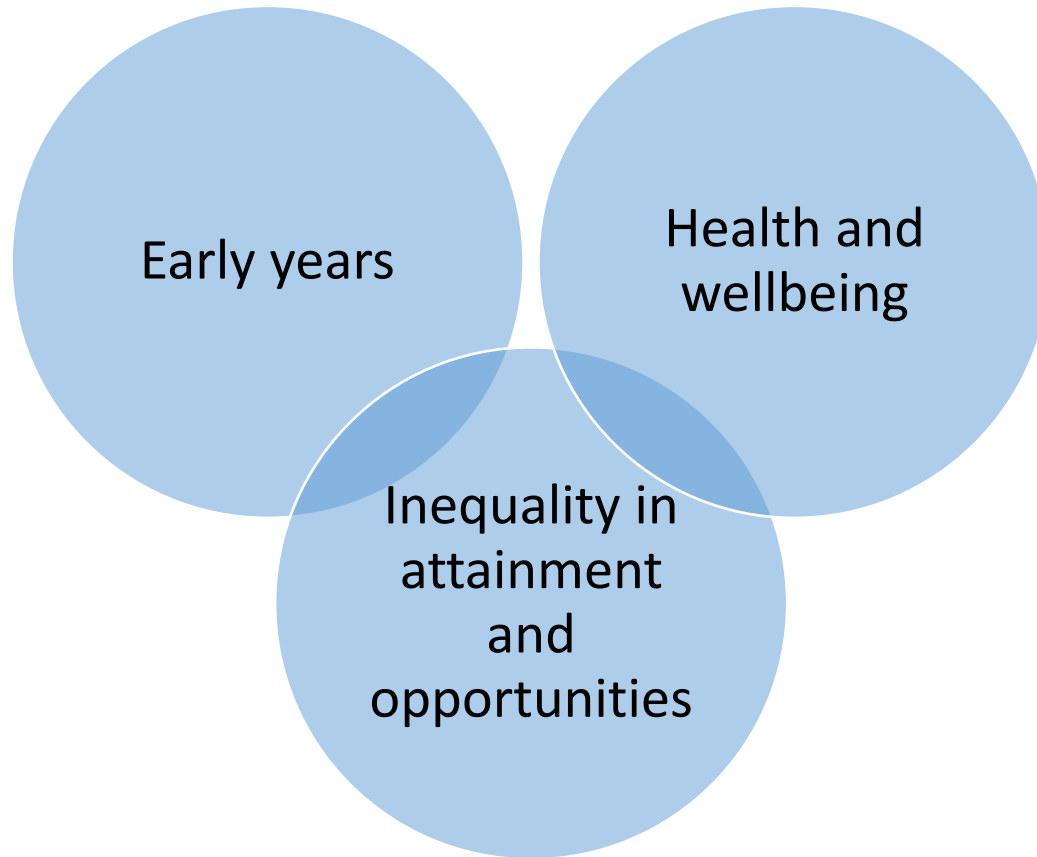
Monitoring success

Success of the strategy will be monitored using a performance dashboard, incorporating overarching strategy measures as well as specific indicators for each board across the life course.

									Last Three Performance figures (based on frequency, from most recent order left to right)			
Stage of Life	Priority	Latest Performance	Measure	Date Period	Frequency	National	EOE	CIPFA Average	Previous Performance	Previous Performance	Previous Performance	Trend
Overarching Measures	healthy life expectancy at birth (Female)	61.5	Years	2016-2018	Annually	63.9	64.7	59.5	62.7	61.4	61.3	Improving
	life expectancy at birth (Male)	78.1	Years	2016-2018	Annually	79.6	80.3	77.7	78.3	78.4	78.7	Worsening
	life expectancy at birth (Female)	82.5	Years	2016-2018	Annually	83.2	83.7	81.6	82.3	82.2	82.3	Improving
	inequality in healthy life expectancy at birth (Male)	9.7	Years	2016-2018	Annually	9.5	8.2	10	8.8	10.4	11.6	Improving
	inequality in healthy life expectancy at birth (Female)	4.1	Years	2016-2018	Annually	7.5	6.1	7.7	5.7	6.3	5.3	Improving
	child poverty											
	infant mortality	5.4	crude rate per 100,000	2016-2018	Bi-Annually	3.9	3.4	5.4	5.6	5.4	5	Worsening
	percentage of people aged 16 to 64 in employment	71.1	%	2018/2019	Annually	75.6	78.4	71.0	70	68.3	68.5	Improving
	percentage of households in fuel poverty	11.6	%	2018	Annually	10.3	9.4	NA	13.9	11.8	8.9	Worsening

Children's Trust Board: Priority areas

Working together to challenge inequalities

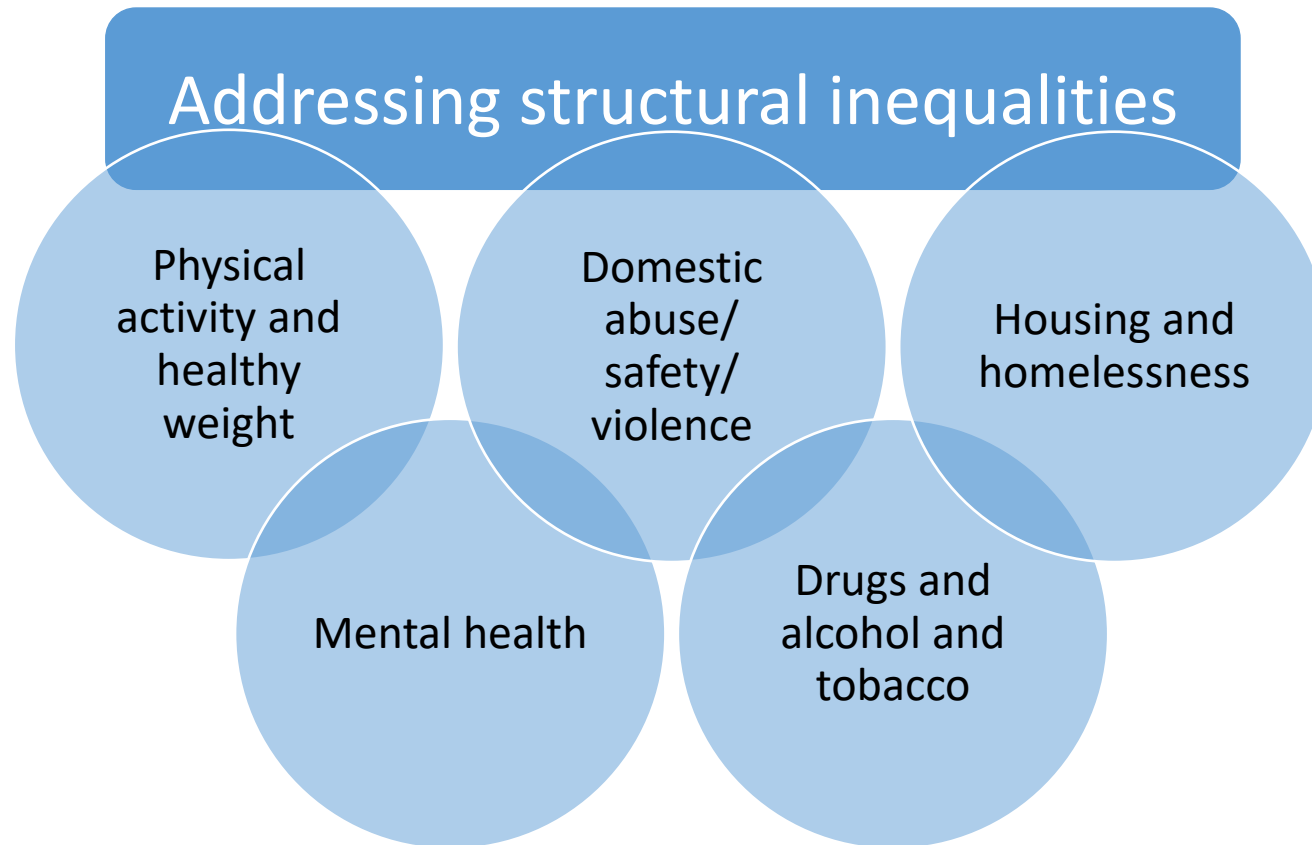


Children's Trust Board Implementation Plan

Priority area	Related strategy priorities	Key actions	Lead
Early years	Giving all Luton's children the best start to their education, including speech and language development; and meet the SEND agenda to ensure that Luton is a SEND friendly town	Ensure that children with special educational needs have access to a high quality education and full range of opportunities through implementation of actions in SEND strategy: -	SEN manager
		Implement actions in early years team plan developing a focus on inequalities...	Early Years School Improvement Advisor
Reduce Inequality in educational achievement and opportunity	Reduce Inequality in educational achievement and opportunity Raising young people's aspirations with a focus on increasing employment, education and training opportunities for young people	Identification of underachieving groups in all phases of education provision (FS to KS5) Identifying groups with high levels of persistent absence and developing an approach to address in educational welfare team plan	Education SD (EWS)
		Confirm over representation of groups in key indicators of low achievement/ vulnerability (e.g exclusion, NEET, Persistent Absence)	Education SD
		Evidence the impact Covid 19 on disadvantaged groups, particularly regarding - evidence of digital divide - Widening of inequalities in achievement	Education SD
		And develop plans to tackle - e.g. access to digital offer, best use of remote learning. Part of school improvement team plan	(SIT)
		Ensure that team plans across the service reflect the overarching priority to reduce inequalities in educational achievement and opportunity. Key actions identified by teams to be included in service plan and monitored through key KPIs	Education SD
Health and wellbeing	Helping families to improve children's health and wellbeing, with particular emphasis on healthy weight and emotional health	Implement actions as laid out in healthy weight strategy (those to be picked up in CTB to be reviewed)	Public health, Children's
		Develop and implement oral health strategy (those actions to be picked up in CTB to be reviewed)	Public health, Children's
		Refresh CYP emotional wellbeing needs assessment, including inequalities analysis.	Public health, Children'
		Develop strategy and establish delivery plan (those actions to be picked up in CTB to be reviewed)	

Health Inequalities Delivery Board: Priority areas

Working together to challenge inequalities



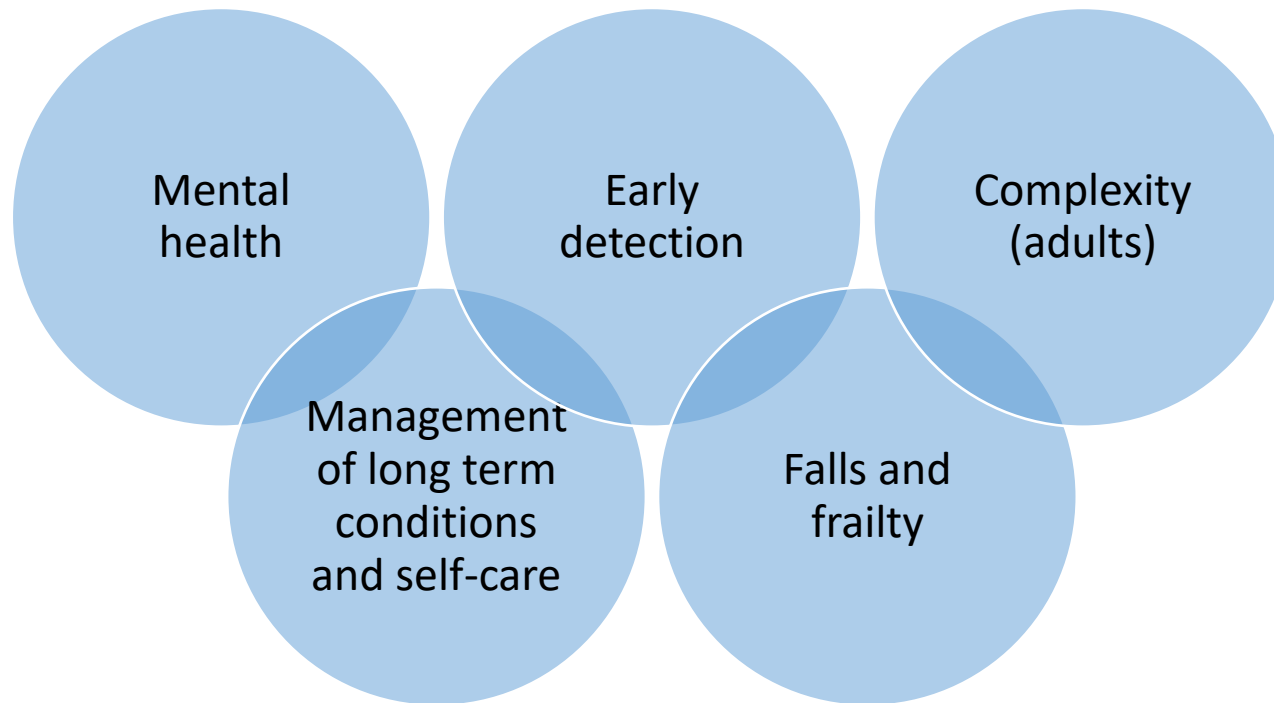
Health Inequalities Delivery Board implementation plan

Priority	Related strategy priorities	Key actions - Including approach to address inequalities	Lead
Addressing structural inequalities and responding to Covid 19	New priority in response to covid 19.	Develop understanding of health inequalities issues in the community: <ul style="list-style-type: none"> - Development of equity round table as part of Luton 2040 delivery - Ongoing engagement with Covid-19 faith and communities group - Focused working group to develop approaches to take forward identified issues in a targeted co-production approach 	Public health, health care
		Develop system-wide approach to prevention and inequalities: <ul style="list-style-type: none"> - Embed prevention into wider contracts and services across system - Including capturing of ethnicity data across services to inform intelligence-led approaches - Further embed inequalities and prevention into governance of policies and services 	Public health, health care
Physical activity	Increase physical activity, good nutrition and healthy weight among adults	Targeted comms campaigns: e.g. Healthy Luton - A joint comms campaign advertising all low cost/subsidised/ free opportunities to get involved in sport, physical activity and other lifestyle services in Luton.	Public health, healthy lives
		Review and repurpose the Community Activity Network	Public health, healthy lives
	Improving physical and mental health in older people	Work closely with our Active Partnership to deliver the tackling inequalities fund from Sport England – designed to help reduce the negative impact of COVID-19 and the widening of the inequalities in sport and physical activity in Luton.	Public health, healthy lives
		SVSPA Inclusivity sub group - Review recommendations of Sporting Equals document to inform tailored offers to meet the needs of Luton's diverse communities (BAME Groups & lower SE Groups). Support the Sport England and UK Sport review of their Code for Sports Governance that will look at areas where it would benefit from further development, including equality, diversity and inclusion	Public health, healthy lives
Mental health	Improve health & wellbeing for people with mental health conditions	Undertake mental health needs assessment - particularly to understand changing MH needs as part of covid recovery	Public health, health care
		Use to develop strategic actions to tackle MH and inequalities	Public health, health care
	Improving physical and mental health in older people	Refresh workplace wellbeing implementation plan following staff survey – and deliver actions Ensure wellbeing messages to other businesses	Public health, health care
		Adult learning – promote and develop getting back into work programmes, and wellbeing and resilience programmes. Ensure links/ referral pathways e.g. through social prescribing.	Public health/ economic growth

Priority	Related strategy priorities	Key actions - Including approach to address inequalities	Lead
Domestic abuse/ safety/ violence	Keeping adults safe and encouraging positive relationships, with a focus on reducing domestic abuse	Delivery of the Community Safety Partnership Plan. Inequalities information used in planning and focus on theme areas. Strengthen link between CSP and HIDB	CSP lead/ PH lead
		Delivery of the Domestic Abuse Development Forum to co-produce outcomes relating to domestic abuse, specific focus on: prevention and early help, partnership, provision, protection	CSP lead/ PH lead
	Keeping children and young people safe, with a focus on reducing serious youth violence, exploitation and neglect	Addressing key areas of exploitation involving young people	CSP lead/ PH lead
		Linking with the broader safeguarding context around risk factors such as neglect and harm	CSP lead/ PH lead
		Delivery of the Youth Justice Plan – with a focus on reduced first entrants and reduced re-offending levels.	CSP lead/ PH lead
		Delivery of serious youth violence response	CSP lead/ PH lead
Drug and alcohol related harm	Decrease drug and alcohol related harm in adults	Development of Covid Recovery Plan, ensuring review of inequalities as part of this	Public health, health care
		Drug related death (DRD) Group established and learnings reviewed and developed	Public health, health care
	Decrease drug related harm in young people	Drug and alcohol Delivery Board and actions plans agreed and monitored	Public health, health care
		Roll out of new e-learning drug and alcohol drug awareness and front line training for all staff who are in contact with young people and families	Public health, health care
housing/ homeless	Create healthy housing and reduce homelessness	Delivery of Luton's homeless prevention strategy – ensure focus on inequalities as part of covid recovery	Housing SD
		Delivery of Healthy Estates Strategy	Housing SD
		Delivery of Decent Homes/Housing enforcement	Housing SD
		Rough Sleeping Programme	Housing SD
		Increase in affordable housing supply	Housing SD

Transformation Board: Priority areas

Working together to challenge inequalities



Transformation Board implementation plan

Priority area	Strategy priority area	Key actions	Lead
Mental health	Improving mental health and wellbeing, including access to services for adults and 'transition years'	Delivery of Reimagining Mental Health (part of Live Well UK programme) Co-production approach to developing mental health offer in Luton	AD mental health CCG
		BLMK CCG Mental Health, Learning Disabilities & Autism Work Group – focused on recovery and transformation of BLMK commissioning; sub-groups include crisis care, eating disorders, dementia, 14-25 years, personalised commissioning, psychological support and neurodiversity transformation. Interface with CYP mental health, complex care and Transforming Care. Luton-specific actions to be developed to tie in to work of this group	AD mental health CCG
		Open Access – multi-organisational wellbeing project for mild to moderate MH needs	AD mental health CCG
		BLMK Mental Health Transformation Board being established and feeding in actions to this board: ICS-wide, focusing on Long Term Plan ambitions for all-age mental health	AD mental health CCG
Falls and frailty	Reducing frailty and falls in adults and older people	Phase 2 of Luton Healthy Ageing Activity Programme	AD Planned care, CCG
		Continued promotion and communication of Luton Falls Prevention Awareness and circulation of 'A practical guide to Healthy Ageing' - Age UK Booklet	AD Planned care, CCG
		Further development of Luton Integrated Falls Service offer	CG/AF
		Continued implementation of elements of national Enhanced health in care homes framework, strongly linking between CCG and LBC work programmes	AD Planned care, CCG
		Ensuring medicines reconciliation at each transfer of care – through Interface Pharmacist role.	AD Planned care, CCG
		Continued implementation of Luton Frailty Framework principles	AD Planned care, CCG
		Continued development of our local Personalised Care & Support planning approach – in particular at Intensive Case	AD Planned care, CCG
Implementation of Long Term Plan Ageing Well Commitments – develop Luton actions as part of BLMK board Adult commissioning market position strategy and commissioning programme	AD Planned care, CCG Adults commissioning		

Priority area	Strategy priority	Key actions	Lead
Early detection	Increasing early detection and reducing late diagnosis, focusing on cancer and CVD	Pro-active case finding of hypertension, atrial fibrillation and heart failure, supported by digital intelligence solutions	AD Planned care, CCG
		Targeted Public Health campaigns to be developed and implemented using intelligence from primary care	AD Planned care, CCG & Public health, health care
		Developing access to pulse checks and access to diagnostic technology	AD Planned care, CCG
		Cancer: Implement Increasing Screening Uptake Project to support Screening restoration	AD Planned care, CCG
		Cancer: Ensure 2ww pathways remain 'open for business'	AD Planned care, CCG
		Cancer: Fast track implementation of non specific symptoms pathway in primary care	AD Planned care, CCG
		Cancer: Restart National Targeted Lung Health Check Programme in Luton	AD Planned care, CCG
LTC management and self care	Supporting self-care and increasing resilience for people with long term conditions	Empower self-management and lasting behaviour change with access to digital tools such as MYDESMOND and MyType1Diabetes	AD Planned care, CCG
		Provision of digital cardiac rehab and pulmonary rehab services	AD Planned care, CCG
		Support for self-monitoring (flash glucose monitors in Type 1 diabetes, blood pressure in hypertension, weight in heart failure)	AD Planned care, CCG
		Comms campaign directed at knowing your numbers and what people can do themselves to manage their blood pressure, linking to community resources and lifestyle services	AD Planned care, CCG & Public health, health care
Complexity (adults)	Addressing the needs of people with complex needs e.g. multi-morbidity	Using a data-driven approach with risk stratification to support population health management	AD Planned care, CCG
		Continued implementation of Luton Frailty Framework principles	AD Planned care, CCG
		Continued development of our local Personalised Care & Support planning approach – in particular at Intensive Case Management MDTs - including Treatment Escalation Planning (TEP)	AD Planned care, CCG
		Implementation of Long Term Plan Ageing Well Commitments – develop Luton actions as part of BLMK board	AD Planned care, CCG
		Improvement in early end of life recognition, discussions and planning with patient, family & carers	AD Planned care, CCG