



**Interim Report of Liverpool LINK Healthy Cities
Task and Finish Group**

July 2010

Hosted by

Liverpool Charity and Voluntary Services
Helping you make a difference



Introduction

This report gives an update on the work of the Healthy Cities Task and Finish Group's work over the past four months. It describes what we have done so far, how we have done it, the main issues that have been raised and what our next steps will be.

The Group's work will continue until September 2010 when we will publish our final report and recommendations.

If you have any information you would like to share with us, particularly in relation to services to support **mental health and wellbeing** or **older people's health and wellbeing** or if you have used local services and a) been pleased with the help you got b) been unable to find the support you need or c) felt that there were gaps in services or referral pathways, there is still time to let us know what you think. We'd also be interested in your views about how much influence the public has on the way health and social care services are delivered in Liverpool. Your input will help us make better recommendations to the people who commission and provide your services.

Stanley Mayne
Chair, Healthy Cities Task and Finish Group
July 2010

Terms of Reference

- a) to conduct a 'mapping and scoping' exercise to identify the range and extent of Liverpool's health and social care policies, strategies and 'pathways' and how they interlink and compliment each other to contribute to the health and wellbeing of local residents and service users;
- b) to consider how successful Liverpool had been to date in promoting 'joined up' services and how influential the Healthy Cities concept had been in influencing strategy and commissioning around mental health services and services for older people in particular;
- c) to provide an opportunity for the public to contribute information on what aspects of being an older person or a person with mental ill-health contribute to being less connected or active in Liverpool;
- d) to make recommendations which will contribute towards improving the commissioning, delivery and/or monitoring of services in ways which demonstrate a 'Healthy Cities' approach.

Start Date

The Group met for the first time on 7th April 2010.

Membership

The Group's members are:

Stanley Mayne	Liverpool LINK Core Group member (Chair)
Dorcas Akeju OBE	Liverpool LINK Core Group member
Stella Cairns	Liverpool LINK Core Group member
Anne Gorton	Liverpool LINK Core Group member

Jo Harrison-Smith	Liverpool LINK Core Group member
Andy Kerr	Friend of Liverpool LINK
Dave Lloyd	Liverpool LINK Core Group member
Rev Maria Renate	Liverpool LINK Vice-Chair
Mavis Morgan	Liverpool LINK member
Pauline Mottram	Friend of Liverpool LINK
Tim Oshinaike	Liverpool LINK Core Group member
John Roberts	Liverpool LINK member
Belinda Shaw	Liverpool LINK member
Dr Eric Toke	Liverpool LINK Core Group member

The Group has met 9 times to date and has fed back on its progress to the LINK Core Group three times.

Connections Made

To date the Group has met with or had contact with:

- **Julia Taylor** (Director, Liverpool Healthy Cities)
- **Cllr Ron Gould** (Opposition Spokesperson for Adult Social Care and Health and former Executive Member for Health, Care and Safeguarding)
- **Dr Paula Grey** (Liverpool Director of Public Health)
- **Dr Alex Scott-Samuel** (Senior Lecturer (Clinical) in Public Health, School of Population, Community and Behavioural Sciences, The University of Liverpool)
- **Teresa Jankowska** (Integrated Commissioning Manager (Older People's Mental Health), Lead for Dementia, Liverpool PCT)
- **Clare Mahoney** (Head of Integrated Mental Health Commissioning, Liverpool PCT)
- **Carol Bernard** (Service Director - Adult Mental Health, Mersey Care)
- **Tony Boyle** (Liverpool First Health Inequalities Capacity Building Programme Coordinator and PCT Public Health Neighbourhood Manager, City and North)

- **Anne McCann** (Manager and Owner, Redholme Memory Care Nursing Home)
- **Joy Hunter** (Group Care Manager, Argyle Care Group)

We intend to make further contacts wherever they can provide us with relevant information.

Activities

The group identified key contacts and services both within the public sector and the voluntary, community and faith (VCF) sector and looked at the way they work together to provide services which are as 'joined up', accessible and responsive to local needs as possible - particularly in relation to the mental wellbeing of local people and the quality of life of older people. Meetings were held with contacts wherever possible.

We also used opportunities to visit the Royal Liverpool Hospital and Broadgreen Hospital to ask questions about Specialist Services for Older People (SSOP), mental health support and support for patients being discharged from hospital into community-based care. Visits to Kent Lodge and the Heart and Chest Hospital also touched on these issues and have contributed to our findings.

Research Methods Used

Aside from regular guest speakers at Task and Finish meetings, Liverpool LINK held an Open Space event at the LACE Centre in May 2010 and a series of neighbourhood meetings in June and July at which we collected a lot of useful information and suggestions from the public. These will be fed into our final report as will the results of a questionnaire. The questionnaire is included at the end of this report so please complete it and return it to the Freepost address provided if you have not already done so. Alternatively, you can complete it

online at www.liverpoollink.org.uk//news/liverpoolhealthycity-haveyoursayandhelp.phuse

All responses we receive will help to inform our work as will our meetings with the contacts identified above and our studies of other sources of information and data.

Relevant Documentation Considered

We have identified a number of documents which have helped our work to date. These include:

- 'Healthy cities – WHO's New Public Health initiative', Ashton, J. (1986)
- 'Linking health promotion and environmental health. Planning for health rather than treating disease', Ashton, J. (1991)
- 'Liverpool Life: Taking a long term view' - Liverpool City Health and Wellbeing Improvement Framework 2009, Liverpool Healthy Cities (2009)
- 'Fair Society, Healthy Lives', The Marmot Review 2010
- 'Understanding Liverpool Better', The Joint Director of Public Health's Annual Report 2008 - 2009
- North West Mental Wellbeing Survey 2009 Deacon, L. *et al* (LJMU 2010)
- Liverpool Healthy City: A 21st Century Approach', Liverpool Partnership Group (2002)
- Integrated Commissioning Strategy for Older People 2008 - 2013, Liverpool PCT and Liverpool City Council
- Liverpool Joint Commissioning Strategy for the Provision of Integrated Dementia Services 2009 - 2014
- Liverpool Dementia Action Plan, January 2010 - March 2011
- Liverpool Integrated Commissioning Framework for Mental Health 2010 - 2011
- Liverpool Joint Strategic Framework for Public Mental Health 2009-2012

- 'Messages from experience... supporting people with minority backgrounds to access mental health services', UCLAN (2010)
- '118' Guide: your guide to being healthy, living well and finding help in Liverpool, Liverpool PCT (2009)
- 'Auditing Community Health Needs and Resources in Croxteth, Gillmoss, Norris Green', Liverpool Healthy City 2000 Project
- Croxteth Health Action Area, Liverpool Healthy City 2000 Project

Further Proposed Activities

We plan to continue talking to service commissioners, providers and users at every opportunity in the next 2 months as well as to continue circulating our questionnaire.

Interim Findings

'Liverpool Healthy City' does not appear to have wide 'brand recognition' with the public but this is not necessarily crucial provided that the tenets of the programme are influential in shaping health and social care provision in Liverpool and that the public are the beneficiaries of Healthy Cities approaches.

The LINK group has gathered evidence that the WHO Healthy Cities philosophy has had an impact on partnership working and service commissioning in Liverpool over the past 20+ years and indeed that the early champions of the Healthy Cities approach in Liverpool have gone on to have a wider influence on the national and international public health policy and the health equalities agenda - which, in turn, helps to support and sustain Liverpool's approaches.

According to the World Health Organisation:

'The primary goal of the WHO European Healthy Cities Network is to put health high on the social, economic and political agenda of city governments. Health is the business of all sectors and local governments are in a unique leadership position, with power to protect and promote their citizens' health and well-being.

The Healthy Cities movement promotes comprehensive and systematic policy and planning for health and emphasizes:

- *the need to address inequality in health and urban poverty*
- *the needs of vulnerable groups*
- *participatory governance*
- *the social, economic and environmental determinants of health.*

This is not about the health sector only. It includes health considerations in economic, regeneration and urban development efforts.¹

With this statement in mind, the biggest concerns identified by the group at this stage are:

- a) Joined-up health and social care 'pathways' are increasingly in place or in development and there are positive improvements in partnership working between services but outcomes are still not always positive for users of older people's or mental health services and the public are still not always aware of how to access the services they need.

¹ www.euro.who.int/en/what-we-do/health-topics/environmental-health/urban-health/activities/healthy-cities

- b) There is evidence of a lot of good practice in Liverpool in respect of both older people's services and mental health services but best practice needs to be shared more effectively in order to shape changes for the better across the board.
- c) Similarly, more widespread sharing of good practice from other UK and European Healthy Cities would be welcome - not just amongst senior officers and politicians.
- d) The current economic climate is likely to have a lasting impact on services; reductions in available funds - particularly where services are already arguably under-funded - will dictate even more need for effective joint working and innovative shared use of budgets to ensure that the wellbeing of Liverpool's residents does not suffer.
- e) Notwithstanding potential cuts to existing services there are already some gaps in current service provision. Again, innovative funding solutions and models may need to be developed to plug these - participatory budgets and community-led projects offer some potential solutions.
- f) The public sector in Liverpool is clearly committed to tackling health inequalities and Liverpool LINK looks forward to the publication of the draft Health Equalities Strategy in September 2010 and the opportunity to ensure that the public are given every possible opportunity to have their say and contribute to the production and implementation of the final Strategy. Economic factors are key to health inequalities and ill-health corresponds directly to deprivation; it is therefore crucial to ensure that the current economic climate does not prevent a person-centred approach to the health equalities debate and to ensure that services meet individual need.

g) Specific concerns have been identified in relation to the increased cost of care and the impact that low rates of funding for adults in need of nursing or residential care in Liverpool's care homes are likely to have on the sustainability of the sector in the medium to long term. The care needs of older people, including those who are mentally infirm and those with dementia (which is happening increasingly early for some groups e.g. people with Down's Syndrome who are living longer and people who misuse alcohol) require very specific support and funding assurances.

Please note that these findings may be amended or supplemented by further research prior to publication of our final report.

Interim/Draft Recommendations

Based on our findings to date we are currently in the process of drafting recommendations under 5 headings. These headings are based on the 5 central themes of the WHO Healthy Cities project - therefore if Liverpool can demonstrate that it is doing well in these 5 areas it can justifiably claim to be a truly Healthy City. Our findings in respect of mental health and older people's wellbeing will inform our recommendations in these areas.

1. Political commitment
2. Institutional change
3. Capacity-building
4. Partnership-based planning
5. Innovative projects

Some emerging themes under these headings include multi-agency planning and partnership around hospital discharge and cross-sectoral working (e.g. between health, social care and housing providers - including public, private and community sectors) to promote the mental good health of all age groups.

There are also certain cross-cutting themes that apply to all five themes - including the need for sustainability and the need for public participation based on community development / empowerment principles.

Please note that these recommendations may be amended or supplemented by further research.

Timescales and date of final report

We aim to finish our research and produce our final report by the end of September 2010. The report will contain a number of recommendations which we will ask Liverpool PCT and Liverpool City Council to comment on publicly, as they are required to do under the Local Government and Public Involvement in Health Act 2007.

Final report publication

Our final report will be presented to Liverpool City Council's Overview and Scrutiny Committee and to Liverpool PCT for comment and will then be published on the LINK website along with any comments received from the relevant commissioning organisations. Copies will also be made available to the Secretary of State for Health and the Regional Health Authority. Copies in other formats or languages will be available from the LINK Support Team on request (see Contact Details below).

Further actions

Following publication of our report the LINK will continue to take an interest in Liverpool's involvement with the World Health Organisation's Healthy Cities programme and the development of Liverpool's health and social care strategies in line with a Healthy Cities ethos.

This will continue to inform LINK work in the future as we seek to work in partnership with all who aim to reduce health inequalities and improve the health and wellbeing of Liverpool residents and service users.

We will also monitor the response to our final recommendations and follow these up where necessary.

Contact details

The LINK Healthy Cities Task and Finish Group welcomes input or information from individuals or voluntary, community or faith groups which might help us to complete our research. Please contact:

Claire Stevens
LINK Support Team
LCVS
151 Dale Street
Liverpool
L2 2AH

Tel. 0151 227 5177
Email claire.stevens@lcvs.org.uk
Web www.liverpoollink.org.uk



Liverpool LINK – Healthy City Questionnaire
Stronger Local Voices for Health and Social Care

Liverpool LINK is an independent network of local residents and service users with an interest in how Liverpool’s health and social care services are run.

It is part of a national network of local involvement networks and has legal powers to ask questions about how health and social care services are commissioned, run and monitored. It can visit and report on services and can make recommendations which must be responded to by public sector bodies including Liverpool Primary Care Trust (PCT) and Liverpool City Council.

We are currently looking at **services for older people** and **mental health services** in Liverpool and how these have been influenced by the fact that Liverpool has been part of the World Health Organisation’s Healthy Cities network since 1986.

We’d be really interested in your opinions on the following questions. Any information you tell us will be kept anonymous but your views are very important to us and will help us to make good recommendations to Liverpool Primary Care Trust (PCT), Liverpool City Council and their partners. Liverpool LINK will produce a report later this year which will be available online at www.liverpoollink.org.uk (or Tel. 0151 227 5177 for a hard copy).

Please return your questionnaire and confidential monitoring form by post (no stamp needed) to:

Freepost RRZK-UHLY-KGJT
 Liverpool Link
 151 Dale Street
 Liverpool
 L2 2AH

Or by email to: info@liverpoollink.org.uk

Copies in Easy Read, large print or other formats and languages are available on request.

Questionnaire

1. Did you know Liverpool was part of the European Healthy Cities network?

- Yes No Not sure

2. Do you know that 2010 is Liverpool's Year of Health and Wellbeing?

- Yes No Not sure

3. What does health and wellbeing mean to you? (Please tick as many as you like)

- Positive sense of self
- Good coping skills
- Attachment to family
- Social skills
- Good physical health
- Positive childhood relationship with a family member or carer
- Supportive caring parents/family
- Good communication skills
- Supportive social relationships
- Sense of social belonging
- Community participation
- Safe and secure living environment
- Economic security
- Employment
- Positive educational experience
- Access to support services
- Faith

- Other (please tell us here)

4. Do you think the public are able to influence the way health and social care services operate and what gets prioritised locally?

- Yes No Not sure

If you'd like to tell us more about this please use the box below

5. Do you know where to get information, advice and support about services for older people and mental health support services?

- Yes No Not sure

If you'd like to tell us more about this please use the box below

6. Do you find it easy to access health and care services?

- Yes No Not sure

If you'd like to tell us more about this please use the box below

7. Do you think Liverpool is an Age Friendly city?

Yes No Not sure

If you'd like to tell us more about this please use the box below

8. Do you think Liverpool values the 'wellbeing and happiness' of its residents?

Yes No Not sure

If you'd like to tell us more about this please use the box below

Please return completed forms to: info@liverpoollink.org.uk

Or by post (no stamp needed) to:

Freepost RRZK-UHLY-KGJT

Liverpool Link

151 Dale Street

Liverpool

L2 2AH

Or hand your form to a member of LINK staff

Thanks for your time and your input. Our report will be available on our website later this year (www.liverpoollink.org.uk) and we will also post any responses we get to our recommendations – from the PCT, Liverpool City Council etc – so that you can see how the information we've collected from people such as yourselves has made a difference.

Liverpool LINK Equality and Diversity Monitoring Form

Please note: This form is completely anonymous. It cannot be used to identify you. The LINK is only collecting this information for monitoring purposes and to help us reach those people who are currently under-represented in our membership.

The identity categories in this form are based on the Government's and other national best practice. Liverpool LINK makes no claims as to their exhaustiveness or wider applicability.

1) Gender: (please tick)

Are you:

Male Female Prefer not to say

2) Gender ID:

Is your gender identity the same as the gender you were assigned at birth?

Yes No Prefer not to say

Do you live and work full time in the gender role opposite to that assigned at birth?

Yes No Prefer not to say

3) Ethnicity: What is your ethnic group?

A White

- English/Welsh/Scottish/Northern Irish/British
 Irish Gypsy or Irish Traveller
 Any other White background (please write in below)

.....

B Mixed / multiple ethnic groups

- White and Black Caribbean White and Black African
 White and Asian
 Any other Mixed/multiple ethnic background (please write in below)

.....

C Asian / Asian British

- Indian Pakistani
 Bangladeshi Chinese
 Any other Asian background (please write in below)
-

D Black / African / Caribbean / Black British

- African Caribbean
 Any other Black / African / Caribbean background (please write in below)
-

E Other ethnic group

- Arab Any other ethnic group (please write in below)
-

F Prefer not to say

4) National Identity: How would you describe your national identity? (for example English, Irish, Somali, Yemeni, Polish etc) Please write in below.

.....

5) Disability: Do you consider yourself to have a disability?

Under the Disability Discrimination Act (1995) a person is considered to have a disability if s/he has a physical or mental impairment or illness such as HIV, cancer, diabetes, heart condition or similar which has a sustained and long-term adverse effect on her/his ability to carry out normal day-to-day activities.

- Yes No Prefer not to say

6) Sexual Orientation: How would you describe your sexual orientation?

- Lesbian Gay Bisexual
 Heterosexual (straight) Prefer not to say

7) Faith: Would you describe yourself as being part of a Faith Community?

- Yes No Prefer not to say

If 'Yes', please select:

- Buddhist Christian Hindu
 Jewish Muslim Sikh
 Other Prefer not to say

(If 'Other' please write in)

8) Age: Which age group do you fall within?

- Under 25 35 - 44 55 +
 25 - 34 45 - 54 Prefer not to say

9) Which of these activities best describes your situation? (Please note: you can tick more than one box in this section if it applies to you)

- Full time work Unemployed but available for work
 Part time work Carer
 Self employed Full time education
 Government scheme Looking after the home
 Retired Unable to work due to illness/disability
 Other (please write in)