

29 July 2014		ITEM: 10
Health and Well-being Overview and Scrutiny Committee		
Proposal for new services for Children's Weight Management, Adults' Weight Management and School Nursing service from 1 April 2015		
Wards and communities affected: All wards	Key Decision: No decision	
Report of: Debbie Maynard, Head of Public Health		
Accountable Head of Service: Debbie Maynard – Head of Public Health		
Accountable Director: Dr Andrea Atherton – Director of Public Health, /Roger Harris, Director of Adults, Health and Commissioning,		
This report is public		

EXECUTIVE SUMMARY

At the end of September 2013 the public health team served notice on the Children's weight management, Adult weight management and School Nursing service.

This paper follows on from the previous HOSC paper in February 2014 where it was agreed that a final paper would be presented at the July meeting showing:

- the results of the service reviews undertaken
- the scope of the new services following these reviews

1. RECOMMENDATIONS:

1.1 For the members of the Health Overview and Scrutiny Committee to note and support the contents of the report.

2. INTRODUCTION AND BACKGROUND

2.1 The public health service reviews and consultations have now been completed and the findings are summarised below for

- Children's Weight Management Service
- Adult Weight Management Service

- School Nursing 5 – 19 Service

3 ISSUES, OPTIONS AND ANALYSIS OF OPTIONS:

- 3.1 We are now advising relevant key Boards of the results of this work. The Public Health Strategy Board will finalise the paperwork that will be presented to the Health and Wellbeing Board for approval, with the final service specifications that will inform the tendering process. Following approval these services will then go out to tender in early autumn 2014.
- 3.2 A full report has been completed following the benchmarking work completed by the team with five of our CIPFA comparator sites (see Appendix 1).

The CIPFA Local Authorities who took part in the benchmarking exercise are:

- Wigan
- Milton Keynes
- Swindon
- Medway
- Dudley

Children's Weight Management

- 3.3 Following the benchmarking review, it is proposed that the children's weight management programmes that follow on from the National Child Measurement (NCMP) each year in schools, will now be delivered by the school nursing service rather than a separate team.
- 3.4 We will also be commissioning for new child weight management services linked to midwifery, with some programmes being delivered from children centres and local clubs with the focus being on fun for all the family. We will look at age specific programmes i.e. teenage, toddlers, boys only or girls only sessions and programmes for disabilities etc. We want any child or young person to be able to access services, no one should be disadvantaged.
- 3.5 These services will be tendered for one year only to measure the impact of the programmes on families' children and young people; we aim to review how successful these services are on the wellbeing of our children and young people.

Adult's Weight Management

- 3.6 The process has been managed through the Healthy Weight work stream which reports into the Public Health Strategy Board. A Healthy Weight Strategy has been produced using all the consultation results and the outcomes following the Healthy Weight workshop. The final scope of the service has been agreed following the findings of this work.
- 3.7 The new Adult Weight Management service will be commissioned for one year using a Health Trainer model linking in with community delivered programmes i.e. commercial weight management programmes, exercise and activity clubs, allotments, health walks, cookery classes, fun sessions to get people moving, nutrition advice etc. These services will be age related and

will cover medical and non-medical referrals. We will also look at programmes for those with disabilities.

- 3.8 These services will be tendered for one year only so to measure the impact of these programmes on the community – we need to review how successful new services are on the wellbeing of our local communities.

3.9 **5 – 19 (School Nursing) Service**

Letters were sent to all schools in Thurrock to advise them we were reviewing the service. A survey was sent to each school requesting details around what is currently working well and where schools would like to see change, a total of 19 schools responded. An on-line survey was sent to pupils via schools, the Youth Cabinet and the Children in Care Council. A total of 93 pupils responded and 14 school nurses completed a survey around their current role. We sent out a letter to all schools offering to visit them and met 6 with schools in total. The Head of Public Health attended a session with Head Teachers and presented details around this work. Finally a meeting was held with the current school nursing team to discuss the findings of this work.

Following all the reviews the agreement is that the new service would be a School Nursing Universal Plus model where the school nurses will follow up with delivering family weight management programmes in the 5 clusters and deliver emotional support to pupils in schools – the school nurse will wear a uniform and the details around when the school nursing team is in each school will be advertised on school notice boards. The school nurse will also work closer with parents in the future. This service will be tendered for 3 years.

- 3.10 Following all the reviews the agreement is that the new service would be a **School Nursing Universal Plus model** where the school nurses will still provide a basic school nursing service in school clusters as now.

- 3.11 The difference with a **Universal Plus** model is that the service offers additional services to pupils - school nursing teams will follow up proactively from the National Child Measurement Programme in each school by delivering family weight management programmes in the 3 clusters and offering additional support across schools for weight management support generally, plus they will deliver emotional wellbeing support to pupils in schools too – we will require the school nurse to wear a uniform so they are easily recognised and each school to include details around when the school nursing team is in their school advertised on school notice boards. The school nurse will also work closer with parents in the future. This service will be tendered for 3 years.

4. REASONS FOR RECOMMENDATION:

- 4.1 For the members of the Health Overview and Scrutiny Committee to note the contents of the report.

Obesity is a priority identified in the HWB priorities in Thurrock over the next 2 years. By delivering these three programmes differently we believe that we will start to make a difference to our obesity rates and deliver community focused programmes that will improve the health and wellbeing of our communities across Thurrock.

5. CONSULTATION

5.1 Full consultation was completed to shape these new services.

6. IMPACT ON CORPORATE POLICIES, PRIORITIES, PERFORMANCE AND COMMUNITY IMPACT

6.1 The new proposed delivery of these three services will contribute to the delivery of the corporate priority to 'to improve health and wellbeing of Thurrock people.

7. IMPLICATIONS

7.1 Financial

Implications verified by: **Mike Jones**
Management Accountant

There are no financial decisions that relate to this report. The new services will not exceed the current public health grant. Efficiencies will be sought as part of the new services.

7.2 Legal

Implications verified by: **Michael Henson-Webb**
Solicitor

There are no legal considerations arising from this report. Full tendering and procurement policies will be adhered to.

7.3 Diversity and Equality

Implications verified by: **Natalie Warren**
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Each service review has taken into account the diversity needs of the local populations. As part of the review consultation with a range of groups has been completed to inform the new programmes. All future commissioned services will have an equality impact assessment completed

7.4 **Other implications (where significant) – i.e. Section 17, Risk Assessment, Health Impact Assessment, Sustainability, IT, Environmental**

There are no other implications.

BACKGROUND PAPERS USED IN PREPARING THIS REPORT (include their location and identify whether any are exempt or protected by copyright):

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