



**North Cumbria Area ICP Evaluation Update
Strategic ICP Meeting 7 December 2023**

This evaluation update is to capture the highlights and key proposals in line with the Health and Wellbeing Strategy and outcomes from the North Cumbria Area ICP meetings held on 22 November 2023.

- 1. Longer and healthier lives for all*
- 2. Fairer health outcomes for all*
- 3. Best start in life for our children and young people*
- 4. Improving health and care services*

**North Cumbria Valley Area ICP
Chair**

Councillor Mark Fryer

**ICB Executive Area Director –
North and North Cumbria**

Levi Buckley

Summary Update – Key Themes & Priorities highlighted

The North Cumbria Area ICP has been well attended. It has been discussing strategy which was being supported by the two new Health & Wellbeing Boards (Cumberland and Westmorland & Furness Council's). This has been enhanced by the development of the North Cumbria Place Based Partnership (which sits along-side the North Cumbria Place ICB Sub-committee).

System work is improving and in May 2023 a set of high-level population health management priorities were set, and work has been ongoing to progress these. A brief overview of the work undertaken to date has been set out below: -

North Cumbria Action Plan – Workington

Further work has taken place on community engagement and data collection. Discussions are ongoing around mapping and collaborative use of community assets.

Smoke free and tobacco dependence

Cumbria Tobacco Alliance met, committed to work together creatively to achieve outcomes in partnership. Training protocols have been agreed for organisations working on the Waiting Well project and targeted lung health checks. The initiation phase of the Vaping Harms Programme started with staff members in post. Trading standards carried out a test purchasing exercise. Out of 52 premises visited, there were nine underage sales.

Drug related deaths

Agreement to procure the Liverpool John Moore's Drug and Alcohol Related Death Surveillance System and the Trauma and Injury Intelligence Group Surveillance System. Funding has been identified for the provision of all Police to carry Naloxone. The Police are in the process of putting



in place the appropriate policies to allow all officers to carry Naloxone. A review of the Cumbria Local Drug Information System (LDIS) was undertaken, recommendations to procure the Michael Linnel LDIS system has been approved and funding has been identified.

Alcohol related admissions

The Addictions Board has established a Children and Young Person's subgroup to provide youth substance misuse system leadership and implement review recommendations and an Alcohol Harm Prevention Group to address alcohol harm recommendations from the Combatting Drugs Joint Strategic Needs Assessment (JSNA).

Gambling Harms

Cumberland and Westmorland & Furness Councils are looking at governance and processes needed to adopt the Workplace Charter. A locally produced video and an animation are almost complete. A relaunch workshop will be held in the next quarter to develop a Cumbria-wide group. Work on pathways and consistent webpages has commenced.

Suicide prevention

Consolidated working across both local authority footprints has commenced and work has begun to connect North and South ICB's to improve insight and data. World Suicide Prevention Day events have been held and the National Prevention Suicide Prevention Plan has been released.

Cardiovascular disease prevention

Workshops have been taking place in Carlisle and Whitehaven to discuss promotion of hypertension awareness across North Cumbria. Work continues to establish a clinical lead for this priority.

Healthy Weight

The North Cumbria Tier 3 service has successfully applied for additional funding to expand its service and has received £250k over 2 years to reach an additional 124 people. A further expression of interest had been entered to be part of the National trail of Wegovy, working in tandem with PCNs. We have been providing support and a meeting of the reformed Healthy Weight development and co-ordination group has taken place.

Children & Young People

The contracts for the 0-19 Healthy Child Programme and Child & Family Support Service have been extended by Cumberland and Westmorland & Furness Councils until 31 March 2025 to allow time for the transformation work to take place.

Isolation

Scope/outline papers, due to be delivered in December, have been agreed by the core group. Exploration of metrics confirmed no obvious data sets.

Long Term Conditions

A workshop will take place 30 November 2023 with attendees from Local Authorities, North Cumbria Integrated NHS Foundation Trust (NCIC) and the ICB to map and pull together all work being done in long term condition areas. Any gaps need to be identified and recommendations made to the Population Health & Inequalities group.



Women's Health Workstream Funding

£50,000 will be invested in services across the more rural North Cumbria, offering one-stop-shop services in a range of venues, as well as using digital consultations, video clinics, postal tests and creating a women's health website.

Professor Matt Phillips, Consultant and Honorary Professor in GU Medicine, North Cumbria Integrated Care NHS Foundation Trust said: "These changes can make a real difference for busy women who may be juggling family, work and other commitments in their lives. North Cumbria is a large and diverse area, with significant pockets of deprivation and health inequalities and lack of transport is often a barrier to services. To reduce the disparities around accessing healthcare, we will use a mix of virtual consultations and local venues to bring services together and make it easier to get more of the care women need in one place. That will mean improved accessibility to services like menopause specialists, contraception advice, sexual health services and preconception care."

The changes will start during the coming year, with further improvements expected across the whole region in the future.

Plan

As we have a finite funding envelope we will work with our provider towards the following deliverables by 31st March 2024.

1. Set up steering group for stakeholders to promote cross partnership working
2. Coproduce with patient engagement group to maintain relevant focus. A menopause specialist group is already established in North Cumbria. This can be expanded to include all aspects of women's health.
3. Appoint menopause specialist for online consultations- to go out for advert asap and we have two potential candidates interested.
4. Establish a feedback pathway from specialist menopause clinician back to primary care.
5. Website development to promote women's health education, include with NHS websites and local offers.
6. MDT upskilling training to promote team building and develop requisite competencies. E.g. coil fitting, specialist contraception, challenging menopause symptoms, etc.
7. Provide IT equipment and software to support delivery.
8. Ensure data (including patient and staff evaluation) reflects quality, impact, and EDI priorities. developed from Inform sexual health systems.
9. Design evaluation for sustainability of service

We have requested a guarantee of money to expedite the specialist recruitment process.

Plans for next steps & Future Agenda Items

Work will continue to progress the priorities specified above and progress will be monitored, and resources will be focussed as needed. There is also a requirement to consider how some of the existing funding within the FT contracts could be released to pay for the intended 'out of hospital care' that is also a priority in North Cumbria.