



HEALTH AND WELLBEING BOARD ANNUAL REPORT 2015-2016

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1. INTRODUCTION

Welcome to Knowsley's Health and Wellbeing Board's third Annual Report.

In this report we will focus on some of the activities undertaken by the Health and Wellbeing Board over the past twelve months. We will also introduce the new Joint Health and Wellbeing Strategy which identified the new Priority Areas for the Health and Wellbeing Board for 2016-20.

2. BACKGROUND

The Health and Wellbeing Board has the responsibility to facilitate improvements in the health and wellbeing of the borough's population, in order to achieve the Board's vision of ***'Working together for a healthier, happier Knowsley'***.

The health and wellbeing issues that the Health and Wellbeing Board is focusing on in Knowsley are based upon the findings of the Joint Strategic Needs Assessment (JSNA). The health and wellbeing needs of the borough were assessed through the development of the JSNA and a number of priority areas were identified, with the main four priority areas being decided through consultation.

The Board then developed the Joint Health and Wellbeing Strategy to plan the approach to improve the health and wellbeing of the borough. It was decided that, to improve health and wellbeing in Knowsley a 'life course' approach would be taken; this would be achieved by identifying outcomes that the Board required to see improved at different stages of people's lives.

The Health and Social Care Act 2012 prescribed that particular representatives were to be part of a minimum membership on Health and Wellbeing Boards, but that beyond this local areas could determine the makeup of Boards.

- **Independent Chair**

To further strengthen relationships and add some additional independent challenge, Knowsley Health and Wellbeing Board took the decision to appoint a non-voting Independent Chair.

In September 2015 Steve Coffey was appointed as the Independent Chair. Steve who is the Chief Executive of Liverpool Mutual Homes, has worked predominantly in areas of deprivation, and has an affinity for Knowsley from his time spent working for Knowsley Housing Trust and being a former member of the North Huyton New Deal for Communities Board. With a personal objective to make a significant contribution towards addressing the cause of deprivation and social problems, by helping to establish thriving communities, Steve is the perfect addition to Knowsley Health and Wellbeing Board.

- **Board Membership**

Knowsley Health and Wellbeing Board is made up of representatives from the following organisations:

Knowsley CCG – is an NHS organisation that commissions (plans and buys) healthcare services for the residents of Knowsley.

Healthwatch Knowsley – is an organisation that will make sure your views on local health and social care services are heard, and that you can have your say, get involved and find out about services in Knowsley.

Knowsley Youth Mutual (KYM) – provides quality open access youth clubs, awards programmes and positive activities alongside specialist support and interventions for young people.

Knowsley MBC – provides a wide range of services in order to promote the social, economic and environmental wellbeing of the residents of Knowsley.

Knowsley Engagement Forum – acts as a champion for the residents of Knowsley to ensure that the views of the public are represented.

NHS England – leads the NHS in England by setting the priorities and direction of the NHS, so that everyone can have greater control of their health and their wellbeing.

KNOWSLEY HEALTH AND WELLBEING BOARD'S MEMBERSHIP

Independent Chair – Steve Coffey (Non-Voting Member)

VOTING MEMBERS

Dianne Johnson

Accountable Officer, Knowsley CCG

Councillor Eddie Connor

Cabinet Member for Public Health and Wellbeing, Knowsley MBC

Mary Spreadbury

Chair of Healthwatch Knowsley Management Committee, Healthwatch Knowsley

Dr Andrew Pryce

Chair of Knowsley CCG Governing Body

Councillor Gary See

Cabinet Member for Children and Family Services, Knowsley MBC

Sandra Richardson

Chief Executive, Knowsley Youth Mutual

Philip Thomas

Commissioning Director, Knowsley CCG

Councillor Steff O'Keeffe

Cabinet Member for Adult Social Care, Knowsley MBC

Vicki Hornby

Youth Advisor, Knowsley Health and Wellbeing Engagement Forum

NON-VOTING MEMBERS

Paul Boyce

Executive Director (Children), Knowsley MBC

Matthew Ashton

Assistant Executive Director (Public Health and Wellbeing), Knowsley MBC

Julie Moss

Assistant Executive Director (Adult Social Care), Knowsley MBC

Anthony Leo

Director of Commissioning (Merseyside), NHS England

BY INVITATION

5 Boroughs Partnership NHS Foundation Trust

Aintree University Hospital NHS Foundation Trust

Mersey Care NHS Trust

Royal Liverpool & Broadgreen University Hospitals NHS Trust

St Helens & Knowsley Teaching Hospitals NHS Trust

ALSO IN ATTENDANCE

Mark Butterworth

Assistant Chief Executive, Knowsley MBC

Audrey Williamson

Chair of Knowsley Safeguarding Children Board

John Woodhouse

Chair of Knowsley Safeguarding Adults Board

Richard Holford

Public Health Specialist, Knowsley MBC

The full membership is agreed on an annual basis and is set out in the Health and Wellbeing Board Procedure Rules in part 3 of the Constitution.

3. ACTIVITIES UNDERTAKEN BY THE BOARD

Over the past twelve months the Board has continued to focus on the four priority areas of “Mental Health and Wellbeing”, “Alcohol”, “Respiratory Disease/Smoking” and “Appropriate, Effective Use of Services”, with a Board Champion being nominated for each area.

Mental Health and Wellbeing

- **Four Year Strategic Plan for Mental Health Services**

During 2015/16 a Four Year Strategic Plan for Mental Health Services in Knowsley was developed, following engagement with representatives from Knowsley CCG, Knowsley MBC, providers of health, social and housing services, the Police, Healthwatch and community and voluntary sector organisations with a particular interest in mental health. The plan incorporates a number of improvement actions; in particular a drive for parity of esteem, meaning that mental health is given the same priority as physical conditions.

NHS England also announced a requirement for Transformation Plans for Children and Young People’s Mental Health. Partners responsible for children and young people’s emotional and mental health and wellbeing worked together on the development of this plan, which was approved by NHS England in December 2015.

The delivery of the four Year Strategic Plan for Mental Health Services will commence in 2016/17 and comprises the following core elements:

- Community based provision, including plans to transform out of hospital mental health provision.
- Children and Young People’s Mental Health Services (incorporating the Children and Young People’s Mental Health Transformation Plan, including the development of a Specialist Eating Disorder Service).
- Crisis Care (incorporating the requirements of the Crisis Care Concordat).
- In-patient provision

- **Improving Access to Psychological Therapies (IAPT)**

The IAPT service provides support for Knowsley patients with a broad range of mild to moderate mental health needs, in particular depression and anxiety. The IAPT service which is provided by 5 Boroughs Partnership NHS Foundation Trust (5BP) has failed to meet its targets for the numbers of people accessing treatment and for recovery rates.

Actions taken to address these issues include:

- The issuing of a performance notice regarding the unacceptable service performance.
- A meeting to discuss the issues affecting performance and the provider's remedial action plan to bring performance back in line.
- Attendance of 5 Boroughs Partnership NHS Foundation Trust at Knowsley CCG's Quality Committee, to discuss those performance issues and that remedial action plan.

Knowsley CCG will implement a change to the IAPT contract payment mechanism in 2016/17, whereby an element of the existing funding will only be paid to 5BP on achievement of performance standards.

- **Dementia**

Knowsley has continued to exceed national dementia diagnosis targets, achieving 78% (against a national target of 67%, and a local target of 72%). The Four Year Strategic Plan for Mental Health Services includes activities that will ensure improved post diagnosis support to people with dementia.

- **Transforming Care (Learning Disabilities):**

Through partnership working Knowsley continues to ensure that patients receive timely care and treatment reviews, and that in-patient admissions are kept to a minimum.

Alcohol

Significant work has been undertaken on this area by Board partners over the last twelve months including;

- **Alcohol Reduction Plan**

During 2015 work has continued on the implementation of the Alcohol Reduction Plan for Knowsley which was approved by the Health and Wellbeing Board in March 2014. The delivery of the plan is monitored at quarterly meetings of the Substance Misuse Board.

Specific developments during 2015/16 include the following:

- **Alcohol and Pregnancy**

Materials for pregnant women around alcohol and its impact on the unborn baby have been produced by Liverpool Council, using insight from local women. Knowsley has been able to localise these materials for a local campaign. In advance of the public facing campaign, work

has been undertaken to skill up key healthcare professionals regarding the Chief Medical Officer's guidance and issues such as Foetal Alcohol Syndrome. A particular problem has been releasing key staff such as midwives to attend training. As an initial alternative approach a seven minute briefing document has been prepared and will be circulated widely across the borough via both the Safeguarding Board and Public Health.

- **Older People and Drinking**

Public Health has worked with Knowsley Older People's Voice (KOPV) to develop an alcohol information booklet specifically for older people, which has been distributed widely as part of a campaign with KOPV.

- **In-Patient Detoxification**

Following an open, transparent and detailed procurement exercise the Local Authority has appointed Greater Manchester West Mental Health Foundation Trust (GMW) to deliver in-patient detoxification for drugs and alcohol for Knowsley residents. From the 1 April 2016 GMW will deliver this service from the Chapman Barker Unit (CBU) in Prestwich, Manchester. GMW currently provides in-patient detoxification for drugs and alcohol for a range of areas across the North West.

The CBU is a 26-bedded combined drug and alcohol in-patient detoxification unit, providing high quality 24 hour medical and nursing care for those with complex needs, offering stabilisation and detoxification from illegal drugs, substitute drugs and alcohol.

The following actions have been achieved:

- Membership of Substance Misuse Board has been extended to include representatives from Housing, Education and Knowsley Youth Mutual.
- Detection and enforcement of under-age and illicit alcohol sales has been improved.
- A GP Substance Misuse Champion has been appointed.
- A Young Persons Treatment Effectiveness group has been formed, involving partners working with young people across the borough.
- A series of community messages has been prepared to support the reduction of alcohol related crime and disorder.
- Support and information for carers of substance misusers with a 24 hour contact available.

- Workplaces are supported to inform their staff about alcohol harms via the Working Well Programme. The programme actively encourages employees of local businesses to sign up to the annual Dry January campaign.

Respiratory Disease / Smoking

Significant work has been undertaken on this area by Board partners over the last twelve months including;

- **Community Respiratory Service**

Following discussions with stakeholders, clinical professionals, GPs, community and voluntary sector representatives, Knowsley CCG commenced a service re-design of the Community Respiratory Service and with a successful launch in November 2015, Knowsley Health and Wellbeing Board recognised that this was an excellent example of collaborative working.

- **Smoking in Knowsley**

There has been a continued reduction in smoking levels among Knowsley residents. Between 2010 and 2014, smoking levels have reduced from 31% in 2010 to 21.7% in 2014. This reduction was greater than regional and national averages. However, smoking levels among Knowsley residents remains above the national average of 18%.

- **Smoking in Pregnancy**

Smoking levels amongst pregnant women in Knowsley has also reduced from 25.3% in 2010/11 to 19.4% in 2014/15. However, smoking among pregnant women in Knowsley is still higher than national average of 11.4%.

- **Stop Smoking Services in Knowsley**

Stop Smoking sessions are delivered in more than 20 locations throughout the borough including St Helens & Knowsley Teaching Hospitals NHS Trust, GP practices and other venues by the Specialist Stop Smoking Service. Community Pharmacies also hold contracts to provide stop smoking support and advice.

To improve access to stop smoking support, the Specialist Service has implemented a number of remote support options including text (Quit Buddy) and online (Quit Online) services for clients, who wish to sign-up for support without the need to visit the service.

In partnership with Halton and St Helens Councils, Knowsley is implementing a Public Health England sponsored programme, babyClear,

to ensure high quality smoking cessation services are provided for all pregnant women who are smoking at the time of booking.

Appropriate, Effective Use of Services

Appropriate, effective use of resources is essential to the commissioning and provision of high quality healthcare services. Knowsley CCG, Knowsley MBC and other local partners are all committed to working together to transform health and social care services. One of the key principles within the long term vision is the provision of care closer to home, and during 2015/16 plans were developed to transform “Out of Hospital” services.

The following provides an update on this area:

- **Primary Care Co-commissioning**

On 1 April 2015 Knowsley CCG assumed responsibility for commissioning primary medical services from NHS England, and working closely with partners will develop the transformation model.

- **Developing the Transformation Model**

Knowsley CCG has previously set out its strategy to reduce a reliance on hospital services, notably unplanned care, and to move services closer to home. The new model is focussed around GP practices at the centre of joined up multidisciplinary working at locality level. Localities are geographically located population groups formed by the registered population of a group of GP practices. In 2015/16 the configuration of four localities was agreed.

Significant work took place to develop and agree the detailed transformational service model. To this end, key relationships with community service providers and staff, the community and social services have been developed in preparation for the new way of working.

The preparatory work described above has resulted in Knowsley CCG and its partners being ready to commence the implementation of the new model from April 2016.

- **Improved Access to Primary Care Across Seven Days**

Work has been undertaken to increase GP appointment capacity by implementing a scheme which provided additional in-hours GP appointments, to reduce demand on hospital A&E departments through the ability to flex GP capacity. In addition an acute visiting service is in place to manage the demand for increased GP home visits as a result of an ageing and unwell population. This has allowed GPs to focus their attention on those patients who most need continuity of care from their own GP, such as end of life patients and those with multiple co-morbidities.

The further development of this service has increased primary care capacity by approximately 300 same day bookable appointments and 60 same day home visits, per week.

- **Long Term Conditions**

Long term conditions such as Cardiovascular Disease, Diabetes and Respiratory Disease present a major challenge for Knowsley.

These conditions are a major cause of potential years of life lost, and have a significant detrimental effect on quality of life. The main elements of the approach to these conditions in 2015/16 were as follows:

- **Cardiovascular Disease (CVD):** This comprehensive service includes assessment, diagnosis and management of a range of cardiovascular conditions such as heart failure, stroke and rehabilitation after a heart attack. During 2015/16 the service has contributed to a reduction of some 800 Cardiology outpatient appointments with local secondary providers.
- **Diabetes:** A review of the consultant led community diabetes service was undertaken in 2015, involving engagement with a wide range of professional stakeholders. As a result of this, the development of a primary care long term conditions management approach, delivered on a locality basis, will be progressed in 2016/17 for implementation from April 2017.
- **Community Respiratory Disease Service:** A multi-disciplinary programme team has been established to design, specify and procure a clinical model for respiratory care during 2015/16. The model built upon the successes of the existing COPD services within the borough, with Liverpool Heart and Chest Hospital NHS Foundation Trust providing the new service from November 2015. It initially provided a COPD service, which is to be extended to additional respiratory conditions from 1 June 2016.

- **Urgent Care**

The volume of A&E attendances and non-elective admissions has been kept within planned levels, although system wide performance has been extremely challenged during 2015/16. Both of the two main acute providers, St Helens & Knowsley Teaching Hospitals NHS Trust (STHK), and Aintree University Hospitals NHS Foundation Trust (AUH) are struggling to meet the A&E four hour waiting time standard and associated ambulance turnaround times.

Knowsley CCG utilised non-recurrent resilience monies to implement a range of borough based schemes to enable improved flow during this

period including 'in hours' additional GP appointment and home visiting capacity.

There are now dedicated mental health schemes to improve the responsiveness and quality of A&E liaison services and deliver intensive case management for individuals with personality disorders, who are identified as being frequent users of urgent and emergency care.

- **Better Care Fund (BCF)**

The Better Care Fund plans to transform the commissioning, quality, delivery and effectiveness of health and social care services in the borough. It sought to further advance integration through three schemes which consist of a number of smaller individual projects or workstreams.

The three main schemes are detailed below:

- **Locality Model:** This involves multi-disciplinary locality based teams delivering integrated care across the borough. Good progress was made last year in planning and scoping the model which will be delivered throughout 2016/17.
- **Safe Supported Discharge and Support to Remain at Home:** This scheme involves supporting patients where their health and social care needs become more acute to avoid unnecessary hospital admission. Where admission cannot be avoided, comprehensive support, rehabilitation and re-ablement is provided in order to enable patients to return to their normal place of residence.

During 2015/16, there has been a review and re-design of services to support independent living, and a successful pilot of a model for enhanced nursing home quality.

- **Access Knowsley:** The aim of this scheme was to provide easy access to information and advice about services within Knowsley that impact upon health and wellbeing and how to access them. This scheme introduced community navigators and a directory of services, empowering local people to make the right choices about local services to meet their needs.

- **Cancer**

In November 2015 a protected time event was held and attended by representatives from the Cheshire and Merseyside Strategic Clinical Cancer Network and over 100 Primary Care professionals (including CCG Clinical Leads, clinicians, practice managers and staff) to identify cancer commissioning priorities.

The event included the following workshops:

- Local and national cancer data;
- NICE guidelines;
- Achieving world class outcomes: A Strategy for England 2015-2020, understanding the local picture;
- Malignancy of unknown origin;
- Living with cancer and beyond.

The output from these workshops has subsequently been used to develop a draft four Year Cancer Strategic Plan to improve outcomes for people with cancer.

Work has also continued with partners across the Network to:

- Improve performance against the national 62 day standard.
- Appoint a Cancer Screening Co-ordinator for Knowsley in conjunction with NHSE, PHE and KMBC.
- Work closely with partners to develop the local “IT campaign”. The aim of this is to help the local population to better understand the importance of early identification in order to reduce the likelihood of developing the disease.

Additional Activities

Additional activities that the Health and Wellbeing Board has also focused on over the past twelve months are:

- **Engagement and Involvement**

- Through the Engagement Forum a community focus group session was undertaken to help inform the Knowsley Joint Strategic Needs Assessment (JSNA).
- The Health and Wellbeing Board has also endorsed the ‘*It*’ campaign; the campaign aims to get people talking about cancer.
- The Health and Wellbeing Board promoted the work of the ‘Merseyside Sleep Safe campaign 2015’ as widely as possible via Knowsley One Stop Shops, in-house publications, Libraries, Children’s Centres and also through the Board’s Partners.

- **Relationships**

The Board has continued to develop strong effective working relationships over the past twelve months. For example the Board membership has been expanded to include key providers such as 5 Boroughs Partnership NHS Foundation Trust, Aintree University Hospital NHS Foundation Trust, Mersey Care NHS Trust, Royal Liverpool & Broadgreen University Hospitals NHS Trust and St Helens & Knowsley Teaching Hospitals NHS Trust in a non-voting capacity. From this new development, St Helens and Knowsley Teaching Hospitals NHS Trust has welcomed the opportunity to support the Hypertension programme and the Cancer Screening programmes and the messages they are promoting.

- **New Joint Health and Wellbeing Strategy**

As part of the Health and Wellbeing Board's responsibilities it is required to produce a Joint Health and Wellbeing Strategy. The Joint Health and Wellbeing Strategy will set out our commitment to tackle health inequalities and achieve real and measurable improvements in the health and wellbeing of residents. We need to ensure that local people receive top quality services, care and support, but funding is limited, therefore it is important that we work together to get the most benefit. By doing this we will make the biggest impact, and greatest improvements in health and wellbeing in the borough.

4. NEW PRIORITY AREAS FOR THE BOARD

Knowsley Health and Wellbeing Board has chosen two priority areas that we feel will make the biggest impact on health and wellbeing outcomes in the borough.

Knowsley Health and Wellbeing Board will focus on the following two priorities:

- **Promoting Emotional Wellbeing and Mental Health**

We have agreed collectively to commit to and take a new approach to promoting emotional wellbeing and mental health within the Borough.

This includes the following key developments:

- Implementation of a programme of work to promote wellbeing, develop resilience and address mental health issues in children and young people (0-19), especially during the transition between child and adult services.
- Development and implementation of a single point of referral for mental health and improved communication about support options.

- Introduction of a consultant led mental health community service.
 - Greater emphasis on the provision of appropriate services to support mental health patients in crisis.
 - Improved Access to Psychological Therapies (IAPT), with increased access to patients and improved outcomes, where appropriate.
 - Greater focus on activities to improve emotional wellbeing through the development of initiatives to promote good citizenship, social interactions and maximise social value.
 - The inclusion of wellbeing as a key component and success measure in universal programmes and services.
 - Develop and implement a Dementia Strategy, which covers the whole pathway, including support for those directly affected and their carers, and the development of dementia friendly communities.
 - A joined up partnership approach to suicide reduction in the borough.
 - Support the Children and Adults Safeguarding Boards to address their priorities including addressing neglect and domestic abuse.
- **Promoting Healthy Living**

The Board recognises that promoting healthy living through encouraging positive lifestyle choices and by ensuring that environments promote health is essential. Prevention is better than cure, so we believe that by working together and with a range of partners, we can raise awareness and influence others to reduce inequalities, improve health and life chances.

To promote healthy living we will specifically do the following:

- Develop a joint Campaign and Communication Plan which will be used to promote prevention, encourage positive lifestyle choices and the importance of early detection of disease.
- Influence other local and City Region Boards, to consider health within their plans and programmes to promote healthy environments.

We will also encourage and hold partners to account to do the following:

- Prioritise and include actions to address the priority health and wellbeing needs identified in the JSNA within their plans.
- Have prevention as a key element within their individual plans and programmes to promote positive behaviours, including lifestyle choices

and health promoting environments. This will include a particular focus on organisations to 'make every contact count'.

- Continue to transform health and social care services to encourage independent living, reduce social isolation and join up services.
- The transformation of services will include greater integration and the joining up of health and social care services, linked to the delivery of the Better Care Fund.

5. CONCLUDING REMARKS

I am proud to be the Independent Chair of the Knowsley Health and Wellbeing Board. Over the last twelve months, we have provided oversight and strategic leadership on the development products that are integral to improving health and wellbeing in the borough.

We have overseen the development of a new fully updated JSNA, which assesses the key health and wellbeing needs in the borough, both now and in the future. This is a really important development, as this is a key resource that Board partners and the wider health and wellbeing system will use to inform commissioning, service development and strategies.

In addition, we have been developing a new Joint Health and Wellbeing Strategy that identifies the key priorities and provides a strategic framework that we, the Board, think will maximise health and wellbeing outcomes in the borough. It is important that as a system we all work together, and over the coming months we will be looking to ensure that commissioning plans and strategies are aligned to the Joint Health and Wellbeing Strategy and contribute to addressing the high level needs identified in the Knowsley JSNA.

Both of these developments are integral to us collectively achieving the Health and Wellbeing Board vision of 'Working together for a healthier, happier Knowsley'.

Before, I finish it would be remiss of me not to mention the support we have had from the Engagement Forum and wider community in helping to shape our priorities and identify needs, of which I, and the Board are truly thankful of, and are committed to continuing to involve them.

I look forward to the forthcoming year, which will focus upon ensuring that the Joint Health and Wellbeing Strategy is implemented collectively by partners and the wider health and wellbeing system.



A handwritten signature in black ink, appearing to read 'S Coffey'. The signature is fluid and cursive, written in a professional style.

Steve Coffey
Independent Chair
Knowsley Health and Wellbeing Board

6. USEFUL CONTACTS

| Organisation | Contact Details |
|---|--|
| Knowsley Clinical Commissioning Group (CCG) | Tel: 0151 244 4185 Email: Knowsley.CCGCommunications@knowsley.nhs.uk Website: www.knowsleyccg.nhs.uk |
| Knowsley Youth Mutual | Contact numbers: Kirkby Area: 0151 443 4466 Huyton Area: 0151 443 5333 South Area: 0151 443 4542 Our Place: 0151 443 5323 Knowsley Outdoor Education Centre: 0151 449 1502 Email: info@youthmutual.co.uk Website: www.youthmutual.co.uk/ |
| Knowsley MBC | Tel: 0151 489 6000 Email: customerservices@knowsley.gov.uk Website: www.knowsley.gov.uk |
| Healthwatch Knowsley | Tel: 0151 449 3954 Email: enquiries@healthwatchknowsley.co.uk Website: www.healthwatchknowsley.co.uk |
| Knowsley Safeguarding Children's Board (KSCB) | Tel: 0151 443 4311 Website: www.knowsleyscb.org.uk |
| Knowsley Safeguarding Adults Board | To report abuse or neglect of an adult at risk contact the Knowsley Access Team: 0151 443 2600 |
| CGL (Change, Grow, Live) – Alcohol and Substance Misuse Service - promoting recovery from addiction and dependence. | Contact numbers: Huyton Area: 0151 482 6291 Kirkby Area: 0151 546 9557 Email: knowsley@cgl.org.uk Website: www.changegrowlive.org |
| Knowsley Stop Smoking Service - for help to stop smoking and information on any of the stop smoking initiatives. | Tel: 0800 324 7111 Text: QUIT to 61825 Website: www.readytostopsmoking.co.uk |
| Healthy Knowsley Lifestyle Hub - free local, confidential support service for anyone making positive changes in their life. | Tel: 0800 0731 202 or 0151 289 9555 Email: health.trainers@5bp.nhs.uk Website: www.healthyknowsley.co.uk |
| NHS Health Checks in Knowsley - for people aged 40-74 and is focused on preventing conditions like heart disease, stroke, diabetes and kidney disease. | Telephone your GP to make an appointment or to find your nearest local community venue telephone 0800 032 5821. For more information on Health Checks go to www.nhs.uk/Conditions/nhs-health-check/Pages/NHS-Health-Check.aspx |
| Examine Your Options - aiming to help people choose the right health service for their needs. | Website: examineyouroptions.info/ |
| NHS Choices MoodZone - practical, useful information and interactive tools, to help you cope with stress, anxiety or depression. | Website: www.nhs.uk/Conditions/stress-anxiety-depression/Pages/low-mood-stress-anxiety.aspx |
| NHS Choices - Youth Mental Health - an information hub offering young people advice and help on mental health problems including depression, anxiety and stress. | Website: www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help.aspx |

FOR FURTHER INFORMATION

Copies of the documents are available on request in various formats.

Further information about the Health and Wellbeing Board, the Health and Wellbeing Board Annual Report and any associated documents are available at www.knowsleyhwb.org.uk

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