



Issue: February 2024

The aim of the Snapshot is to provide a monthly Sector-Led Improvement (SLI) update to DsPH and their public health teams. The Snapshot is produced and managed by Jodie Horton (SW SLI co-ordinator) and Kate Blackburn (SW SLI lead). If you have something that you would like included for the next issue, please get in touch (Jodie.Horton@southglos.gov.uk).

1. Public Mental Health- Real Time Surveillance Systems Self-Assessment Framework

A South West Real-time suspected suicide surveillance system (RTSS) self-assessment framework has been developed as part of the southwest Sector Led Improvement (SLI) programme for public mental health. This SLI priority is led by Sam Crowe with special thanks to Rimple Poonia on her work drafting the framework and putting together the conference. Suicide prevention and progressing the development of RTSS's across the southwest region is a key priority for 2022-24.

This RTSS self-assessment framework has been developed following feedback from the SLI RTSS Workshop in October 2023 and is intended to be used as a tool for local areas to review progress.

The information collected from the survey will be used to help inform and consolidate the development of good practice within RTSS's in the southwest region. Summary reports of the survey findings will be made available for review and South West Office for Health Improvement and Disparities (OHID) RTSS network meetings scheduled to support learning and development.



The aims and purpose of the self-assessment framework:

The framework aims to support the development of RTSS's by identifying areas for improvement, setting targets and measuring progress by undertaking a self-assessment on a 6 monthly basis in April and October 2024 to:

- Identify key challenges and gaps to inform action at a local system level
- Share learning with partners across the southwest to inform the development of good practice
- Identify common approaches that it would be helpful to adopt across the southwest region
- Identify key challenges that could be addressed more effectively at a regional or national level.

The purpose of the framework is to provide prompts on key areas for local consideration to support a self-assessment process rather than a provide a comprehensive check-list applicable to all areas, as each RTSS has developed differently according to local arrangements. More uniform approaches may emerge over time, but currently the purpose of this approach is to share good practice, enable peer learning and initiate discussions between areas and agencies.



2. South West Population and Public Health Academy Behavioural Science Webinars

The South West Behavioural Science Hub, SLI Priority: Behaviour Change. Led by Matt Lenny and with special thanks to Deb Lear for arranging the webinars.

The South West Population and Public Health Academy has brought together key partners including NHS England, OHID UK Health Security Agency (UKHSA) and the South West Association of Directors of Public Health to create the South West Behavioural Science Hub.

The Hub has designed an initial 3 webinars, to introduce you to behavioural science, understand the models and concepts and how they can be applied in practice. The below PDF flyer provides further details for each webinar and a registration link. The first webinar 'Introduction to Behavioural Science' took place on the 27th of February and the recording will be circulated to those registered within the next few weeks after it is subtitled for accessibility. It will also be linked online, and this link will be shared within next month's snapshot.

Two further webinars are upcoming:

- Introduction to Concepts and Models of Behavioural Science in Context Date: 25th March via MS Teams Time: 2-3:30pm
- Application of Behavioural Science in Practice Date: 22nd April via MS Teams Time: 2-3:30pm

Please find the registration links to these webinars on pages 5&6 of this document. If you have any questions for the Hub please contact; england.publichealth.sw@nhs.net

3. Best Start in Life- SLI Priority

The SLI bespoke project brief for Start for Life has been commissioned from the Anna Freud Centre and National Centre for Family Hubs, led by Rachel Wigglesworth with support from Roseanne Sodzi and Becky Reynolds. The project is a joint DfE/DHSC programme to gather learning relevant to public health and on system working from areas which have Start for Life national funding. The aim of Start for Life is to create a system-wide integrated model of universal and targeted support for parents to care for their children from conception, throughout the early years, and into the start of adulthood. The latest update from this workstream is that the three action learning set groups have now had two sessions together and have two more to follow.

- **Group 1's key question in discussion is:** In addressing health inequalities, how can we create a paradigm shift towards prevention with a focus on supporting family-chosen outcomes?
- **Group 2's key question in discussion is:** How can we promote greater integration (or develop a whole system approach) during pregnancy and the immediate postnatal period?
- **Group 3's key question in discussion is:** How can Start for Life specifically support fathers and male carers to grow their own mentally healthy family when a newborn, or a child new to the family, arrives home?

The leadership group have also met since the last update and this group provides further opportunities for reflection and coaching and to begin considering ways to apply the learning from the action learning groups.

For more information on the Start for Life project please contact: Jodie.horton@southglos.gov.uk





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South West Population and Public Health Academy

South West Behavioural Science Hub Webinars

*South West Marmot Region – Helping accelerate the
reduction in Health Inequalities*



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Introduction

The South West Population and Public Health Academy has brought together key partners including NHS England, Office for Health Improvement and Disparities (OHID), UK Health Security Agency (UKHSA) and the South West Association of Directors of Public Health to create the South West Behavioural Science Hub.

The aim of the Hub is to create a behavioural science community of practice, refresh and increase knowledge on the topic of behavioural science, and to share innovation and best practice relating to behavioural science. This focusses on the ambitions of the NHS Long Term Workforce Plan to upskill in prevention and behaviour change, to support population health and the reduction of health inequalities across the South West region.

We have designed an initial 3 webinars to introduce you to behavioural science, understand the models and concepts and how they can be applied in practice. The following information provides an overview of each of the webinars and a registration link for each webinar.

The target audience for these webinars is anyone working in the health and care system who wishes to understand more about behavioural science and how this can be applied in your own area of work.

We look forward to welcoming you to our webinars, if you have any questions please contact: england.publichealth.sw@nhs.net

*South West Marmot Region – Helping accelerate the
reduction in Health Inequalities*



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Introduction to Concepts and Models of Behavioural Science in Context

Date: 25th March via MS Teams

Time: 2-3:30pm



Chair:

Matt Lenny- North Somerset Director of Public Health and Regulatory Services



Speakers:

- Dr Liz Jenkinson, Associate Professor in Health Psychology UWE/National Training Director for Health Psychology in Workforce Redesign- NHS England
- Dr Lesley Lewis, Behavioural Science Specialist | Health Psychologist, Somerset Council
- Olivia Palmer, Trainee Health Psychologist, Devon Partnership NHS Trust



Learning Outcomes:

- Understand the COM-B Model of behaviour change
- Understand how COM-B is utilised and applied in practice
- Understand other models and techniques to change behaviour and how they are used
- Know where to find further information on the models of behaviour change

Continued Professional Development
Certificates will be issued by NHS England.

Registration link

[CLICK HERE](#)

Application of Behavioural Science in Practice

Date: 22nd April via MS Teams

Time: 2-3:30pm



Chair:

Matt Lenny- North Somerset Director of Public Health and Regulatory Services



Speakers:

- Olivia Palmer, Trainee Health Psychologist, Devon Partnership NHS Trust
- Dr Lesley Lewis, Behavioural Science Specialist | Health Psychologist, Somerset Council
- Sarah Haden-Godwin, Strategic lead for people, partnerships and place; Active Gloucestershire
- Sarah Aston, Public Health Specialist, Torbay Council



Learning Outcomes:

- Understand how behavioural science is applied in specific programmes including:
 - Falls Prevention: Fall-proof – COM-B in practice.
 - Using behavioural science to increase uptake of childhood immunisations.
 - Using behavioural science to inform HIV PrEP Health improvement planning and delivery.
 - Bystander Behaviour and Behaviour Change
- Be aware of how programmes can be designed to encourage behaviour change.
- Understand how programmes of behaviour change can be evaluated.
- Know where to find further information relating to the application of behavioural science.

Continued Professional Development
Certificates will be issued by NHS England.

Registration link

[**CLICK HERE**](#)