

Lambeth Adult Social Care Prevention Strategic Framework 2023-2028 Last updated: October 2024



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1. Introduction and Scope

This Framework sets out our approach to how Lambeth Adult Social Care, working closely with our internal and external partners, manages its demand through a preventative approach to care.

We acknowledge prevention is more effective and cost-efficient than addressing issues after they have already occurred. It recognises the diverse needs and circumstances of adults and promotes a proactive strategy to enhance their well-being and quality of life.

The Framework serves as a roadmap for creating a proactive and supportive environment for adults to thrive. By addressing a broad spectrum of challenges and promoting holistic well-being, it aims to reduce the need for crisis interventions and contribute to the long-term health and wellbeing of adults in our communities.



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2. Consultation / Engagement

Our prevention framework is informed by engagement with Lambeth adults and carers including:

Carers Strategy	All-Age Autism Strategy	Lambeth Health and Wellbeing Strategy	Lambeth Borough Plan engagement
Care home resident engagement	Learning Disabilities (LD) and Autism Strategy	LD drop-in / floating support recommissioning engagement	Home care Design in Social Care (DISC) project in partnership with Healthwatch
Project Smith Community Connectors and Lambeth Wellbeing Fund evaluation	Lambeth Living Well Network Alliance	Mental health focus groups at Mosaic Clubhouse	Thriving Communities Healthy Living Programme
Weight management insight work with the Black Men's Consortium	My LGBTQ+ Lambeth survey	Lambeth residents survey	Age Friendly Lambeth resident survey



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2a. What people have told us

"I am fortunate to receive targeted, and specialist culturally appropriate support... prevents me from burning out, feeling lonely and maintains my social wellbeing post COVID-19 lockdown."

Lambeth carer, Carers Strategy consultation 2022

"A happy and independent life with support provided from birth to end of life. ... People in Lambeth should find the right support in the community with hospitals and care homes the last option."

Lambeth adult responding to Health and Wellbeing Strategy Consultation 2022 "People with autism not only need support but guidance and resources to help them adapt to and learn daily life" –

Lambeth carer, All Age Autism Strategy Consultation 2023

"Providers of services need to draw on people's skills, and use people's skills in their services."

Participant in Lambeth mental health focus group session 2023

"Using churches, halls, local libraries - we can connect people together. If connections break down, people get lonely."

Lambeth resident aged 60+, Thriving Communities engagement 2022 "Services should run in places men already access, feel comfortable, safe and are used to going to"

Participant in Lambeth weight management focus group with Black Men's Consortium, 2022

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2b. What people have told us

Prevention – key messages

People in Lambeth want targeted, culturally appropriate support to prevent escalating need People in Lambeth need a single point of access for prevention information and services to stay well without statutory input

People in Lambeth value the voluntary sector and trust voluntary organisation partners to support them

People in Lambeth want to help themselves stay well and independent for as long as possible Lambeth should help build social connection in the community, including opportunities for people to socialise and make friendships

Health and wellbeing support should be available at a very local level to reduce travel and barriers to accessing support



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3. Purpose of the strategic framework for prevention



Up to 85% of what determines our health is contributed by non-healthcare factors such as social circumstances and environmental exposure (45%) and health behaviour patterns (40%) - King's Fund.

This prevention framework presents a model for Lambeth adult health and care and community partners to work more closely together and complement each other's approaches with the aims of:



• Addressing the changing shape of demand, supporting our growing ageing population and reducing demand in the first place with early intervention

• Improving health and wellbeing outcomes of residents



• Realising our ambitions for good quality and sustainable services



• Financial sustainabilityprevent the need for high-cost interventions



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3a. National and strategic context

National drivers setting out the imperative for increasing prevention work include:

The Care Act (2014) The Marmot Review 2010 The Five Year Forward View for the NHS The Five Year Forward View for Mental Health The Five Year Forward View for Primary Care The NHS Long Term Plan (January 2019) and Implementation Framework (June 2019) Advancing our Health: prevention in the

2020s. Green Paper published July 2019

Our local partnership strategic frameworks and plans:

The Joint Health and Wellbeing Strategy (2023-28)

Health and Wellbeing Action Plan

Lambeth 2030- Our Future, Our Lambeth

Our Health, Our Lambeth

Lambeth Housing Strategy and Allocations Policy

Lambeth Carers Strategy (2024-29)

All Age Autism Strategy (2024-27)



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3b. National and strategic context

Adult Social Care Statutory function on prevention

Care Act 2014 guidance

Care and support system should actively promote independence and well-being through:

Primary prevention - minimising the risk of people developing needs.

Secondary prevention - targeting people at high risk of developing needs and intervening early.

Tertiary prevention - minimising deterioration and the loss of independence for people with established needs or preventing the reoccurrence of a health and social care crisis. Duty with respect to the provision of **information and advice** relating to care and support, which includes:

- System and service information,
- How to access services (including housing services and benefits),
- How to raise concerns over the safety or wellbeing of someone with care needs,
- Which providers are available locally as well as how to request an assessment of care needs,
- Advice for people thinking about how to pay for care needs (now and in the future),
- Support available for carers



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3c. Financial context

- In Lambeth, and nationally, budget pressures within social care are particularly challenging; we have seen rising levels of demand and spend and increasing cost pressures in recent years
- The current cost of living crisis places significant additional pressure on Lambeth people and on the finances of Lambeth providers
- Acting together to secure high quality care and to drive health improvement and reduce health inequalities for the benefit of residents
- Lambeth Council's latest Medium Term Financial Strategy forecasts a projected funding gap of approximately £69m for the period 2024/25 to 2027-28



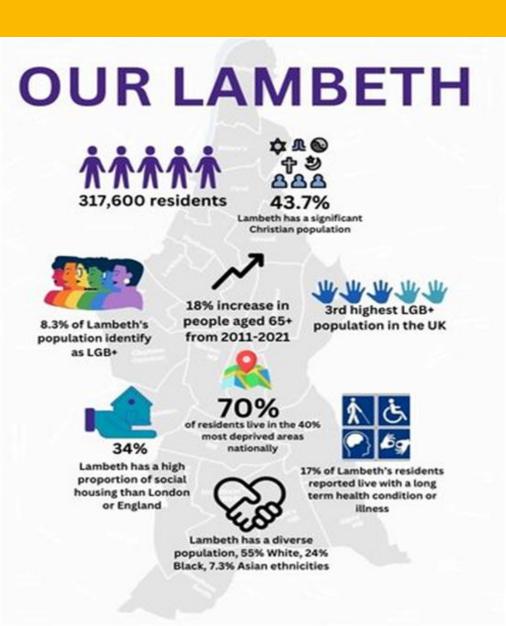
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4a. The Lambeth profile

Lambeth is a densely populated borough with a diverse and growing population of 317,600 residents. As a borough with a multitude of assets, there are significant opportunities in Lambeth: from strong community networks and a committed voluntary and community sector, to flourishing businesses and quality public services.

However, there are also pronounced and persistent inequalities that deeply impact our communities. The impacts of deprivation, health inequalities, London's housing crisis, and climate change are adversely impacting Lambeth people. We are committed to taking positive action to improve outcomes for all, with a focus on those at risk of experiencing poorer outcomes, in support of our Lambeth 2030 vision and mission to make Lambeth a borough of equity and justice.



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4a. The Lambeth profile

<u>The Lambeth older people's health profile</u> shows Lambeth has a diverse and ageing population, which combined with other risk factors such as social isolation and long-term health conditions, indicates the demand for social care services is likely to increase in the near future.

Like other local authorities, Lambeth faces **significant pressures** around the **funding of Social Care**, which is linked to **increasing costs**, **rising demographic pressures**, and the **increasing complexity of need** that is supported.

The Prevention Framework serves as the umbrella framework for delivering a wholesystems approach in Lambeth Adult Social Care to manage the demand for health and social care services by promoting independence and self-care, using strengths and assets in the community, and therefore delaying, preventing, or reducing the need for health and social care services.



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2021

4b. Demography – projected population changes over time

2021	Persons aged 50+ projected change next 10 years, 14% increase								
$\hat{\Box}$	% of person population and number by age group				% of person population and number by age group				
$\sum_{i=1}^{n} i_i $	50+	65+	85+		50+	65+	85+		
ШШ	25%	9%	1%		28%	12%	1%		
	79,700	27,600	3,300		91,200	38,500	3,700		

Females aged 50+ projected change next 10 years, 15% increase								
% of fer	nale popula	tion and	% of female population and					
number by age group				number by age group				
50+	65+	85+		50+	65+	85+		
26%	9%	1%		29%	13%	1%		
42,200	15,300	2,100		48,500	21,100	2,300		

2021	Males aged 50+ projected change next 10 years, 11% increase								
	% of male population and				% of male population and				
0	number by age group				number by age group				
(1)	50+	65+	85+		50+	65+	85+		
	24%	8%	1%		27%	11%	1%		
Ш	37,600	12,300	1,200		41,600	16,900	1,300		

25% of Lambeth's population are aged 50 or over

79,700 people are 50+ years old (2021). This number could increase by ~11,500 to 91,200 by 2031.



53% of Lambeth's 50+ population are females

42,000 females are 50+ years old (2021), 26% of the total female population. This number could increase by ~6,400 to 48,500 by 2031.



47% of Lambeth's 50+ population are males

37,600 males are 50+ years old (2021), 24% of the total male population. This number could increase by ~4,000 to 41,600 by 2031.

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4b. Demography – projected population changes over time

Over the next 10 years Lambeth's population will continue to age, with a larger number and proportion of people aged 50+ by 2031. This trend will be amplified in the 65-74 age group (50% increase) and 80+ age group (19%).

The prevention strategy is informed by Lambeth's <u>Joint Strategic Needs</u> <u>Assessment</u> (JSNA). As part of the JSNA an older people's profile has been produced providing information and statistics on the characteristics, needs, and challenges of older people in Lambeth. Ageing well is a key priority in Lambeth and the focus of the <u>Annual Public Health Report 2024</u>; we want Lambeth's older population to stay well and live independently for as long as possible. Our focus is maximising well-being and preventing avoidable escalation of needs.'

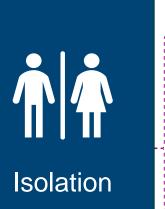
<u>Source: GLA 2022-based Demographic Projections,</u> <u>2022 Identified Capacity 10yr central fert 2050</u> note: figures rounded up to nearest 100th and are estimated figures



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4c. The Lambeth profile

Loneliness and social isolation affect mental and emotional well-being, potential issues for old and disabled people.



24% of people in Lambeth say they are lonely - 38% of Lambeth's over 65s live alone (2021)

Loneliness is negatively affected by deprivation, sex, ethnicity, employment status, and disability status

People who are 85+ are twice as likely to say they're lonely than people who are 65 – 74 years old



1 in 10 of Lambeth's population have a long-term musculoskeletal problem

Common mental disorders affect 1 in 4 of the 16+ population and 1 in 10 of the 65+ population

Average house prices in Lambeth are 16 times the average earnings



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4c. The Lambeth profile

Poor quality housing and homelessness affect people's physical and mental health and well-being



1 in 3 of 65+ population are considered disabled under the equality act

4 in 10 of the 65+ population have their day-to-day activities affected by their physical or mental condition

Disabled people are more likely to rent social housing.



Poor-quality & overcrowded housing are associated with increased risk of cardiovascular/respiratory diseases & depression/anxiety.

Approximately 2 in 3 houses are rented in Lambeth

1 in 10 estimated to have diabetes



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5a. Describing our approach



Reduce demand at the front door by:

Utilising relationships and commissioned services with our core strategic third-party providers

Working with voluntary community and faith sector

Strengthening opportunities with 'friends and family'

Having a commitment to supporting carers



Maintain capacity at the lower threshold of needs by:

Providing timely and needs based information and advice

Offering support to remain independent at home with a range of community-based support

Making the most of our technology and equipment



Working in partnership:

Work with Children's social care, housing and other council departments to ensure a joined up, systematic approach to prevention that makes the best of our assets, financial opportunities and the capacity of our providers to make the public purse stretch as far as it can. Ensure that no community is adversely affected more than others through a universal approach to prevention supported by comprehensive and joined up engagement

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5b. Describing our approach



Derived from "Six Steps to Managing Demand in Adult Social Care", Bolton & Provenzano (2017)



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5c. Core principles

Holistic Approach

Prevention efforts should address a wide range of factors influencing adults' lives, including physical, mental, social, and economic aspects.

Early Intervention

Identifying risk factors and signs of potential issues early allows for timely interventions that can mitigate or prevent the development of larger problems.

Collaboration

Collaboration among partners, including internal Council departments (Housing, Parks and Leisure, Public Health, etc.), VCS groups, healthcare providers, and other stakeholders is crucial for a coordinated and effective prevention approach.

Individual Centred Approach

Recognise the unique needs and circumstances of each individual, considering factors such as age, gender, cultural background, and life stage.

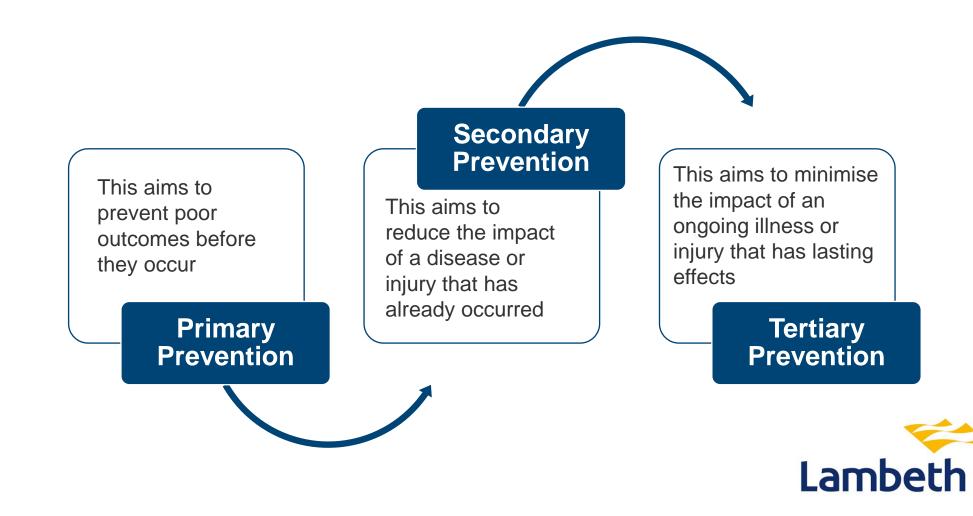
Empowerment

Empowering adults with the knowledge, skills, and resources to make informed decisions about their well-being is a cornerstone of prevention.



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6. Our prevention priorities



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7a. Examples of our Prevention Offer

Primary Prevention

- My Gateway Age UK Lambeth
- Neighbourhood Wellbeing Age UK Lambeth
- Handyfix and Hospital to Home – Age UK Lambeth
- Social prescribing services
- Benefits Advice Services Age UK Lambeth
- Social activities and befriending

Secondary Prevention

- Key ring model
- Telecare/care technology and other digital solutions
- Weight management services
- Falls Service
- Sexual health services
- Health and wellbeing bus
- Adult Social Care and Age UK Lambeth Front Door partnership

Tertiary Prevention

- Commissioned
 housing solutions
- Adult Social Care & Guy's and St Thomas's NHS Foundation Trust urgent response service
- Rehab and reablement offer
- Home care provision
- Information, Contact and Assessment Service (ICAS)
- "Discharge to assess" bedbased service
- Chronic disease
 management programmes

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7b. Examples of our Prevention offer - Our front door

Voluntary and Community Sector (VCS) preventative offer Embedding our VCS offer at the front door, the majority of people contacting Adult Social Care who are seeking a service will have their initial discussion with Age UK Lambeth who triage and signpost to the most suitable services/support/information and advice within the community.

Adult Social Care statutory offer

Our Information Contact and Assessment Service (ICAS) carries out urgent Care Act Assessments, short term interventions to make safe, Carers Assessment and wide range of support services.

Occupational Therapy and equipment pathway Occupational Therapy Trusted Assessor training rolled out to ICAS staffing to increase our preventative offer at the front door. An Occupational Therapy Manager oversees this offer by supporting the screening processes for new referrals and supporting staff undertaking this work.

Adult Safeguarding and MASH

Screening if safeguarding threshold is met, taking urgent actions to make safe.

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8. Prevention Strategic Framework Action Plan

REVISED FOR 2024/25



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Prevention Strategic Framework Action Plan Overview

Our high-level delivery priorities

- 1. Early intervention in the community
- 2. Reducing demand at the front door
- 3. Maintaining independence and reducing longer-term demand / needs
- 4. Continuous system improvement
- 5. Identifying opportunities to enhance our prevention offer



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1a. Early intervention in the community

Outcome: To identify risk factors and signs of potential issues at an early stage to allow for timely interventions in the community that can mitigate or prevent the escalation of care and support needs to a point that a referral to Adult Social Care is required.

What we delivered in 2023/24

- Cost of Living Programme delivered providing over 70,500 units of support across 28,000 households. This included direct financial support and advice to a large number of ASC service users.
- Building on our existing community engagement work, we setup an Age Friendly Forum to help inform the development of our Age Friendly Lambeth approach.
 - Thriving Communities programme rolled out across 4 locations with full evaluation of Year 1 of the programme in Stockwell.
 - Lambeth Together Health and Wellbeing Bus undertook a regular programme of interactions/engagement in communities with residents supporting the early identification of health issues.

- We will launch our final Age Friendly Lambeth Action Plan (2024-2026) by the end of March 2025 bringing together actions across eight of the World Health Organisation's age-friendly domains.
- We will hold our 2024 Ageing Well Festival to celebrate the UN's International Day of Older Persons and to provide residents with advice and information as well as opportunities to meet people and try new activities.
- We will develop a new Voluntary and Community Sector forum in collaboration with our lead partners.
- We will recommission our voluntary sector prevention and carers support contract, following extensive engagement with Connect Lambeth partners and residents.
- Local delivery of the Household Support Fund and the establishment of a tackling poverty reserve for Lambeth Council.

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1b. Early intervention in the community

Outcome: To identify risk factors and signs of potential issues at an early stage to allow for timely interventions in the community that can mitigate or prevent the escalation of care and support needs to a point that a referral to Adult Social Care is required.

What we delivered in 2023/24

- Provision of the falls prevention service through Guy's and St Thomas's Hospital
- As part of the Building Healthier Communities Programme we worked with the local community, voluntary and faith organisations to identify trusted community spaces that ran and / or could host a range of services that support wellbeing. It also secured funding to support Ascension Trust to deliver two innovative hubs specifically supporting black and minoritised residents experiencing health inequalities.
- A range of services delivered through Lambeth Addiction Consortium aiming to prevent and reduce harm associated with substance misuse.

- We will continue to commission NHS Health Checks to help the early identification of people at risk of cardiovascular disease and dementia.
- We will establish 11 community-led Health and Wellbeing Hubs delivering a range of support.
- Recommission Ascension Trust to expand their network of Beacon Hubs focused on addressing health inequalities in black, minoritised and other marginalised communities.
- Lambeth Health and Wellbeing Bus will deliver a regular programme of attending localities (6,897 engagements / interactions between April - September 2024).

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2a. Reducing demand at the front door

Outcome: To provide effective and timely response to maximise wellbeing and improve independence levels of residents in daily activities following deterioration in abilities and to support people to remain at home for as long as possible.

What we delivered in 2023/24

- Enhancing our integrated front door offer with Age UK Lambeth undertaking initial screening of enquiries/referrals to social care.
- Improved assessment waiting time performance in the Information Contact and Assessment Service (ICAS)
- Occupational Therapy Trusted Assessor training rolled out to ICAS staffing to increase our preventative offer at the front door.
- Occupational Therapy Practitioner Manager, Occupational Therapists and Occupational Therapy Assistants situated within ICAS to embed occupational therapy values and principles at the front door.

- Complete re-tender for refreshed front door offer (contract with Age UK Lambeth)
- Complete a project to refresh all Adult Social Care pages on the Lambeth website, in addition to projects optimising our web forms and scoping the introduction of a "chatbot" to signpost residents.
- A focus on improving the timeliness of our preventative interventions at the front door and reducing overall waiting times.
- Develop our data sharing agreement with Age UK Lambeth to enable more timely and effective information sharing.

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2b. Reducing demand at the front door

Outcome: To provide effective and timely response to maximise wellbeing and improve independence levels of residents in daily activities following deterioration in abilities and to support people to remain at home for as long as possible.

What we delivered in 2023/24

- Introduction of daily allocations meetings at the front door and enhancing operational processes to improve efficiency.
- Introduced a new "Preventative Intervention" workstep in our case recording system to capture and track our preventative work with residents.
- Enhanced our waiting list dashboard and providing weekly updates to all operational managers.
- We have engaged with Lambeth residents and providers via surveys and focus groups to seek feedback on the current and future of preventative services.
- We have recommissioned drop-in floating support services for adults with learning disabilities.

- We will commission a streamlined preventive offer including support for carers and community services by summer 2025.
- We will evaluate our drop-in floating support services and consider how best to prevent escalation in needs and provide more flexible support for adults with low level mental health needs.

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3a. Maintaining independence and reducing longer-term demand / needs

Outcome: To provide support to remain independent at home or regain skills and confidence with a range of community-based support and drawing from a "strengths-based" approach.

What we delivered in 2023/24

- We strengthened our reablement offer to residents in the community and mental health.
- Established the Discharge Operational Delivery Group to review and monitor the reablement pathway, weekend discharges and pathway 3.
- Therapist from Intermediate Care Lambeth located on the Internal Flow Hub to help triage referrals to reablement from the wards.
- Reablement Practitioner Manager providing direct support to ICAS to strengthen identification of community referrals.
- We completed a recommissioning exercise for home care in 2024 and we are mobilising the new home care neighbourhoods in 2024 and 2025.

- Introduce new targets for direct payments at a team-level to promote increased uptake, enabling residents to direct their own care whilst managing their direct payment.
- We are re-commissioning the direct payment support service to support the increased uptake of payments by summer 2025.
- Increase the number and proportion of referrals to reablement that originate from the community through identification at the front door.
- Complete mobilisation of home care neighbourhoods by summer 2025.

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3b. Maintaining independence and reducing longer-term demand / needs

Outcome: To provide support to remain independent at home or regain skills and confidence with a range of communitybased support and drawing from a "strengths-based" approach.

What we delivered in 2023/24

- The Every Pound Counts service supported over 1,000 service users to access additional benefit income, with the total value claimed being nearly £5 million.
- Targeted work with providers to ensure that we develop appropriate right-sized care that promotes independence for those with more complex needs. Look for how support can be provided through the Voluntary and Community Sector and people connections (the 'family and friends' test)
- We worked with new Extra Care providers to support people with higher level of support needs to remain in Extra Care housing longer, to reduce demand on residential care homes.

- Recruitment drive for Guy's and St Thomas's Trust therapists to increase capacity in Intermediate Care Lambeth.
- Reopen the Clarence Avenue Extra Care scheme by January 2025, increasing community capacity by an additional 50 Extra Care housing units.

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4a. Continuous system improvement

Outcome: To ensure a joined up, systematic approach to prevention that makes the best use of our assets, financial opportunities and the capacity of our providers to get best value for money.

What we delivered in 2023/24

- Established our Practice Model including a refresh of our strength-based training offer and provided a comprehensive of learning opportunities through quarterly Practice Weeks.
- Established our Digital Innovation Strategic Framework for Adult Social Care.
- Optimised our case recording system to capture the right information and ensure case recording is person-centered.
- Drafted a Risk Management Approach for Adult Social Care including a Risk Rating Framework to be used in practice to guide the assessment of risk by all social care staff.
- Raised the profile of our asset base available in the community with local authority staff through monthly webinars.

- Recruit a Research Practitioner in partnership
 with the Lambeth Health Determinant Research
 Collaborative to support the identification and
 understanding of care and support needs.
- Delivery of key digital projects including a pilot of "Magic Notes" meeting summarisation tool, a website chatbot and predictive modelling of review outcomes to support early identification of care and support need.
- Finalise and start delivery of Carers Strategy action plan in partnership with Carers Hub Lambeth and the Carers Collaborative Strategy Group.
- We launched our All-Age Autism Strategy in 2024 and partners are working to deliver the key commitments set out by the strategy.

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4b. Continuous system improvement

Outcome: To ensure a joined up, systematic approach to prevention that makes the best use of our assets, financial opportunities and the capacity of our providers to get best value for money.

What we delivered in 2023/24

- Launched a new long-term Carers Strategy for Lambeth and undertook carers-focused learning events for ASC staff.
- Effective partnership working with housing, health voluntary/community sector and faith groups. Adult Social Care and Housing & Integrated Health and Care Business Plans launched.
- We developed and published an older people's profile as part of the Joint Strategic Needs Assessment (JSNA) providing information and statistics on the characteristics, needs, and challenges of older people in Lambeth.

- Continue to explore integrated services to support hospital discharge and prevent future admissions.
- We will continue to develop the integration of Adult Social Care and Housing and proactively identify opportunities for collaboration and partnership working.

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5. Identifying opportunities to enhance our prevention offer

Outcome: To monitor and identify opportunities to enhance the impact of our preventative work through the monitoring of our strategic delivery and development of partnerships.

Priority areas for 2024/25

Lambeth Living Well Network Alliance: alongside partners in the Alliance, progressing the transformation of community mental health services to provide early help and timely support through greater joint working with primary care; maximising opportunities for access to independent accommodation and sustainable paid work and meaningful occupation; and continuing to tackle disparities experienced by black African and Caribbean heritage service users through initiatives such as culturally appropriate peer support and advocacy.

Lambeth is delivering an innovative Homewards initiative in partnership with The Royal Foundation, which is focused on tackling homelessness. Homewards is a five-year locally led programme which sees the council working as part of a local led coalition of committed individuals, organisations, and businesses who will work together to create and deliver a tailored plan delivering solutions to prevent and end homelessness – with a focus on making it rare, brief, and unrepeated.

Community based drug and alcohol treatment services for young people and for adults are currently being reviewed in line with both local and national policy changes. This provides Lambeth with an opportunity to refresh the service offer with a focus on early intervention, prevention, outreach and more focused engagement to support our communities and residents.

We want to develop a network of non-clinical sexual health outreach, education and health promotion services to target key populations across our borough. We want our services to co-locate where possible to enable improved access for vulnerable groups within the community and the places where they live, work or visit.