

HEALTH & WELLBEING PARTNERSHIP ALL AGES

7th January 2015

Worthing Society for the Blind, Rowlands Road, Worthing

MINUTES

Present:

John Mitchell (JM) (Chair)	Adur & Worthing Councils
Jo Marshall-Inns (JMI) (Minutes)	Adur & Worthing Councils
Debra Balfour (DB)	Public Health WSCC
Cllr David Simmons (DS)	Adur District Council
Cllr Val Turner (VT)	Worthing Borough Council
Janice Hoiles (JH)	Worthing Borough Council
John Holmstrom (JHo)	Worthing Churches Homeless Projects
Julia Carrette (JCa)	Voluntary Action Worthing
Tina Favier (TF)	Adur & Worthing Councils
Arjan de Jong (AJ)	Adur & Worthing Councils
Hilda Sherwood (HS)	Home Start
Roger Oakley (RO)	West Sussex County Council
Bill Demel (BD)	Guild Care
Diane Rubon (DR)	Health Watch West Sussex
Duncan Anderson (DA)	Worthing Leisure
Lynda Nurse (LN)	Worthing Leisure
Sarah Jewell (SJ)	Public Health WSCC
Paul Riley (PR)	Worthing College
Sophie Whitehouse (SW)	Adur & Worthing Councils
Ed Brennan (EB)	Time to Talk
Vanessa Potter (VP)	Asphaleia

1. Welcome & Apologies

- 1.1 JM thanked everyone for coming and round the table introductions were made. It had been agreed at the previous meeting to change venues for meetings and JM extended his thanks to WSFB for hosting. JM expressed an interest in have a future meeting at the Bradbury Wellbeing Centre.

Apologies:

Vanessa Taylor-Berry (VTB)	Prevention Assessment Team
Barry Ward (BW)	Worthing Society for the Blind
Chulanthi Samaratunga (CS)	GP (CCG)

2. Minutes of Last meeting (8 October 2014) and Matters Arising

- 2.1 Item 2.3 – Services for the Street Community – A number of projects relating to this work have started.

Action: Add to future agenda for an update. JM/JH

- 2.2 Item 2.5 – Dementia training. Further training will take place for staff this year.
- 2.3 All other actions had been completed or are covered elsewhere on the agenda. The minutes of the last meeting were agreed as an accurate record.

3.0 Outcome of the Coastal CCG Event held in December

- 3.1 The event held in December brought together GPs and Practice Managers from surgeries throughout West Sussex to look at ways in which they could work in partnership with the District and Borough Councils.
- 3.2 The event was interesting and it was evident that GPs have very different views. Locality area breakouts took place which looked at local priorities and ways that locality GP leads in each area could work in partnership with the District & Boroughs.
- 3.3 It was clear that GPs sighted County level work but did not come down to a local level. There was a lack of awareness of what was being delivered locally. Some GPs still had no knowledge of the Wellbeing Service or that Worthing was a Dementia Friendly Town.
- 3.4 Engaging with each locality will be an on-going process and ideally there needs to be a Partnership Development Officer situated at the Coastal CCG whose sole remit is to engage with local GPs. There is currently no one leading on primary Care Development.
- 3.5 The outcome of the session was that each surgery agreed to put forward a lead contact (Receptionist, GP or Practice Manager) who would be the initial contact point from each surgery.
- 3.6 The recent Alcohol Pilot project had struggled with lack of use of free space in surgeries even though the GPs had identified that this was a gap in service.
- 3.7 Voluntary Action Worthing have been trying to promote information and voluntary and community sector services such as support groups and to share data linking to GPs Intranets. There is far too much for GPs to remember and having something on the Intranet they can tap into while with a patient could be really key including a link to the Wellbeing Hubs.
- 3.8 Worthing GPs are historically more difficult to engage with, unless there is a financial gain of some description to be had. How to emphasise the long term savings and advantage in behavioural change along with social prescribing is so something that needs to be looked at.
- Action: Pick up promotion work on the GPs Intranet. JH**
Action: Provide positive case studies of patients referred to the hubs via their GPs. JH

4.0 Waves Ahead Health & Wellbeing Priorities

- 4.1 The Health & Wellbeing Partnership is one of four theme groups of the Waves Ahead Strategic Partnership. The Waves Ahead Sustainable Community Strategy was written several years ago and is now in need of a review. Each theme group was asked to identify ten priorities to take forward in the short, medium and long term.
- 4.2 It had been agreed that the partnership should focus on two or three key issues in more detail and TF proposed that they should be;
- Alcohol (including dual diagnosis)
 - Mental Health
 - Older People and Social Isolation
- 4.3 The Alcohol Pilot project had arisen due to some pathway work which identified a middle group of drinkers drinking over the recommended daily allowance. This group of people were not dependant but a brief intervention may not have been enough. The evaluation from this project will be available in February.
- 4.4 Asphaleia are leading on a new Mental Health project, which will include specialist project workers, contact VP for further details. The National Health Profiles show that both Adur & Worthing has a high percentage of Hospital stays for self-harm.
- 4.5 Homelessness – JHo queried where this sits under the LSP. The Homelessness Forum although a separate group could become an additional theme under the LSP, and be monitored in the same way. Detailed Action Plans would still sit under each of the theme groups.
- 4.6 Older people and social isolation is also a priority, which crosses several partners. The campaign to end loneliness is a national priority and further details can be found at <http://www.campaigntoendloneliness.org/>
- 4.7 How do Adur & Worthing want to look at and measure loneliness? There are several local initiatives such as volunteering to be a friend and being a phone buddy which is not geographically based.
- 4.8 Silver Line <http://www.thesilverline.org.uk/> is a free confidential helpline providing information, friendship and advice to older people 24 hours a day.
- 4.9 The Royal Voluntary Service (RVS) also have advice and information for older people. For further information contact Paul Goff paul.goff@royalvoluntaryservice.org.uk or telephone 01903 257019.
- 4.10 Social isolation and local initiatives need to be promoted more locally and will be picked up as one of the key focuses.
- 4.11 The Financial Inclusion Framework for Adur & Worthing has been produced by the Financial Inclusion Group (FIG), this, deals with prevention, early help,

debt and crisis. Action tables are included in the framework and it is a live document. Other Districts and boroughs are looking to adopt the framework for their own areas. The framework also covers fuel poverty.

- 4.12 Adur & Worthing councils have contributed a capital sum to the West Sussex Credit Union (WSCU) and they are looking for further corporate partners. Adur & Worthing have also pledged to promote the CU by having 100 staff members join up to saving with them. Ray Mason has recently resigned and Jenny King is currently holding the reins.

5.0 Sugar Reduction Presentation

- 5.1 There are several Public Health Campaigns running in January such as the Change 4 Life Sugar Swap one.
- 5.2 In 1991 the Committee on Medical Aspects of Food Policy (COMA) recommended that no more than 10% of the population's average total energy intake should be consumed as sugar. This is equivalent to 11 to 14 level teaspoons of sugar a day.
- 5.3 Often reduced fat products contain more sugar and supermarket promotions such as BOGOF are also on high sugar and fat products.
- 5.4 Locally there are often 'Food Deserts'. A food desert is a geographic area where affordable and nutritious food is difficult to obtain, particularly for those without access to a car. Food deserts usually exist in rural areas and low-income communities. Some research links them to diet-related health problems in affected populations.
- 5.5 Public Health are leading on a ten year sugar reduction programme starting with;
- link to the national behaviour change campaign on Sugar Reduction this month
 - Find local sugar champions in each District and Borough across public funded services
 - Pilot 3 projects – high energy drinks and teenagers, public catering procurement and healthy vending machines
- 5.6 The Leisure Centres have made improvements to their menus, which is currently being reviewed. Additional staff training will be investigated along with offering water as the default option for meal deals.
- 5.7 Please contact Sarah Jewell for further information. *Presentation attached.*

6.0 Sussex Community Health Trust Community Hospitals

No further information was received.

7.0 Health & Wellbeing Board Issues to Escalate

- 7.1 It was agreed to push the three priority ideas to the Health & Wellbeing Board.
- Alcohol (including dual diagnosis)
 - Mental Health
 - Older People and Social Isolation

8.0 Any Other Business

- 8.1 PAT South will be undertaking health checks in various areas during February.
- 8.2 As from 1st February 2015, Time to Talk will be taking self-referrals. Further information to be circulated in due course.
- 8.3 Voluntary Sector Funding Event and Exhibition will take place on 2nd February 2015 from 10.15am to 3.00pm at Worthing Town Hall. Contact Julia for more information and to book your place.
- 8.4 Disability Access Day on 24th January. Stands available to promote services.

9.0 Date of Next Meeting

Thursday 4th June 2015
10.100am
Committee Room 2, Worthing Town Hall