



HEALTH AND WELLBEING PARTNERSHIP

Notes & Actions

Date: Monday 7th December 2015
Time: 10.00am
Venue: The Gordon Room, Worthing Town Hall
Chairman: Tina Favier, Adur and Worthing Councils

Apologies: John Mitchell, Howard Bentley, Paul Engelmann, Sarah Owen, Simon Anderson

1. Reflections and actions from the last HWP

- **NEW ACTION:** Partnership members would like update on care act
- **NEW ACTION:** Heidi Luck to come to next meeting

2. Hot Topic: - Families

Childrens plan now ended, WSCC working on new West Sussex Families Plan. Readiness for school and attainment at schools.

ACTION: Jo Allatt to share educational supply chain and readiness for schools data collected for Waves Ahead Exec Board (showing how we compare nationally & to West Sussex).

a. Family Support Network (FSN) Intro

Jacqui Cooke

ACTION: Presentation from Jacqui to be circulated to HWP

Network is about providing early help (when it's needed) and building local relationships. Will have frontline worker events several times a year to ensure frontline workers are aware of the choices & services available locally. We have FSN and Early Help plan. Don't worry about going to the wrong place if you have a concern about a family as the networks connect to each other and will redirect if necessary.

Issue identified: Not everyone knows all services in area. Now developing an App (smart phone and desktop version), due to launch in Jan for direct frontline workers.

ACTION: Jacqui to circulate more info and send link to app once launched and emphasise message that if you are not sure where to go, head for FSN as first point of call.

ACTION: Katie Glover (MIND) to talk about adult mental health services and family support at next meeting (aware people cannot use mental health services if issues like childcare are not dealt with).

Point raised by Dave S: Schools can access Holistix (even if not WSCC run) if they are trained to use it, have so far sent pastoral leads.

ACTION: Jacqui to find out what extra support and plans need to be in place to help syrian refugees.

Update from Lydia; WSCC working with Sir Robert Woodard Academy to look at loneliness and mental health in the students (came about from active citizenship work). Next stage to create project with students e.g. mental health first aid training. **ACTION:** Lydia to link up with Katie at MIND and Heidi Luck to input to design of project.

Update from Janice: Wellbeing Hubs considering project with Mental health and homelessness. Complex client management system (the app) sounds helpful to allow frontline workers to join up services better (especially for those popping up in the system at various points and then falling back off radar).

ACTION: Tina suggested HWP has a morning dedicated to mental health at future session to allow exploring issues in more detail.

Next challenge for Think Family Early Help in 2016 is to provide places people can go if they are starting to struggle before a problem (going beyond children and family centres). Important to help with both prevention and resilience. Want to allow families to help themselves as well as frontline workers being able to help.

ACTION: All to spread the message to all frontline workers that not just Holistix, but lots the other support is available.

b. Understanding families needs

Heidi has developed profile for A&W - will be fluid document.

Key issues from families (from key workers for TFN):

- Need more support groups needed for ADHD and Aspergers
- Need more on non-violent resistance (kids refusing to engage but not actually kicking off)
- Emotional wellbeing projects (Julie Tidbury, WSCC doing one for 13 yr olds), need something for YP who are just under CAMs threshold in yr 6

People also mentioned

- benefit cap issues
- supporting families where yp have disability
- Need to approach yp mental health earlier - KS2 (7 yr olds), build resilience early

ACTION: Jo Allatt to share Eastbrook mentoring evaluation report with HWP

ACTION: Community profiling - anyone who wants to know more speak to Jo Allatt, otherwise will share link to new online profile tool & info when live (should be April 2016).

c. Child Sexual Exploitation

Jacqui Cooke

How do we get a really good understanding of our profile so we can target?

ACTION: All should read Rotherham report

(http://www.rotherham.gov.uk/download/downloads/id/1407/independent_inquiry_cse_in_rotherham.pdf).

Work around identifying and disrupting activities & also working with local people such as taxi drivers to do their bit. Big thing is to raise awareness as much as possible.

3. Five to Thrive event feedback

Jacqui Cooke

Recently held 2 events (full days) at Avisford park (Arun) and Worthing. Looking at the effects of parenting on brain development (from pregnancy to 2 years). Promotes attachment between babies and mums. **ACTION:** Jacqui to send info from event on the "5 ways" around

HWP. Could link to “enjoy your baby” resilience pathway that MIND have developed that could follow on from 5 to thrive.

Need to ensure Frontline workers aware of what support is available (signpost to doors and training) and possible annual event - need more strategic plan.

4. Update on Loneliness

Bill Demel

Guildcare meeting CCG to work up campaign and link to GPs.

Older people but also adolescents and young adults are target groups. January - plan to bring people together and decide on the right approach and signposting.

Looking at digital caring app to allow people to connect and help lonely people

Homeshare - Identified lead person at Guildcare to develop this. Hope to start to launch service in January (recruiting householders and homesharers).

Working with MIND on some exciting ideas

Need to connect with more young people services!

Don't forget Guildcare offer Christmas day service will be running. Signpost to Bill if people want to refer people for it.

5. Short updates

All

Tina - Systems Leadership and mental health (working with Local Vision).

Purpose to think about how we lead in different ways going forward, taking into account complex issues and multiple agencies and exploring solutions together. Using a different approach on an issue working together to solve problem and unblock things. 2 issues explored, one includes hospital discharge, homelessness and mental health. Second issue is on YP and mental health but not been progress yet. Interesting feedback that in West Sussex we have a very polite system. Need to be able to reflect and challenge more (in a constructive way). For HWP - we need to have shared purpose.

ACTION: Tina to feedback after meeting next week and provide more docs on it in future including the learnings (knowledge capture). Recognise at present there is no strategy for Mental Health from a strategic perspective in A&W. Would like to create something including a conversation about what do we mean when we say mental health i.e. does it include dementia?

James Murphy (CRI) - CRI have been awarded contract for next 5 years. Want to get more involved in Mental Health and Loneliness and dual diagnosis (drugs and alcohol). Expect to run events to launch new service in Summer.

Roger Lightbown (Independent Lives) - Advocacy service going well (running from GP surgeries), splitting hub into two to encourage more referrals. Creating Advocacy pathway (visualisation what support people could get).

Janice Hoiles

- Wellbeing have put in a bid for “Whole Systems Obesity” work (with Leeds Beckett univ.), awaiting response.
- Food - Interest in creating a food partnership in A&W. Planning event in spring.

Katie Glover (MIND) - mental health service for YP now up and running 16-25yrs.

ACTION: Katie to circulate info on service.

Cllr Val Turner - Val has referral forms for Salvation Army hampers for struggling families this Christmas.

Priority for next meeting: Mental Health focus - Aim for a half day, not just 2 hours. What is going on and how do we connect it up more meaningfully (where are the gaps).

ACTION: send out 10 point plan how we become mental health champions

6. Planning for next time and Date of Next Meeting (March 2016)

ACTION: Jo Marshall-Inns to email all with next dates.