

# Health & Wellbeing Partnership Meeting

Wednesday 28<sup>th</sup> September 2016

2.00 – 4.00pm

The Gordon Room, Worthing Town Hall

## Minutes

### Present:

Roger Oakley (RO)	West Sussex County Council
Lydia Schilbach (LS)	West Sussex County Council
Caroline Bucksey (CB)	West Sussex County Council
Val Turner (VT)	Worthing Borough Councillor
Janice Hoiles (JH)	Adur & Worthing Councils
Katie Glover (KG)	Coastal West Sussex MIND
Tom Visconti (TV)	Community Referrer (A&W Councils)
Sally Polanski (SP)	Community Works
James Hardy (JHa)	Community Referrer (A&W Councils)
Bill Demel (BD)	Guild Care
Vanessa Taylor-Berry (VTB)	Sussex Community NHS Foundation Trust
Roger Lightbown (RL)	Independent Lives
Jacqui Cooke (JC)	Adur & Worthing Councils
Jo Marshall-Inns (JMI)	Adur & Worthing Councils
Tina Favier (TF)	Adur & Worthing Councils
John Holmstrom (JHo)	Worthing Churches Homeless Projects
Lynda Nurse (LN)	South Downs Leisure

### Apologies:

James Murphy	Change Grow Live (CGL)
Claire Jones	West Sussex County Council
Lee Furlong	Central & South Sussex CAB
Howard Bently	Coastal West Sussex CCG
Duncan Anderson	South Downs Leisure
Paul Engelmann	West Sussex County Council
Sarah Owen	Healthwatch West Sussex
Arjan de Jong	Adur & Worthing Councils
Steph Baxter	West Sussex County Council
Paul Riley	Worthing College
Rani Dhillon	Coastal West Sussex CCG

## **1.0 Welcome and Introductions**

- 1.1 Tina welcomed everyone to the meeting and round the table introductions were made. The last meeting had been held back in March and had been theme based focusing on Mental Health using a life stage approach. *A summary of the meeting is attached to these minutes.*

1.2 Following on from the last meeting it clearly showed a gap around the support which can be given to families and it was agreed to revisit this at the next meeting.

## **2.0 South Downs Leisure – One Year In (Active and Involved Communities)**

2.1 South Downs Leisure is a charitable trust which is responsible for the management and operation of the Council's leisure facilities. It consists of five sites Splashpoint Leisure Centre, Davison Leisure centre, Field Place Manor House, Worthing Leisure Centre and Worthing College Fitness Centre.

- In 2015 there were 1.5 million visits across the 5 sites.
- There are 10,400 fit 4 members.
- They run 370+ fitness classes per week
- 1850 Aqua school lessons every week
- Working with Public Health on joint initiatives including increased participation in activities such as the 10 minute Disney shake up for kids and healthier options within their cafes and vending machines.
- Family fitness challenge where families compete in 30 activities and win awards and prizes. This is free to enter.
- Partnering with Oakgrove College as part of their inclusive summer holiday programme aimed at kids with learning difficulties.
- Environmental Awareness – encouraging a greater appreciation of the natural environment in partnership with South Downs National Trust and The Wildlife Trust.
- Outreach Activities – local events and carnivals, schools outreach, engagement with local wellbeing hubs (including hospitals and GP surgeries).
- Think Family Partnership – working with the council's wellbeing team to encourage families in need to build on their strengths and find solutions to personal difficulties.
- Worthing Parkrun is a 5km run which takes place every Saturday at 9.00am – Over 800 unique users in the first 5 weeks alone.
- Charity partnerships – working with charities such as Outreach 3-way supporting those with autism and learning disabilities.
- Field Place achieved a Green Flag Award – recognised and rewarded for being one of the best community green spaces in the country.
- The Phoenix Club at Worthing Leisure Centre – Fun filled Fridays for active over fifties.
- Walking football – very popular and now part of a league.
- Weight loss and lifestyle challenge – changes attitudes towards fitness and healthy eating, starts in January every year
- Exercise Referral programme – for those that have suffered from illness or recently had an operation.
- Disable Access Day – Yearly event to show the local community that they are an access friendly venue

- Green Dreams – community food and greenspaces festival, a collaboration of local community projects and producers from Adur and Worthing.
- Dementia Friendly – South Down Leisure are becoming a dementia friendly organisation – ensuring that people with this condition feel understood, valued and able to contribute to their community. All staff are currently undergoing training.
- Sustainable Sussex – is a community garden project based at Worthing Leisure Centre, working with people who find access to the workplace difficult.
- Goodgym – Encouraging customers to support older people, get involved in community projects and get fit at the same time. Now have 100 participants.

2.2 Parkrun on Saturday 15<sup>th</sup> October is being taken over by MIND as part of Mental Health week. Please promote or come along and join in.

### **3.0 Going Local – A New Community Referral Approach**

3.1 Going Local has emerged from the growing collaboration between Adur and Worthing Councils', CWS CCG and West Sussex County Council (WSCC). It has been developed to explore and deliver new and innovative ways of tackling entrenched and complex issues in communities by connecting primary care, public services, the voluntary sector and communities, by focusing on the needs and resources of individuals. It can be referred to as Social Prescribing or Community Referral.

3.2 Its purpose is about uncovering issues at source and connecting people to services and support networks in local places. Going Local seeks to develop the project over a 24 month period in two neighbourhoods (Eastbrook in Adur and Northbrook in Worthing), building on the work of the Wellbeing Hubs and Think Family Neighbourhoods in these areas. Community Referrers will work in an integrated way in and across a number of systems Primary Care, Councils, Voluntary and Community Sector – to identify, work with, refer and signpost individuals with emotional wellbeing or low level mental health needs, long term conditions or those who are vulnerable to services and community activity in their area.

3.3 At the heart of the approach is a person centred focus; understanding their needs (and capabilities) and tackling these at source through a combination of behaviour change, development of new habits and cultivation of social networks. Referral sources will be carefully selected and referral routes established. Seven GP Practices will be involved in this work across the two areas.

3.4 Going Local recognises that a significant number of patients that present to GP's report concerns that can be more effectively addressed by non-medical interventions or are the responsibilities of other agencies/services. Only 30% of a persons health is directly impacted by health services (i.e.

medical interventions). The other 70% is by the wider determinants of health:

- Where we live
- Our support networks
- Our education
- Our work
- Our friends

3.5 Three new Community Referrers (Tom Visconti, James Hardy and Katie Willis) will be looking at the design of the service which is due to start at the end of October and will also identify a d look at how to develop referral pathways.

3.6 Initially it is envisaged that the service will receive referrals via the primary care team (GP's, nurse practitioners, district nurses, health visitors) who are able to refer using a simple referral template. Target groups would include those with long term conditions (LTCs), low level mental health and emotional wellbeing issues. Completed referrals will be sent on to the Community Referrers who will then triage the referral and contact the individual within 7 days. At the first meeting the level and type of intervention will be agreed with the individual before they are navigated on to the most appropriate service.

3.7 The voluntary and community sector has an invaluable role to play in social prescribing. They:

- understand and are familiar with the range of support services available
- are able to provide specialised services
- understand and already work closely with the target demographic
- work holistically with people around their wellbeing
- are able to support 'wellness', rather than just treat illness, due to their knowledge about the wider factors that affect health eg poverty, education and isolation

3.8 It is expected that the community referrers will initially work with a small cohort of organisations in the voluntary and community sector who are able to receive referrals and support the patients in meeting their identified needs. Referrers will be making contact with key organisations during the autumn and Community Works will be supporting organisations who want to be involved. The pilot is operating in a limited geographical area and it is important to start small and learn from the approach, rather than assume large scale change at this point.

3.9 It is anticipated that participating organisations will have experience and expertise in:

- preventing people from becoming ill or frail in the first place eg providing support on staying in good mental and physical health
- helping someone manage a condition as well as possible or preventing a deterioration in an existing condition(s) eg providing information, advice and guidance services, day activities or self-run older people's groups

- active support to help someone regain as much autonomy and independence as possible, eg providing practical support at home, advocacy support, carers' services and befriending
- providing support within the Eastbrook and Northbrook localities or across Adur and Worthing

3.10 The programme will take an asset based approach and build on the good practice which already exists. It will also identify and address gaps in provision and activities. We will be working with commissioners to inform and shape future commissioning of services and seeking to improve integration across sectors. As much as it is about helping some patients to access better services, the project is about exploring ways in which voluntary and community organisations can play a greater role in health and social care in future and what support and development is needed for their role to be maximised.

#### **4.0 Mental Health - A New Approach Involving the Voluntary Sector in CWS.**

4.1 Coastal West Sussex CCG is committed to enhancing the existing targeted Mental Health support services, sometimes called Tier 2. In CWS, these services are currently provided by 3<sup>rd</sup> sector organisations (eg: MIND, Richmond Fellowship, The Corner House etc) and statutory NHS services (Time to Talk, Sussex Community NHS Trust). They currently offer a range of services to support people who are recovering from an episode of mental illness, or managing a long term mental illness (eg: courses, social activities, peer support, employment support). The CCG, through MH Commissioners, has commissioned these services for a number of years. However, there are gaps in the current provision of services and some duplication.

4.2 Project Aims and objectives are to:

- build greater capacity and enhance the role of Tier 2 so that more people can access these services quickly, preventing the need for specialist MH services and drawing people out of specialist services back into the community
- build a cohesive network of Tier 2 support in CWS, offering an equitable service
- ensure that the Service users and Carers experience these services as empowering, helpful & hopeful, inclusive and family friendly, accessible (location, opening hours, open access) whilst reducing social isolation through outreach and community engagement.
- improve the physical health of those with mental health problems
- improve the links with universal health & wellbeing services, particularly the wider determinants of mental wellbeing.

4.3 The new Tier 2 services will be available to anyone aged 18+ years (no upper age limit), living in the Coastal West Sussex area with MH problems.

- 4.4 The project is seeking to make significant changes to how these Tier 2 services are delivered, by commissioning for outcomes and co-production using an Alliance Contract. An Alliance Contract is a new form of contract to be used in the NHS, although often used in the 3<sup>rd</sup> sector, it brings a number of provider organisations together, to work collaboratively with shared responsibility for delivering the whole service.
- 4.5 Two Mental Health Service Alliance Steering Groups will be set up one for the South and one for the North which will comprise of a number of providers along with representatives from Healthwatch West Sussex which are currently being advertised for.
- 4.6 Dementia Services were missing in the Alliance and carers felt that they had not been listened to. KG and BD will continue to keep dementia as a high priority.

**Action: Items for next meeting – Updates on the mental Health Alliance and dementia.**

## **5.0 Health & Wellbeing Board (issues to escalate)**

- 5.1 KG is keen for the community to become a Time to Change Hub. Funding is available for local Health & Wellbeing Boards and Local Authorities to apply for. <http://www.time-to-change.org.uk/get-involved/hubs>  
**Action: TF to raise this with the HWB**
- 5.2 Money and energy, warm and well campaigns this winter. Are there any initiatives running? Current funding is due to end soon.  
**Action: BD to forward further details to TF**

## **6.0 Updates**

- 6.1 *Health & Wellbeing Network for VCS Organisations* – Community works will be working with a cluster of local organisations to offer training, development and workshops and will be putting forward representatives to the HWP. There will be three thematic groups set up The Health & Wellbeing Network, the children and Families Network and The Volunteer Coordinators Network. If you want to know more or have any comments please contact Sally Polanski.
- 6.2 *Integrated Prevention and Earliest Help Offer* – A recent report to the Children & Young People's Services Select Committee <http://www2.westsussex.gov.uk/ds/cttee/cyps/cyps080916i5.pdf> had led to some concerns and RO wanted to know how much everyone knew about this. Locality hubs have been meeting regularly to look at the co-design of integrated services. There is a consultation event at Field Place on 4<sup>th</sup> October.

- 6.3 WCHP – Now working with Sussex Community NHS trust to provide Tier 2 mental health support to service users. Mental Health and homelessness meetings going well and is a good way to build relationships.

## **7.0 Any Other Business**

- 7.1 Last week the Wellbeing Hubs had had a presentation for Jacqueline McClean using great infographics to present different data sets. JH suggested that Jacqueline should be invited to the next meeting to present some local data and health and wellbeing needs. This was agreed and if you have specific data that would be useful let JH know so she can pass this on.

**Action: JH to invite JMc to the December meeting**

- 7.2 Mental Health Week – Week beginning 10<sup>th</sup> October

- 7.3 MIND run a number of training courses including in-house training. Contact KG for further details

- 7.4 Changes around supported housing are being made, need to look at how support is changing.

**Action: TF will bring further information to the next meeting.**

## **8.0 Date of Next Meetings**

Wednesday 14<sup>th</sup> Dec 2016, 10.00am, The Gordon Room, Worthing Town Hall  
Thursday 16<sup>th</sup> March 2017, 10.00am, the Gordon Room, Worthing Town Hall