

# Health & Wellbeing Partnership All Ages

Meeting of Wednesday 5th April 2017

2.00 - 4.00pm

The Gordon Room, Worthing Town Hall

## Minutes

### Present:

Mary D'Arcy (Chair)	Adur & Worthing Councils
John Holmstrom	Worthing Churches Homeless Projects
Val Turner	Worthing Borough Councillor
Tamsin Solomon	West Sussex County Council
Gabriella Oakley	Community Works
Lydia Schilbach	West Sussex County Council
Vanessa Taylor-Berry	Sussex Community NHS Foundation Trust
Bill Demel	Guild Care
David Simmons	Adur District Councillor
Janice Hoiles	Adur & Worthing Councils
Maxine Thomas	Impact Initiatives (Community Works Rep.)
Ann Barlow	Guild Care (Community Works Rep.)
Duncan Anderson	South Downs Leisure
Rhian Francis	Adur & Worthing Councils
Howard Bentley	Coastal West Sussex CCG
Nikki Gatland	Impulse Leisure
Emma Scrymgeour	Impulse Leisure
Claire Toon	WSSCC Research Unit
Rachel Potts	West Sussex County Council
Paul Riley	Worthing College
Jacqui Cooke	Adur & Worthing Councils
Jo Marshall-Inns (Minutes)	Adur & Worthing Councils

### Apologies:

Paul Engelman	West Sussex County Council
Jackie Davey	The Cornerhouse
Arjan de Jong	Adur & Worthing Councils
Roger Oakley	West Sussex County Council
Lee Furlong	Central & South Sussex CAB
Tina Favier	Adur & Worthing Councils
Graham Vagg -	West Sussex County Council

## 1. Welcome and Introductions

A welcome from the Chair was followed by self-introductions.

## 2. Minutes of the Previous Meeting (14th December 2016)

2.1 *Parkrun (2.1)*: Just had the 10,000th runner.

2.2 *Warm & well campaigns update (2.3)*:

**Action: Tina Favier** to arrange update for the next meeting.

2.3 *Housing & Health (2.5)*: The West Sussex Strategic Housing Group chaired by Diane Shepherd, CEO of Chichester District Council will be doing a governance piece to help maintain the connections between the Districts and Boroughs. Ideally this will be fed back to this group.

2.4 All other actions were either completed or are covered elsewhere on the agenda. The minutes of the meeting of 14th December 2016 were agreed as an accurate record.

## 3. Updates

3.1 *Social Isolation (Bill Demel)*: Guild Care are looking at ways in which partners can work together to reduce social isolation in mainly older people (whilst not forgetting that this is increasing across the age ranges). Good improvements have already been made and a range of 'identifiers', people who come into contact with people experiencing social isolation have now been established. These include community services, GP surgeries, faith groups, social clubs and statutory services amongst others.

With the recent introduction of the Community Referrers into some GP practices, there will be the opportunity to explore the causes of loneliness and what barriers there are to accessing services. There are already a number of resources available such as Good Gym, RVS, volunteering and befriending groups which need to be publicised to a much wider audience.

The next step is to increase awareness, continue to work with national agendas and to develop a quick and easy-to-use referral form which can be used by front line workers such as Paramedics and the Community Referrers to identify those at risk of becoming socially isolated.

Guild Care have put together a list of support services locally, these services should also be included in the Service Delivery App.

**Action: Jacqui Cooke and Bill Demel** to meet to look at the App.

**Action: Rhian Francis** to provide a contact for Shoreham Fire Station who now host a lunch club for Age UK.

- 3.2 Going Local - Interim Evaluation (*Claire Toon / Gabriella Oakley*): This approach aims to break down the current boundaries between primary care and communities and to encourage more focus on the needs and capabilities of individuals. GP's refer patients, needing non medical support and advice to a Community Referrer who will explore with the individual their underlying issues and if appropriate, will refer them to a range of services and support in the community. The pilot scheme was introduced in October 2016 and to date has had 199 referrals into the service.

The purpose of Going Local is to:

- Reduce dependencies and increase control
- Reduce inappropriate use of GP services
- Reduce avoidable hospital admissions
- Identify service gaps to inform commissioning
- Increase value and impact of local community

Since it's launch, the team have seen a steady influx of referrals. Although these tailed off a little towards the end of 2016 / early 2017, Worthing Medical Group have made a significant impact since joining the scheme.

2/3rds of referrals are women and the mean age is 52. Emerging themes include mental health, complex cases and general health and wellbeing. Referral reasons include lifestyle, housing, money, isolation and employment, education and training (EET). It is too early in the scheme for outcomes.

Community Works have signed up 50 organisations so far for referrals to be made into, with very positive feedback. They are also working with Brighton and Hove to help those who attend Doctors and services across the border.

- 3.3 Local Community Networks (LCNs) (*Jacqui Cooke / Howard Bentley*): West Sussex Coastal Care is a partnership of health providers, commissioners and councils with a bold and ambitious mission of developing more integrated community health approach to supporting our communities, focusing on the health of whole communities and the

assets within our communities (buildings, organisations, people, places and knowledge) rather focussing on deficits i.e the health needs of those who are 'sick'. The long term ambition is to create networks that prevent illness before it takes hold, but recognising that this is a journey that needs to understand and build strong networks of

- Clinicians and health care professions
- Community leaders
- Community and voluntary sector providers
- Patients, families and individuals
- Local authority and other statutory bodies

At the heart of building and LCN is a commitment and desire from health and social care to create a new way of working around local people and communities.

They are about:

- Forming and developing new relationships between General Practice, Community Nursing and other community health teams, local hospitals, Social Care, Councils (social care, wellbeing, public health, and Communities), Voluntary Sector.
- Focusing on individuals, what they need and have already;
- Creating services that are based around people - doing things together across the NHS, challenging ourselves, changing / adapting and pooling resources.
- Redefining what health means to communities - with more focus on prevention, communities, and focus on those that need services most.

There are 6 localities: Adur, Arun, Chanctonbury, Cissbury, Chichester, Regis with Cissbury being broken up into North and South. Initiation meetings have now taken place in each area where individual priorities were identified. Each network will be different.

**Action: Tina Favier** to send round more information on locations and Summary

**Action: Mary D'Arcy** to include on the next agenda

- 3.4 Wellbeing Programme (*Janice Hoiles*): The overall purpose of the wellbeing programme is to prevent ill health, particularly although not exclusively, cardiovascular disease in adults of all ages, young people aged 16-18 and families. The programme consists of a core service and a wider wrap around programme of activities.

The core service consists of 6 Wellbeing Advisors who offer one to one's, Wellbeing MOT's and Workplace Health sessions and a Wellbeing website. There are a number of additional programmes:

- Pre diabetes Sessions - 2 held each month in both Adur & Worthing, Clients identified by their GP and referred on.
- Adult Weight Management Courses
- Cookery Courses - targeted basic level cooking skills led by the Health Champions
- Get Active & Physical and Activity on Referral - Taster sessions
- 65+ Health & Wellbeing Activities and Falls Prevention - led by Guild Care
- 65+ Outreach - Reducing Social Isolation
- Drink Coach - Online Alcohol Intervention (*New for 2017*)

### 3.5 Community Works: Health & Wellbeing Network (*Gabriella Oakley*):

The purpose of the network is to share learning and good practice and explore opportunities, policy and partnership development on health and wellbeing issues. It seeks to develop a peer support space, and to provide training opportunities for bids and tenders. It also provides a forum to which members can invite policy makers, to create direct dialogue and a space for consultation with the voluntary and community sector in Adur & Worthing. The date of the network meeting is **Wednesday 12 April 2017 at 10.00am in The Gordon Room, Worthing Town Hall**. These meetings will be quarterly.

## 4. Sport England Local Delivery Pilots

4.1 Adur & Worthing Councils have put in a bid to be a local delivery pilot area for a share in £130 million for 10 areas over a period of 4 years. This is for increasing activities and health and wellbeing and if successful this partnership would form part of the governance for this pilot.

## 5. Platforms for our Places

5.1 'Platforms for our Places' is the Councils new strategic plan for the next three years. A copy of this document was circulated with the agenda, please read it if you can.

**Action: Mary D'Arcy** to include a further update at the next Meeting.

## 6. Priority Setting for 2017/18

6.1 Presentation - Community & Wellbeing Intelligence & Evidence Framework 2017/18 (*Jacqui Cooke / Rhian Francis*): The approach of the Communities & Wellbeing Team is predominantly around early help

and prevention, in order to reduce the risk of issues escalating, as well as reducing the repeat demand on services. This Intelligence & Evidence Framework (IEF) has been produced by the Communities & Wellbeing Team (C&W). The aim of the IEF is to provide a clear and sound evidence base, on which to prioritise the efficient use of resources across the Communities & Wellbeing Team. This framework will identify key areas of focus, which will determine the work programme for the team in 2017/18 and set the criteria for all commissioning of external projects and grants.

There will be three themes which will provide a focus for the work of the team:

- Health and Wellness
- Safer Communities
- Vulnerable Communities

A number of surprising key facts came out of the evidence:

- Across both Adur & Worthing levels of healthy eating (consumption of 5 or more portions of fruit and vegetables per day among adults) are below the national and county-wide averages (Adur 26% Worthing 28.8% of the population)
- 21% of reception aged children (aged 4-5 years) measured as having excess weight, which is below the national average. In Adur there is increasing concern for the number of 10-11 year old children who are classified as obese. Across both Adur & Worthing the levels of obese adults is higher than the national average of 24.1% of the population (Adur - 27.8% Worthing - 25.1%)
- Diabetes levels in Adur measure 7.4% of the population, and in Worthing this is level with the England average of 6.4%. In Worthing, it is predicted that there will be a 43% increase in the levels of diabetes (type 2) between now and 2030 in those aged 65+. There is a clear link between weight and the increased risk of being diagnosed with diabetes
- GPs when surveyed across West Sussex identified that alcohol (96% of all responses) was the most significant type of substance use/misuse compared with other legal, illegal or prescribed substance. Cannabis, also featured highly with 72% raising this as a concern
- In Worthing, binge drinking records higher levels (18.8% of the population) than compared with the county (16.6%)<sup>1</sup>. By 2019 it is predicted that across Adur & Worthing, there will be 17,460 people aged between 18-64 years old, who will have a mental

health problem. This equates to approximately 1 in 10 people in our communities

- The rate of emergency hospital admissions caused by intentional self harm in 2014/15, was recorded as 4 321.8 per 100,000 in Adur and 306.1 per 100,000 in Worthing
- The most prevalent cause for emergency hospital admissions in Adur is coronary heart disease and in Worthing this is hip fractures. For elective admissions, coronary heart disease is by far the most prevalent cause across both areas
- Smoking in Adur is prevalent in 22.3% of the population, compared with a county average of 19.4%<sup>1</sup>. The detection rate for chlamydia in Adur & Worthing for those aged 15-24 years old is significantly higher than any other area in West Sussex and is rising. In Worthing levels of detection are three times higher than the England average and those seen in other districts and boroughs in West Sussex
- In West Sussex, the lowest areas for sports participation (measured as people participating in sport at least once a week) is in Adur (33.5%)
- 29% of older people in Adur and 27.1% in Worthing are moderately or severely lonely
- It is perceived that loneliness and social isolation is only experienced by those who are elderly, however, the Mental Health Foundation found loneliness to be a greater concern among young people than the elderly. They conducted a survey that found that those aged 18 to 34-years were more likely to feel lonely often, to worry about feeling alone and to feel depressed because of loneliness than those who are over 55+.

**Action: Jacqui Cooke** to provide full document for circulation with the minutes.

## 6.2 What are the priorities coming out of this?

Small group discussions took place, which were then fed back to the rest of the group. Priorities for the coming year included:

- Physical Activity across the lifespan
- Mental Health
- Identify core themes
- Integration with health and the VSC
- Build on the work of the LCNs
- Social Isolation
- Young children - working with them before the age of 10 years to instill good life habits
- Links to Health & Housing

- Strong prevention focus
- Change in public attitude - make services affordable / accessible / appropriate
- Enabling and empowering people to come together

Link to the Shifting the Balance of Care website:

<http://www.shiftingthebalance.scot.nhs.uk/improvement-framework/>

## **7. Next Meeting**

- 7.1 The Next meeting will take place on Monday 10th July 2017, 11am - 1pm in The Gordon Room, Worthing Town Hall. Items for the next agenda will include LCNs and a piece on resilient schools from Tamsin Solomon.