

KETTERING HEALTH & WELLBEING MEETING

16th April 2015

Present: Patricia Dewar (Groundwork / Kettering Voluntary Network, PD), Jenna Bartley (KBC, JB), Leona Mantle (KBC, LM), Russ Howell (KBC, RH), Kate Holt (Healthwatch, KH), Joseph Pryce (Nene CCG, JP), Tracey Angus (Nene CCG, TA), Charlie Brewster (PE & School Sports Partnership, CB), Clare Culpin (KGH, CC), Stephen Marks (Public Health, SM), Rajwinder Gangotra (Public Health, RG), Jayne Evans (NHFT, JE), Rachel Bradshaw-Wilson (Accommodation Concern, RW), Micky Berry, (Northants Fire & Rescue, MB), Cllr Eileen Hales (EH), Cllr Mick Scrimshaw (MS)

Serial	Issue	Action	Owner
1	<p><u>Welcome & Introductions</u> PD welcomed the group and introductions were made.</p>		
2	<p><u>Apologies for Absence</u> Received from John Conway, Debbie Egan, Sue Watts, Sandra Mellors, Peter Lynch, Louise Tarplee, Shirley Plenderleith, Carole Stephenson, Deborah Mahon and Insp. Adam Ward.</p>		
3	<p><u>Matters Arising/Minutes from Last Meeting</u> The committee was happy that the minutes of the previous meeting accurately reflected the discussion and there were no matters arising not covered on the agenda.</p>		
4	<p><u>Workshop Recap</u> JP recapped on the workshop held in February. The purpose of the workshop was to redefine our priorities and begin identifying ways of working to impact on these issues together. Priorities shared priorities identified included:</p> <ul style="list-style-type: none"> - Encouraging people to take responsibility for their own physical / mental health - Making people feel safe and supporting them to live independently - Healthier Workforce - Healthier lifestyles - Mental Wellbeing & Social Isolation - Alcohol Misuse 		

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5	<p>Committee Priorities</p> <p>TA and JP proposed a model for developing an Action plan which incorporates these large priorities but in a manageable way, as an example looking at people living with a long term condition such as COPD. This can be broken down into multiple sections, such as the effects on mental health (eg. Social isolation, depression), physical health (shortness of breath, reduced physical activity) and also social factors (eg. Inability to do housework, reduced income, etc.). Additionally there are aspects around raising awareness and promoting a healthy lifestyle for disease avoidance.</p> <p>This would allow various schemes to be designed and delivered that focus on these smaller factors, with different members of the forum contributing to the projects relevant to their organisations, and feeding back to the committee on progress.</p> <p>CC agreed that this is an important issue for Kettering; the biggest pressures to the hospital this year have been respiratory-related and the longest delays to discharge are as a result of long term chronic respiratory illness. Additionally the quality of life for these patients is very poor. CC suggested changing the focus from the disease-centred COPD focus to a more wellbeing-centred approach, 'Breathe'. This could then also include the aspects of calmness, reducing and avoiding stress. A mindfulness App is currently being incorporated by several large businesses and schools. Equally this priority could consider environmental issues.</p> <p>The group discussed quick wins which could fall under this new priority. One issue raised is the fire risk associated with people living with limited mobility. MB commented that the Fire Service isn't aware of those who have Oxygen cylinders in their homes. If they are informed when people are given cylinders, they can deliver a free fire safety lesson. The Fire Service have been meeting with young people to educate on subjects such as Road Safety, Home Safety and also health & wellbeing messages. Often at this age behaviours are ingrained and difficult to eliminate. However it would be useful to link in with the work in schools JB has been carrying out with younger children.</p> <p>RW – it would be interesting to see the figures of young people smoking and the effects of the introduction of e-cigarettes.</p> <p>TA suggested creating a smaller steering group to meet before the next meeting and map out how this priority could be delivered and the projects that would fall underneath it. This was agreed, with CC, PD, SM, RG, CB and KH volunteering to form this group. A working document detailing these projects was proposed which would provide a summary of the initiatives and progress reporting. This could be shared regularly or held on a cloud server to allow access to all.</p> <p>It was agreed that the Health and Wellbeing Forum could be involved in other pieces of work, eg. Drug/Alcohol misuse, without it being confirmed as a priority for the group.</p>	<p>Arrange Steering Group Meeting</p>	<p>JP</p>

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6	<p>Purple Flag Update</p> <p>RH updated on Kettering's Purple Flag status application. Purple Flag status is an achievement which demonstrates the town centre night time economy is being managed in a way that meets or surpasses the standards of excellence and indicates an entertaining, diverse, safe and enjoyable night out. This takes into account various factors including crime and safety, entertainment options, how people feel and environmental factors. Kettering is the only town in the East Midlands applying.</p> <p>Kettering's application began over a year ago with changes to the way the town's night life looks, and has been working with local businesses including pubs and clubs. A local assessment was made in May 2014 and January 2015 before the application was submitted. A formal assessment then took place in March. Positive feedback was received but the results will not be available until after the May election.</p>	Update on outcome	RH
7	<p>Update from Nene CCG</p> <p>Collaborative Care Team Update -</p> <p>Age UK will be providing the social aspect of the CCT and co-ordination through the recruitment of a Care Co-Ordinator, who will be able to signpost to existing services such as financial advice and befriending. Often these patients are so isolated that they cannot access these services themselves.</p> <p>NHFT will be providing the health element and have begun delivery in 1 care home, looking to progress into further care homes and eventually out into the wider community. So far the feedback has been very positive both in terms of numbers and positive stories of individual patients.</p> <p>The CCTs are not prescriptively for over 65s and will not exclude vulnerable people based on the year that they were born.</p>		

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8	<p>Update from KBC</p> <p>JB – Currently recruiting to Community Sports, Health & Wellbeing casual posts, these will be focused on delivery in the community, eg. Mini health checks, weigh ins, summer sports trainers, cooking, etc. The posts are advertised on the KBC website. www.kettering.gov.uk/jobs</p> <p>Weetabix is holding a Health & Safety week in July (w/c 6th July) and has a budget for the week. If anybody wants to be involved or has any health messages they would like to have shared at the event please contact JB.</p> <p>Health checks have been carried out in local hairdressers and other small businesses along the high street in Rothwell which worked really well. Any suggestions of other local businesses that would lead to at least 8 health checks taking place are welcome to be referred to NHS Healthchecks or Jenna can do Health MOTs for those that don't qualify for NHS Checks.</p> <p>Walking football is starting at Desborough Leisure centre on 1st May, and is already taking place in the evenings in Kettering. Health walks also continue and anybody interested in becoming a walk leader can contact JB- nwext course is 13th May at Teamworks Kettering.</p> <p>4 members of staff at KBC have been trained to deliver the targeted childhood obesity programme 'Alive N Kicking' organised by NHFT. This will be piloted to replace MEND. After School Cooking Clubs continue to be run by KBC in schools in partnership with Public Health and Co-Op.</p> <p>2 'Learn 2 B' courses will be run in the Cornmarket Hall in the summer as it was felt that there is a gap in delivery of these courses in Kettering. KBNC are supplying a free venue for this.</p> <p>There will also be a stress awareness afternoon at KGH later today.</p> <p>RH – There will be a Healthy Eating Award session ('Eat out, Eat well') at the Cornmarket Hall on the 19th May. Stands are available for organisations who would like to attend.</p> <p>The Women's cycling tour stage 3 will be finishing in Kettering. This is a fantastic opportunity to bring society together and promote ongoing cycling and health in general. Attendance is estimated between 5,000 - 15,000 depending on the weather. Stalls will be set up on the high street for public engagement.</p> <p>LM – The Housing Team produce a Tenants' Newsletter 4 times a year; in June this will be a wellbeing issue. Whilst the focus is predominantly on financial wellbeing, any contributions are very welcome. Any suggestions should be sent to LM on leonamantle@kettering.gov.uk, ideally by the 24th April as the deadline for production is the 19th May. Services promoted are preferably free and local.</p>		

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9	<p>AOB</p> <p>SM – Another big initiative to increase mass participation and promote ongoing health is the 20 million steps scheme. There will be an event in Northampton on the 30th April for partners to learn about the event. On the 4th June the Health and Wellbeing Board is having a development session focused on food. This will include all elements such as healthy eating, obesity & diabetes, environmental issues of food production, industry and economic factors, etc.</p> <p>Forum members were encouraged to read the Wellbeing CIC briefing paper.</p> <p>KH – the Healthwatch Youth Conference in February was considered a really positive experience with 70 young people attending and lots of good feedback. Healthwatch will be running two workshops in May to build on the viewpoints collected on the day.</p> <p>RW updated on a range of projects that Accommodation Concern is currently delivering: The Laura Project – holistic advice in Kettering and Corby boroughs – this project focuses on removing the obstacles which prevent people from living their lives in safe and healthy ways. It deals with a wide range of issues through its drop in advice surgeries and positively encourages people to get involved in volunteering, employment, education and training. The Dauntless Project – delivers specialist housing advice in Kettering Borough at present. They are situated in the KBC one stop shop 5 mornings a week and do follow up appointments at our offices. They prevent and alleviate homelessness, deliver housing advice and also advise and assist rough sleepers. The Preventative Outreach Project (name may be changed when the service users have decided on it) offers one to one preventative advice and motivational support in Kettering and Corby boroughs which is designed to prevent people’s needs from escalating and to challenge issues of lifestyle, housing and health which are interfering with a household’s ability to thrive. The Ark – AC are involved with Rockingham Road Baptist Church’s Community Café which will open in May or June and will be offering advice and support alongside the café.</p> <p>The terms of reference state that the Chair is rotated each year and PD will be nearing the end of her term. This will be added to the agenda for discussion at the next meeting. PD also commented that it was refreshing to change venue this month and suggested hosted a meeting during Summer at the Green patch.</p>	SM to send to JP for circulation.	SM
10	<p><u>Date & Time of Next Meeting</u> 18th June, 10am – 12pm.</p>		