

## Kettering Health and Wellbeing Forum

Thursday 16 March 2017, 10.00-12.00

The Green Patch, Valley Walk, Kettering, NN16 0LU

### Present

Trish Dewar ( <b>TD</b> )	<b>Chair.</b> Groundwork / Kettering Voluntary Network
Tracey Angus ( <b>TA</b> )	Nene CCG
Kanchan Bhanage ( <b>KB</b> )	Health and Wellbeing Officer, Kettering Borough Council
Kirsty Bloomer ( <b>KB</b> )	NCC Public Health
Sonia Bray ( <b>SB</b> )	Healthwatch
Charlie Brewster ( <b>CB</b> )	Southfield School, Kettering PE & School Sport Partnership
Lynn Chapman ( <b>LC</b> )	Kettering Community Unit
Richard Cook ( <b>RC</b> )	Kettering General Hospital
Jayne Evans ( <b>JE</b> )	NHFT <i>attending on behalf of Sandra Mellors</i>
Rajwinder Gangotra ( <b>RG</b> )	Public Health, NCC
Ian Jelley ( <b>IJ</b> )	Councillor, Kettering Borough Council
Mark Layer ( <b>ML</b> )	Northamptonshire Fire and Rescue Service
Peter Lynch ( <b>PL</b> )	Health and Wellbeing Board
Shannon Petrossian ( <b>SPe</b> )	Kettering Borough Council
Jo Pettitt ( <b>JP</b> )	Kettering Mind
Shirley Plenderleith ( <b>SP</b> )	Kettering Borough Council
Sara Robinson ( <b>SRob</b> )	3Sixty Care Partnership
Sunny Rohit ( <b>SR</b> )	Kettering Borough Council
Karen Seagrove ( <b>KS</b> )	Nene CCG, <i>Minutes</i>
Lorelli Spence ( <b>LS</b> )	Northants Diabetes MDT
Louise Tarplee ( <b>LT</b> )	Nene CCG
Lesley Thurland ( <b>LTh</b> )	Councillor, Kettering Borough Council

### Apologies

Mick Berry ( <b>MB</b> )	Northants Fire and Rescue Service
Donna Burnett ( <b>DB</b> )	Kettering General Hospital
John Conway ( <b>JC</b> )	Kettering Borough Council
Debbie Egan ( <b>DE</b> )	Citizens Advice Bureau
Charlotte Goodwin ( <b>CG</b> )	First For Wellbeing
Eileen Hales ( <b>EH</b> )	Councillor, Northamptonshire County Council
Sean Marshall ( <b>SM</b> )	Northamptonshire Police (Kettering)
Sandra Mellors ( <b>SM</b> )	NHFT
Jenna Parton ( <b>JP</b> )	First For Wellbeing
Sue Watts ( <b>SW</b> )	Age UK
Kate Williams ( <b>KW</b> )	Groundworks

### 1. Introduction

TD welcomed everyone to the meeting. Apologies were received as noted above.

### 2. Diabetes Pathway

Lorelli Spence (LS) from the Northants Diabetes Multi-Disciplinary Team (NDMT) spoke to the group about the service offered by the NDMT. The NDMT covers nursing, podiatry and dietician services. Lorelli explained that the overview of the services was to deliver expertise in diabetes care by promoting confident self-management through support and education delivered across the local community. The main points discussed were:

- 8.2% of the UK population have diabetes (expected to rise in the next 5 years), locally there were 6.2%

registered

- The NDMT promoted care closer to home, with clinics in most towns across Northamptonshire
- Patient education courses offered:

Diabetes Education and Self-Management for Ongoing and Newly Diagnosed – **DESMOND**

- For newly diagnosed Type 2 – clinical referrals accepted if diagnosed in the last year (not for patients who had been diagnosed for over a year as it had been found that they were all at different stages regarding managing their condition)
- Patients who completed this course were found to manage their condition better in the long term

Dose Adjustment for Normal Eating – **DAFNE**

- For Type 1
- 5 day course to help patients with medications etc
- Not for newly diagnosed – at least 1 year diagnosis
- Clinical referrals
- 

Me And My Diabetes

- NDMT in-house course for those with learning disabilities, takes place in 3 x 2hour sessions and was designed to be simpler to understand. NDMT were currently designing a similar course specifically aimed at those with mental health conditions
- NDMT offered support to mental health patients by offering home visits by support workers if necessary, and worked in collaboration with the patient's carers
- One to one appointments with a dietician were available if a patient was not suited to a group approach
- It was noted that there was also a National Diabetes Prevention programme, this was separate to NDMT's work and patients were referred following a blood test at their usual GP practice to diagnose pre-diabetes. Patients who had the blood test were then part of the National Diabetes Prevention Programme and were not eligible for NDMT services
- The main risks of developing Type 2 diabetes were considered to be excess weight (especially around the middle), lack of exercise, genetics (family history), ethnicity (South Asian, Afro-Caribbean more at risk), aged over 40, raised blood pressure, high stress levels
- NDMT could visit employers/companies to carry out surveys and risk assessments on staff and take people forwards through the service
- NDMT could train carers to administer insulin or carry out glucose testing for patients who were unable to carry this out themselves
- NDMT worked in Care Homes training staff and teaching about dietetics, but did not usually visit Nursing Homes
- 3Sixty Care Partnership and NHFT were working together to deliver diabetes services. NHFT offered a podiatry service, although it was hoped that earlier diagnosis would reduce the need for urgent treatment. Practice Nurses would identify at risk patients and check circulation and monitor/treat any non-healing wounds before referring.

*The discussion moved onto the Diabetes Task And Finish Group update, with all present contributing*

### 3. Kettering Health and Wellbeing Forum – Diabetes Task and Finish Group

It was agreed that the Forum was all about people's health and wellbeing, it was important to get simple information out to people about the diabetes pathways. The key pathway was through Primary Care, through GPs, over 40s healthchecks, and Practice Nurses. Self-referral was very difficult to manage.

The group discussed diabetes work that the Forum could be involved in. Any discussions regarding such work would be led by Kanchan Bhanage (KB), supported by Sunny Rohit (SR) and Raj Gangotra (RG). Some of the points raised and discussed were:

- There were potentially 11,000 missing diabetes patients, the gap between diagnosed patients and Northamptonshire known activity, how could these be identified?

- This group wants to deliver a wider public health message behind the clinical programmes, start early in schools
- Diabetes and other long term conditions had been discussed and chosen as a starting point for this group to engage with the public, and may lead onto other engagement activities around subjects such as smoking, physical activity, weight loss and emotional well-being. LS noted that NDMT were happy to attend and support public events
- Kirsty Bloomer was introduced as the NCC Make Every Contact Count (MECC) officer. MECC was an approach designed to improve the value of each contact made with people and encouraging healthier lifestyles. Kirsty invited expressions of interest for training on how to implement the MECC approach. Kirsty agreed to circulate her contact details after the meeting, all present agreed to look into MECC and work with Kirsty on how it could be implemented in their organisations. Further information was also available at <http://www.makingeverycontactcount.co.uk> :
  - For organisations, MECC means providing their staff with the leadership, environment, training and information that they need to deliver the MECC approach
  - For staff, MECC means having the competence and confidence to deliver healthy lifestyle messages, to help encourage people to change their behaviour and to direct them to local services that can support them
- It was suggested that the Forum could hold a one-off diabetes event, focussing on a healthier lifestyle, possibly moving to more regular events if successful. Following discussion, it was decided that focus should be on a more generic health and well-being aspect and that a specific Diabetes event may not be the best way forward at present. KB was looking to arrange an event with Public Health England, the “One You” event would be about taking charge of your life and health, promoting that there was self-care available, Kettering Borough Council would support and promote as required. The intention was to invite the local Kettering population, have an interactive quiz, have information on KGH services. It was discussed how to get other Forums and organisations involved, and how to feedback and follow up afterwards
- KB agreed to collate a calendar of healthy lifestyle related local community events, overlaid with any national events/campaigns and cross referred/linked with the existing Public Health calendar. It was noted that Kettering Futures Partnership already had a calendar of community events populated by their member organisations. KB would identify the events of interest through the year and approach the Forum members for which they could get involved with. An example was given about the KGH dementia garden which could be promoted as a healthy community activity
- All present were asked to contact KB and confirm what they and their organisation could offer in terms of support and interaction. It was suggested that local restaurants could be involved to encourage healthy eating. KB and SR would collate and manage this to ensure the activity was manageable

**(1110 – Shirley Plenderleith left the meeting)**

- Following discussion it was decided that the membership of the Forum task and finish group would initially be – Kanchan Bhanage, Sunny Rohit, Raj Gangotra, Charlie Brewster, Richard Cook and Charlotte Goodwin. Lorelli Spence expressed an interest in being involved, subject to some more information on what was required. The next meeting scheduled was Monday 27 March 14.00-15.00, KB would contact the task and finish group with information

- ACTIONS**
- 1 (#8).** KB to collate calendar of local community and national events relating to healthy lifestyles
  - 2 (#9).** All to submit ideas to Kanchan Bhanage on support/interaction they and their organisations could offer to any event/campaign around healthy lifestyles/diabetes
  - 3 (#10).** All to look into MECC and work with Kirsty Bloomer on how it could be implemented in their organisations

**4. Minutes of the previous meeting held 19 January 2017**

**(KHWB-17-07)**

It was noted that Sonia Bray was in attendance at January’s meeting, although the minutes indicated apologies, KS agreed to correct this. Following this the minutes were agreed as an accurate record.

**5. Action Log of the previous meeting held 11 November 2016**

**(KHWB-17-08)**

Action Log Item 1 – *Complete*

Action Log Item 2 – *Complete*

Action Log Item 3 – JP was not present at this meeting. *Action to be discussed at next meeting*

Action Log Item 4 & 5 – SPe had not yet circulated the draft LSP document for comment. *Actions ongoing*

**6. Partner Updates**

**(Papers already circulated)**

There were no questions on the circulated Partner Updates.

**7. Any Other Business**

There was no other business raised.

**8. Networking**

Networking took place from 11.35 until 12.00.

**NEXT MEETING**

Thursday 18 May 2017 1000-1200

Lahnstein Room

Kettering Borough Council, Bowling Green Road, Kettering, NN15 7QX

DRAFT