

Minutes of the Northampton Health and Wellbeing Forum
9.00 am on Tuesday 11th July 2017
G14, One Angel Square

Present:

Dr Tom Howseman - Chair	(TH)	GP Locality Lead, NHS Nene Clinical Commissioning Group
David Atkinson Vice Chair	(DA)	Chair, Northampton, East and South Locality Group
Cllr Sylvia Hughes	(SH)	Chair of the Northamptonshire Health and Wellbeing Board
Peter Lynch	(PL)	Health and Wellbeing Board Business Manager, Northamptonshire County Council
Muriel James	(MJ)	Chair, Central Locality Engagement Group
Phil Harris	(PH)	Head of Housing and Wellbeing, Northampton Borough Council
Jeanette Pidgen	(JP)	Northampton West Locality support Manager, Nene Clinical Commissioning Group
Frank Earley	(FE)	Service Development Relationship Manager, Northamptonshire County Council
Nicky McKenzie	(NM)	Northampton Partnership Homes
Gillian Shabolt	(GS)	Care and Repair Northamptonshire
Chris Sterbyn	(CS)	Health Development Officer, Northampton Leisure Trust
Sarah Ward	(SW)	Area Manager, First for Wellbeing
Dr Dipesh Naik	(DP)	GP and Chair of General Practice Alliance

Minute Taker:

Cheryl Bird	(CB)	PA, Northamptonshire County Council
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Apologies:

Spt. Mark Evans	(ME)	Early Intervention Lead, Northamptonshire Police
Louise Tarplee	(LT)	Senior Locality Manager, Nene Clinical Commissioning Group
Jane Finch	(JF)	Locality Support Manager for Northampton Central, Nene Clinical Commissioning Group
Cllr Stephen Hibbert	(SH)	Northampton Borough Council
Natalie Jennings	(NJ)	St Andrews Hospital
Kate Howard	(KH)	Deputy Director of Nursing, Northamptonshire Healthcare Foundation Trust
Lisa Bryan	(LB)	Northamptonshire Fire and Rescue
Dawn Cummins	(DC)	Interim Chief Executive, Voluntary Impact Northamptonshire
Derry Miller	(DM)	Services Director Age-UK
Sara Horner	(SH)	Northants County Association of Local Councils

1. Welcome & Apologies

TH opened the meeting and welcomed everyone present. He then proceeded to recognise the previous Chair's contribution to the work of the forum and would be pleased to be able to continue the work. TH also thanked PL and CB for their significant efforts in supporting and coordinating while the forum was in abeyance.

2. Minutes from the previous meeting

The minutes from the previous meeting of the 13th April 2017 were agreed as an accurate record.

3. Matters arising

- FE to circulate the Social Isolation report to the group. **Action:FE**
- The action for DM to forward FE information on the Collaborative Care project being run by Age UK is to be carried over to the next meeting. **Action:DM**

4. Care and Repair Northamptonshire.

GS gave an overview of the services provided by Care and Repair Northamptonshire (CaRN). CaRN are a charitable independent home improvement agency, supporting vulnerable clients of all ages in all tenures across the county. A comprehensive range of services is offered by their own in house team of technicians and the company is a member of the Trading Standards 'Buy with Confidence' scheme and holders of the government endorsed Trust Mark. The company operates flexible response times, has a distribution base and workshop enabling them create or adapt items for clients. The agency supports anyone who is vulnerable although 75% of their client base is over 60, they also support young people with disabilities, long term conditions and work with children's groups.

The services CaRN can provide are:

- Handyman service
- Electrical,
- Carpentry
- Plumbing services
- Gas services to private homeowners via a contracted out service.
- Fall prevention service,
- Provide and fit police approved key safes
- A home security service.
- Modular ramping and handrail services,
- Conduct child home safety services and take referrals from the statutory Childrens services.
- A gardening clearance and fencing service which is very popular and hopes to be expanded next year by employing a dedicated person to complete garden maintenance work.
- Provide a household collection and disposal scheme
- Landlord services for social and private landlords.

The CaRN workforce have received the following training and accreditation:

- Police training in carrying out home security works,
- RoSPA Home Safety Training
- Alzheimer' Society Dementia Awareness training,
- Disability Living Foundation trusted assessor training in assessing and carrying out home adaptations,
- NEA City and Guilds Level 3 in energy awareness,
- Northants Fire and Rescue Home fire safety checks,
- NAB sight loss training
- Aquarius drug and alcohol awareness training.

All clients are provided free guidance of the feasibility of a project, they are then provided a free no obligation quotation and charges for work completed are on an individual basis

taking into account the technician's time and of cost of materials. Charitable funding pots are available to offer subsidised or free services to those clients who have limited funds, but this is mean tested. PH confirmed that Northampton Borough Council use CaRN in particular with the night shelters providing services to the homeless, sanctuaries used in supporting victims of domestic violence and to help improve the flow of patients being discharged from hospital. GS confirmed that CaRN are hoping to be registered for DFG funding to expand services further.

5. Forum Chair Group meeting feedback

DA gave the group feedback for the Forum Chairs Group (FCG) meeting which took place on the 8th June. The FCG agreed to combine the FCG and Forum Officers Network Group meetings, this will enable timely discussion and reduce travelling time for those officers who had attended both meetings in the past.

The FCG agreed for central briefings on subjects to take place at these meetings, and for the Forum Chairs and Lead Officers to feedback to their respective Forums. PL to circulate minutes from the FCG meeting held on the 8th June to group.

Action:PL

6. CVD Workstream

FE gave the group feedback on the CVD workstream. There are several behavioural risks associated with heart disease such as smoking, obesity, physical inactivity, excessive alcohol consumption, along with social and environmental risk factors such as pollution, poor housing, employment/unemployment, poverty and family history of heart disease. There is a need to think about how partners can work together using existing resources, to be able to focus and coordinate efforts to make an impact in reducing CVD and premature deaths associated with this. Some of the services currently being offered are:

- First for Wellbeing (FfW) currently offer prevention services such as smoking cessation, advice on alcohol consumption, physical activity promotion and weight management advice.
- Health checks from the 13000 people eligible for a free health check every year only 6000 participate, and there is a need to consider how to encourage more people to partake to ensure maximum benefit is achieved. Trilogy Leisure currently offer health checks at the Lings Forum Leisure Centre, and would like to expand this service to their other leisure centres across the town. CS will forward FE the formal offer of expansion.

Action:CS

- NBC run pamper days in deprived areas and it would be beneficial to include health checks to ensure maximum coverage.
- Linking with the National Diabetes prevention programme. SW confirmed FfW representatives are meeting with the lead on the National Diabetes Programme to discuss the use of FfW as a step down tool once the 13 week diabetes programme has been completed.
- Trilogy leisure offer, including Activity on Referral, health walks, 50+ programme,
- Making Every Contact Count (MECC) – free training for frontline workers
- “One You” national PHE campaign.

FE noted there needs to be a communication programme including the use of social media and this could be linked with FfW to encourage behaviour change, it would also be beneficial to work more closely with primary care colleagues for instance promoting activity on referral ensuring GPs know what services are available. A mapping exercise of existing services needs to be completed which can be done virtually with key partners over the next 6-12 months. FE will discuss this with members of the group outside the meeting.

Action:FE

PH noted a CVD workshop was held in March and the key message highlighted was that everyone has a role to play in promoting the risk and preventing heart disease. PH suggested the task and finish group reform and meet to establish the following and feedback at the next meeting:

- What we can do,
- What needs to be done differently,
- Identify the key messages
- How outcomes can be achieved

FE agreed to be the lead for this Task And Finish Group. CB to circulate the notes from the CVD workshop held in March to the group with the minutes from this meeting.

Action:CB

FE advised that an offer has been received from the Chamber of Commerce to attend one of their Business Forum meetings to be promote healthy workforce strategy which would be beneficial in promoting the heart disease prevention message for employees. FE to follow up on this.

Action:FE

7. Social Isolation workstream

A social isolation task and finish group has reformed to discuss how to progress the work already completed. DM is still liaising with British Lions about the relaunch of the Green Pots scheme and PH has offered to host a workshop inviting befriending organisations to attend. NM noted people are on a limited income can find it difficult to attend befriending events and it is growing increasingly harder to help these people when organisations and the voluntary sector have funding reduced. The group agreed to map out what befriending services are already available and look at people who are on a limited income who may not be able to afford to attend events.

PH noted there is a pilot a scheme running in some areas of the country called Men in Sheds where socially isolated men are able to meet, share and learn new skills in a provided workshop. Men participating in this scheme can produce items in the workshop that can be used for a social purpose and this scheme could be used in enabling partners to give a consistent message in promoting the work with the socially isolated. PH will identify the lead for this scheme and invite to a task and finish group meeting to discuss the pilot.

Action:PH

SH advised that a similar scheme is currently running in prisons, and NCC have collated evidence on the scheme has progressed. Terry Pearson is the lead for NCC.

8. Any Other Business

TH advised the Northamptonshire Carers are hosting a Gala Dinner on the 21st October and asked all if they could support by promoting the event.

Action:ALL

CS advised that Northampton Leisure Trust are promoting the delivery of health walks across Northampton and free training in setting up a health walk will be offered to people in September.

DN asked following the recent tragedy at Grenfell Tower Block is there any work/advice taking place that GPs can relay to patients living in similar accommodation. PL confirmed that LB is a member of this group and delivers the Safe and Well campaign for Northants Fire and Rescue. PH will circulate the briefing for NPH on fire safety to the group.

Action:PH

NM confirmed that NPH have given reassurance to all their clients living in apartment blocks, and are currently reviewing accommodation needs for older people living in high risk blocks with the aim to offering them more suitable accommodation. NM will forward NPH Fire Safety Officers contact details to DN.

Action:NM

SW noted where Wellbeing Advisors are located in a GP Practice and a client is suspected of suffering a mental health crisis, the wellbeing advisor can complete a PHQ9 with the client and make independent referrals into IAPTs. But once a patient is identified as being in crisis the wellbeing advisor will hand over to the GP will oversee their care and treatment. SW is liaising with Anne Rackham from NHFT to discuss having a more streamlined process for referrals in IAPT, which could be built into the FfW assessment tool.

FE advised a Workplace Health initiative is being supported by the Health and Wellbeing Board, and FfW are in the process of completing a business to business offer, which will include interventions for employers to offer to employees. FE will circulate the business to business offer to the group.

Action:FE

Workplace Wellbeing Charters are now being accredited and delivered to organisations by the Environmental Health Officers working across the county. The police are currently signing up to the 'Blue Light Health and Wellbeing Charter'.

SH confirmed the Health and Wellbeing Board is a statutory body and has representatives from health and social care across the county. The Health and Wellbeing Board also hosts development sessions on various subjects across the county during the year. The next Health and Wellbeing Board meeting will take place on the 20th July at Francis Crick House and items for discussion will include:

- STP Update
- BCF Update
- DFG Update
- Presentation on the Northamptonshire Property Partnership which has access to funding for projects across the county.
- Update on the development of the new Children's Company being established.

At the September Health and Wellbeing Board meeting a team from NHFT will give a Mental Health Crisis Concordat presentation, showcasing the work of mental health teams across the county helping those in crisis.

9. Date of Next Meeting

The date of the next meeting will be on the 17th October 2017 10.00 am in the G14, One Angel Square.

TH thanked all present for their valuable contribution and closed the meeting.