

# **Minutes of the Trowbridge Health and Wellbeing Group meeting held on 22<sup>nd</sup> February 2018, at 2pm, at Dorothy House in Trowbridge**

## **Present**

Mary Cullen (WC), Deborah Halik (WC), Lorraine Reeves (WSUN), Alan Docherty, (Carers Support Wiltshire), Anne Baldie (Carers Support Wiltshire), Chris Maple (Alzheimer's Support), Jane Milton (NHS Health Centre), Rebecca James (OSJT Goodson Lodge), Carolyn Heaven (NHS Care Co-Ordinator) Dave Payne (WC Health Trainer)

## **Apologies**

Farzana Saker (WWMMF), Stephen Dale (Dorothy House), Barrie Dearlove (Breakthrough), Matt Stabb (WCIL), Barbara Smith (Adult Social Care), Tom Ward (WC Public Protection)

**Minutes of last meeting-** agreed

**Matter arising-** None

## **2018 Budget and grant applications received**

MC reported that the budget for the HWB group for 2018/19 was £6,700 with £1,000 allowance for OP Champion expenses

A deferred grant application has been resubmitted from Trowbridge Town Council.

The application was first considered at the last HWB meeting. Whilst the panel felt that there was a need for encouraging participation in physical activity for older people, the application was deferred pending further evidence of need for the project, there were also concerns that the project would duplicate existing provision.

The revised application is for a pilot project to develop a programme of walking sports over a 6 month period. A letter of support had been received from Wiltshire Council Sports development department showing a desire to expand provision in this area. It was noted that this would be in addition to existing walking sport provision which was currently well used by older people in the community and would not represent a duplication. Following discussion, the merits of the application were seen to be

- Promotion of physical activity and healthier lifestyles meets a community area priority, identified in the Trowbridge JSA
- Participation in physical activity had many benefits including enhanced mental wellbeing and contribution to preventing ill health.
- Older people are evidently engaging well with walking sports across the county and people were more active now in their later years so it was a useful pilot scheme
- The applicant had significant experience of development of sports activities and trained coaching staff

- Wiltshire Council Sports Development were supportive of the application

Some of the negative points included

- Lack of evidence of consultation with older people (however it was acknowledged that discussions were likely to have taken place with the existing walking sports participants about extending the offer to include other sports)
- Lack of evidence consultation with organisations such as Age UK, Alzheimer's Support as previously suggested
- Lack of clarity on how many people would benefit

### **Decision**

In recognition of the potential benefits of the project the HWB agreed to fund half the requested amount i.e £1,342 on a pilot project on condition that

1. Early discussions take place with members of the HWB group and organisations supporting older people e.g. Alzheimer's Support, WSUN, Care Co-ordinators, Health Trainers, Wiltshire Mind etc, in order to ensure that the project is promoted widely and is developed in order to best meets the needs of older people
2. Concessions are available for older people on low incomes

### **Decision of area board on previous applications**

MC noted that the area board had adopted all the recommendations of the HWB group on previous applications.

### **Planning for summer outings and minibus driver training**

#### **Outings**

MC had begun project planning the summer outings. Buses had been provisionally booked for Saturday 16<sup>th</sup> June and Saturday 21<sup>st</sup> July for day trips to Weymouth. No drivers were currently available through Trowbridge Guild so drivers would have to be found.

MC requested that the group assist in developing eligibility criteria for the trips to prevent issues arising. After full discussion the following criteria were agreed.

Those eligible for summer outings would need to meet the following criteria

- Resident in Trowbridge Community area including parishes of Hilperton, West Ashton, North Bradley and Southwick
- Socially isolated older people with limited family/other support
- Mobile or able to get around without high levels of assistance
- Have limiting conditions themselves or be long term carers of other people
- Have not had a day out or holiday in recent past (2yrs)
- Of limited means

Members were asked to identify potential participants in need, with offers to be made later in the process once drivers etc. were confirmed. MC will also be writing to parish councils to ask for potential participants, although places were limited.

### **Minibus driver training**

MC had advertised the offer of minibus driver training in exchange for support once or twice a year to take people on outings. The offer had been advertised the OCM newsletter and via all sports clubs in the area.

The need for drivers was now becoming critical with Trowbridge Guild reporting a severe shortage of drivers at the present time.

Applicants would need a valid driving licence with D1 category. Training would be provided by Wiltshire Council, Fleet Services.

Anyone interested to contact MC.

### **Celebrating Age update**

MC provide an update on the Celebrating Age project, the most recent event was an art class at Seymour Community Hub provided by local artist, Jonathan Delaney. The event was well received by the art group and provided a valuable learning opportunity for the group and one or two new people. It was also a great boost to their confidence levels.

The next event was a musical event to be held at North Bradley Peace Memorial Hall on 8<sup>th</sup> May with musical duo, Willow and Thorn.

All events are FREE for older people.

### **Updates from partners**

#### **Partner Updates**

**Health Trainers-** Growing number of referrals from Trowbridge. The team are working with leisure services to link people into activities and has been working on the Fit and Fed project at Studley Green.

**WSUN-** have been heavily involved in adult care transformation, looking at reablement services etc. Unfortunately WSUN were unsuccessful in bidding for the contract to continue to represent users voice. The new contract is with WiltsCIL. WSUN continue to help out at the Hub in the Shires at the present time.

**Order of St John Trust-** RJ introduced herself from OSJT and Goodson Lodge. OSJT are keen to make links and develop networks in the community. Goodson Lodge is keen to welcome the community in to build up relationships prior to the time at which people may need residential care services. The new facilities are first rate and people are invited to visit.

**Carers Support Wiltshire-** AD acknowledged the support of the HWB and area board with funding the community connections project which would be rolled out

shortly. Service delivery by Carers Support workers are now aligned to area board boundaries.

AB was introduced as the new worker for Trowbridge, Melksham and Westbury.

**Alzheimer's Support-** The level of referrals is growing. The team area also working out of Trowbridge health centre so they are more visible and engaged with GP's and support staff. Joint visits with Care Co-ordinators are taking place which people value. Movement for the Mind and gardening groups are continuing to take place and grow. Palmer Gardens Memory Café is now moving to Florence Court due to growth and level of demand. This service was rated as outstanding by Ofsted. A new day centre will be opening in Warminster on 8<sup>th</sup> May. This will help reduce the Trowbridge waiting list, as spaces are freed up.

**NHS Care co-ordinator-** Working with people referred by GP's, service developing well.

**Trowbridge Health Centre-** JM reported that there had been some recent staffing shortages, hopefully now being resolved. With the support of the CCG they are setting up a new signposting system. They are in the process of applying for a mental health worker to deal with acute issues in the surgery setting.

**Adult Social Care-** BS may be moving to another role in line with adult social care transformation of services. There will be a generic secure mailbox now for enquiries [advice&contact@wiltshire.gov.uk](mailto:advice&contact@wiltshire.gov.uk)

**A.O.B** Cllr DH reminded all about the planned Mental Health day on 5<sup>th</sup> May from 11-4pm at Trowbridge Park. The event was to raise funds for Wiltshire Mind, the Mayor's Charity this year.

MC reminded people about Dementia Friendly Week coming up.

**Date next meeting** 6<sup>th</sup> June 2018, 2pm -4pm at Goodson Lodge, Trowbridge.