

Bradford on Avon Health and Wellbeing Group

Note of meeting on Monday 10 December at Bradford on Avon Library

Present:

Peter Dunford, Community Engagement Manager, Wiltshire Council (Chairman)

Councillor Jim Lynch, Wiltshire Councillor, Local Youth Network lead for Bradford on Avon Area Board

Councillor Jennie Parker, Bradford on Avon Town Council and Chairman Bradford on Avon Dementia Action Alliance

Councillor Dave Garwood, Bradford on Avon Town Council

Ruth Randall, Bradford on Avon and Melksham Health Partnership

Ginnie Heads, Living Well Project Worker, Age UK Wiltshire

Wendy O'Grady, Bradford on Avon Seniors Forum

Anne Baldie, Carers Support Wiltshire

Libby Miles, Wiltshire Heights Care Home/ Porthaven

Liz Newton, Little Nightingales

Karen Spence, Public Health Specialist (Mental Health), Wiltshire Council

1. Apologies:

Councillor Johnny Kidney, Wiltshire Councillor, Health and Wellbeing lead for Bradford on Avon Area Board

Karen Wade, Assistant Commissioner, Adult Care Commissioning, Wiltshire Council

Jo Harris, Librarian, Wiltshire Council

Dave Payne, Health Trainer, Wiltshire Council

2. Minutes from meeting on 10 September and matters arising

Minutes agreed. Matters arising on this agenda.

3. Appointments System at the Surgery

The Town Council has formally met with the Health Partnership to discuss residents concerns regarding the new appointments system. Dr Heffer reports that the practice has lost 3 senior doctors and is having problems recruiting replacements. A new phone consultations service for minor health issues is now provided (on a 3 year contract) but there have been some teething problems with it which are being addressed. Referrals for face-to-face consultations continue for more serious problems.

Due to resourcing issues a proposal has been made to close St Damian's Surgery in Melksham and for the patients to be reallocated between the 2 other surgeries in the town. This proposal is currently awaiting final approval by the CCG. The health partnership proposes to reallocate resources from St Damian's to the Health Centre at Bradford on Avon, including one full-time doctor. The practice boundary will be redrawn more tightly around the town as currently patients can live as far afield as Salisbury which is stretching limited resources. The dental practice at Station Approach is relocating which will free up more space for an expansion of the surgery accommodation.

Partly as a consequence of the large catchment area, 14% patients (representing 405 appointments) did not attend in November alone and there are a number of patients who offend multiple times. Given the scale of the problem, "polite" and "sterner" reminder letters will now be sent out. Where letters are not appropriate, face-to-face discussions will be held, for instance with patients with mental health issues.

The Town Council has agreed to look again at the hire charges it makes for St Margaret's Hall as these are putting the viability of the Leg Club in jeopardy.

ACTION: Dave Garwood

Jennie Parker reported that she had wanted to join the Patient Participation Group at the Health Centre but her application had been refused because she was an elected representative of a political party.

4. Social Prescribing

Jim Lynch described the work of Dr Helen Kingston at the Frome Medical Practice which has received national attention for the success of its programme of "social prescribing" whereby patients are directed to a range of non-medical health and wellbeing activities "in the community" to help alleviate the symptoms of poor physical and/or mental health. In Frome this has cut hospital attendance by one third.

Ruth Randall confirmed that a similar approach has been adopted in Bradford on Avon, sometimes by a different name, as part of the work of the Transforming Care of Older People (TCOP) service. A team of 7, including 2 nurses, provides support to a clientele of older and vulnerable patients with the aim of reducing hospital admissions and re-admissions. Services in the community include the Leg Club,

memory cafes, falls and balance classes, dementia walks, luncheon clubs and the Living Well project through the support of Age UK Wiltshire. Wendy O'Grady reported that one GP practice prescribes membership of the University of the Third Age to combat social isolation. WO has attended Music for the Mind at the Wiltshire Music Centre which she highly recommends for lifting the spirits. JL has been approached to promote a Nordic Walking activity in the town. JP's son is interested in establishing an adult playground within the management plan for Culver Close recreation ground.

Libby Miles has run a successful pilot of 4 dementia-friendly film matinee screenings at St Margaret's Hall for people living with dementia and their carers but also open to others in the community. A further programme of 4 films will now run from January to April 2019.

Liz Newton and LM talked about the inter-generational work of Little Nightingales and the difference that interaction with pre-school children can bring to the lives of old people and those living with dementia. Also to the social isolation suffered by some young mums. Mighty Girls will be running Cyber Tuesdays at Wiltshire Heights Care Home from February to help the residents with their use of IT.

JP and LM gave an update on efforts to establish a Mens Shed for the town. At the invitation of Christ Church Primary School they had visited to look at a vacant piece of garden on the school site with 4 old sheds and a bungalow with toilet facilities. Peter Dunford and JP had already visited the Brunel Shed in Corsham which incorporates a "dementia shed" 2 days per week and benefits from exclusive use of a former community centre at nil rent. Melksham uses a shipping container, these can be bought at a reasonable price. Alternative sites in Bradford could include the pavilion at Victory Field, which is used very infrequently and is often vandalised and also at Sladesbrook where a container could be sited near the allotments.

ACTION: JP and others to visits Mens Sheds at Melksham, Trowbridge and elsewhere

ACTION: Proposal to Town Council Community and Recreation committee for support and resources

JL is talking to Jane Jones at Holy Trinity Church regarding a possible conference in 2019 to highlight the value of compassionate communities with strong social networks and to feature some of the good practice going on locally in the field of social prescribing www.compassionatecommunities.co.uk

ACTION: JL to visit Frome Medical Centre and to bring a conference proposal to the next meeting

5. Proposal for a Childrens' Mental Health Workshop

Karen Spence, a mental health specialist from Public Health, ran an introductory workshop for us in 2016 on mental health issues for older people. This time she outlined a workshop she runs to address mental health issues for children of school age. This can be tailored to the needs of younger children (Years 5/6) as they transition from primary to secondary school or those of older teenagers, depending on the wishes of this group. Issues covered can include stress, body confidence and cyber bullying.

It was suggested that, subject to resources, two separate sessions could be commissioned. Because Karen's time is finite and her team is being restructured at the current time, a sustainable way forward would be for members of the community to be involved and trained up to deliver these sessions going forward.

St Laurence already host an oversubscribed teen counselling service called "Relateen" provided by Relate and so any workshop would need to be planned in consultation with this service and the school.

ACTION: PD to speak to the headteachers of the secondary and primary schools to ascertain interest

6. Seniors Forum update

Wendy O'Grady circulated the findings from a recent survey of members which is helping the committee to put together a programme of activities for the coming year.

7. Living Well Project update

Ginnie Heads gave an update on her work which has included 13 new referrals and engagement with the Cedar Court Day Centre. The service is funded to 31 March 2019 but there is no news what happens after that.

ACTION: PD to speak to Pippa Webster at Age UK Wiltshire regarding the future of the Living Well service

8. Budget position 2018/19

PD reported that there remains unspent monies in the health and wellbeing budget of £ 5,700 in 2019/18/19.

9. Grant applications:

PD described two grant applications to the Health and Wellbeing budget. The first had been approved by the Area Board at its meeting on 28 November and the second would be considered at the next meeting on 16 January.

(i) Councillor led bid from Sarah Gibson requesting £ 1,000 towards start-up funding for the "Floaty Boat Fund"

(ii) Bradford on Avon Community Emergency Volunteers seeking £ 1,884 towards a programme of "First Aid (Working near Water)" training

ACTION: The group was happy to recommend these health and wellbeing projects to the Area Board for funding approval

10. Any Other Business

Anne Baldie reported that Carers Support Wiltshire has a new Chief Executive. They have won funding to employ a Military Support Worker. They are rolling out a befriending programme called "Make a Friend, Be a Friend".

Mighty Girls will be running cyber Tuesdays

11. Date of Next Meeting:

Monday 25 February 2019, Bradford Library at 10.30am