

WILTSHIRE COUNCIL
SALISBURY AREA BOARD
6th JULY 2017

Salisbury Area Board – Health & Wellbeing Group Update

1. Purpose of the Report

- 1.1. To update the area board on the outcome of discussions at the last two Health and Wellbeing Group (HWG) meetings (see appendices 1 and 2).
- 1.2. To confirm support for the HWGs funding recommendations.

2. Background

- 2.1 Councillors will need to be satisfied that Health and Wellbeing Groups awarded in the 2017/2018 year are made to projects that can realistically proceed within a year of it being awarded.
- 2.2 Councillors will need to be assured that carers, older and/ or vulnerable people will benefit from the funding being awarded. The money must be used to invest in projects that will support adults living within a community area. While not exclusively restricted to older people, the investment should be made in such a way as to make the maximum impact on health and wellbeing within a given community area.
- 2.3 Councillors will need to ensure measures have been taken in relation to safeguarding older and vulnerable people.

3. Environmental & Community Implications

Health and Wellbeing Funding will contribute to the continuance and/or improvement of cultural, social and community activity and wellbeing in the community area, the extent of which will be dependent upon the individual project.

4. Financial Implications

Financial provision had been made to cover this expenditure

- 4.1. Salisbury Area Board was allocated £6700 at the beginning of 2017/18
- 4.2. The Salisbury Area Board Health and Wellbeing Funding balance for 2017/18 is £6,700
- 4.3. All decisions must fall within the Health and Wellbeing Funding allocated to Salisbury Area Board.
- 4.4 If funding is awarded in line with the Health and Wellbeing recommendations outlined in this report

5. Applications for consideration

5.1 Councillors considered the bids listed below at the 24th May meeting, and the outcome of the HWG discussions of these bids is now listed below:

Applicant	Amount requested	Recommendation
Avon & Wilts Mental Health Partnership Trust – football training for clients with first episode psychosis	£1785	HWG recommended that this should not receive HWG funds as it felt that such costs should be catered for by AWP
Salisbury Literacy Festival	£1000	Not to fund, as this event would not directly facilitate the HWG priorities
Salisbury Dementia Action Alliance – Launch Event	£350	£350 confirmed
Wiltshire Music Centre – Celebrating Age	£1500	£1500 confirmed

5.2 Councillors are also asked to consider the bids detailed below, which the HWG discussed on the 20th June:

Applicant	Project Proposal	Requested
Safer Salisbury Group	Men's Shed	£500
<p>Need being addressed Issues around the social isolation and mental health of many older men were identified in the local Joint Strategic Needs Assessment (JSNA) as one of the key priorities in Salisbury, Wiltshire and indeed nationally. Local experience of support groups, day time activities etc is that they tend to attract women disproportionately to men and are perhaps better designed to meet women's social and wellbeing needs. . In other Community Areas in Wiltshire and elsewhere support for men's emotional and mental wellbeing has taken the form of a "Men's Shed", with a focus on practical activities, do it yourself etc. In Salisbury we have taken the view that rather than initiating action without consultation we will engage directly with older men in identifying ways that will support them. Older people will then be directly involved in the design of any subsequent proposals</p> <p>Project description The Health and Wellbeing Group of Salisbury Community Area Board plans to make available a limited number of sessional hours to contract with a self employed individual to work with local people to identify initiatives or projects that might support the emotional and mental health of older men in the community.</p>		

The Board is working in partnership with the Safer Salisbury Group which brings together a range of voluntary and statutory groups locally to engage in small pieces of action that will help to improve the wellbeing of local people, especially the most vulnerable.

We have initially identified the funding for some 50 hours of consultation.

The intention is to use the hours to meet with individuals identified by agencies such as Age UK, Mind and Alzheimers' Support, faith groups, tenants groups and others, exploring what would be a really good day for them. An important element of the brief will be to establish some connections with individuals who are isolated from other forms of support: there is particular concern to reach people who are vulnerable and isolated and not just those who are already in touch with services.

The overall purpose of this work is to establish one or more pieces of action that might be undertaken by the Salisbury Health and Wellbeing Group to improve the lives of older men in the community. Initial proposals will be brought back to a reference group of older people for assessment monitoring and evaluation

The person offering the service will be responsible to a senior member of staff with capacity in one of the partners.

The essential qualities required of the person contracting to undertake this work are:

- Knowledge and understanding of issues around mental health and wellbeing including the mental, physical and social effects of aging
- Ability to communicate with older people, to be enthusiastic and friendly
- Ability to communicate the findings of the consultation with older people
- Ability to liaise with agencies serving and/or supporting older people
- Understand and respect the requirements for confidentiality
- Ability to communicate electronically and to have access to IT equipment
- Able to use own initiative and to be a self starter
- Able to work alone whilst also taking advantage of the benefits of working alongside colleagues

Timescale of the work: To be carried out over a period of x months, reporting back to the Health and Wellbeing Group in x months on the findings from the consultation, before the findings and any projects/actions resulting from this are communicated/progressed further.

The HWG recommend that £500 be granted.

Applicant	Project Proposal	Requested
Older People's Champion with Fisherton House	Older People's Gynaecological Cancer Support Group	£250
<p>£250 for facilitators' travel and printing costs Eve Appeal will provide facilitators' time Fisherton House will provide venue, promotion and admin support Salisbury Soroptimist Group will provide refreshments and volunteer support on the day</p> <p>Please give a paragraph (or 2) description as to what your project is for/what its aims and objectives are</p> <p>To kick start a support group for older women with gynaecological cancer- usually ovarian. A key objective being to raise awareness of this public health priority, and to encourage women to ask questions and better understand the issues before the cancer has progressed.</p> <p>This is in partnership with Salisbury Medical Practice, who will host the event and promote it via email to women of 55 and over throughout the 3 practices in Salisbury. It is planned to have a support group meeting initially on September 11th, consisting of 2 members of the "Eve Appeal" team linked to Barts Hospital CA work who will be on hand to provide information and facilitate small group discussion.</p> <p>This will be followed by subsequent meetings at 6 months intervals, or more frequently if there is the demand.</p> <p>This is hoped to become part of the medical centre's range of support groups. The Salisbury Soroptimist Group will support the event to provide refreshments for the day.</p> <p>How well does the project meet the priorities of the Joint Strategic Needs Assessment:</p> <p>Loneliness <input type="checkbox"/> Social Isolation <input type="checkbox"/> Dementia <input type="checkbox"/> Carers <input type="checkbox"/> Avoidable admissions to hospital <input type="checkbox"/> Avoidable admissions to hospital due to falls <input type="checkbox"/></p> <p>Ovarian cancer is a "silent cancer" in that it seldom manifests itself until established. Older women may be reticent to speak about personal sensitive issues until it is too late. Their reticence may lead to isolation and loneliness. By promoting a high profile event, hopefully women as yet unaware of symptoms will have greater knowledge so seek help at an earlier stage. It may be particularly relevant to carers who are often too busy to worry about their own health</p> <p>How well have older people and their carers been/will be involved in the project? Hopefully a group of older women will be identified on this day to take the project forward to form a regular group</p>		

How accessible is the project for all? (Disabled access, low income, vulnerable, socially isolated etc)

The venue is totally accessible. I will discuss with Soroptimists about providing support for carers at the event and with H&WBG to explore respite or other to enable carers and/or people with disabilities to attend. The event is free. I will particularly target older women with early stages of dementia and engage the support of Alzheimer's society, Alzheimer's Support and Swan Advocacy as well as AgeUK

How will the you monitor and evaluate the project?

On numbers, how people heard about the day, their motivation to attend and feedback

Karen Linaker, Community Engagement Manager, 01722 434697

Key points from 31st May meeting

Attendees; John Walsh, Jonathan Plows, Elizabeth Bartlett, Anicka Dyer, Graham Audin, John Page, Irene Kohler, Gloria Johnson, Andrew Day, Pippa Webster, Katy Gillingham, Anne Trevett, Karen Linaker, Laura Wells and Dot Kronda

1. Information received from the Active Plus CIC, on their work for older people, drawing on the resources and resilience of veterans.
2. Held first discussion with a representative from Carers Support about the partnership working and priorities of the Salisbury HWG. Heard about the services on offer and discussed the potential scope for the HWG to support this organisation and work better with it in the future
3. Agreed that we should ask for a representative of the Avon and Wiltshire Mental Health Partnership to attend HWG meetings, especially to engage in discussions on how to respond to the group's priority on helping with the mental health needs of unpaid carers
4. Carers Support expressed a need for help in strengthening and furthering the reach of its counselling service, bearing in mind the demand for this in Salisbury. Considered how, as partners we might be able to offer advice, maybe in terms of sourcing suitable funds
5. Discussed early plans for a Mental Health Awareness Raising event in Salisbury
6. Consideration of grants -
 - i. Felt unable to recommend funds for the Literary Festival because difficult to see that this would be able to target the vulnerable groups the HWG has agreed to prioritise
 - ii. Strong support for the Celebrating Age bid – recommended full grant of £1.5k

- iii. Felt unable to recommend funds for the AWP football group grant, as felt this should be sourced from AWP funds, rather than local government funds, and because it did not fit with the priorities of the HWG
 - iv. Confirmed support to grant £350 for the Dementia Action Alliance Launch event
 - v. Noted the drafting of other bids that would be further developed and brought back to the 20th June meeting (mens' shed, older people's housing options seminar, older women's gynae cancer support group)
 - vi. Noted the proposal to work on increasing the number of defibs in Salisbury, in the context of a wider education campaign re cardio vascular disease. Supported the idea that this piece of work be taken forward by the Salisbury Safer and Supportive Community Group, and that the group would also partner with the St John Ambulance organisation to assist with this work
7. Agreed to next meet on the 20th June to consider bids and to talk about the 'access to information' challenges that the city faces in terms of community events that promote health and wellbeing, and the availability/visibility of information from health and care organisations

Key points from 20th June HWG meeting

Attendees; John Walsh, Jonathan Plows, Susan Gooding, John Page, Irene Kohler, Gloria Johnson, Andrew Day, Pippa Webster, Anne Trevett, Karen Linaker, Chris Cochrane

1. Points made during a discussion about how to improve the way in which services, agencies and organisations supporting people's health and wellbeing needs are able to distribute information about themselves and their activities in Salisbury / and how the public access that information and are better supported to negotiate what is available to them and from whom, included:

- (a) despite the hard work of dementia service providers, many, including carers, are still unsure as to what is available and how to access it
- (b) whilst agencies, or doctors or whoever is the point of contact, may have the full information with them about what a person may need, they do not always have the time or capacity to immediately provide that information, which can leave people feeling uncertain about how to proceed
- (c) Citizens Advice Wiltshire (CAW) have made a clear policy in their most recent business plan to use the Your Care, Your Support website as the main way in which to promote information about CAWs services, as leaflets tend to be very limited in the information they actually provide and quickly become out of date, and are costly to keep reproducing
- (d) A key way in which information about services and how people access this can be achieved is by stronger collaboration and info sharing amongst agencies and organisations
- (e) Another way is that all, including the person needing the information, or their immediate family, carer, or neighbour accepts that they too have a responsibility to research what they require for their health and wellbeing needs
- (f) It also needs to be recognised that any medical condition or illness can take many different forms, and so the number of leaflets and scale of printed material, could be vast and potentially unmanageable, and perhaps even more bewildering than online resources
- (g) GPs, their reception staff and support groups have a key role in the 1 to 1 conversations they can have with patients to pin point the specific issue and need that requires a specific response and piece of information

- (h) Could GP systems be redesigned to ensure that whenever any person leaving the surgery after having a diagnosis confirmed, takes with them a comprehensive info sheet listing all the sources of information, support and help s/he needs?
- (i) Support organisations, i.e. the church are getting better at knowing how to link individuals to organisations for help, but at times, the responsiveness of organisations can be poor
- (j) More needs to be done to promote and make easy to use the resources that already exist, in particular the online resources
- (k) The library has a role to play, both in terms of improved availability of printed information, and in support and offer of online help and resources, and this support could be replicated by community groups, schools, supermarkets, Five Rivers and other such places
- (l) More could be done to utilise roles such as digital champions and other volunteers to support older and vulnerable people in the use of computers to access online information
- (m) There is an additional challenge to bear in mind for those older people and vulnerable adults who are unable to speak and understand English well – some of the hard to reach groups that the HWG has within its remit and priorities to help
- (n) Another concern is related to the vast array of information on offer that can bewilder, confuse and further worry people. Suzanne offered to provide info on the 4 or 5 trusted sources CAW makes a policy of recommending to its clients
- (o) Research could be done to identify where a local authority, or partnership group has managed to develop a system that is recognised as good practice in making information better accessible and more helpful to those that need it
- (p) The group would like to invite Clare Cooper back from Health Watch Wiltshire to provide an update on the development of the Your Care, Your Support website
- (q) Wiltshire Council's website was not easy to negotiate either in regard to help and support for older people/vulnerable adults health and wellbeing. More needs to be done to make these improvements, and to utilise the digital screens already positioned in the city at Five Rivers, GPs and

elsewhere, to disseminate the information from Wiltshire Council, its partners and from the Your Care Your Support site

AGREED: to set up a small group to look at what improvements can be made, including:

- **Better promotion and use of Your Care Your Support**
- **A list of suggestions for Wiltshire Council on what changes need to be made to its website**
- **the potential new role of ‘information champions’**
- **drawing on the rationale of CAWs ‘trusted sources’ of information**

2. The group considered and made recommendations for funding on the following grant applications

- vii. Men’s Shed preliminary feasibility work - £500 agreed
 - viii. Art Therapy sessions at the library – asked to return to a future meeting of the group with more robust funding proposals, a name of the activity that is more likely to entice the desired users, clarity over the sense of therapy being offered in the sessions and how this will be evaluated, confirmation as to the evidence of need and how people will be recruited to the group, greater certainty that the library is the most appropriate venue for this new group
 - ix. Domestic Abuse networking event – the group felt that more work was needed to make this a meaningful event that would impact upon the needs of those it was seeking to benefit. Decision to support the request was deferred for the bid to be further developed
 - x. Old Person’s Housing Options event – the group also felt that more was needed to make this event work well, and the decision to support the request was deferred for the bid to be further developed
 - xi. New support group for older women with concerns about and diagnosis of gynaecological cancer - £300 recommended
- 3. The group discussed the need to be more proactive in marking the various awareness raising days / weeks through the year.** In particular it was noted that we had just missed Volunteers Week and Carers Week.
- 4. The group was asked to make time at a subsequent meeting to talk about benchmarking standards for volunteering programmes in the city, i.e. expenses, safeguarding, etc.**

- 5. The CEM took note of the group's request to re-emphasise to Re Think the need for them to attend HWG meetings**
- 6. Next meeting: 4th September, 6pm – 8pm**