

Minutes of Trowbridge Health and Wellbeing Group held on Wednesday 28th June 2017 at Dorothy House, Trowbridge

Present

Mary Cullen (WC CEM), Alan Docherty (Carer's Support Wilts), Claire Thomas (Alzheimer's Support), Sue Chilton (OP Champion), Bryan Banfield (Trowbridge Men's Shed) Geoff West (Trowbridge Men's Shed), Chris Maple (Dementia Advisor, Alzheimer's Support), Rebecca Seymour, (Celebrating Age project co-ordinator), Rose Nunn (Holbrook School), Shirley Warren (Care Watch) Barbara Smith (WC Adult Social Care), Jane Milton (NHS, Bradford Rd Surgery),

Apologies

Peter Twiggs (Adult Social Care WC), Cllr Deborah Halik (WC), Catrinel Wright (CCG), Julia Latham (Selwood Housing Assn), Farzana Saker (WWMMF), Matt Stabb (WCIL)

Minutes of last meeting -agreed

Matters arising- MC had been promoting the 'Make Someone Welcome Campaign' following the last meeting and had already had expressions of interest to pass to WCIL.

Other matters arising on agenda

Celebrating Age Partnership project

RS introduced herself as the project co-ordinator for the Celebrating Age project which will offer arts activities for older people over a three- year period, in several areas of Wiltshire, including Trowbridge. The HWB had previously agreed funding for this for the first year. Rebecca has just taken up the post of project co-ordinator and her initial focus will be on getting to know key players and organisations in each area as well as direct work with older people. The arts based activities will roll out from Autumn 2017, following consultation with agencies and older people about what is needed in the area. This could be a regular monthly event for example or smaller more frequent activities.

RS is based one day a week at Wiltshire Music Centre and works in other areas of the county on other days.

The HWB group will retain oversight of the project as it progresses and regular reports will be made to the area board.

Trowbridge Dementia Action Alliance update

CT introduced the item which was to gain overview of progress on Trowbridge Dementia Action Alliance. Several organisations in Trowbridge had attended the launch of Dementia Friendly Trowbridge and this was an opportunity to hear back on how their Dementia Friendly work and the dementia action alliance was progressing. Unfortunately, several organisations were unable to attend the meeting, however CT reported that six organisations had signed up to be members of the Dementia Action Alliance and she encouraged others to do the same.

Becoming a member of the alliance requires groups and organisations to commit to taking three actions which could be simply be undertaking dementia friends training sessions, raising awareness of dementia friends or encouraging staff to become Dementia Champions. Membership forms are available from MC, Alzheimer's Support or online at http://www.dementiaaction.org.uk/join_the_alliance/types_of_membership (DAA Local Action Plan (Short)). **ACTION: All**

RN from Holbrook School reported on activities which had taken place around promoting dementia awareness. CT had delivered DF sessions to children of various ages which RN reported had made a profound impact upon them. Over 60 children had been involved in visits to Mill St Day Centre to undertake activities with older people. This has been a great success and work is continuing.

RN and CT were congratulated on the success of the innovative work and it was agreed that this would be useful to share, perhaps through making a short film. CT indicated that she was currently in discussions regarding this.

CT reported that her current post was coming to an end and that the group needed to give some consideration as to how the dementia friendly work would be sustained in the area.

Over the last two years the following achievements had been made

- Music for the Mind set up in Trowbridge, funded by the HWB group/Trowbridge area board
- Memory café set up at Palmer Gardens by Adcroft Surgery
- Regular DF sessions at county hall and other places
- Work with Holbrook and other primary schools
- Staff support group set up at county hall
- Dementia conference held at the Civic Centre- supported by funding from the area board
- Dementia Friendly Trowbridge launched
- Trowbridge Dementia Action Alliance set up

Following discussion it was agreed that-

- MC would continue to deliver monthly dementia friends sessions in the library at county hall
- Holbrook School will continue dementia friends work including work with Mill St Day Centre
- CT will continue work with schools in her new role
- MC and BS will attempt to get dementia champions together in our area to form a small steering group for the work. CT to forward list of DF champions in our area.
- Trowbridge Men's Shed will consider running a DF session for members.
- SC will consider running a session at Studley Green luncheon club
- Care watch will offer all new starters DF training and will open their monthly training sessions to the public.
- Surgeries will refer newly diagnosed people with dementia to Alzheimer's Support's Dementia Adviser
- DF will come under the HWB group to retain an overview.

- All members of the group to work towards having at least one Dementia Champion within their organisations.

ACTION: All

Social Isolation activity

At the last meeting, it was agreed that a better approach to social isolation would be to set up an activity rather than carry out another survey.

MC and SC had been doing some exploratory work around the issue in our area.

Anecdotal evidence suggests that people find weekends most isolating if they have no family support, as there are few activities going on.

SC had since the last meeting, recruited 6 volunteers willing to run an activity on Saturdays once a month initially. She has also found a driver and bus to help get people there.

She is currently looking for a venue for this with a view to rolling something out from September. Various options were discussed including county hall atrium, Tesco community room or the Club in the park. **ACTION: SC to continue work on finding a venue.**

Carers Survey

MC presented a first draft of the Carers' Survey following some amendments by Phil Morgan Head of Consultation at Wiltshire Council. His observations included that the questionnaire was too long, so he has combined some questions. Another issue was that the questionnaire in its current form could not be carried out by telephone interview as the questions have too many aspects and multiple choice answers which could be difficult to get across by phone.

His alternative suggestion is that a multi-pronged approach is taken, the questionnaire be made available online for those able to access it in this way, paper surveys with reply paid envelopes to be distributed by Carers' Support, Alzheimer's Support, surgeries, OP champion and other agencies such as Dorothy House and multi Faith Forum, who had contact with carers. It was also acknowledged that some face to face support might be required by a few people and that this may be particularly relevant for minority ethnic communities.

MC had spoken to Farzana Saker who agreed that it would be useful to train some volunteers in how to conduct the survey.

MC highlighted some additional questions that needed to be included such as ethnic monitoring and the asset based questions agreed previously. As it was also important to have something to offer to carers, she had drafted a list of possible services/activities to ask people if they would be interested in taking them up if they were available. Despite some reservations around this in terms of raising expectations it was acknowledged, once these had been gone through, that most already existed in some form and therefore could be made available in some way.

MC presented an indicative timeline which would see the survey carried out between September/October and November 2017.

It was discussed and agreed that this was depended on the pilot phase whereby the survey would be tested out to see if it worked in it's current form or needed further revision.

ACTION: MC to ask PM to finalise questionnaire and advise on piloting

Updates from partners

Carers Support- AD reported that a carers café was in place and happening once a month. Carers Support were now basing more support staff and activity at county hall.

Surgeries- JM reported that surgeries were focusing on older people, particularly those who maybe experiencing isolation and those with early onset dementia. This fitted very well with the current focus of the HWB group.

As indicated previously, 3 surgeries in Trowbridge would be merging.

A hospital discharge pharmacist has been appointed to support people leaving hospital with appropriate medication and advice. A mental health support worker is also being appointed.

A question was raised regarding support for people at home who had difficulties managing medication. JM was not aware of any services around this but will take this back to the surgeries.

CT reminded that anyone diagnosed with dementia should be immediately referred to the dementia advisor for our area. JM asked that he contact surgeries. CT queried whether he could be based in the new health centre. JM will clarify. **ACTION: JM**

Trowbridge Men's Shed

BB and GW reported that Trowbridge Men's Shed was going well with over 20 members and regular sessions being held on Wednesday mornings and Thursday afternoons from Andil House, Court St.

The group congratulated the Men's Shed and will keep it in mind for older men in need of social support.

BS suggested that they develop a postcard that could be used to advertise their activities more widely.

Grant applications received – None

Recommendations to area board- area board to note plans to offer Saturday social event for older people rather than conduct another survey as originally planned. The Saturday Social can be used more effectively o find out more about the issue of social isolation.

AOB – BS asked if the next agenda could include discussion of people at risk of self- neglect and losing their housing tenancies.

Date next meeting 6th September, 3.30- 5 pm venue tbc