

# **Minutes of the Trowbridge Health and Wellbeing Group meeting held on 23<sup>rd</sup> October 2018 at 2pm at Goodson Lodge, Trowbridge**

## **Present**

Cllr Deborah Halik (Chair), Mary Cullen (WC Community Engagement Manager), Annette Ayles (Goodson Lodge Manager), Alison Millar (Carers Support Wiltshire), Caroline Heaven (NHS Care Co-ordinator), Nicola Applegate (OT, WC Reablement Service), Rebecca James (OSJT Goodson Lodge), Amanda Girdler (NHS Elderly Care Facilitator), Angie Hulin (SeAp advocacy service), David Payne (WC health Trainer), Julie (Health Watch Wiltshire)

## **Apologies**

Farzana Saker (WWMMF), David Breen (Trowbridge Street Pastors), Stephen Dale (Dorothy House), Jane Milton (NHS CCG), Rebecca Seymour (Celebrating Age), Sue Chilton (OP champion), Chris Maple (Alzheimer's Support).

**Minutes of previous meeting-** agreed

## **Matters arising-**

**Update on Summer outings-** MC reported that a successful outing had taken place to Weston Super Mare, however this required significant time in planning, developing risk assessments and recruiting volunteers. In discussion with the Chairman of the board and others it was agreed that a less time consuming approach would be for other organisations e.g. luncheon clubs to deliver future outings with the remaining funding. MC to ascertain remaining budget and to liaise with luncheon clubs to share this out.

**Budget position statement-** The budget for this financial year is £6,700 with funding of £1,000 also allocated towards the older person's Champion expenses. However, this was unlikely to be claimed in full therefore £500 of it could go back into the grants pot leaving a total budget of £7200 for grants.

## **Grant applications received and recommendations to the area board**

There were 2 grant applications received. MC reminded the group of the health and wellbeing groups grants criteria. Projects should support older people/vulnerable adults in the community, helping prevent social isolation and loneliness, promoting healthier lifestyles, supporting independence and helping to prevent hospital and care admission.

The grant applications are outlined below along with comments and recommendations to Trowbridge area board.

## HWB Grant Applications

Applicant	Project	Positives	Negatives	Recommendation to area board
<p>TCAF Total Cost £3,934.60</p> <p><b>Requested £2,934.60</b></p>	<p>Kindness Café- fortnightly peer support 'café' at HUB designed to support older people in the community with health advice and information, workshops on key health topics and support to access information on health and care services</p>	<p>*There is an identified need for better health and wellbeing information and support *Builds upon use of the HUB to date and gives it a more proactive role *Has a team of volunteers and supporting agencies in place to support *Project idea has support of other organisations *Good central/accessible venue</p>	<p>*HUB not that well known, needs more promotion *will it achieve target number of users *Is venue big enough if it takes off</p>	<p><b>Award in Full £2,934.60</b> subject to following conditions</p> <p>*applicant to actively promote activities on offer through press, leaflets, posters in key locations e.g surgeries. And via contacts with members of HWB group *Applicant to work towards longer term sustainability by fundraising and by linking in with developments on East Wing/other opportunities to relocate to bigger venue in future.</p>
<p>Alzheimer's Support Total Cost £2013</p> <p><b>Requested £1,290</b></p>	<p>Garden café for people with Dementia and Carers, Palmer Gardens. Gardening, workshops and talks, reminiscence work</p>	<p>*Helps complement activities already of offer for people with dementia locally *Provides opportunities for carers to get out and about also, to benefit from peer support and positive activities * Good venue, disabled friendly *Café already on site</p>	<p>* Client contribution might put some people off * People with dementia may not be able to attend without carers but there are volunteers</p>	<p><b>Award in Full £1,290</b></p>

**Health Watch Mental Health Survey-** A mental health survey is currently underway asking people for their top priority areas in terms of mental health services. Partners were asked to help promote it and to complete it on behalf of themselves and their own organisations. MC to circulate the link to the survey, all partners to promote. Health Watch are also interested in hearing directly from service users who would like to share their stories. Please refer anyone interested to Julie.

**Connecting Communities Project roll out-** MC reported that the Carers Support Connecting Communities project supported by HWB group funding, is now underway, piloting in Melksham before being rolled out across Trowbridge. AM reported that she was relatively new to Carers Support but would provide an update to the next meeting.

**Celebrating Age events-** Two events coming up- 14<sup>th</sup> November, a Wiltshire Tale at County Hall in the library and an Intergenerational Christmas Party at Studley Green Community Centre on 12<sup>th</sup> December. MC to circulate leaflets. These events are all free to older people and are designed to tackle loneliness and social isolation and to bring people together. They have been extremely well received across Trowbridge area so far. All to help promote.

### **Updates from partners**

**SeAp-** SeAp supports people with NHS complaints advocacy and also provides advocacy specifically for veterans in Wiltshire. Mental health is a particular area of high demand at present with concerns about early discharge and lack of community services.

**Health Trainers-** DP reported a busy caseload at present in Trowbridge area. He has made good links with GP surgeries now thanks to the HWB group. Issues he is dealing with include loneliness and isolation, stopping smoking, diabetes management, weight management etc. The approach is to meet people out in the community in cafes and community centres, to broaden their outlook and help introduce them to new activities.

**Reablement Service-** NA reported that following social services transformation work, a new reablement team was in place with an emphasis on supporting people to regain skills and independence at home rather than looking at provision of services. It is a therapy led service with OT's and assistants and a reablement agency supporting people to retain independence with provision of OT aids and adaptations, advice and community support. However, people can still be referred to ongoing services wherever needed.

**Carer's Support-** A new Chief executive Judy walker has been appointed. The Community Connector team is currently being established and rolled out. There is a new contract with WC for supporting young carers into adulthood. A new Volunteer Co-ordinator Lindsey Millen has also been appointed.

**OSJT-** RJ welcomed members to Goodson Lodge. The capacity is 64 residents, split into 4 communities of 16, each with their own living space, shared space and gardens. The facility has shops on the ground floor including hairdresser, general

shop soon to be selling cards, sweets etc, a postbox which the postman comes in and services, along with a cinema open daily for residents and families.

RJ's role is as part of marketing team aiming to build relationships with local communities and encourage people to get to know the home and view it as a community resource. Future activities planned include antiques valuation day, Halloween Party and Christmas Fayre. MC to help promote in newsletter.

A question was raised regarding local authority beds at Goodson Lodge. RJ confirmed that there were no local authority purchased beds at Goodson Lodge but there were at other OSJT homes.

**NHS-** Mental health worker is in place at the health centre, this helps with complex referrals and supports GP's. CH and AG reported Elderly Care referrals increasing now. They are doing a lot of proactive work in identifying those at risk of becoming frail and offering early support and a point of contact for the future. There is an increasing need for bereavement support. Carers Support have been discussing bereavement support for Carers. CSW and health centre reps to link outside the meeting to explore possibilities.

**A.O.B-** MC highlighted a new nail cutting service- to circulate flyers and contact details to the group.

### **Date next meeting**

The next meeting will be on **Tuesday 8<sup>th</sup> January 2019 at 2pm at Goodson Lodge.**

In closing the meeting everyone thanked Goodson Lodge one again for their hospitality.