

Bradford on Avon Health and Wellbeing Group

Note of meeting held on 10 September 2018 at Bradford on Avon Library

Present:

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

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

Ginnie Heads – Living Well Project Worker, Age UK Wiltshire

Dave Payne - Health Trainer, Wiltshire Council

Wendy O’Grady – Chairman, Seniors Forum and U3A

Anne Baldie – Community Connector, Carers Support Wiltshire

1. Apologies:

Councillor Johnny Kidney – Member for Winsley and Westwood, Wiltshire Council

Ruth Randall – Bradford on Avon and Melksham Health Partnership

Jo Harris - Community Library Manager, Wiltshire Council

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

2. Minutes of meeting on 2 July

Minutes agreed.

Walking for the Mind, a new dementia walk launched by Wiltshire Council in July (during the heatwave!) is now becoming established and attracting regular attendees.

PD has invited Karen Spence from Wiltshire Public Health to scope a possible future event around childrens mental health and is waiting on a proposal for future discussion.

The situation regarding waiting times at the doctor’s surgery has not improved. Older patients are being directed straight to the Transforming Care of Older People team for expedited attention. Councillor Dave Garwood, on behalf of the Town Council, is

meeting with the Health Partnership for bilateral discussions. There is a “Patients Forum” being held on Tuesday 18 September at the Health Centre in Station Approach at 7pm, where this matter will no doubt be raised.

3. Find out your blood pressure and help improve your future health

Dave Payne reported that this week, 10-14 September, was “Know Your Numbers Week”, a campaign to encourage blood pressure checks. Having high blood pressure can lead to a number of future health problems including certain types of dementia and increased chances of heart attack and stroke.

Blood pressure checks are happening at Council offices in Trowbridge, Chippenham and Salisbury and on request at local pharmacies.

Blood Pressure UK has a guide explain high, low and normal blood pressure readings <http://www.bloodpressureuk.org/BloodPressureandyou/Thebasics>
There is also a simple tool on the NHS website for you to find out your heart age compared to your real age <https://www.nhs.uk/oneyou/be-healthier/check-your-health/heart-age-test/>

4. A Mens Shed for Bradford on Avon

Peter Dunford asked for volunteers to help him scope and take forward this project. Research would include visits to neighbouring sheds and discussion with the Town Council over possible venues.

Councillor Jim Lynch, Derrick Hunt and Richard Aylward were mentioned as potential male champions of the project.

Goodson Lodge Care Centre on Hilperton Road, Trowbridge and Corsham Mens Shed were recommended for visits.

ACTION: PD and JP in discussion with the Town Council

5. Carers Support

Anne Baldie introduced herself and the “Community Connectors” service. Anne and her colleague, Jemma, cover the Bradford on Avon area working with the GP practices, providing healthchecks (through trained nurses), 1-2-1 support and a signposting service to carers.

In the last census more than 47,000 people in Wiltshire said they provided unpaid care – that’s about 10% of the population. One in five of those devote more than 50

hours every week to caring. Research suggests that there are many more who do not identify themselves as carers formally, particularly young carers and those who care for people with needs relating to mental health or substance misuse.

Wiltshire Carers' Action Group (WCAG) has launched a five-year strategy to make sure that carers get the support they need when they need it:

- Carers have improved physical health, mental health and wellbeing
- Carers are empowered to make choices about their caring role and to access appropriate support and services for themselves and the people they care for
- Carers have the best financial situation possible, and are less worried about money
- Carers' needs, and the value of carers, are better understood in Wiltshire
- Carers influence services

Carer Support Wiltshire runs groups across the county facilitated by the Community Connectors who will help to implement this strategy at a local level.

ACTION: JP asked to shadow Anne at a future Carers Clinic to see what her work entailed

6. Seniors Forum update

Wendy O'Grady reported on forthcoming events which included a "drop-in" at The Hub on Friday 14 September at 2pm and an invitation to "Meet the RUH" at St Margaret's Hall on Wednesday 3 October at 2.30pm.

A revised programme of "Activities and Organisations for Seniors in Bradford on Avon" was circulated. All agreed it was a very helpful timetable and should be displayed prominently in public venues across the town and villages. Wiltshire Council continues to provide seed-corn funding for the operation of the SF, such as hall hire, refreshments and printing.

7. Wellbeing Wednesdays Update

In Jo Harris' absence, Dave Payne advised that WW activities at the library had included introductory sessions on essential oils, tai chi, zumba, chair ballet, baby yoga and massage. There had generally been a good take up for these taster events. The health training programme was building up well with a number of new referrals for personal health plans.

ACTION: Carers Support Wiltshire were invited to participate in the WW through providing a display and literature

8. Dementia Friendly BoA Update

Jennie Parker reported on a post-diagnosis support workshop supported by researchers from the University of Bristol with the Forget Me Nots, a group living with dementia. The meeting brought together practitioners from around the region to discuss what support people get post-diagnosis in their area; what has worked/helped; what was offered but did not help; and what would have been useful for improving post-diagnosis care and support. It is clear that there is an emerging postcode lottery, depending on where you live. A detailed report of the meeting will be discussed by the Dementia Action Alliance at its next meeting.

A programme of dementia awareness continues with a session for 3 political parties on 3 October and one in the planning for the Rotary Club. Tailored sessions will also be delivered by Alzheimers Support in the primary schools this term.

Other work includes the establishment of a network of Safe Places and an awards ceremony to reward good practice in November.

9. Living Well Project Update

Ginnie Heads reported that there had been 12 new referrals to the service in recent weeks and the caseload continues to grow. A volunteer handyman has been recruited for urgent repairs to the homes of isolated, elderly clients. GH continues to attend the Leg Club on a Monday and The Hub on a Wednesday as part of her ongoing work.

10. Any Other Business

PD mentioned efforts to support the boater community in response to requests from certain individuals for help. The Churches have collected for boaters in need and The Hub provides food parcels and hot lunches plus a debt advice service. Working with the Julian House boater outreach service and building off the success of the floating market, there are plans to help boaters help themselves through developing new merchandising and other entrepreneurship. It is hoped that a "Floaty Boat Fund" can be established by way of grants and donations. This will be run for boaters, by boaters and funders, with the aim of supporting the community on matters of wellbeing and hardship.

11. Date of Next Meeting

Monday 10 December 2018, Bradford on Avon Library at 10.30am