



Health and Wellbeing Forum

Thursday 12th July 2018, 14:00 – 16:00

Bindloss Room, Kendal Town Hall

Attendees

David Beuzeval (South Lakeland Mind – Third Sector Rep), John Bosson (MB CCG), Hannah Brooks (Bay Health & Care Partners), Laura Bush (CCC), Mike Conefrey (CCC), Mary Driscoll (CCC), Rachel Earnshaw (SLDC), Cllr Shirley Evans (CCC), Fiona Inston (SLDC), Carol Last (CCC), Derek Jones (GLL), Penny Pullinger (Age UK – Third Sector Rep), Peter Smilie (CALC), Cherie Trelogan (CCC), Cllr Mark Wilson (Chair, CCC)

Item 1) Welcome and Introduction (Chair)

Apologies for absence

Kelly Alty (Active Cumbria), Graham Bassett (CCG, Young people's services), Jozi Brown (Cumbria CVS), Philip Dixon (SLDC), Andy Knox (BH & CP's Population Health Lead), Bruce Lawson (Active Cumbria), Helen McConville (MB NHS), Jacqui Thompson (BH & CP's)

Item 2)

Minutes of last meeting and matters arising (Chair)

Item 3)

Standing agenda items – Updates (All Partners)

Health & Wellbeing Board Update

The last meeting took place on the 2nd July. Items on the agenda included Cumbria Local System Review, North Cumbria Health and Care System Update, Bay Health and Care Partners Integrated Care Partnership – Progress Update, Public Health Annual Report, Cumbria Health and Wellbeing Strategy – Delivery Plan Performance, Better Care Fund Year End Report and a Public Health Alliance Update.

The link to the papers:

[Cumbria Health and Wellbeing Board Agenda and Minutes - Monday 2nd July 2018](#)

The next meeting is on the 2nd October.

Public Health Alliance Update

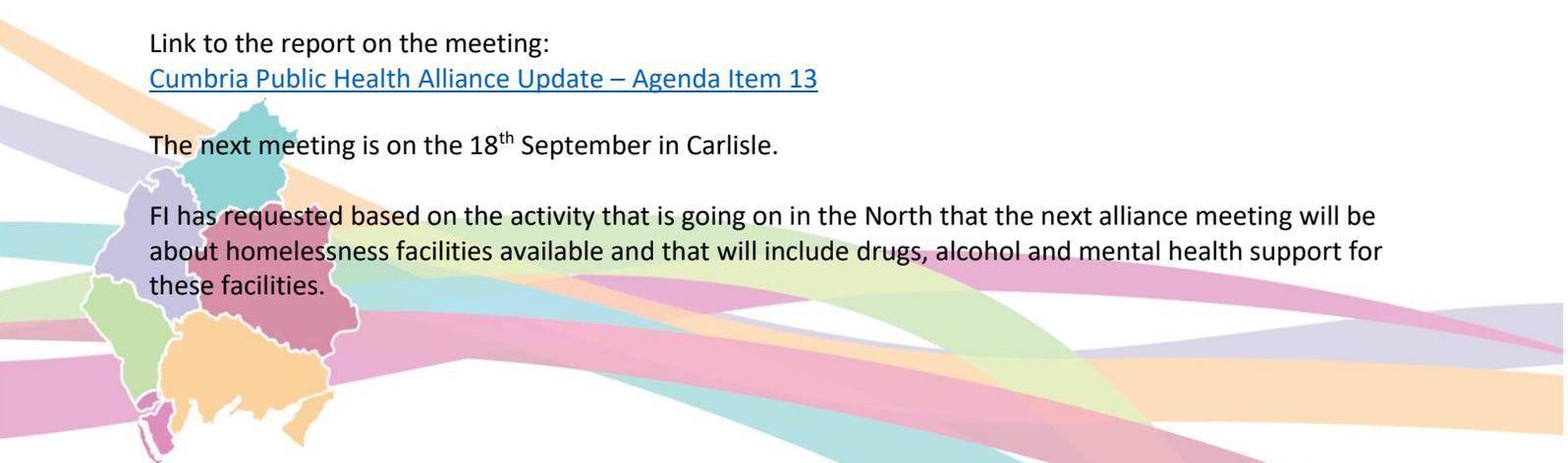
The last alliance meeting took place on the 4th June at Penrith. The session started with a presentation from Active Cumbria on their work. Topics discussed included a Multi-Agency Crisis Assessment Service Update, a presentation on Falls Prevention and Dementia Projects. Alliance members were concerned about the lack of provision in the south of the county. It was agreed that the subject would be covered at a future meeting with more information applicable to the South. The group were asked if they wish to do a mental health training course, Vic is looking into a level 1 training course vs an awareness session.

Link to the report on the meeting:

[Cumbria Public Health Alliance Update – Agenda Item 13](#)

The next meeting is on the 18th September in Carlisle.

FI has requested based on the activity that is going on in the North that the next alliance meeting will be about homelessness facilities available and that will include drugs, alcohol and mental health support for these facilities.





JSNA

There has been no further information on the JSNA, however a new health profile for South Lakeland has been published. Headline data:

- Life expectancy is 84.6 year for females (86.8 national best) males is 81.5 (83.7 national best).
- Life expectancy gap between the most deprived and least deprived ward is decreasing with the biggest gap of four years. This is not a local picture as in Lancaster, life expectancy varies in males by 10.5 years and in Barrow there is an 11.6 years difference.

Three areas are in “worse than the England average”

- Killed and seriously injured on roads – 201 in 2014-16. **More data needed and to discuss with Safer Cumbria.**
- Diabetes diagnoses – this is *“the percentage recorded diagnosis of diabetes as a proportion of the estimated number with diabetes”*.
- Alcohol specific hospital stay for under 18’s (which was 11 stays) / 32 stays in a 3 year period

Previously South Lakeland was “in red” for incidence of malignant melanoma which no longer seems to be a measure. Excess weight which previously captured both overweight and obese children has now been changed to just obese children – excess weight data still appears to be available on the PHOF. New measures have been introduced including dementia diagnoses.

The data and the profile can be accessed at: [Local Authority Health Profiles](#)

MC informed the group that a health measure not included within the health profile which South Lakeland performs poorly on is the uptake of the over 40s health check, which is offered every four years. The offers are sent out but the take up is lower than other areas.

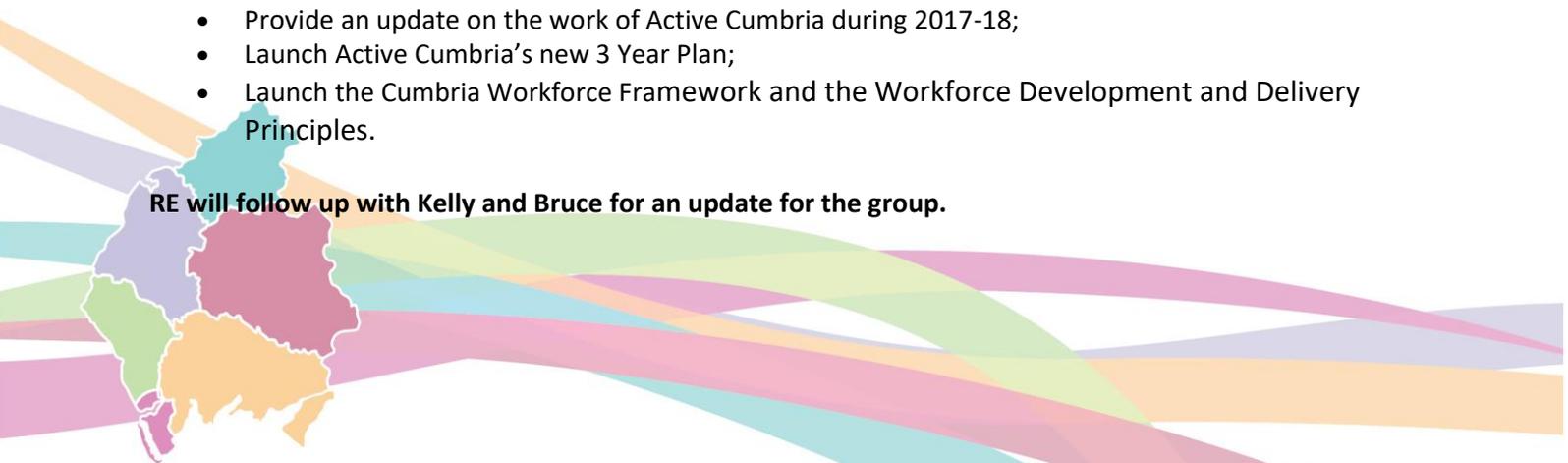
FI elaborated on the alcohol admissions statistics for under 18’s, which is approximately 11 admissions annually. The Community Safety Partnership focused on young people in relation to alcohol admissions, children in care, and underage sales. This group, the SL Health Forum allocated money for theatre in schools two years ago, which led to discussions in schools around alcohol. FI has spent a lot of time trying to ascertain whether for example a teenager who is admitted in Barrow perhaps from the Ulverston area is picked up on the Barrow or South Lakeland health profile. MC said that the Lancashire and South Cumbria ICS NHS has funded £640k to look at suicides in the Cumbria and Lancashire geography. This includes training and suicide awareness with third sector organisations. Kendal ICC is currently working on ideas for project proposals, and so are Space2create – an arts organisation.

Active Cumbria

No update available at the moment, though there is information available in the Public Health Alliance Minutes. Active Cumbria are holding a conference next week at Low Wood. The main theme is inactivity and they will:

- Provide an update on the work of Active Cumbria during 2017-18;
- Launch Active Cumbria’s new 3 Year Plan;
- Launch the Cumbria Workforce Framework and the Workforce Development and Delivery Principles.

RE will follow up with Kelly and Bruce for an update for the group.





CCC

MC spoke about a whole systems approach around South Cumbria and Kendal College are hosting an event on the impacts of welfare reforms on the 26th July. CCC have been working with SLDC on their “financial resilience” project. Educational attainment has been looked at and Windermere and Milnthorpe are the areas with the lowest level of training and education in their local population. The working group is looking to run events later in the year to showcase the education offer. CCC are taking a new approach to community events which involves running broader multi-faceted events rather than specialised events, the aim of this is to increase footfall. The “Sunday Funday” in March had been popular.

MW mentioned the “Celebration of Wellness” which is taking place in Wigan who are having a “year of wellbeing”. Their projects include supporting the daily mile and workplace wellbeing.

Bay Health & Care Partners (NHS) Update

District nursing teams have transferred from CPFT to MBHFT – breaking down barriers around discharge. There are 34 GP practices across South Lakeland which are represented by a GP federation. The Cumbria and Lancashire GP federations are planning to merge.

At the CCG there have been changes in the management team. The Clinical Executive Chair is changing from Alex Gaw to Geoff Jolliffe. The Chief Officer Andrew Bennet is being seconded for one year to be the Executive Lead for Commissioning in the Lancashire and South Cumbria Integrated Care System and the CCG is currently in the process of recruiting to the Chief Officer post. There is now a full team of ICC Development Leads. There had been a gap in the Barrow area which has been filled, and the East post (which includes Kirkby Lonsdale and Sedbergh) will be filled at the end of the month.

South Lakeland has the lowest delayed transfer of care figures for Cumbria – 26 days. Increase in attendance at A&E by 10%.

There has been evaluation events across Morecambe Bay on the back of the vanguard funding which is currently being written up. **PP to circulate information to the group.**

FI asked JB about district involvement on the NHS Bay Health and Care board.

SLDC

A Joint Public Health Officers meeting took place on the 4th June. At the meeting we agreed to work together more collaboratively starting with a joint Cumbria Healthier Menus scheme linked to the Healthy Weight Declaration.

Air quality in South Lakeland is improving and, hopefully in the next year the Kendal AQMA will no longer exist. SLDC have also been working together on the Cumbria and Lancashire Air Quality report (**attached to minutes**).

SLDC are currently working towards the bronze level of the Better Health at Work Award and are considering using the daily mile, which is currently run in schools as a model to create daily mile walking loops for staff.

RE has been attending Smoke Free Cumbria meetings which are led by CCC. One of the main messages coming from this is around vaping and the message is: If you don't smoke, don't start vaping; if you do smoke, stop altogether if you can- and our pharmacies can help; and if you can't stop or don't want to – switch to vaping”. CCC has also produced guidance for the public, private and third sector to help people quit smoking. The Smoke Free workplace guidance can be accessed at: [Smoke Free Cumbria](#).



Third Sector

PP and DB spoke about concerns that funding streams for many third sector organisations are coming to an end in the next 12-18 months. The bigger funding streams do not exist any longer. There are concerns about the introduction of universal credit and it is anticipated that demand on the Foodbank would increase. People are able to request weekly payments if this helps, and there has been issues with the fitness for work assessments.

A Third sector meeting with the CCG in Ulverston took place on the 17th May, to see how the local health economy and third sector could work better together. There is more work going on around people being able to access their appointments digitally. 426 people supported by Mind in the last year, this has doubled in the last two years. MW suggested that third sector organisations attend council meetings for the public participation section.

Item 4)

Extended Discussion – Integrated Care Communities and Community Wellbeing Groups

(Presentation attached to the minutes)

MC delivered a presentation to the group on Community Wellbeing Groups and Integrated Care Communities. MC spoke about an asset based community development approach which moves away from a deficit model.

Currently there is:

- Lancashire and South Cumbria Integrated Care System (used to be a STP)
- 5 integrated care partnerships – South Lakeland is in the Morecambe Bay area.
- ICC's for South Lakeland include East, Kendal, Grange & Lakes and Dalton, Ulverston & Askham
- Discussions are primarily about the health economy at these meetings.

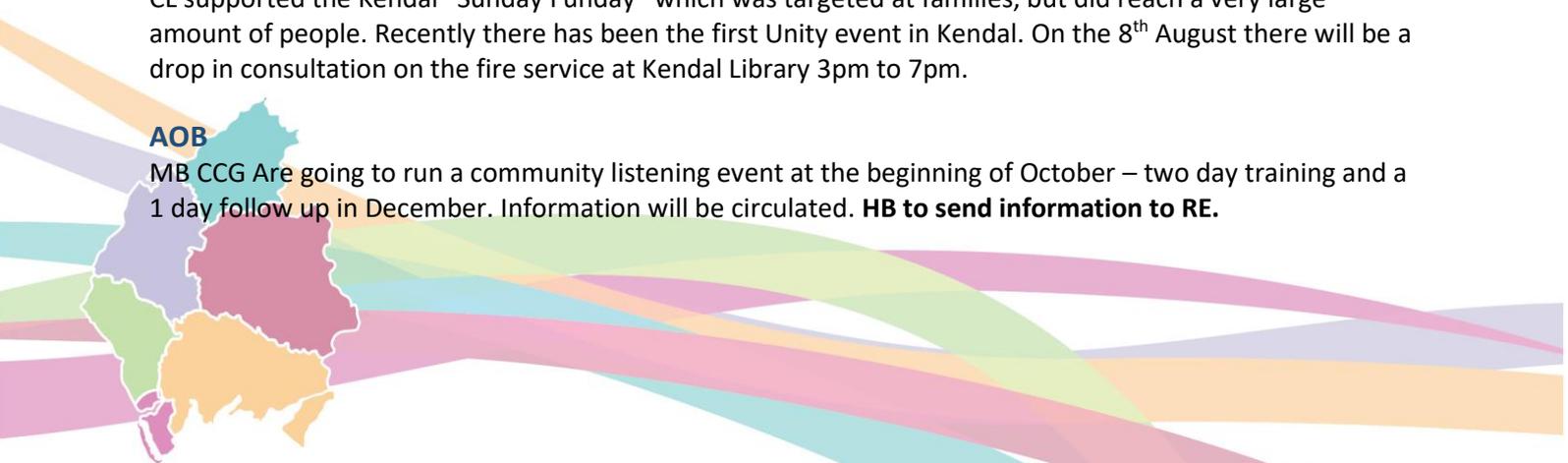
There are eight CWG's in South Lakeland. There are in the eight hub towns: Ambleside, Windermere, Kendal, Sedbergh, Milnthorpe, Kirkby Lonsdale, Grange-Over-Sands and Ulverston. The benefits of community wellbeing groups are that they aim to build social capital and community coherence, promote self-esteem and coping abilities of individuals and communities, and builds stronger, more sustainable communities.

CCC are trying to develop a community wellbeing group for each hub town, and there are sometimes smaller sub groups (please refer to the presentation for more detailed information). Each group has a £2k contribution from CCC and then some funding from ICC's for projects

CL last spoke about the Community Wellbeing Group she had been involved with. They used data to increase awareness about pockets of deprivation, including in more affluent areas, and are now looking at community events and support services. Members of the public contribute to the running of the meetings. CL supported the Kendal "Sunday Funday" which was targeted at families, but did reach a very large amount of people. Recently there has been the first Unity event in Kendal. On the 8th August there will be a drop in consultation on the fire service at Kendal Library 3pm to 7pm.

AOB

MB CCG Are going to run a community listening event at the beginning of October – two day training and a 1 day follow up in December. Information will be circulated. **HB to send information to RE.**





MW said that the Ulverston Healthy Towns Meeting would be taking place at the end of the week. One of the projects to be discussed was about a "Community Fridge" project. **MW to update the group.**

Date and Time of Next meeting

Proposed 11th October 2018

RE asked the group to forward any ideas they have for the next session.

