



## HERTSMERE HEALTH AND WELLBEING GROUP

Tuesday 9<sup>th</sup> May, 10.00am-12.00pm

### Attendees:

Cllr Brenda Batten (Chair)	HBC
Cllr Caroline Clapper	HBC
Cllr Anne Swerling	HBC
Rebecca Young	HBC
Pam Cousins	HBC
Courtenay Mosley	HBC
Charlotte Stanton	HBC
Liz Gore	HBC
Peter Wayne	HBC
Andy Chittenden	HBC
Peter Evans	Aldenham Parish Council
Stephen Craker	Community Hertsmere
Tom Cottam	Community Navigator
Pat Strack	EBTC
Kumara Moorthy	Healthwatch
Anne Frisch	Hertsmere Leisure Children's Centre
Mobashar Mahmood	Hertsmere Leisure
Natalie O'Riordan	Herts Mind Network
Liz Cox	Herts Valley CCG
Peter Christmas	Groundwork
Dr Claire Kaye	Shopwick Surgery

### Apologies

Carolyn Buller (Citizens Advice), Chantal Lommel (HAFLS) and Rushma Patel (HCC)

### Welcome

Cllr Batten welcomed the group and introductions were made. Minutes of the last meeting were discussed with no matters arising.

### Public Health Update

Rebecca gave an update about the public health offer projects.

- Groundworks really wild adventure play scheme that has been running during school holidays, has been successful in accessing the Tesco's Bags of Help scheme. Please Vote for this project!

- Over 22 applications have been received for the Public Health Grants Pot.
- HCC are currently reviewing their public health strategy. Hertsmere are also reviewing the Community Strategy – please see attached.
- A number of projects will be coming to an end in September. An interim report will be provided for the Health and Wellbeing Partnership.
- The No Smoking in park poster competition has now closed. A winner will be announced shortly.

### **The Housebound GP service**

Dr Kaye presented the Housebound GP service project to the group. The project delivers holistic care to the elderly housebound patients of a GP service. Dr Kaye explained that the Housebound GP service is to help catch frailty earlier on and properly diagnose those who are housebound.

The outline of the service is that each patient gets a 1 hour holistic consultation based on the Geriatric Comprehensive Assessment at least once a year. They also have a follow up telephone consultation 4 weeks after the initial consultation. Patients, relatives and carers can assess the lead GP and leave messages at any time with no referral paperwork and no discharge criteria involved.

Since starting the project multiple new diagnosis have been picked up including breast cancer, polymyalgia rheumatic, Osteoarthritis, Depression, Dementia and Frailty. This service has also led to medication rationalised and deprescribing.

The impact of the service has been assessed and 69 patients responded to the survey, the results showed positive qualitative outcomes.

Comments were such as:

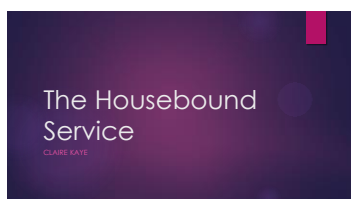
- “It’s a lovely feeling now not having to worry about health issues as the Dr looks after me now at home.”
- “Very Surprised and pleased”
- “Caring Doctor”

Aiming to roll out the service to other practices for the long term and to also teach about Falls and Frailty and how to set and run the service. The project will also be looking for funding for practices to continue to run the service.

Below is the poster and PowerPoint that Dr Claire Kaye presented to the group.



Housebound poster final 2016 pdf.pdf



Cllr Batten congratulated Dr Claire Kaye on the successful service so far and for the comprehensive insight into the service.

Cllr Clapper also acknowledged the service receiving very good feedback and hopes that the service will continue.

### **Hertswise Service**

Adam Thapur presented the Hertswise service to the group.

Hertswise will be a partnership working as one team bringing a range of expertise both in running activity services and in supporting people with dementia, their carers and families. The partnership concludes of: AUKH, Herts Help, Carers in Herts, HILS, HMN, AUKD, Howard Cottage, NHEMF, Hertfordshire Care line.

Hertfordshire County Council awarded the grant contract to run the project for it to be delivered from May onwards, this is to help with transitioning the original services that are in place to a new model of service from March to May.

Herts Help will triage referrals to this service and there will be a locality worker in every borough/district, to focus entirely on service delivery.

All the organisations will be working on the same CMS so people only have to tell their story once and nobody will be refused support.

Cllr Batten emphasised that any organisation is welcome to join the Hertsmere Local Dementia Action Alliance or receive a Dementia Friends awareness session and this can be arranged by contacting Pam Cousins at [pam.cousins@hertsmere.gov.uk](mailto:pam.cousins@hertsmere.gov.uk)

### **ParksHerts Update**

Liz Gore presented an update on the ParksHerts interactive website app which is currently being developed. The app's aim is to provide in-depth information on over 100 parks in Hertfordshire.

Throughout the site, small icons are featured to represent different subjects and will aim to point users in the right direction in regards to activities at the park, facilities, walking routes and playgrounds.

Other information that the site creators have also been working on is directions to the park or where to park your car once there.

The ParksHerts app is looking to launch during Parks week in July.

If you would like any more information on the ParksHerts app please contact Liz Gore at [liz.gore@hertsmere.gov.uk](mailto:liz.gore@hertsmere.gov.uk)

Cllr Batten commended those who have been involved with working on the app and acknowledges that this app will offer extensive access to information on lots of parks in Hertfordshire for residents in the county.

### **We Move She Moves and Sport England Update**

We Move She Move is an inclusive physical activity programme with the aim to get as many women and girls 14+ in Hertsmere moving.

Charlotte Stanton spoke through the projects progress so far and showed that in its fourth year now the project has engaged over 3,000 women with over 38,000 attendances. This is due to the variety of activities on offer with currently 29 activities running weekly.

An extension of funding has been received from Sport England until March 2018 to put on new activities. Therefore a survey was sent out to those who live or work in Hertsmere and 280 responses were received. The new activities will be set up dependent on preferred activity, time of day and area.

Charlotte also gave an update on Sport England funding available. There is currently a Families Fund available and more information can be found on the Sport England website: <https://www.sportengland.org/funding/families-fund/>

To find out more about We Move She Moves please contact Charlotte at [charlotte.stanton@hertsmere.gov.uk](mailto:charlotte.stanton@hertsmere.gov.uk)

### **Organisational Updates**

#### **Aldenham Parish Council**

Offering a free room every week at the Radlett Centre for community use. CA and CH have started using this.

#### **Citizens Advice**

Received a small amount of funding to run a care leavers project for one year. Hope to engage with any care leavers in Hertsmere between the ages of 18 and 25 to help with support around housing, debt budgeting and any other issues that care leavers may have. Welcoming referrals from any organisation who works with them. We are very happy to arrange initial meetings in areas where care leavers would feel comfortable and talk to any groups who may be able to refer care leavers to us. (to contact Carolyn at [ceo@hertsmerecab.org.uk](mailto:ceo@hertsmerecab.org.uk))

Also received some funding to hold an outreach session one afternoon a month at the Community Shop in Leeming road. This project is aimed at people who visit the 2 pharmacies on Leeming road and both the pharmacists have agreed to have our leaflets. This project is aimed at those who may have long term health issues which cause them to be on long term medication. Offering advice that may be able to turn the situation around

### **Community Hertsmere**

The opening of the new outreach site in Potters Bar will help to enable residents to have easy access to the team and to meet staff face to face the new outreach, will be open every 2nd Tuesday 2.30pm to 5.30pm at Wayside Jubilee Centre.

Older people's project is up and running with Computers and a Cuppa course and Meet and Eat sessions starting soon.

### **Hertsmere Leisure**

Now offering a new membership for those who have gone through GP Exercise Referral scheme. Also looking at more affordable ways to engage more people into using the leisure centres.

Hertsmere Leisure have also been awarded funding for StreetGames activities to take place which will be available for youths aged 14+. This will help to take children of the street and engage them into activity avoiding anti-social behaviour.

### **Hertsmere Leisure Children's Centre**

Hertsmere Leisure is delighted to have been awarded Healthy Children's Centre status.

### **Healthwatch**

Continuing to look at community transport for hospitals. Also, completed pilot programme of those visiting dentists, to understand the access to venues and overall experience for the patient.

### **Hertsmere Borough Council**

Community Grants closes on 31<sup>st</sup> May. Organisations are able to apply for up to £2,000 for projects or equipment that will meet Hertsmere council's priorities.

### **Private Sector Housing, Hertsmere Borough Council**

Working with private landlords and now also have an empty homes officer to handle vacant premises. Have signed up to be part of Warmer Homes project and will update the group at the next meeting.

### **Herts Mind Network**

Memory Support Group is going well in Leeming Road. Other projects are also going well such as Nurse Health Checks.

### **A.O.B**

Cllr Brenda Batten will be stepping down from her role as portfolio holder for Leisure, Sport and Culture. Cllr Caroline Clapper will be taking over this role as Cllr Batten has now been appointed as Deputy Mayor. The Group thanked Cllr Batten for her dedication and support to the Health and Wellbeing group for the last five years.

### **Date of Next Meeting**

Tuesday 5<sup>th</sup> September 2017, 10am. Hertsmere Civic Offices, Rooms A & B.