

Fareham & Gosport

Voluntary Sector Health Forum

Notes of the meeting on 6 September 2018 – The Jervis Gallery, St Vincent College, Gosport

The meeting was hosted by Gosport Voluntary Action (GVA).
A list of attendees and apologies is appended to these notes.

Welcome and Introductions

Nicky Staveley (NS) of Gosport Voluntary Action welcomed everyone to the forum, and encouraged groups to go back to their roots and ensure that the forum is used as an opportunity to address key points to the Clinical Commissioning Group (CCG) and receive their feedback.

Stroke Association – Carly Davey (CD)

CD provided an overview of the Stroke Association, and informed the forum that in Gosport and Fareham every year there are 359 strokes. The group aims to support, campaign and carry out research for stroke sufferers. The group is trying to bridge the gap as there are long waiting lists locally to be reviewed. Only 1/3 of stroke survivors are having their 6 month review.

The Stroke Association has created an online support tool called My Stroke Guide. It's easy to use and easy to find support and is available nationwide.

For further information contact Carly, on carly.davey@stroke.org.uk

Click [here](#) for a pdf of her presentation

Q: How much was lost in the recent commission changes?

A: A reduction of approximately £30k, although there was a 12-month proof of concept period and then a 6-month extension.

Q: Why are 2/3 people not receiving a 6-month checkup? Is this common?

A: It's patchy across lots of places. Data is available on the SA website.

Q: What connection is there with Gosport Stroke Club (GSC)?

A: They are affiliated to us but they are also a charity in their own right.

NS suggested that GVA could potentially work with the Stroke Association and GSC on the essential elements, and that Gosport Community Lottery funding may be a possibility for future projects.

Surgery Signposting and the Integrated Care Model - Angela Gill (AG)

AG gave an overview of the social prescribing project which helps patients to access health and wellbeing groups and take ownership of their own health. This reduces pressure on GP's and prevents people going in to crisis.

Trained Signposter volunteers have been crucial and help to explore underlying issues.

A breakthrough has been working with Practice Managers at GP surgeries and having a dedicated means of contact to share information (email/phone).

Q: What do you do when someone has an issue and you don't know where to send them?

A: Normally the support they need is covered by the many local groups and organisations such as CHAT, Advocacy and Age Concern. NS added that we are always looking for other groups who can offer support.

Q: What about those who don't go through their GP. How do they access help?

A: It's not just a GP referral service, people can come in to GVA, or phone in, and we also get referrals from other organisations. We are also looking in to trialling a telephone service.

Fareham College Memory Café- Steph Couper (SC)

SC gave an overview of how the memory café was established - not only to benefit the students studying for their Level 2 Health and Social Care, but also to be involved in the community.

The café offers intergenerational activities, gives confidence to students and the older generation enjoys the interaction with the young people.

The memory café is open every Friday during term-time, from 10.30am -11.30am and you can just turn up.

Click [here](#) for a copy of her presentation

Q: Do you receive any funding to run this?

A: No. It's something set up and funded by Fareham College. The students make the tea and coffee and plan the sessions.

Q: It would be amazing to get these in other local colleges, are there any others locally?

A: If you can find a lecturer who is passionate about setting something up, has the facilities and the right course then it can be done.

Tim Houghton (TH) agreed it was a great project and that Community First Fareham would like to work more with Fareham College on this.

Noticeboard

Lots of events/important dates:

8 September: Gosport Community Lottery first draw

12 September: Fundraising talks, Friends of Fareham Community Hospital

14 September: Fareham Health Summit with Suella Braverman

17 September: Community First Roadshow, Fareham Shopping Centre

18 September: Fabulous Volunteering Festival

20 September: Making Every Contact Count - MECC in Gosport Event

20 September: Application deadline for community grants to celebrate successes (TH)

11 October: Big 50 with Zurich - how to be more business like - advice on marketing, impact assessing, funding

19 October: Info Fest Winter Warmth Event at Thorngate Halls

Making Every Contact Count (MECC) - Mandy Bright (MB)

- 12 trainers have now trained over 180 people on the MECC course
- Healthy conversation skills - how to use open discovery questions to illicit a fuller response from people
- Enables people to open up, make positive changes to their lifestyle that are realistic and achievable for them
- It's been a real success so far so it's a chance to celebrate also.

Tim Houghton (TH), Community First Fareham

- Sits on the New Models of Care steering group
- Changing the way healthcare is provided
- All about early intervention and prevention, avoiding people going in to hospital
- Healthcare professionals need the voluntary sector to respond and offer real projects and interventions
- The voluntary sector needs to up its game on measuring and demonstrating impact and what we do, showing clear financial and health impacts.

A break for lunch and networking was taken

Scottish and Southern Energy Networks- Priority Services Register- Jasmin Myhill (JM)

JM explained what the Priority Services Register is and how those most in need of electricity when there is a power cut or emergency are given priority to get reconnected.

Those that can benefit from the service include those with illnesses, families with children under 5, and the over 60s. All they need to do is register.

In an emergency the number to call when there is a power cut is 105 from anywhere in the UK.

Click [here](#) for a pdf of her presentation

Q: Have you got a website?

A: Yes, it's www.ssen.co.uk

Q: Do you visit those on the register?

A: Normally we are a team of 5 and so we try to get out and visit as many people as possible who are on the list. In times of big outages the team goes up to 18 and those that are visited first are Category 1 (medically dependent incl. pacemakers), then Category 2 (hard of hearing/mobility issues) and then Category 3 (those with young children/over 60s).

Q: I'm registered with my network supplier, do I need to register with you as well?

A: No. As long as you are registered with one we are all joined up.

Q: If we want you to visit our group, can you? What about Parish magazines?

A: Yes, we try and look for as many opportunities to promote the register and 105.

Cycle Gosport- Kathy Azopardi (KA)

Kathy gave an overview of the cycling situation in Gosport. Gosport has the 6th highest cycling rate in the UK with 10% regularly cycling. 17% actually cycle 3+ times a week and 75% of children either walk or cycle to school.

The Cycle Gosport group was formed to ensure good design is incorporated in to new developments, to act as a voice for local people, champion new ideas and work with other groups to create a bigger impact.

Click [here](#) for a pdf of her presentation

How can you help?

Become a Bike Ambassador, join the group and create a stronger voice for health. Make sure you read planning/development applications and if you are not happy with proposed plans you can write to the Secretary of State.

Extra Care Housing Options- Amanda Wakely (AW)

AW gave an overview of the extra care sheltered accommodation schemes County-wide. These offer 24/7 care with carers on site but have their own accommodation. Locally Juniper Court is available. The concept is all about future proofing to allow people to stay at home for longer. Those accessing the service are generally over 55 with health conditions.

Referrals tend to come from families and health professionals. They are prioritised on care/health and housing needs and there are waiting lists.

Q: Who/how determines extra care provision?

A: There are 18 extra care facilities in Hampshire. There are gaps in certain parts of the County, and this is where extra care facility development will be focused.

Close and date of next meeting

NS closed the meeting by stressing how important it is for groups and organisations to think about their priorities for the Clinical Commissioning Group (CCG) and to think about how we can work better with them.

The next meeting was confirmed as Tuesday 20 November 2018 in Fareham.

Attendees

First Name	Surname	Organisation
Kathy	Azopardi	Cycle Gosport
Margo	Berry	Portsmouth & SE Hants Osteoporosis Support Group
Nerys	Blackburn	Alzheimers Society
Mandy	Bright	Gosport Voluntary Action
Steph	Couper	Fareham College
Carly	Davey	Stroke Association
Lucy	Docherty	Fareham and Gosport CCG
Graham	Edwards	Live Well with COPD
Troy	Fisher	Scottish and Southern Electricity
Angela	Gill	Gosport Voluntary Action/Age Concern Gosport
Nicola	Gore	The Princess Royal Trust for Carers
Pat	Gulliford	Friends of Fareham Community Hospital
Lindsey	Hay	Adults Health and Care
Charles	Hayward	Cycle Gosport
Tim	Houghton	Community First
Erin	Hunt	Glanvilles LLP (Solicitors)
Emma	Kemp	Gosport Voluntary Action
Elizabeth	Kerwood	
Annette	Lindsay	Hampshire County Council
Esme	Mutters	Stroke Association
Jasmin	Myhill	Scottish and Southern Electricity Networks
Jeanette	Perry	CHAT
Joanne	Pittard	Southern Health NHS
Vivienne	Pugh	Crofton Lions
George	Ringrow	Diabetes UK. Fareham and Gosport Group
Jennie	Romicheva	Community First
Debbie	Ross	Open Sight
Jill	Sadler	Friends of Fareham Community Hospital
Su	Seymour	Gosport Autism Ambassdor and CHAT
Pat	Shirley	Fareham and Gosport CCG
Chris	Staples	Research and Innovation Dept, QA Hospital
Nicky	Staveley	GVA
Istvan	Szucs	The Rainbow Centre
Amanda	Wakeley	Hampshire County Council
Daisy	Watson	Hampshire County Council Adults Health & Care
Lucy	Doherty	Fareham and Gosport CCG

Apologies

First Name	Surname	Organisation
Pamela	McCune	Gosport and Fareham Live at Home Scheme
George	Aleese	Gosport Branch of the MS Society
Pamela	Webber	Hampshire and IOW Ileostomy Association
Jane	Essery	Alzheimer's Society
Catherine	Diamond	Glanvilles LLP
John	Habberley	MS Society Gosport & Fareham Group
Jan	Welsh	Haslar Bosom Buddies
David	Kett	Fareham Macular Support Group

