

# Fareham & Gosport

## Voluntary Sector Health Forum

Notes of the meeting on Tuesday 20<sup>th</sup> November 2018 – Community Church, Fareham

The meeting was hosted by Community First Fareham

A list of those who attended and those who sent apologies is appended to these notes.

### **Welcome and Introductions**

Jennie Romicheva (**JR**) of Community First Fareham welcomed everyone to the forum which was centred on Mental Health.

**JR** welcomed a new set of approx. 4 attendees who introduced themselves to the forum.

**Full list of attendees and apologies can be found in the appendices to these notes.**

### **Side By Side: Side by Side Co-ordinator Hampshire, Alzheimer's Society Sue Eden-Browne (SE)**

Side By Side is a person-centred service based on Befriending.

A client is matched with a befriender and the relationship is created and developed with a more person-centred approach for people with Alzheimer's.

This new way of befriending and service delivery changed in April 2018.

Befriending volunteers became Side By Side volunteers.

**SE** advised that there would be a new contact from 19<sup>th</sup> January 2019: **Jane Essery**

All volunteers are DBS checked and trained to provide the Side by Side service.

The volunteers are matched then with the client's interest/s ie music appreciation or a particular sport.

They will then coordinate with a local community group/club or society to see if this interest can be developed and assisted.

For example where someone may have played Rugby in the past the team will hook up with the local rugby team club to see what could be done in collaboration.

Alzheimer's Society wants to encourage current services as they are not all dementia-friendly.

Side by Side clients can be referred by anyone as well as self-referral.

They are then assessed using person-centred tools and then assigned a volunteer.

**SE** advised that they are hoping to implement the service in hospitals for continuity.

There is also an ELF DAY – Friday 7<sup>th</sup> December to fundraise by wearing a Christmas Jumper.

Last year the ELF DAY raised £1.4m.

### **Q. Can a person self-refer**

A. Yes and open to all. Just needs to be diagnosed.

### **Q. Is the service for all Dementia patients?**

A. Yes

### **Q. How is it funded?**

A. It is being funded by the Big Lottery but looking to commission the service.

**Q. Is Side by Side working in Fareham and Gosport?**

A. Not currently but would like to.

**Q. Can you give existing Befriending Schemes more specialist support?**

A. Yes at a cost. But there is free Dementia Friend/Champion training to avoid this.

**Q. If the Dementia progresses – how would Side by Side deal with this with their client?**

A. The volunteer would be allocated a new client

**Q. Are the volunteers DBS checked?**

A. Yes

There then followed a Christmas Quiz to tax everyone power of recall!

**New People intros:**

**MHI – Mental Health Initiative Paul and Carol**

Workshops for people suffering with Stress and Anxiety

They work with schools and businesses

Offering Mental Health Awareness training

They are finding that funding is a problem.

**CCG – Sue Owen**

**Noticeboard**

**Surgery Signposting Update – Angela Gould (AG)**

New SSP location goes live 4<sup>th</sup> December

Westlands Medical Centre will be reinstated in 2019

**Gosport Walking for Health – Alison McNulty (AM)**

Launched in October 2018 with 2 walks and will be introducing more in the coming months.

**AM** explained the purpose behind the scheme –getting people in to a routine of walking to improve their mental and physical wellbeing.

Tuesday weekly walk: Leesland Circular – meet outside Forton Medical Centre at 10.00 (45 mins)

Sunday walk: Priddy's Hard Circular – meet outside The Conservative Club Walpole Rd at 10.00 (90 mins) specified dates 9 Dec/13 + 27 Jan

### **Community First – Tim Houghton (TH)**

Wanted to mention “Winter Pressures” and trying to look at better ways for organisations to work with patients and get referrals done well.

Looking at trying to avoid self-administered hospital admissions.

He was looking at a follow-up proforma and wanted to see what groups were available to support above as there might be funding around.

If there was anyone already working with above then to let him know.

### **Lunch**

Groups invited to network over lunch.

### **Hitting the Cold Spots: The Environment Centre Jo Moody (JM)**

**JM** advised that they were now in the 7<sup>th</sup> or 8<sup>th</sup> year of the project which is funded by HCC

It is a Hampshire-wide service for anyone living in a cold home.

Referrals can be self or not.

They want to identify any household with fuel poverty and reduce their energy bills.

There are currently 2.55 million households in England known to be at risk.

The impact of a cold home can affect:

- Mental Health
- Physical Health
- Falls
- Low education attainment
- Poor Diet “Heat or Eat”
- Social Isolation

Those more at risk in this would be:

- Older people
- Young children and families
- People with long-term conditions and/or disabilities

HCC provided thermostats as well – ambient temperature is 18-21c

### **Q. Smart Meters have bad press – is this because of their age?**

A. The 1<sup>st</sup> Generation had issues as they lost their ‘smartness’ – unable to switch and recognise different energy providers. New generation are better.

### **Q. Can you decline a Smart Meter?**

A. Yes. It is not currently under government legislation to have a Smart Meter but in a few years it will be.

### **Communities working together to beat cancer: Michelle McInnis, Assistant Commissioning Manager Southampton City CCG (MM)**

**MM** is currently working on 'A Call to Action' which is a social capital project promoting cancer screening.

It is part of the Wessex Cancer Alliance which is part of the NHS and local authorities.

Wanting to improve patient experience, early detection and prevention..

They were awarded £160k to cover IOW/Hants and Dorset.

There is a one-off workshop Tuesday 27<sup>th</sup> November (leaflets distributed) and they are actively looking for people who have a community voice to design a network.

**Q. Are they looking for individual organisations or CVS?**

A. Either

### **Close of Meeting**

JR advised there were no 2019 dates as yet as waiting for CCG to advise.

She asked that the forum think about:

- What pressing matters should be discussed in the coming year
- What speakers they would like to see?
- What activities?

And reminded the forum of its purpose: local sector to raise awareness and challenge CCG

**JR** thanked everyone for attending and those who gave presentations.

### **Next Meeting Agenda**

The next meeting 14<sup>th</sup> February 2019 hosted by Gosport Voluntary Action.

There will be time for input from Groups and Services.

Please send offers to [admin@hfqf.org.uk](mailto:admin@hfqf.org.uk)

## Attendees

Sue Owen	Fareham and Gosport CCG
Graham Parish	The Mental Health Initiative
Jayan Pillai	AWS and River Aid
George Ringrow	Diabetes UK Fareham & Gosport
Jennie Romicheva	Community First
Jill Sadler	Friends of Fareham Community Hospital
Nicky Staveley	GVA
Sue Topham	The Mental Health Initiative
Sam Agnew	Brendoncare
Margo Berry	Osteoporosis Society
Sue Eden-Browne	Alzheimers Society
Jane Essery	Alzheimers Society
Angela Gould	GVA
Pat Gulliford	Friends of Fareham Community Hospital
Lindsey Hay	Adults' Health and Care
Tim Houghton	Community First
Steve Irving	MS Society
Michelle McInnes	Southampton City CCG
Alison McNulty	Community First
Sue Mitson	Cab Gosport
Dawn Taylor	Gosport Access Group
Karen West	Fareham & Gosport Live at Home Scheme
Suzanne Pepper	Gosport OP Forum
Pat Shirley	Fareham & Gosport CCG
Bob Holman	Osteoporosis Society
Jo Moodie	The Environment Centre

## Apologies

George	Mc Aleese	Gosport & Fareham Group of the MS Society
Daisy	Watson	Hampshire County Council- Adults' Health and Care
Istvan	Szucs	The Rainbow Centre
John	Habberley	Gosport & Fareham Group of the MS Society
David	Kett	Fareham Macular Support Group
Lucy	Docherty	Fareham and Gosport CCG
Joan	Welsh	Haslar Bosom Buddies
John	Habberley	MS Society Gosport & Fareham Group
Catherine	Diamond	Glanvilles LLP
Pamela	Webber	Hampshire and IOW Ileostomy Association
Melanie	Whitfield-Tinkler	Harbour Cancer Support