

Fareham & Gosport

Voluntary Sector Health Forum

Notes of the meeting on Tuesday 8th May 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, 'Living and Dying Positively'.

JR welcomed a new set of approx. 8 attendees who introduced themselves to the forum.

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

GP Referral Scheme – Karen Hobbs (KH)

KH provided an overview of a new health initiative where those patients who have a need to improve their physical well-being can be referred by a professional medical person to a 10 week intervention scheme.

Parameters for eligibility have been broadened to include the following diagnoses: Mental Health, Cancer, TD2, obesity, Dementia, Fall Prevention, cardiac.

Potential to include adolescents in the future.

Process is for the patient to have a pre-assessment, then get referred as per above.

Patients are also flagged using RAG (traffic light system – Red, Amber, Green)

Cost of this programme is £65.00

Q. Is it post code dependant

A. No, it is not post code dependant. See www.everyoneactive.com

Pending GP referral scheme forms

Gosport and Fareham Walking for Health

JR and Jacky Chapman provided an update on the W4H scheme which is being extended into Gosport as additional funding provided.

Health Connectors Update

Sheila Frampton and Joanne Pittard, Lead Care Planners, Complex Care Team Gosport

Holistic approach to patients

Targeting frequent unplanned admissions coupled with multi conditions to hospital

To access the Health Connectors Fareham and Gosport Directory please click [here](#)

Big Health Conversation – Nick Brooks (**NB**)– Senior Communications and Engagement Manager for Portsmouth, Fareham and Gosport, South Eastern Hampshire and Isle of Wight Clinical Commissioning Groups

NB explained that there were new costs involved as there is a rising demand for this service from a wider audience with more complex needs, coupled with fewer staff in some areas. New models of care in place to tweak the system to help make resources go round. They want to talk to people about their experience and are interested in: care for the frail, multiple conditions and Same Day Care Access

The Conversations are held in small groups and talk about what concerns/fears, what is being missed, about services near to home; what do they need to know.

Q. When is feedback coming?

A. Ongoing

Noticeboard

- Health Meeting (with a panel of Health professionals): 14 September **Sarah Childs (Suella Fernandez representative)**
- Surgery Signposter Pilot Project has expanded the service in to Aerodrome House. Service held once a month 2nd Tuesday 10:00-1300 plus first care home: Northcott House in Gosport. **Angela Gill SSP Project Manager**
- 4 new Signposters have now been trained for Fareham with a further 2 in the wings. **JR**
- Coop Estate Planning Free Talks – **JR**
- **Connect 5, Don't Bottle It Up and SBS**
New HCC Consortium – Mens' Mental Health (age 29-49) due to gap in support for this age group **JR**



Connect 5

Presentation short.ppt



Dont Bottle It Up

Presentation (short).ppt



SBS Step By Step

and Side By Side.doc

Lunch

Groups invited to network over lunch.

Dying Matters Week Fareham & Gosport – Ian Reeves, Dying Matters Project Manager

Age Concern Gosport are currently delivering a 6 month interim project funded by Southern Health NHS Foundation Trust, called 'Your Care in Your Hands - Hospital or Home?'

An informal PowerPoint presentation was delivered by Lead Volunteer Ian Reeves - which explained how the project is encouraging people in the Gosport & Fareham areas to discuss & plan their care, dying and death via a series of engaging/light-hearted talks to local groups. (It has currently engaged with over 100 local people.)

The interim project builds upon a successful 1 year 'Awards for All' National Lottery funded project that in 2017, engaged with 430 Gosport people and was supported by 190 volunteer hours.

Interesting facts were highlighted including the fact that only 1 in 8 of people surveyed in Gosport had a current will in place and only 25% had discussed end of life wishes with a family member.

It also highlighted the project's free 'Dying Matters Awareness Week' outreach events and library book & information exhibitions, that were taking place across the Gosport & Fareham area w/c Mon 14 - Fri 18 May 2018.

To find out more or to request a presentation, please contact Angela Gould, Age Concern Gosport - 02392 604699 (Mon-Fri 10am-12pm).



Fareham Voluntary
Health Sector Dying M

Feedback on Grave Talk drop-in sessions in Fareham – Maggie Francis & Carole Wynn

These are informal chats held in a café environment using conversation cards (x50)

Launched in Portsmouth 3 years ago (first piloted in Ditchfield)

They are used in a church context but are relevant across all faiths.

So far there have been GraveTalk (Café Imbizo and Westbury Museum2)

Number of people attending can range from 13-21

Feedback has been that it has been enjoyable, interesting and invaluable.

There will be more conversations in May, June and July at Westbury Museum

It is not a counselling or bereavement group

Q. Is it going to be rolled out

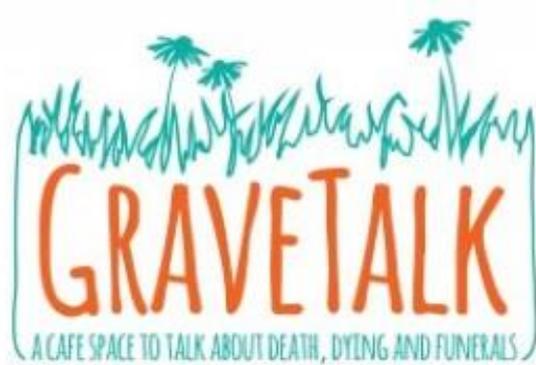
A. Not a question of being rolled out. It is just an accessible meeting as per above and would just have to contact them for future dates.

For more information see :

GraveTalk

extract from the Church of England web-site: <https://churchofenglandfunerals.org.gravetalk/>

For those with big questions about death, dying and funerals, having someone to talk to can be invaluable. But how do you start those conversations, and with whom? There are a growing number of café spaces which bring people together to do just that – this page tells you more about GraveTalk, launched through the Church of England.



The Church of England has been helping people think about these questions for centuries. GraveTalk is a café space where people can talk about these big questions. The conversation is helped along by GraveTalk conversation cards – 52 questions covering 5 key areas.

Topics covered include:

Life: What is important in your life? How would you like to be remembered?

Death: What experiences of death have you had so far? What do you think death means?

Society: How has our culture shaped our thinking about death?

Funerals: What will happen when you die? Do you need to make any plans or choices now?

Grief: What is the reality of loss and how do you experience it?

Events have been held in locations across the country, and people of all ages have gathered to talk and share their thoughts about death, dying and funerals. GraveTalk is a café – so there is always tea and cake.

What happens at a GraveTalk event?

It can take place in a church hall, community centre or even a High Street café. People arriving will be welcomed by the person running the event, and then invited to sit at tables with three or four others. The GraveTalk cards will be on the tables, and each group picks a question and uses it to start a conversation. It doesn't matter if you only use one question – or work through all of them! The purpose is to talk and listen.

Light refreshments are offered throughout the event, which lasts about an hour, or longer if needed.

NOTE Although these materials have been created for church groups, they work well with people of all faiths or none



Health Forum GT
final version.pdf

Close of Meeting

JR invited Nicky Staveley (**NS**) to address the Forum.

NS said that there was no theme as yet for the next Forum but suggested that perhaps it would be a good idea to go back to how the HF was before and its purpose was for CCG and VCS to meet.

With the Vanguard end in sight things are changing .

NS asked how many groups had had the opportunity to present at HF to the CCG.

The answer came back as 3.

Marge said that there is a need to look at all the small groups as some of them are merging for efficiency.

NS asked the Forum how can we make limited funding go further. And how can it be best managed.

Tim Houghton (**TH**) said that the next HF in September was good timing.

TH said that the role of CVS along with social prescribing and the need for a more health discussion about the role of future commissions in the Third sector.

NS asked the Forum attendees to tell them what experiences they had been having due to the significant demand being placed of them with the decline of Adult Services. What has been the impact on their own voluntary service?

JR thanked everyone for attending and those who gave presentations.

Next Meeting Agenda

The next meeting will be on **Thursday 6th September 2018** hosted by Gosport Voluntary Action.

There will be time for input from Groups and Services.

Please send offers to admin@hfgf.org.uk

Attendees

First Name	Surname	Organisation
Samantha	Agnew	Brendoncare Foundation
Natalie	Austin	Everyone Active
Rachel	Bayden	Everyone Active
Jo	Beauchamp	MHA - Gosport and Fareham Live At Home
Roisin	Bird	Healthwatch Hampshire
Nerys	Blackburn	Alzheimers Society
Mandy	Bright	Gosport Voluntary Action
Sarah	Child	Office of Suella Braverman MP
Sharon	collings	Argenti
Tanya	Egan	Richmond Fellowship
Jane	Essery	Alzheimers Society
Sheila	Frampton	SHFT Complex Care Team SE
Angela	Gill	Gosport Voluntary Action/Age Concern Gosport
Angela	Gould	Surgery Signposters GVA
Pat	Gulliford	Friends of Fareham Community Hospital
John	Habberley	G & F branch MS Society
Caroline	Hillier	Everetts Pharmacy
Caroline	Hodkinson	Lee Residents Association
Tim	Houghton	Community First
Dominic	Lodge	Southern Health NHS Foundation Trust
Jeanette	Mansbridge	DWP JobcentrePlus
George	MC ALEESE	MS Society
Kay	McFarlane	Friends Through Pain
Jeanette	Perry	CHAT and Surgery Signposters
Jayan Peter	Pillai	AWS
Joanne	Pittard	Southern Health NHS
Tandy	Powell	Gosport Access Group and Disability Forum
Vicki	Power	Weight Watchers
Sarah	Preece	Hampshire County Council
Nik	Quest	KROMA
Laura	Reay	Everyone Active
Ian	Reeves	Age Concern Gosport
Sivakami Ramaraj		CAB
George	Ringrow	Diabetes UK. Fareham and Gosport Group
Deborah	Robinson	Headway Portsmouth and SE Hants
Debbie	Ross	Open Sight
Donna	Simpson	Southern Health NHS Foundation Trust
chris	staples	Patient Research Ambassador
Nicky	Staveley	GVA
Michael	Stephenson	Inform Fareham Focus Croup
Istvan	Szucs	The Rainbow Centre
Dawn	Taylor	Gosport Access Group and Disability Forum
Mandy	Webb	Headway Portsmouth and South East Hants
Pamela	Webber	Hampshire & IOW Ileostomy Association

Apologies

First Name	Surname	Organisation
Mandy	Bright	GVA
Sarah	Child	Suella Fernandes
Lucy	Docherty	Fareham & Gosport CCG
Graham	Edwards	Livewell with COPD
Tanya	Egan	Richmond Fellowship
Gerald	Everitt	FAREHAM AND GOSPORT LIPREADERS
Lindsey	Hay	hampshire county council
Caroline	Hodkinson	Lee on the Solent Residents Association
George	MC ALEESE	MS Society
Tina	Randall	Wessex Cancer Trust
Deborah	Robinson	Headway Portsmouth and SE Hants
Christine	Robson	Shore Leave Haslar
Istvan	Szucs	The Rainbow Centre, Fareham
Pamela	Webber	
Joan	Welsh	Haslar Bosom Buddies