

# Fareham & Gosport

## Voluntary Sector Health Forum

Notes of the meeting on 14th February 2019 – Town Hall, Gosport

The meeting was hosted by Gosport Voluntary Action.

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### **Welcome and Introductions**

Mandy Bright (MB) of Gosport Voluntary Action welcomed everyone to the forum, and gave apologies for Nicky Staveley who unfortunately couldn't attend. Mandy reminded everyone that the forum is an opportunity for organisations to feedback to the Clinical Commissioning Group (CCG) and representatives from Southern Health NHS and to share information about their groups and organisations.

Mandy invited all new attendees to introduce themselves, and then introduced the theme for the day's forum as 'Looking After Your Heart.'

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

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### **Age Concern Gosport- Angela Gill**

Angela Gill (AG) explained that Age Concern Gosport has a brand new website, and expressed her thanks to Web-Right who sponsored the creation of the website. Joy McCarthy of Web-Right explained about the web design services the company can offer.

The Worshipful Mayor of Gosport, Councillor Diane Furlong thanked Web-Right for their assistance in creating the website and said that it was very user-friendly. The Mayor then officially launched the website.

You can view the presentation [here](#).

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## **Cardiac Rehabilitation Services at QA Hospital, Portsmouth - Hayley McDonald**

In an additional item to the agenda, Hayley McDonald (HM) gave the forum an overview of the role of a Cardiac Rehabilitation Nurse. Their aim is to keep people well through preventative care. They give advice on how to have a healthier lifestyle, including information on exercising, eating, alcohol, smoking, stress and medication. HM also explained how they work with leisure centres on 11-week Heart Support Group programmes.

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## **Cardiomyopathy UK (Gosport & Fareham) - Sue Bailey**

Sue Bailey (SB) gave a very thought-provoking presentation about the condition, treatment and patients wants/asks. It was mentioned that for long-term conditions, patients would rather see a Specialist Nurse, than their GP. SB also highlighted that as a basic entitlement, whatever condition it is for, patients should know what to expect and it should be consistent in terms of who you see, what treatment you get and what support is available. Currently it feels like a lottery.

Elizabeth Kershaw (EK), CCG highlighted the Big Health Consultation which is all about bringing healthcare professionals together and ensuring the patient is at the heart of this. The Vanguard project was also discussed, which was set up to bring all elements of health and social care together. Work is continuing on this.

You can view the presentation [here](#).

Q: Why are records not passed on to the relevant people for appointments?

A: EK- It's been a wake up call that systems are not speaking to each other. Much has been done to improve this including how nurses and GPs can see and write on records, but there is a lot more going on to come up with digital solutions.

Lucy Docherty (LD) (CCG) explained that communication in terms of emails should be working accurately between QA Hospital and GP's. It should be possible for consultant appointments to go to the GP and for a named nurse to be provided.

Q: Between Southampton and QA Hospital, IT didn't talk to each other.

A: EK- Historically each hospital bought their own IT systems which were different. There are now big digital workstreams on how to connect it up.

LD explained that the new NHS plan includes a lot about digital capability and the need to get better quickly.

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### **Living with Heart Failure - Rosalynn Austin**

Rosalynn Austin (RA) explained that she is undertaking a PhD around living better lives with heart failure. It will cover researching the symptoms, the impact that heart failure has on lives, and how to deal with managing the impacts on their lives.

To get involved or find out more please see details within the [presentation](#).

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### **Noticeboard**

- The deadline for the Strategy for Health and Wellbeing in Hampshire consultation is the 22 February.
- Free NHS health checks for those over the age of 40. It takes 20 minutes and you can have one every 5 years between the ages of 40-74.
- Healthy Heart grants through Subway for the Meridian region opens on the 14th August and closes on the 12th September. Grants are awarded on the 4<sup>th</sup> October. Up to £10k available to community projects which focus on heart health. Sign up on the website at [www.heartresearch.org.uk/apply-for-grants/healthy-hearts/](http://www.heartresearch.org.uk/apply-for-grants/healthy-hearts/)
- New Social Group for Men over 50 in the area. They meet on the first Friday of the month in the Gosport Discovery Centre.
- There are a number of Making Every Contact Count (MECC) training sessions taking place in March and May. MECC is about supporting people to make the most of every opportunity they have with the millions of people they come in to contact with every day. Each course consists of two 3-hour sessions.
  - Thurs 2 May and Thurs 9 May at Gosport Town Hall, both 9.30am-12.30pm. To book contact Mandy Baggaley [mandy.baggaley@gosport.gov.uk](mailto:mandy.baggaley@gosport.gov.uk) 02392 545695.
  - Tues 21 May and Tues 28 May at GVA's office, both 9.30am-12.30pm. To book contact Mandy Bright [engagemanager@gva.org.uk](mailto:engagemanager@gva.org.uk) 02392 604690.

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A break for lunch and networking was taken

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## **Gosport Young at Heart Unity Club - Heather Francis**

Heather Francis (HF) introduced the club as the longest running elderly persons club in Gosport, which has been running for almost 60 years. The club was originally known as the Red Cross Club and Heather has run the club since about 2010.

The club is led by its members (40-45 of them) and what they would like to do. A big part of the group is the social element and to still feel part of the community. The group runs on Fridays and transport can be arranged to collect/drop off.

The website is currently down so if anyone would like to get in contact please do so through GVA or details are in the Gosport Globe.

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## **Owen's Party - Alaya Ponsford**

Alaya Ponsford (AP) introduced 'Owen's Party' which was set up as a not-for-profit with the aim of creating parties which not only are suitable for autistic children, but also offer support and a chance for other parents to meet. The parties have been a great success so far and Alaya has plans to develop it further. You can find more information on Facebook: @OwensPartyUK, further details on the attached presentation.

The presentation can be viewed [here](#).

**Latest News:** Owen's Party has been officially registered as a Community Interest Company (CIC). Well done Alaya!

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## **Connect to Support Hampshire- Louise Fagan**

Louise Fagan (LF) gave a presentation on the Connect to Support Hampshire website and app, which was commissioned by Hampshire County Council. Connect to Support Hampshire builds on Better Care and Support, and A Guide to Residential Care to provide up to date information, which allows people to remain independent for longer and gain access to the services they require. The website and app are designed with residents in mind and the app is free to download.

LF is happy to attend any groups to talk about the Service and how to use it.

Suzanne Pepper suggested it is worth looking at the information, rather than waiting until you really need it, so that you know where to find things when you do.

The Connect to Support website is [www.connecttosupporthampshire.org.uk](http://www.connecttosupporthampshire.org.uk) LP's presentation is [attached](#).

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### **Closing address and date of next meeting**

MB thanked the presenters and attendees for making it such an informative and useful forum. Jennie Romicheva requested that any ideas for future themes be shared through the website.

The next meeting was confirmed as Tuesday 14th May 2019, 11.45am to 2.30pm, and will be hosted by Community First Fareham.

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### Attendees

First Name	Surname	Organisation
Rosalynn	Austin	University of Southampton and Portsmouth Hospital NHS Trust
Sue	Bailey	Cardiomyopathy UK
Vaughan	Bidewell	Lee Residents Association
Mandy	Bright	Gosport Voluntary Action
Lucy	Docherty	Fareham and Gosport CCG
Graham	Edwards	Live Well with COPD
Louise	Fagan	Connect to Support Hampshire
Daniel	Frampton	Gosport Voluntary Action
Heather	Francis	Young at Heart Unity Club
Angela	Gill	Gosport Voluntary Action/Age Concern Gosport
Nicola	Gore	The Princess Royal Trust for Carers
Brenda	Hadfield	Friends/Partners through Pain
Ian	Hansford	Gosport Hospital Radio
Caroline	Hodgkinson	Health and Wellbeing, Lee Residents Association
Ian	Hynd	Southern Health
Emma	Kemp	Gosport Voluntary Action
Elizabeth	Kerwood	Fareham and Gosport CCG
Dominic	Lodge	Southern Health NHS Foundation Trust
Nigel	Luke	Hampshire County Council
Hayley	Macdonald	Portsmouth Hospital
Joy	McCarthy	WEB-Right
David	McCarthy	WEB-Right
Kay	McFarlane	Friends Through Pain
Suzanne	Pepper	Gosport Older Persons Forum
Jeanette	Perry	CHAT
Alaya	Ponsford	Owen's Party
Tandy	Powell	GAGDF
Ian	Reeves	Gosport Voluntary Action
Chris	Robson	Shore Leave Haslar
Jennie	Romicheva	Community First
Gavin	Rowe	Community First
Paula	Sparks	Job Centre DWP
Chris	Staples	Research and Innovation Dept, QA Hospital
Istvan	Szucs	The Rainbow Centre
Kate	Tame	Portchester Community Association CIO
Dawn	Taylor	Gosport Disability Access Forum
Valerie	Toole	Gosport Job Centre
Pamela	Webber	Hampshire and IoW Ileostomy Association

### Apologies

First Name	Surname	Organisation
Vivienne	Pugh	Crofton Lions
Nicky	Staveley	Gosport Voluntary Action
Pamela	Webber	Hampshire and IOW Ileostomy Association
Eve	Burdfield	TTT
John	Habberley	Gosport & Fareham MS Society
Gerald	Everitt	Fareham & Gosport Lipreaders
Tom	Armstrong-Collett	KROMA
George	McAleese	MS Society – Gosport Branch