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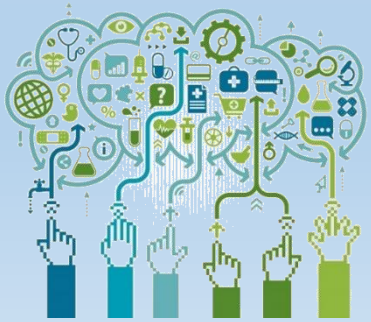
Fareham and Gosport Voluntary Sector Health Forum

1.00-2.00pm
Wednesday 24 March 2021



Gosport Voluntary Action

Programme for today…

- Welcome and Introductions – **Angela Gill** (Facilitator)
- **Short term actions** re the Health Forum breakout room feedback
- **Ted Hill**, Chief Executive Officer, Gosport Voluntary Action
- **Steve Loe**, Head of Vulnerable Adults, Fareham, Gosport and SE Hants, Hants & IoW Partnerships of CCGs
- **Elizabeth Kerwood**, Head of Communications & Engagement, Hampshire & Isle of Wight Partnership of CCGs
- **Carl Parkins**, Wellbeing Coordinator, Fareham & Gosport Wellbeing Service, **Solent Mind**
- **Dates** of 2021 Fareham & Gosport VS Health Forum Meetings
- **Close** of the Health Forum Update Meeting

The Fareham & Gosport VS Health Forum Short-term Actions

1. What do you feel are the challenges facing you &/or your Service Users to accessing local services during & post COVID-19 and what could help?

2. What support do you &/or your organisation/Service Users need going forward?

- ✓ Increased awareness raising (eg GVA's recent Community Compass and Close Encounters press articles, CCG did awareness raising during Children's Mental Health Week, supported SH's re social isolation...)
- ✓ Community First are providing transport support to vaccinations across the Fareham and Gosport area
- ✓ GVA - exploring with partners setting up bereavement support at GVA
- ✓ CCG – new Long Covid service, research into inequalities & vaccinations

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Ted Hill

Chief Executive Officer, Gosport Voluntary Action

Community & Voluntary Sector Update

chiefofficer@gva.org.uk

Community First Fareham Update

- Helena O'Shea is **Community First's Wellbeing Worker in Fareham** - helping individuals transition from lockdown to recovery. Her **contract has been extended to end of June 21**
- The **Directory of Services for Fareham – 'Who Cares'** is being updated and should be finalised by the end of March
- Positive video of Matt Hancock re the vaccine roll-out in Fareham - submitted by Jill Sadler, Friends of Fareham Community Hospital

https://www.facebook.com/SuellaBravermanOfficial/videos/434323671181562/

- **Healthier Together** website survey www.surveymonkey.co.uk/r/TVVBPP9

Gosport Voluntary Action Update

- Increase awareness-raising for International Social Prescribing Day...

NEWS

Volunteer service to help combat isolation

Free community action scheme

by BELINDA DICKINS
Community reporter
belinda.dickins@jpimedia.co.uk

VOLUNTEERS are signposting Gosport residents towards helpful services in a bid to combat isolation and uncertainty.

In December, Gosport Voluntary Action's Community Compass service developed from the charity's previous Surgery Signposting Project.

This free community service is currently available by telephone and is for anyone in Gosport who needs to speak to someone who has the time to listen with compassion.

Many are unsure what services are currently available for them to access, as the majority of support services are only available remotely.

SIGNPOSTING Elaine Nash at last year's Volunteer's Week

Community Compass is proving valuable during Covid-19 by helping people with anxiety and depression improve their health and wellbeing.

Angela Gill, project manager, said: 'Now more than ever GVA's Community Compass is needed to help local people at one of the most challenging and frightening times in many people's lives.

'The social and mental health support needs will be there long after lockdown ends.' The original and unique partnership project started with Clinical Commissioning Group funding. The service was based within the Willow Group to provide support for patients across all Gosport's surgeries.

More recently, financial support has been provided by Gosport Borough Council and by some of Gosport's Hampshire county councillors to ensure the service continues during the Covid-19 pandemic.

Adrian Federico, clinical practice pharmacist at The Willow Group, said: 'As a clinician it is hard to know exactly what is available locally, or we don't have the time to properly discuss these in an appointment.

'The signposters offer their expertise in this and their valuable time, which is a great way of supporting people and get them to connect with the local community and local services.'

To access the service either use the referral form at gva.org.uk or email Angela Gould on sspgosport@gva.org.uk

You can also phone 07578 509079 Monday to Friday from 9am to 2pm.

Gosport Voluntary Action Update

- GVA's **Close Encounters Project** 'virtual' **collaboration** with Age UK Portsmouth and University of Portsmouth **Undergraduate Paramedics**
- **Community Infrastructure Levy** – Marvels & Meltdowns (to improve safety/sound) Henry Cooke Centre (to improve disabled access)...
- **New partnership working** - to provide **bereavement support at GVA**
- **Closer working** with **Gosport Central Primary Care Network** – 2/3 monthly Joint Board Meetings, links to the Gosport Food Partnership...
- Gosport Health & Wellbeing Strategic Partnership

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Any Questions via 'Chat'?

Godfort Voluntary Action

NHS
Fareham and Gosport
and South Eastern Hampshire
Clinical Commissioning Groups

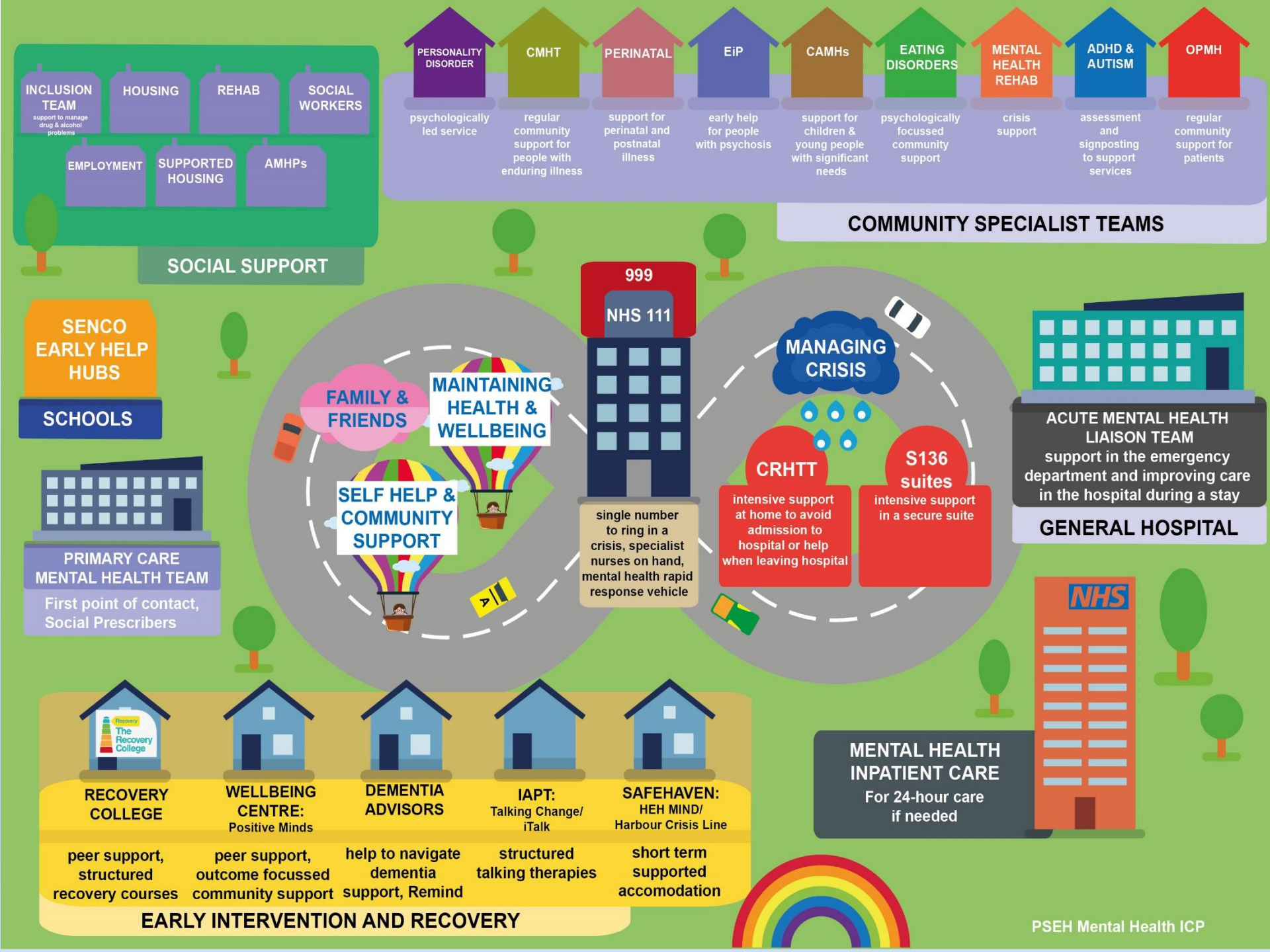
Mental Health

Steve Loe,

Head of Vulnerable Adults,

Fareham, Gosport and SE Hants, Hants & IoW Partnerships of CCGs

s.loe1@nhs.net


INCLUSION TEAM
support to manage drug & alcohol problems
HOUSING
REHAB
SOCIAL WORKERS
EMPLOYMENT
SUPPORTED HOUSING
AMHPs
SOCIAL SUPPORT
PERSONALITY DISORDER
psychologically led service
CMHT
regular community support for people with enduring illness
PERINATAL
support for perinatal and postnatal illness
EiP
early help for people with psychosis
CAMHs
support for children & young people with significant needs
EATING DISORDERS
psychologically focussed community support
MENTAL HEALTH REHAB
crisis support
ADHD & AUTISM
assessment and signposting to support services
OPMH
regular community support for patients
COMMUNITY SPECIALIST TEAMS
SENCO
EARLY HELP HUBS
SCHOOLS
FAMILY & FRIENDS
MAINTAINING HEALTH & WELLBEING
SELF HELP & COMMUNITY SUPPORT
999
NHS 111
single number to ring in a crisis, specialist nurses on hand, mental health rapid response vehicle
MANAGING CRISIS
CRHTT
intensive support at home to avoid admission to hospital or help when leaving hospital
S136 suites
intensive support in a secure suite
ACUTE MENTAL HEALTH LIAISON TEAM
support in the emergency department and improving care in the hospital during a stay
GENERAL HOSPITAL
PRIMARY CARE MENTAL HEALTH TEAM
First point of contact, Social Prescribers
NHS
MENTAL HEALTH INPATIENT CARE
For 24-hour care if needed
RECOVERY COLLEGE
peer support, structured recovery courses
WELLBEING CENTRE:
Positive Minds
peer support, outcome focussed community support
DEMENTIA ADVISORS
help to navigate dementia support, Remind
IAPT:
Talking Change/ iTalk
structured talking therapies
SAFEHAVEN:
HEH MIND/ Harbour Crisis Line
short term supported accomodation
EARLY INTERVENTION AND RECOVERY
PSEH Mental Health ICP

NHS
Fareham and Gosport
and South Eastern Hampshire
Clinical Commissioning Groups

- During Covid -19 Mental Health services have remained open as usual
- Mental Health Liaison and Crisis teams linked up to provide an alternative to A&E for mental health presentations
- Whilst referral activity dropped the number of patient interactions increased throughout each wave of lockdown
- Locally other than a few longstanding out of area placements there have been no new additional out of area placements throughout the pandemic.
- New ways of interacting with our patients & carers
- Moving forward – ICS Community mental Health Transformation Project and PCNs

Organisations across Hampshire and the Isle of Wight are working together to make care for people needing help with their mental health simpler, smarter and more integrated.

NHS

When you need help with your mental health, there are many places you can go in your community for help.

With the **No Wrong Door** programme, whether you approach your GP, local charities, voluntary groups, council or NHS helplines, you will be helped to access the support that you need.

Wherever you initially reached out to, if you need ongoing help, you will be diagnosed, treated and cared for by a team of people from all these different organisations working together to give you joined up support.

If you need more intensive support, this may be provided in specialised hubs or centres. With organisations working together, the care provided will be much smoother and more comprehensive.

When you feel more able to self-manage your condition, you'll be supported through this transition with a care plan designed together by you and your team. You will receive ongoing support, as required by your care plan, for as long as you need it.

NO WRONG DOOR
HAMPSHIRE & ISLE OF WIGHT
2021

NHS
Fareham and Gosport
and South Eastern Hampshire
Clinical Commissioning Groups

Questions ?

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Elizabeth Kerwood

Head of Communications & Engagement,

Hampshire & Isle of Wight Partnership of CCGs

CCG & Vaccine Update

Elizabeth.Kerwood@nhs.net

Godfort Voluntary Action

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Any Questions via 'Chat'?

Godfort Voluntary Action

Solent Mind Wellbeing Services

- Fareham and Gosport
- Eastleigh and Winchester
- New Forest

What Our Service Provides

- Our Staff Team have a background of Nursing, Counselling, Social Work, Psychology and lived experience.

- 1-1 sessions
- Structured DBT / CBT Based Workshops
- Young Person's Services- 18-30 (14-18 Upturn Service)
- Physical health programme, Walking , Running, Yoga
- Creative Groups , Art, Music,Writing, Crafts, Allotments
- Family and Friends Service / Carers 1-1 and Support Groups
- Evening and Weekend Support via Wellbeing Service and Helpline

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Hampshire County Council

Courses

- **Decider Skills**
- **Self Esteem /Confidence building**
- **Anxiety Management**
- **ACT (acceptance and commitment therapy)**
- **OCD**
- **ADHD/ASD**
- **Anger Management**
- **Low Mood**
- **Men's Group**

mind for better mental health

Solent

Hampshire County Council

18-30yrs Service

- This age group are offered assessments within 2 weeks of contact
- 1-1 and Group work though our usual service in all our wellbeing services
- Due to separate funding stream in Fareham and Gosport the 18 – 30 age group can access our 18-30 service which can offer on going support to address social inclusion.
- The thrice weekly groups focuses on fun activities that support and increase individual's self-confidence, communication skills and joint interests.
- Sessions include quizzes,
- Skill based Decider skills
- Employment support
- Members can set their own SMAR
- Peer Support is developed

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Hampshire County Council

‘Upturn’ Young Person’s Service 14-18 Years

Dedicated Young persons Workers

Assessments

Young Person’s Decider Skills Workshop

1-1 Sessions

Parents support Group

Self referral / GP/ CAMHS/ Children's Service/ Schools/ Colleges

School workshops / and courses

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Hampshire County Council

Support for Parents

- Monthly parents support group
- Parent and child sessions and mediation
- Parents access to main wellbeing service

Contacts Us

Phone Us 02382027810

Email us info@solentmind.org.uk

Helpline Weekdays 8am – 8pm
Weekends 9am-5pm

02380179049

Any Questions ?

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- ✓ **Thank you** to all who have supported &/or attended today's meeting
- ✓ **Dates** of Fareham & Gosport VS Health Forum 2021 Zoom Meetings…
  - Thur 24 June 1-2pm, Tue 12 October – TBC
- ➢ **Your feedback** via Chat please re the HF format going forward/ideas + health related **items** to be **circulated** by Lin Dudman on a monthly basis
- ✓ **Finally,** if you aren't a VS Health Forum member or know of a local health organisation that would like to join, please email:- Lin.Dudman@cfirst.org.uk Thank you and have a Happy, Healthy Easter!

Fareham and Gosport Voluntary Sector Health Forum Closes

Gosport Voluntary Action

Contact Details...

GVA, Martin Snape House, Pavilion Way, Gosport, PO12 1FG

www.gva.org.uk

officesupervisor@gva.org.uk

02392 583836

Contact Details...

Community First
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