

East Hampshire and Havant Health & Wellbeing Forum

Cost of Living; Fuel and Food Poverty – Who Can Help?

12.30 - 2.30pm
Thursday 29 September 2022
Beacon Church, Havant



Programme for today...



Cost of Living; Fuel and Food Poverty – Who Can Help?

- Welcome and Agenda – **Angela Gill** (Community First Facilitator)
- **Tim Houghton**, Chief Executive Community First
- **Sam Mitchell, Sarah Taylor**, Transformation Leads, Working across Havant and SE Hants - Hampshire, Southampton & Isle of Wight Integrated Care Board (ICB)
- Primary Care Networks Update
- **Susan Parish**, Business Manager, Park Community School, (MUNCH)
- **Helen Drake**, Chief Officer, Citizens Advice East Hampshire (Home and Well...)
- One Minute HWB Updates!
- **Date of 2023** East Hampshire and Havant Health & Wellbeing Virtual Forum
- **Close** of the Health & Wellbeing Forum



Tim Houghton

Chief Executive, Community First

Community & Voluntary Sector Update

tim.houghton@cfirst.org.uk



Community First – Council for Voluntary Services (CVS) Update

- HIVCA (Hampshire & IOW VCSE Health & Care Alliance)
 - To join HIVCA <https://forms.clickup.com/20404995/f/kepr3-11368/WGSIW8JAM03PEB8077>
 - Information session on 6th October: <https://members.actionhampshire.org/events/EventDetails.aspx?id=1673313>
 - Recruitment for the first HIVCA committee.
 - <https://actionhampshire.org.uk/partnerships/hivca/>
- Community First's Wellbeing Programmes including
 - Wellbeing Workers
 - working with mental health, drug and alcohol team at QA to provide support to patients with complex needs
 - helping people experiencing loneliness and isolation connecting them up with social networks and activities to support mental wellbeing



Community First – Council for Voluntary Services (CVS) Update

- Peer support for patients with Long Covid
- Tackling health inequalities and those facing disadvantage in access screening and proactive health care (part of Core 20 Plus 5).
- Digital Champions
- Warm Hubs and Safe Spaces - where people can go to keep warm and save money on domestic heating bills, somewhere to go and something to do, something to eat and to socialise with others.
- Hants & IoW Social Prescribing Network and Conference 'Why Social Prescribing Works?' - Wednesday 23 November, 9am-2pm, Vineyard Church, Winchester (including locally Clare Weaver, Lead for the Integrated Patient Support Team, Havant & Waterlooville PCN)
- Healthy & Wellbeing Hubs in East Hampshire - providing additional capacity to co-locate VCSE and other community health services



Sam Mitchell & Sarah Taylor

Transformation Leads, across SE Hants and Havant

NHS Hampshire & Isle of Wight Integrated Care System

ICS Update

sam.mitchell7@nhs.net

sarah.taylor249@nhs.net





Hampshire and Isle of Wight



East Hampshire & Havant Health and Wellbeing Forum

Integrated Care Board (ICB) Havant & East
Hants Locality update 29 September 2022



HIOW ICB

- Integrated Care Board came a legal entity on July 1
- All Board appointments have now been made (details on the website)
- The Integrated Care System has also come together
- COVID-19 autumn booster has started and is progressing well across HIOW
- Winter planning well underway with each area feeding into a HIOW wide plan, including a communications plan
- Work is underway to develop the Integrated Care Partnership and Integrated Care Board (the NHS element) strategies
- HIOW Community Involvement Approach has been co-designed and is being embedded
- Work going on to develop arrangements for Places (Hampshire, Southampton, Portsmouth and Isle of Wight) and Neighbourhoods working around the Local Delivery Systems (one around each acute hospital)



Local Delivery System - Objectives and Priorities for 2022/23

OBJECTIVE 1: Supporting more people to stay well for longer

- Better understand the needs of those people living in our Town Neighbourhoods
- Work with our people and communities to listen and act on experiences and aspirations of local people
- Empower and enable our people to self care

OBJECTIVE 2: Providing easy access to care when needed

- Improving access to primary care
- Tackling the backlog of care resulting from the COVID pandemic
- Enable access to Urgent Care closer to home
- Ensuring operational resilience across our services

OBJECTIVE 3: Joining Up Services for shared decision making

- Deliver home first approach into all of our ways of working, ensuring people are supported to remain independent
- Develop Virtual and digital technologies to connect services users, services and our professionals
- Ensure future design of services are informed by Population health management

OBJECTIVE 4: Making best use of resources

- Supporting Primary Care delivery at scale
- Attract, retain and nurture our local workforce, including opportunities for joint roles and roles cross-organisational working
- Curbing demand on specialist services through investing in strength based approaches, prevention and proactive care (growth mitigation)
- Maximise our (health and non health) community assets

OBJECTIVE 5: Supporting our teams to transition into new ways of working

- Develop place based ways of working around our Neighbourhood Towns
- Develop our teams and people
- Influence HIOW ICB developments and aim to achieve best possible outcomes for local people

Surgery Pods

- NHSX Digital 'Unified Tech Fund' pilot bid across South East Hampshire to purchase SurgeryPods
- Designed to be used by patients to collect secure and accurate clinical data
- Compatible with a range of clinical systems
- Inbuilt safety alerts
- Can be wall or desk mounted
- User friendly, accessible and easily cleaned
- Flexible and available in a range of languages
- Cost effective and currently used in Primary Care



Surgery Pods

- East hants practices
- Swan Medical Group
- Liphook & Liss Surgery
- Pinehill Surgery
- Rowlands Castle Surgery
- The Riverside Partnership
- The Clanfield Practice
- Havant Practices
- Bosmere Med P
- Elms Pract/Waterside Med Prac– they share
- Emsworth Med Prac
- Homewell Prac
- Oaks Healthcare
- Park Lane Med Centre
- Vine Med Group (Waterlooville HC and Forest End)





SurgeryPods are able to support a number of patient checks including:

- Annual health check measurements
- Atrial Fibrillation – irregular pulse detection and blood pressure test
- Hypertension
- Weight/Height/BMI
- Smoking

Impact of Surgery Pods:

- Installation of all practices has now been complete (some practices did not go live until end May/Early June)
- Q1 data (Apr-June) - 305 blood pressure checks recorded.
- Expected usage for Q2 around 1500 BP checks
- A number of different checks can be carried out (Blood Pressure, BMI/Weight, Contraceptive pill check, new patient check)
- Expected time/cost savings over longer term
- Funded through NHS Digital as a pilot
- Support provided by Microtech including training from Nurse
- Promotional video: <https://youtu.be/c5LQLH20xQw>



Hampshire and Isle of Wight



Core20PLUS5

SEH Local Approach



The '5' now includes smoking cessation - impact across all areas

REDUCING HEALTHCARE INEQUALITIES

CORE20

The most deprived 20% of the national population as identified by the Index of Multiple Deprivation



20%

The Core20PLUS5 approach is designed to support Integrated Care Systems to drive targeted action in healthcare inequalities improvement

Target population

PLUS

ICS-chosen population groups experiencing poorer-than-average health access, experience and/or outcomes, who may not be captured within the Core20 alone and would benefit from a tailored healthcare approach e.g. inclusion health groups



CORE20 PLUS 5

Key clinical areas of health inequalities

1



MATERNITY
ensuring continuity of care for 75% of women from BAME communities and from the most deprived groups

2



SEVERE MENTAL ILLNESS (SMI)
ensuring annual health checks for 60% of those living with SMI (bringing SMI in line with the success seen in Learning Disabilities)

3



CHRONIC RESPIRATORY DISEASE
a clear focus on Chronic Obstructive Pulmonary Disease (COPD), driving up uptake of Covid, Flu and Pneumonia vaccines to reduce infective exacerbations and emergency hospital admissions due to those exacerbations

4



EARLY CANCER DIAGNOSIS
75% of cases diagnosed at stage 1 or 2 by 2028

5



HYPERTENSION CASE-FINDING
and optimal management and lipid optimal management



SMOKING CESSATION
positively impacts all 5 key clinical areas

Summary of Core20Plus5 –An approach to reducing health inequalities

The Core20

The most deprived 20% of the national population as identified by the national [Index of Multiple Deprivation \(IMD\)](#). The IMD has seven domains with indicators accounting for a wide range of social determinants of health.

The PLUS

ICS determined population groups experiencing poorer than average health access, experience and/or outcomes, but not captured in the 'Core20' alone. This should be based on ICS population health data. e.g: Inclusion health groups include:

ethnic minority communities, coastal communities, people with multi-morbidities, protected characteristic groups, people experiencing homelessness, drug and alcohol dependence, vulnerable migrants, Gypsy, Roma and Traveller communities, sex workers, people in contact with the justice system, victims of modern slavery and other socially excluded groups.

Core20Plus5 Community Connectors



- Seek to build on other initiatives such as Community Champions, Vaccine Champions, Link Workers, Peer Advocates
- People who are **part of communities** experiencing health inequalities
- Help to **change services** to support their community better
- **Provide a voice** on barriers and enablers to reduce health inequalities and connect people with decision makers
- Take practical steps for health improvement **focusing on the five priority areas** (maternity care, severe mental illness, severe respiratory disease, cancer and CVD)
- **Act as a bridge** between communities and health and care services
- Focus is at a **community influencing** level **rather than direct support or referrals for individuals**



Locality Updates

- **East Hants HWB Partnership** - Focus over past 6 months has been identifying opportunities through Showcase examples of local projects linked to identified themes (Mental Wellbeing; Physical Wellbeing & Community Empowerment). This has led to development of a sub-group to scope opportunities for shared health provision & community support, initially focused in Petersfield but also considering Bordon and southern parishes – key partners include EHDC, CF, PCN's, CAHMS, ICS, CA & ABRI. Exploring opportunities for supporting projects to bid for EHDC Welfare fund linked to priorities.
- **Whole System Approach to Obesity** - Insight work has been undertaken with local residents/professionals and Park Community School students
- **HBC leading the Link up Leigh Park Project** - access into education, training and employment for 16-24 year olds living in Leigh Park



East Hampshire and Havant Area - PCN Updates



For information on Community Pantries countywide:-

<https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/connectforcommunities/communitypantries-overview/communitypantries>



Susan Parish

Business & Community Manager,
Park Community School

S.Parish@pcs.hants.sch.uk

*Food
Pantry
Needs*





Holiday Hunger

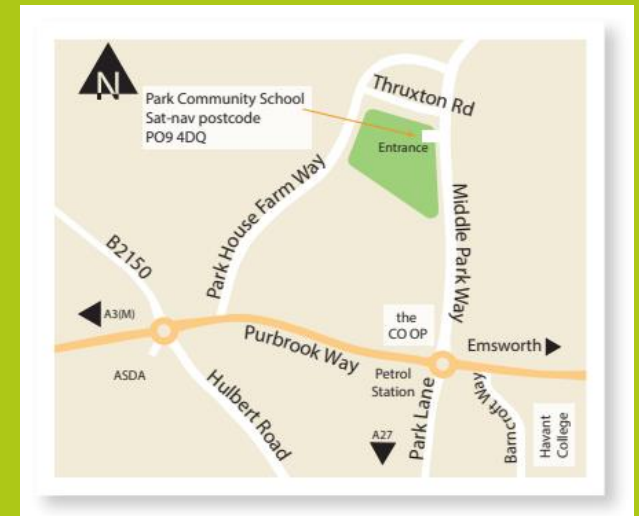




Context

Park Community School , Leigh Park

- 970 students aged 11-16 years
- 50% of students entitled to free school meals
- 58% of students are pupil premium
- We are 'Much More Than Just a School' providing a whole range of activities for our students and the local community.
- Open 51 weeks a year weekdays until 10pm and 5pm minimum at weekends.





Community Development

Susan Parish employed as the school's Community Manager in 2003

Aim: to engage with families and hire facilities.

- Quickly moved to introduce adult education
- We have even organised family camping holidays and facilitated weddings on site
- The Dickinson Centre was built in 2010 and the main school rebuilt in 2013-15
- Funding has been found for numerous projects benefitting both students and families
- Holiday hunger became a concern and in early 2017 we founded Munch
- Community staff turnover is low and the majority have been employed for more than five years.





History

Munch was established in 2017. Providing free hot meals, initially during the school February half-term, after receiving £200 of councillor funding. This developed into Thursday tea times and monthly Sunday lunches.

- In 2020 we installed a fridge, freezer and shelving in the main school reception and then the Dickinson Centre to be able to provide emergency meals to anyone that was in need.
- Since mid 2017 corporate organisations, housing associations, National Lottery and personal donations have provided funding.
- Our team of chefs prepare and cook fresh healthy meals for any member of the community who comes to the Munch meal times.



- April 2019- March 2020:** ➡ **Provided 6348 meals to the community**
- April 2020 – March 2021:** ➡ **During COVID, produced 10561 frozen meals distributed.**
- August 2021 – March 2022:** ➡ **We opened again serving meals in the restaurant in August 2021. Since then we have provided 2061 meals.**
- Christmas Day 2021:** ➡ **Served 140 people a Christmas dinner.**
- Funding raised:** ➡ **Over £513,000**

Everyone is welcome to Munch, to meet new people, get support help with the budget or just to enjoy a freshly cooked hot meal.





Pantry



The Munch Community Pantry was the first pantry to be established in Hampshire and opened in November 2020, initially in the Swallow Pub it is now in the Dickinson Centre.

- The pantry helps families and individuals budgets go further. Pay £5 and take home on average £15 worth of food. Users can choose from a selection of groceries, vegetables, fruit, fresh and frozen food.
- Pantries are excellent places for support and signposting.



Name: _____

Membership number: _____

Issue Date: _____





Marvellous.
The people who work here
are so kind, helpful and
friendly it makes the
difference between heating
and eating.

Caroline

September 2022:

913 pantry members

April 2022- August 2022:

1599 visits to the pantry

Amazing place.

The people help me out a lot as
I also cook for elderly people so
every bit helps.

Kirsty



15 additional pantries have now been established across Hampshire through the Household Support Grant Funding





Organisations who provide us with food:

- Fareshare
- UK Harvest
- Asda
- Tesco
- Morrisons

Challenges at present:

Availability and cost of food.

Could we ever make it sustainable?



I Recently lost my job, and am now on benefits. So am very grateful to be able too come to the pantry to get some food, much appreciated doing a wonderful job. many thanks.

Thank you to everyone that supports us.





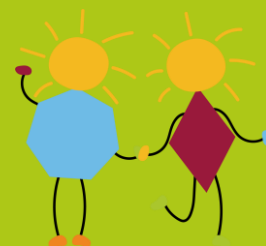
What is HAF – Holiday Activity Fund

2019 – Susan Parish and Jan Lefley successfully bid for DfE funding to provide the South-East national pilot. We ran the programme across Hampshire, Southampton, Portsmouth and Isle of Wight to 56 venues each holiday.

2020 – Members of the DfE advisory panel and created the specification for all local authorities which has now been rolled out and will last for 3 years.

2021 - HAF funding is distributed by Hampshire County Council.

Our key mission was that every child must have a 2-course hot meal with good quality activities in the holidays.





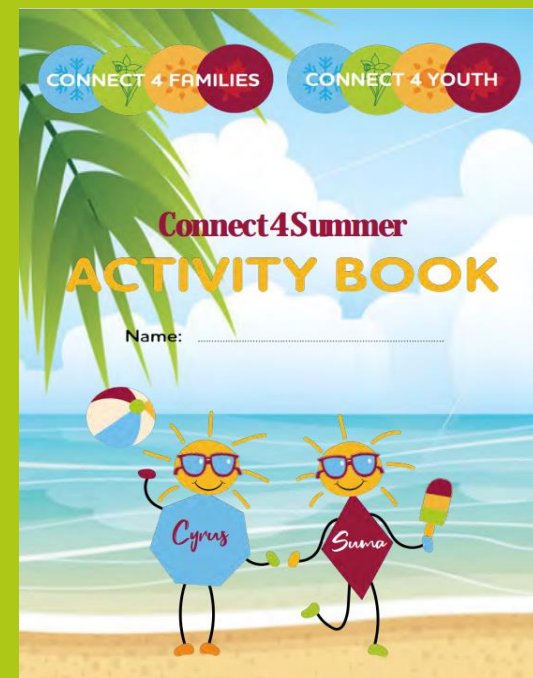
Our HAF programme

During Summer 2022 we provided 16 days of free family fun at Park Community School for FSM, EHCP and SEN children.

The day provided free arts & crafts, cooking, sport, entertainment activities and lessons and a free hot lunch.

Each family was given an activity book to take home which included:

- Support for families – information on local pantries, energy saving advice, financial support
- Activities to do at home
- Recipes





New projects

Saturday Family cooking club:

Starting in September 2022, families can come along to learn new cooking skills and create a meal using ingredients found in the Pantry.

Digital sessions:

Sessions for those wanting to improve their IT skills to gain confidence using the internet in a relaxed environment.



Saturday Family Cooking Club
Fortnightly, term - time only
10:30 - 12:30
Saturday September 2022

Parents/Carer come along with your child/children and our chefs will show and help you create a main meal and pudding for you to take home to enjoy. Please bring container for the food to go home in.

Coffee, Computers and Cake

These are small sessions for those who want to be able to email, compare prices online, social media, online banking - practical everyday uses and enjoy cake and coffee/tea.





New projects

Tea Times:

New Tuesday family tea time 4:00-5:30pm.

With the increase in the cost of living, an additional Munch tea time is needed.

Sunday Roasts:

Twice a month 1-2pm.

Wall of Kindness:

Currently the Wall of Kindness is school uniform. Over the summer holidays 120 items of used uniform were collected by the local community.

MUNCH

Tea Times

Tuesday families and adults (no unaccompanied children)
Free hot meals **4pm - 5:30pm**
Thursday tea times for everyone
Free hot meals **4pm - 5:30pm**

Family/adults

Sunday Roasts 1pm - 2pm
Starting 18th September 2022
1st and 3rd Sunday of every month.

Wall of Kindness

This is managed by a small team of our students.

The Wall houses items of good quality clothing, shoes, and accessories that have been collected from the community and rejuvenated so that they can be used and loved again by someone else. We have a new theme for our wall every 6-8 weeks.

Members of our community can come and take an item if they need it. If a donation is possible we would appreciate it as it will enable us to clean and repair future donations.

More information:
Tammy Seaman School Youth Worker
t.seaman@pcs.hants.sch.uk
023 9248 9800





Christmas Day

Everyone Welcome
Christmas Day Lunch
At Park Community School

There are many reasons guests join us for Christmas Lunch, we are very happy to see everyone.

Timings approximately:
Arrival time: 12 noon
Lunch served: 1pm

After lunch, a very tired visitor from the North Pole will arrive, probably his last call of the day
Depart: 2.30pm



To book for Christmas Day Lunch
Please ring 02392489811 or email bookings@pcs.hants.sch.uk

Information we will ask for is to be able to help our special visitor.
Name, address, telephone number, your age, gender and any dietary requirements.

Organisations have kindly assisted us by donating funds so there is no cost to anyone coming. There will be a donation bucket should you wish to contribute towards us continuing our Munch Community Food Project.

much more than just a school
Park Community School, Middle Park Way, Havant, PO9 4BU





Summary

- There are no quick fixes.
- Skills and desire within this room and in our community that will make the difference.
- It takes time.
- At Park Community School we have a 60 year vision and are 25 years into its delivery. It is recognised by others as well that this is what it will take to 'level up' the community we are in.
- Any questions



Helen Drake

Chief Officer,
Citizens Advice East Hants

ceo@caeasthants.org.uk

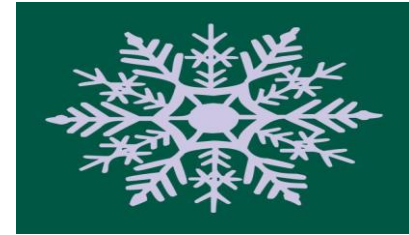


Cost of living: what help is out there?



September 2022
Helen Drake CEO
Citizens Advice East
Hants

Will this winter really be that bad?



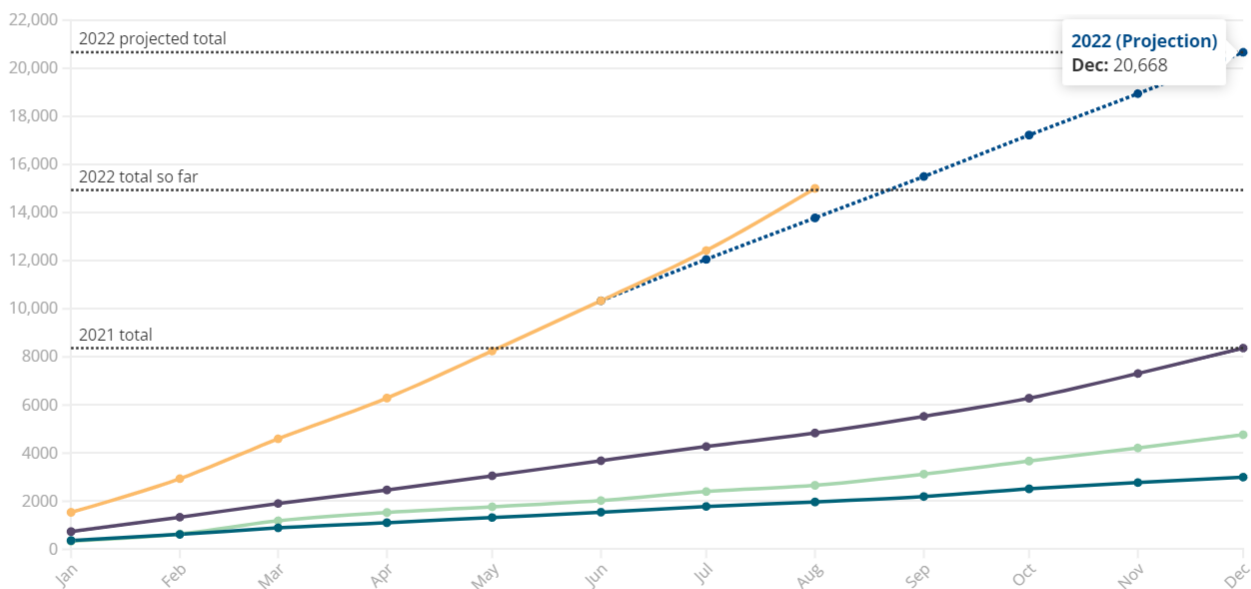
- Avoided catastrophe but still very challenging for people
- Cost of living/food and fuel support is number one reason people are contacting Citizens Advice nationally – risen by over 150% since last year
- With average household paying £2500 per annum in energy costs modelling shows:
 - ❖ Someone with an annual income of less than £20,000 would be £61.20-a-month in the red at the end of the month
 - ❖ A disabled person will be on average £51.16-a-month in the red
 - ❖ A single parent will have just £23.46-a-month leftover for unexpected costs

Still a heat or eat issue for many households and now rising interest rates effecting home owners and those with debts.....the pound is unstable bringing higher prices...more inequality

We're continuing to overshoot projections for the number of people coming to us who can't afford to top up their prepayment energy meter, and therefore can't do the basics like turning on their fridge or heating their hob. We'd usually see these numbers in winter, showing how difficult the situation is for many on the ground.

Cumulative number of people we've seen who've been unable to top up their prepayment meters each year

■ 2022 (Projection) ■ 2022 ■ 2021 ■ 2020 ■ 2019



Data for England Wales. 2022 projection based on average monthly cases in the first 6 months of 2022 (1st January to 31st June). Due to changes in the way we count this metric, we have slightly revised the monthly figures for the most recent release.

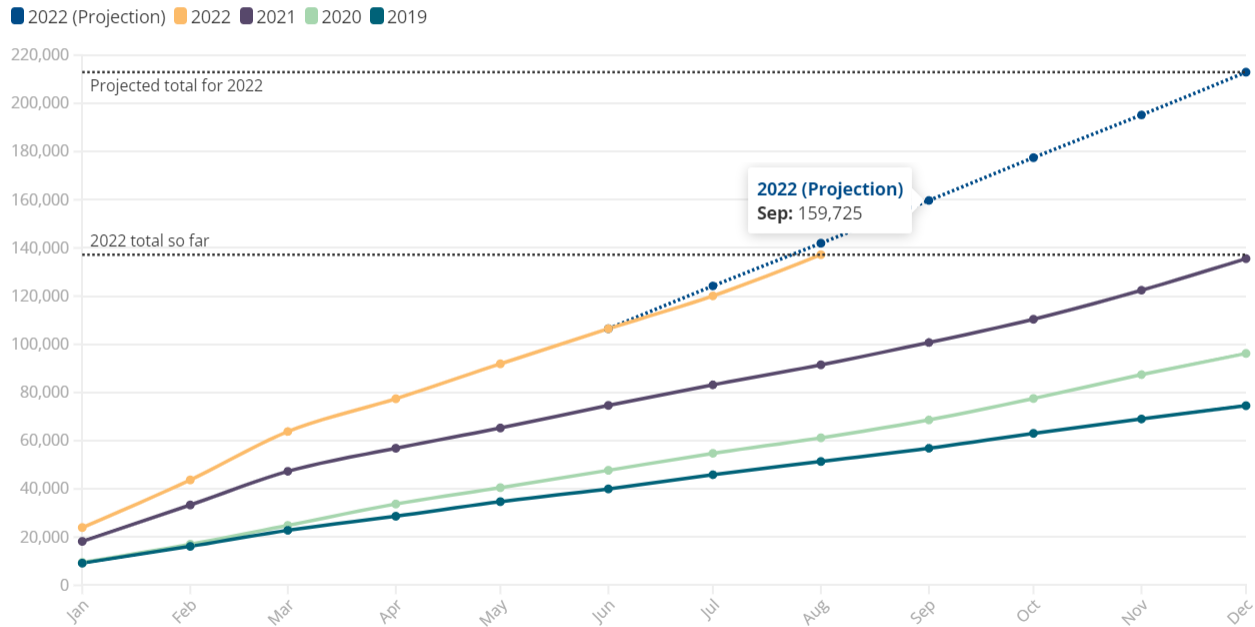
citizens advice



The number of people we've helped with crisis support has already exceeded the rate for 2020 and 2019, and we've helped more people with this issue in August than any other year on record.

4 of 24

Cumulative number of people we've helped with crisis support each year



Figures for crisis support represent the number of people Citizens Advice helps with either referrals to food banks or other charitable support (covers any emergency financial support or support in kind people need to make ends meet). Data for England and Wales. 2022 projection based on average monthly cases in the first 6 months of 2022 (1st January to 31st June)



"I can't sleep at night for worrying, I keep crying and wonder how I'll manage to keep going. I'm staying in bed a lot more, even though I'm not sleeping, as I'm scared to go out and spend money, and scared to heat the flat when it's cold." Expert by experience

Money and Mental Health Policy Institute research:

- 50% of **all** respondents felt anxious about the rising cost of living
- 80% of those with a mental health issue in last 2 years felt anxious
- 60% of those said they felt depressed due to COL,
- 47% felt hopeless,
- 41% unable to cope
- 33% desperate
- <https://www.moneyandmentalhealth.org/>

Citizens Advice advice

- Generalist advisers and assessors **maximise incomes**, supports people to **claim benefits**, keeps people in work, **deal with debts** including mortgage/rent arrears and utility bills, and helps people budget for rising costs. Prevent a crisis such as homelessness occurring and help people access all available support.
- Up to date information updated on a **daily** basis by our national experts and advice AQA quality checked and registered with FCA
- Debt advice –paid debt adviser in place now for East Hampshire plus some experienced volunteers

Demand management

- Local advice number for local EH residents with designated paid resource: 080 8278 7901
- Access via webform for self or agency referral:
<https://www.citizensadvice.org.uk/local/east-hampshire/>
- Drop ins to office extended and new volunteers recruited

Energy advice and support

BESN/Energy Advice Project (East Hants only)

- Led by Elizabeth Eveleigh, our Energy Champion
- Advice and support around any energy matter, switching and fuel poverty
- Ends 31 March 2023

Home and Well

- Home and Well Project linked to hospitals across Hampshire
- Rehabilitation of patients - ensuring they return to warm and safe home
- Funded by energy companies and NHS
- Part time adviser for Home and Well in EH - linked to Petersfield Hospital

Support for people's energy costs

Household Support Fund

- Administering energy for whole of Hampshire, funded by Hampshire but EH/Havant residents able to access by contacting local Citizens Advice – continued to end of March
- Other support to people from HSF:
<https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/connectforcommunities>
- £147 per household - in three vouchers or equivalent direct to energy companies
- Criteria and ID needed
- Targeted support for older people, those with children, those suffering ill health and those missed by other support packages ie Park homes, students etc

Local Food support

Food, food vouchers and grants for individuals in need

- Contact any Citizens Advice office for full range of support
- Foodbank support - Direct from foodbanks or via CA
- Larders – run by Fareshare (mobile van in Headley and Clanfield), HCC (Bordon) and others in Havant
- Community Cupboard and Community Fridges
- Support for one off items/Christmas presents etc from Lions, Alton Mutual Aid, Tantum and other trusts and local groups (via CA)

Alton Foodbank Caseworker

- Casework support to Alton Foodbank users to break cycle of food bank usage
- Denize Smith - funded 12 hours per week to do this

East Hampshire Cost of Living campaign

- Citizens Advice, Foodbanks, Homestart, Community First, EHDC and others coming together to understand and tackle root cause of poverty in East Hants – developed out of Covid in early 2021
- Research completed with those with lived experience on some of the issues driving rise in use of foodbanks and energy schemes
- Work in progress but headlines : rising costs of energy, food and fuel, life changes (ie bereavement, declining health, separation), perceptions of stigma accessing debt and other advice, high housing and childcare costs making difficult to work and manage budget on a low wage, benefit levels and delays/issues with benefits
- Partnership between Trussell Trust (via Alton Foodbank) and Citizens Advice East Hampshire to support **a Campaigns Manager** to lead campaign on issues across EH – starting in October
- Stakeholder conference on 18th November in Alton on Cost of Living – Damian Hinds and Dame Clare Moriarty (CEO)

“Cost of Living in East Hampshire” stakeholder event (working title)

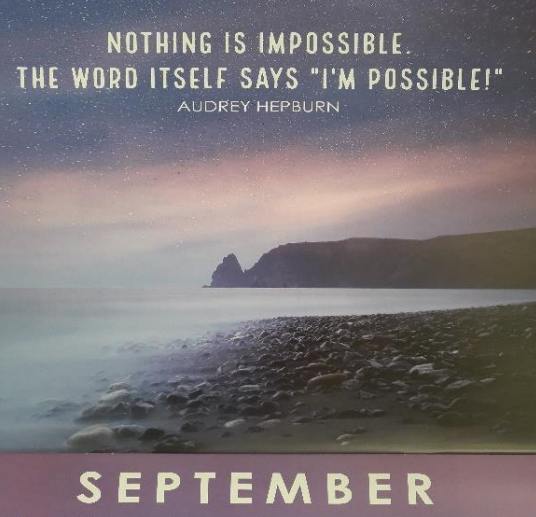
18th November 2022 in the morning in the Alton Maltings

Speakers: Damian Hinds MP and Dame Clare Moriarty (CEO of national Citizens Advice and national commentator on COL).

Email district@caeasthants.org.uk if work with people on low incomes and keen to get an invite in October.

Thank you





- ✓ **Thank you** to all who have supported &/or attended today's HWB Forum including the Beacon Church
- ✓ **Date of next East Hampshire and Havant (virtual) HWB Forum...**
 - **Thursday 7 February 2023 1-2pm**
 - **Please feedback** about today including re **future HWB theme/ideas**
 - **Health & Wellbeing related items will be circulated monthly**
- ✓ **Finally**, if you aren't a Health & Wellbeing Forum member or know of a local health organisation that would like to join, please email:-
healthforums@cfirst.org.uk Thank you & have a **Happy, Healthy Autumn!**

Contact Details...



Community First Leigh Park Community Centre, Dunsbury
Way, Havant, PO9 5BG



<https://www.cfirst.org.uk>



Jackie.hartless@cfirst.org.uk



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