



# East Hampshire and Havant Health & Wellbeing Forum

## ‘Networking and Market Place’

12.30-2.30pm

Wednesday 18 October 2023



Hampshire and Isle of Wight



# Programme for today...

- Welcome and Agenda – **Angela Gill**, Community First VS Health & Wellbeing Forum Facilitator
- **Jackie Hartless**, Health & Wellbeing Manager, **Community First**
- **Janie Millerchip**, Transformation Lead, **Hampshire, Southampton & Isle of Wight Integrated Care Board (ICB)** (read on behalf of Janie by Angela Gill)
- **Ruth Forrest**, Cosham & District **Parkinson's UK**
- **Theresa Pratt**, CEO, **Blue Lamp Trust**
- **Jenny Hatfield**, Treasurer, **Petersfield Stroke Support Group**
- **Short Comfort Break**
- Health & Wellbeing Forum Members – **1 Minute Updates**
- **Dates** of **2023-24** East Hampshire and Havant VS Health & Wellbeing Forum Webinars
- **Close** of the Health & Wellbeing Forum, final opportunity for networking...



**Jackie Hartless**

Health & Wellbeing Manager

**Community First**

[Jackie.hartless@cfirst.org.uk](mailto:Jackie.hartless@cfirst.org.uk)



# Voluntary Sector Health & Wellbeing Forum

## Logo Launch!



## Community & Voluntary Sector...

- Update on **HIVCA** <https://actionhampshire.org.uk/get-involved/networks-and-forums/hivca/> Clinical Leaders Forum in SE Hampshire
- **National Academy for Social Prescribing** <https://socialprescribingacademy.org.uk/> SE Thriving Communities Programme ending in September

## Mental Health and Wellbeing

- **Mental Health Resources:**
  - <https://www.zerosuicidealliance.com/training> - 20 mins can save a life
  - <https://www.southernhealth.nhs.uk/help-crisis>
  - HCC's Mental Health Awareness Toolkit (Jane Bray has recently circulated a 'Useful Links' pdf)

## Adults' Health and Care

- **Partners' Newsletter** <https://www.hants.gov.uk/business/businessnewslettersignup> and new pro forma for VCSE groups to contact HCC Adult Services <https://forms.office.com/e/WPNNFdAH6X>



## Community & Voluntary Sector...

- **Independent Living Conference** on 16<sup>th</sup> November - at the start of disability history month and to celebrate 40 years of independent living in Hampshire  
<https://www.hants.gov.uk/socialcareandhealth/adultsocialcare/coproduction/independentlivingconference>
- **Safeguarding** and ongoing training <https://www.hampshiresab.org.uk/professionals-area/learning-development/> and <https://www.hampshiresab.org.uk/wp-content/uploads/Multi-Agency-Safeguarding-Training-Programme-2023-2024-2.pdf>
- **Household Support Grant** round 2 now open. For more info <https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/connectforcommunities/communitygrants-overview/communitygrants>
- **NHS Responders scheme** - expanded to cover social care volunteers <https://nhscarevolunteerresponders.org/> but remember we have local volunteers and systems in place to recruit and mobilise volunteers <https://www.volunteerfirst.co.uk/>



## Local Community & Voluntary Sector...

- Our **Digital Champions** are always happy to help if anyone needs a little support to do things online, just let us know, and of course we are always looking for volunteers to train up as champions as well. There's a **Drop-in** at Leigh Park and Hayling Seniors Club
- **High Intensity User Project**
- **Long Term Covid Peer Support Groups** – various locations
- **Community Transport**



**Janie Millerchip**

Transformation Lead (East Hampshire and Gosport)

**Hampshire, Southampton & IoW, Integrated Care Board (ICB)**

[janie.millerchip@nhs.net](mailto:janie.millerchip@nhs.net)





- **Redesigning our organisation** to ensure that it is fit for the future. This is about making sure that the right skills, teams, structures and resources are in place to deliver on our strategic aims, duties and responsibilities.
- One of the most important aspects of our Integrated Care System (ICS) are our **place-based arrangements** which operate at local level bringing the NHS, local councils, voluntary organisations and other partners together to improve care. Integrated Care Strategy can be found [here](#).

## Four Place-based Partnerships

In each of our **four place-based partnerships** - Hampshire, Isle of Wight, Portsmouth and Southampton - integrated teams (including local authority, Integrated Care Board, provider, and voluntary partners) come together to understand the needs of their population, agree plans to meet those needs, develop strong partnerships and implement solutions.



**Ruth Forrest**

**Cosham Branch, Parkinson's UK**

# Parkinson's Support Group - Cosham

- Informal 'coffee morning' style gathering open to people of all ages with Parkinson's Disease (PD)
- Carer, spouse or another family member is welcome
- Meet twice-monthly - No Membership Fee
- Venue - Cosham Community Centre (PO6 3AP)
- Free parking and disabled access
- Refreshments provided – small contribution (optional)
- Opportunity to join the Yoga class or access Podiatry treatment
- Occasional talks, quiz, outings for lunch or tea...

## Why this local support group is valuable?

- ✓ PD is a complex condition with a variety of up to 40 symptoms
- ✓ Each person is different and may have different medications and timings tailored for that individual
- ✓ Timing of these doses and meal times can affect their symptoms
- ✓ PD can lead to anxiety, depression, apathy and isolation
- ✓ Sharing experiences within a friendly group can build confidence, pick up tips - about medication, mobility, diet, useful aids, technology and internet resources.
- ✓ It is important to remember that many older people lack the skills needed for using technology

# Why this local support group is important?

- Being with other Parkinson's people who are coping, enjoying and getting on with life despite the condition can alleviate a lot of initial distress following their diagnosis when they know very little and give reassurance and support in later years
- How could you help us? eg Signpost our group, speakers, entertainment...



## For More Information...

**National website:** [www.parkinsons.org.uk](http://www.parkinsons.org.uk)

**Facebook:** facebook.com/coshamsupportgroup

**Local Contact:** Terry King (Chair) – **07799474873**

**Meet** – 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays of each month

### **Next Meeting:**

**10am-12pm, 25 October 2023**

Cosham Community Centre

1 Wootton St, Cosham

PO6 3AP.



**Theresa Pratt**

CEO

**Blue Lamp Trust**

[theresa.pratt@bluelamptrust.org.uk](mailto:theresa.pratt@bluelamptrust.org.uk)







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# The Blue Lamp Trust Structure

## The Bobby Scheme and Cyber Bobby Scheme

helping the elderly, vulnerable and victims of domestic abuse

Supported by

Blue Lamp Trust (Services) Ltd



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# Bobby Scheme

- Delivered by 5 fitters (4 in Hampshire, 1 on IoW)
- The service is available to anyone who is vulnerable due to:
  - Circumstance e.g. domestic abuse, hate crime, dementia, serious health condition (18+)
  - Physical or Mental disability (18+)
  - Victim or repeat victim of crime (18+)
  - Age (over 60)



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# What does a Safety and Security check involve?

- Practical security and safety advice
  - Fit security equipment
- Fire safety check
  - Fit smoke alarms
- Gas safety advice
  - Fit Carbon Monoxide detectors
- Advice on crime prevention
- The service is free



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# What can we provide?

**Free of charge** we can fit a range of security measures based on the findings of the survey. Items such as

- Door chains
- Spy holes
- Extra locks and bolts
- Window alarms
- New locks



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# Keys safes and Ring Doorbells

- Supra C500 Key Safe
  - Police accredited(Secured by design) key safe
  - Easy to use and robust
  - £75 for the supply and fitting
  - Guaranteed for 5 year
- 
- Ring 2<sup>nd</sup> generation Video Doorbell
  - Police accredited(Secured by design)
  - £90 for supply and fit
  - Guaranteed for 1 year



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# What does a Cyber Bobby visit involve?



- Delivered by 3 volunteers in Hampshire
- How to create strong passwords and keep them safe
- Making sure your email account is secure
- How to check your privacy settings
- How to update your devices and turn on automatic updates
- Advice on backing up your devices
- How to recognise scam emails and text messages
- Actions to stay safe online while browsing and shopping
- How to report issues
- Signposting to other advice
- The service is free



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# Impact

- Bobby Scheme and Cyber Bobby Scheme
  - Crime prevention
  - Practical support for victims of crime
  - Reassurance for the elderly and vulnerable



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# Impact of the Bobby Scheme



## Situation

A couple, victims of burglary in Gosport  
Wife very upset, feeling very insecure



## What we did

Full safe and secure check  
Fitted new locks and window alarms  
Left advice leaflets



## Impact

“if wasn't for the work you guys done to help, my wife would have had us move house!. You have allowed her the freedom to feel secure in our home. Thank you” “very needed and deserving Trust”



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# Impact of the Bobby Scheme



## Situation

Mother and daughter both victims of domestic abuse. Perpetrator threatened to burn the house



## What we did

Fitted new locks and window and door alarms. Blanked off the letterbox and fitted external letter box



## Impact

Perpetrator tried to set fire to the front door during the night. Window and door alarms woke mother and daughter who were able to exit to safety through the back door



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# How to Refer

- [Bobby@bluelamptrust.org.uk](mailto:Bobby@bluelamptrust.org.uk)
- Referral form on our website  
<https://bluelamptrust.org.uk/referralform/>
- Phone 0300 777 0157



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**Jenny Hatfield**

Treasurer

**Petersfield Stroke Support Group**



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## **Petersfield Stroke Support Group**

- We understand the impact a stroke can have on daily life
- Provide support and information to stroke survivors and their families

### **What's on Offer?**

- ✓ A wide range of social activities and occasional short talks by guest speakers
- ✓ Regular communication workshop including support using iPads
- ✓ Group visits to places of interest in the local area
- ✓ Regular Carers meeting providing vital support and information to the partners of stroke survivors

### **How does it work?**

- We are a self funded group, run by volunteers. There is a small charge to cover our meeting room hire and refreshments

## Meetings

**Wednesdays** - 2.00 - 4.00pm

Petersfield Community Centre, Love Lane, Petersfield, GU31 4BW

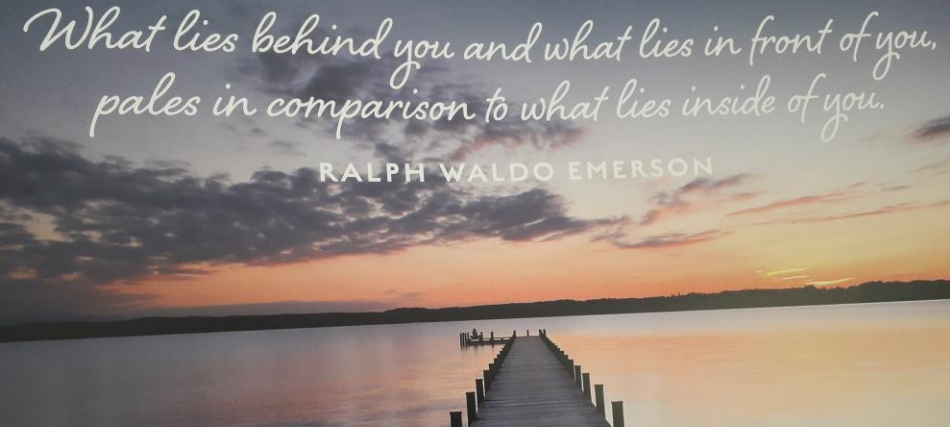
## For More Information...

➤ **Contact:** Maureen Gilbert - Phone 01730 267 998

**Website:** <https://www.stroke.org.uk/>



Stroke  
Association



# Thank You



- ❖ **Thank you** to all who have supported &/or attended today's Health & Wellbeing Forum
- ✓ The PowerPoint will be saved on Community First's Health & Wellbeing webpage in one week's time
- **Dates** of 2023-24 East Hampshire and Havant Health & Wellbeing Forum Webinars...
  - Thursday **7 December, 1-2pm**
  - Wednesday **21 February 2024, 1-2pm**
- **Please feedback** today or by email - including re future Health & Wellbeing Forum theme or presenter ideas
- Health & Wellbeing related **items** will be **circulated** 4-6 weekly by Jane Bray
- **Finally**, if you aren't a Health & Wellbeing Forum member or know of a local health organisation that would like to join, please ask them to email Jane:- [healthforums@cfirst.org.uk](mailto:healthforums@cfirst.org.uk)
- ❖ Have a **Happy, Healthy Autumn!**

## Community First

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



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



[healthforums@cfirst.org.uk](mailto:healthforums@cfirst.org.uk)



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