

WORKSHOP - ENSURING HEALTH AND WELLBEING

Lead Board Member: Max Kammerling, North Somerset Primary Care Trust

Presentation:

Mary Hart, North Somerset Primary Care Trust
DVD - Community Exercise Programme for older people

As part of the stakeholder event the workshop on health and wellbeing included a showing of a DVD on 'healthy ageing'. This showed some participants from local exercise classes stating why they came along and what they gained from doing the exercises - how they benefited both physically and, of course, mentally.

This film is part of the 'Go4Life' initiative to encourage more of us to be more active. The film will be used for promotional purposes - to encourage older people of all abilities to take part and join one of the many classes that we run.

This workshop considered the following aims:

SCS Aim: Ensure older people and vulnerable groups have access to a range of housing and housing related services.

Improvement: Provision of services and support that deliver decent affordable, accessible, warm and safe homes leading to improved independence.

SCS Aim: Increase life expectancy in areas where health outcomes are the poorest (tackling disadvantage).

Improvement: Innovative ways of delivering services to counter entrenched inequalities in health experienced by those living in areas of disadvantage.

WORKSHOP OUTCOMES

SHARED PRIORITY: IMPROVING HEALTH AND WELLBEING

Aim: Ensure older people and vulnerable groups have access to a range of housing and housing related services				
Improvement we want to see: Provision of services and support that deliver decent affordable, accessible, warm and safe homes leading to improved independence				
How do we achieve this together?	Who should be involved and <u>WHY</u>?	What could your contribution be?	
			Contribution	Organisation
<ul style="list-style-type: none"> Increase Educational Opportunities 	<ul style="list-style-type: none"> Schools, Town Councils Weston College Parents Community Leaders NSC, Community Learning Team 	<ul style="list-style-type: none"> Influence on children Get people into Catering courses, Parenting etc. Change attitudes Responsible for education 	<ul style="list-style-type: none"> Influencing Use of schools Community Learning Team 	<ul style="list-style-type: none"> Cleeve Parish Council North Somerset Adult Social Services and Housing
<ul style="list-style-type: none"> Increase Educational Opportunities 	<ul style="list-style-type: none"> Schools Town Councils NSC Parents Community Leaders Community Learning Team 	<ul style="list-style-type: none"> Influence children's attainment. Not sure! Responsible Local Authority Their attitudes affect their kids. Someone has to lead this locally. Can introduce adults to qualifying training 	<ul style="list-style-type: none"> Influencing Getting out of hours use of schools Focusing Community learning and Training targets 	<ul style="list-style-type: none"> Cleeve Parish Council North Somerset Adult Social Services and Housing

SHARED PRIORITY: IMPROVING HEALTH AND WELLBEING

Aim: Ensure older (retired) people and vulnerable (BME –LD. Frail elderly) groups have access to a range of housing and housing related services

Improvement we want to see: Provision of services and support that deliver decent affordable, accessible, warm and safe homes leading to improved independence

How do we achieve this together?	Who should be involved and <u>WHY</u> ?	What could your contribution be?	
			Contribution	Organisation
<ul style="list-style-type: none"> Identify target areas of poor housing 	<ul style="list-style-type: none"> Housing Dept Social Services Department for Works and Pensions Community Police 	<ul style="list-style-type: none"> Possible improvements/ warmth/moves initiatives Funding! Check benefits Security checks/ advice 	<ul style="list-style-type: none"> Use local Community services/groups to help old people in community Housing – provision of grants/services etc 	<ul style="list-style-type: none"> Cleeve Parish Council North Somerset Adult Social Services and Housing
<ul style="list-style-type: none"> Existing housing standards/and make safe 	<ul style="list-style-type: none"> Fire Services North Somerset Council Somerset Race Equality Council Voluntary Agencies (identifying) 	<ul style="list-style-type: none"> Identifying vulnerable groups – widely Not just Government targets Need to target (Area) resources 	<ul style="list-style-type: none"> Black and minority ethnic groups Community mapping (SREC) Dialogue and signposting Stock Survey 	<ul style="list-style-type: none"> North Somerset Council Somerset Race Equality Council Age Concern NSC and Agencies
<ul style="list-style-type: none"> New homes 	<ul style="list-style-type: none"> North Somerset Council Registered Social Landlords Developers (Private) 	<ul style="list-style-type: none"> Plans for new housing Allocating housing All Developers 	<ul style="list-style-type: none"> Planning control Urban extensions policy 	<ul style="list-style-type: none"> North Planning Area Committees

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<ul style="list-style-type: none"> Promotion and access to services 	<ul style="list-style-type: none"> NHS PCT Voluntary Agencies 	<ul style="list-style-type: none"> Discharging from hospital People not declaring their needs 	<ul style="list-style-type: none"> Co-ordination and clear accountability Signposting check list circumstances 	<ul style="list-style-type: none"> Hospital Social care
<p>Understand what the housing needs are:</p> <ul style="list-style-type: none"> Link with work already done 2-way communication Information accessible to all 	<ul style="list-style-type: none"> Involving GPs who complete their own housing need type assessment. Involving Older People and the vulnerable groups 			
<ul style="list-style-type: none"> Small interventions to keep people safe and independent e.g. key safe schemes Activities close to home Return to the 'single points of access' ideal 	<ul style="list-style-type: none"> Bringing the views of the 80 years old now. 	<ul style="list-style-type: none"> To influence plans for future 80 years olds. Advice needed on various options to improve homes 		
<ul style="list-style-type: none"> Deliver services locally Mobile facilities Share facilities Work with big supermarkets Tesco/Morrisons 	<ul style="list-style-type: none"> Statutory and voluntary sectors 	<ul style="list-style-type: none"> Town Centre Car Parks Mobile Services 		

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<ul style="list-style-type: none"> • Identification of problems/ vulnerability by agencies • Availability of information, many not aware of what is on offer, Education and awareness 	<ul style="list-style-type: none"> • Primary Care Trust, Council. Social Services/Housing • Public information broadcast (TV) 	<ul style="list-style-type: none"> • Vulnerability is often hidden. Many have feelings of pride and will not ask for help • Many old people are house bound most of the time 		
<ul style="list-style-type: none"> • Backup to existing services that exist e.g. after adaptation under Disabled facilities grants done, if something goes wrong in future no help/advice • Voluntary support to community from within the community to support and call on vulnerable people. 	<ul style="list-style-type: none"> • Social Services/Supporting people. • Voluntary Services • Charities and other agencies 	<ul style="list-style-type: none"> • To give backup and support when things go wrong/needs maintenance. • To encourage formation of voluntary groups and workers 	<ul style="list-style-type: none"> • Community fund to support groups. 	<ul style="list-style-type: none"> • NS Housing
<ul style="list-style-type: none"> • Better joined up thinking of various agencies on joint working and work better together for communities and individuals • Clear understanding of who lives in communities e.g. community profile and identification of issues 	<ul style="list-style-type: none"> • All main agencies • Strategic planners from main agencies 	<ul style="list-style-type: none"> • To reduce work and effort and move connected support to individuals • To have a clear picture of what is needed and to assist service planning 		

SHARED PRIORITY: IMPROVING HEALTH AND WELLBEING and TACKLING DISADVANTAGE AND PROMOTING EQUALITY OF OPPORTUNITY

Aim: Increase life expectancy in areas where health outcomes are the poorest

Improvement we want to see: Innovative ways of delivering services to counter entrenched inequalities in health experienced by those living in areas of disadvantage.

How do we achieve this together?	Who should be involved and <u>WHY</u> ?	What could your contribution be?	
			Contribution	Organisation
<ul style="list-style-type: none"> • Develop Education opportunities (wide range) • To give a variety of education/knowledge to include all skills – parenting skills and self esteem → qualification 	<ul style="list-style-type: none"> • Children’s Centres • Weston College • Carlton centre • Youth and Community Team • UK online • Doctors • Police • Libraries • Voluntary sector • Weston Foyer • Public/community 	<ul style="list-style-type: none"> • In touch with potential service users • Wealth of experience • Geographically • Partnership working 	<ul style="list-style-type: none"> • Knowledge and access to various funding streams • Understanding of service users and needs • Sharing resources 	<ul style="list-style-type: none"> • PCT (GPs) • NSC • Voluntary Sector • Voluntary Action North Somerset • Woodspring Association for Blind People • Crossroads • Friend • Weston College
<ul style="list-style-type: none"> • Need to engage with people to empower them to influence service delivery 	<ul style="list-style-type: none"> • Local people and services • GP services 	<ul style="list-style-type: none"> • Key to preventive care: <ul style="list-style-type: none"> ○ Scans ○ Vaccinations ○ Check-ups 		

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<ul style="list-style-type: none"> • Shift the culture so that people no longer expect to be looked after. • 'Expert patient' support systems • Easy access to own medical records 	<ul style="list-style-type: none"> • Health and social care system • Education 			
<ul style="list-style-type: none"> • Review existing evidence • Capture new information • Consultations – mechanisms, survey/face to face 	<ul style="list-style-type: none"> • NS Council – Adult Social Services and Housing, Children and Young People Services • Primary Care Trust • GP practices • Weston College • Police, Probation • Citizens Advice Bureau 	<ul style="list-style-type: none"> • Education – Com Learning Team • Midwives – Health visitors, resources • Knowledge and information. • Preventative 	<ul style="list-style-type: none"> • Survey – QAs • Doorstep • Focus groups • Use of buildings 	<ul style="list-style-type: none"> • Housing, • Council • Social Service • TAX (Liberata, housing benefits, collecting data) • PCT • Schools

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<ul style="list-style-type: none"> Active lifestyle promotion 	<ul style="list-style-type: none"> Schools Sports clubs, ramblers Sport Centres GP surgeries 	<ul style="list-style-type: none"> Introduce people to different active experiences Encourage patients to be active 	<ul style="list-style-type: none"> Water sport have-a-go Welcome newcomers and encourage them 	<ul style="list-style-type: none"> MARLENS Sailing clubs Canoe clubs Swimming clubs Sub-aqua Sports club both formal e.g. Clevedon Athletic Club and informal e.g. Hash House Harriers
<ul style="list-style-type: none"> Mobile facilities in town car park Share buildings/resources Work with Morrisons/Tesco 	<ul style="list-style-type: none"> Statutory sector Voluntary sectors Local communities 	<ul style="list-style-type: none"> Problems not in a box Cross society Work together Break down barriers i.e. I'm a GP I don't know what's out there 	<ul style="list-style-type: none"> PCSO Police Community Support Officer PCTs, GPs Social Services Voluntary sector Community Groups Commercial sector 	<ul style="list-style-type: none"> Health and social care system Education Tesco, Morrisons

FLIP CHART NOTES

Allocation Policy

Another 4 All Healthy Living Centre in central Weston-super-Mare

Building on good practice – more classes

Use schools more

Deliver services local

Economic Regeneration

Increase education opportunities