

HEALTHY LIVING LSP THEMATIC GROUP

22nd July 2010

Present:

Kishor Padki (Chair)	South West Essex NHS
Jo Cory	Brentwood Borough Council
Trudy Frost	Brentwood Borough Council
Jocelyn Jordan	Brentwood Borough Council
Ian Jorysz	Churches Together
Sarah Lawrence (SL1)	Brentwood Borough Council
Susan Lilley (SL2)	Extended Schools Services
Scott Prestedge	Brentwood Borough Council
Sharon Wild	Rethink

Apologies:

Kim Anderson	Brentwood Borough Council
Cllr Margaret Brehaut	Brentwood Borough Council
Jenny Coates	Adult Community Learning
Ashley Culverwell	Brentwood Borough Council
Gemma Fraser	Action for Family Carers
Malcolm Knights	Brentwood Borough Council
Bob McIntock	Brentwood Leisure Trust

1. MINUTES OF PREVIOUS MEETING 10th May 2010

The minutes were APPROVED as a true and accurate record.

Matters Arising

The report on 'Improving Health of Marginalised Groups' was circulated a few days prior to today's meeting by JJ, any comments regarding the document are to be sent to JJ. The issue of Health Check funding raised by SL1 at the previous meeting was investigated by KP; free checks are available to those with learning disabilities through community pharmacies. Furthermore free detailed annual health checks are available through local GPs in conjunction with Directed Enhanced Services (DES). KP suggests the best way forward is to keep in close contact with local GPs so a relationship exists to be able to quickly refer patients with learning disabilities.

2. AGREE TERMS OF REFERENCE

JJ distributed the latest draft of the Healthy Living TOR to those present; it will also be distributed to those not present via e-mail. All group members are asked to take the document away to read and agree the document by e-mail, any comments or amendments can also be sent to JJ. SL2 highlights that 'Brentwood Local Delivery Group' and 'Children's Centre' are missing from the list of partners in the TOR, JJ will edit the document to include the missing partners.

3. **SUSTAINABLE COMMUNITY STRATEGY CONSULTATION**

JJ informs the group that the consultation period has now ended, despite promoting the event through leaflets in hospitals, libraries and other local public places the total number of responses was a disappointing 57. The last previous consultation had seen a response of over 200, however at a promotional cost of £3,000 due to the current climate it was deemed this sort of spending was not possible. JJ is now in the process of collating the response data, of the responses received the vast majority agreed with the priorities set out in the Sustainable Community Strategy draft; once the data has been collated any necessary amendments will be made and a final draft will go to the LSP Executive Group for approval on July 30th. Once the final version has been agreed JJ will circulate the document to the group.

ACTION: - JJ to distribute the final agreed version of the SCS to group following its approval.

4. **LOCALITY CHAPTER FOR NHS PUBLIC HEALTH ANNUAL REPORT**

KP introduces the Brentwood Supplement from the NHS Public Health Annual Report; the Brentwood document was circulated prior to the meeting. KP highlights the summary and the RAG ratings of various public health issues within Brentwood, the area is in a good position but KP stresses there is still plenty of work to be done. KP specifically highlights Cancer Mortality sighting lack of early advice, late detection and delayed diagnosis as reasons for the poor performance. With this in mind, a Cancer Mortality group is to be set up to raise awareness and combat the rate of cancer mortality. JJ distributes the recently published Brentwood Health Profile 2010 to those present. KP highlights the 'Brentwood at a Glance' section on the front page, picking out the statement that "fewer adults are physically active". JC raises concerns over the statistics that show a high level of Excess Winter Deaths in Brentwood, SL1 believes this could be a result of the high rate of elderly residents in the population. Isolated and vulnerable elderly residents would most likely contribute to this statistic, JJ informs the group that LSP has part funded a Fuel Poverty officer that operates with Anchor to help support vulnerable individuals with home heating issues. However this role is PRG funded and may face some problems in the future considering funding cuts. KP compares the data from the 2010 Health Profile with the 2009 document; this highlights a rise in excess winter deaths, KP will contact the PCT with regard to this issue. The rate of breast feeding initiation is also highlighted as a concern; there is a feeling that there is no awareness in the Brentwood area and not enough places for mothers to privately breast feed. SL2 will speak to the Children's Centre to attempt to increase P.R. around the subject; SL2 also suggests a Children's Centre representative is invited to attend the group meetings. SW voices concerns regarding mental health referrals in Brentwood, patients in Brentwood are being referred to Basildon hospital instead of the closer Mascal's Park Hospital which raises travel issues for the referred patient. KP identifies this as a major disadvantage for Brentwood residents, KP will raise this issue with PCT commissioners and send details on to SF. IJ identifies that no indicator of stress or depression is present in the Health Profile, KP agrees this is an important issue and is often overlooked. KP introduces and distributes a NHS East of England newsletter,

highlighting the 'Health at Work' section on page 4; a Health & Well Being in the Workplace report is currently being put together and will touch on issues such as stress and depression.

ACTION: - KP to contact PCT regarding excess winter deaths issue and the referral of mental health patients to Basildon Hospital.
- SF to contact the Children's Centre regarding increased breast feeding PR and to invite a representative to future meetings.

5. UPDATE ON LAA PROJECTS

Before updates are provided on the various projects, JJ informs the group as to the current PRG funding situation which affects LAA projects. As a result of the current climate and the new government regime, PRG funding is expected to be cut by 50%. Whilst ECC is yet to confirm their decision on funding, it is expected that the decision will result in the cutting of many LAA projects.

a) Workplace Physical Activity Scheme

SL1 informs the group that the imminent funding cut has led to the launch being cancelled along with the planned 'It's a Knockout' event. However, regular health walks and cycling events are planned to take place, Natural England will also be providing free accredited health walks. It is hoped that rounder's matches are to be scheduled between local businesses to increase physical activity. With regard to the council internally, a staff area is to be cleared in the near future. As well as acting as a space to have lunch on site, an exercise bike will be provided whilst health events and issues at work will be strongly promoted in this space.

b) Year 6 Obesity

The Bodycare Scheme designed to combat obesity in young children has been extremely successful; the scheme has visited 12 schools this year. SL1 is hopeful that Chelsea Football Club might have the capacity to continue to deliver the project as funding cuts mean the council will no longer have the funds to run Bodycare. However CFC already provides many activities locally and may not realistically have the capacity to deliver project on top of their existing activities. Despite this, Brentwood Health Week will act as an opportunity to drive the Bodycare aims forward in the future.

c) Healthy Eating Awards

JJ provides an update in AC's absence; the contract for the Healthy Eating Awards will be honoured, however as a result of funding cuts following the contracts completion the project will be stopped.

d) Smoking Cessation

JJ informs the group that sessions are currently running June – September, once this period of session's ends the council will no longer have the money to fund the project. Despite the fact the Brentwood Centre will have two Smoking Cessation trained individuals on their staff; the potential of the centre continuing to deliver the sessions

independently is unlikely as a result of the centre's own financial cuts. SL1 stresses disappointment at the loss of this project and feels Brentwood is neglected in this area. SL1 feels that 'Vitality' could provide more support in delivering smoking awareness sessions in Brentwood. KP will look into getting more commitment from the Vitality service.

ACTION: - KP to contact Vitality to explore possibility of providing smoking cessation support in Brentwood.

6. ACTIVE BRENTWOOD UPDATE

JC proceeds to update the group; an Active Brentwood meeting took place this week; the current situation is difficult considering the impact of funding cuts. JC informs the group about a group Networking Event on October 19th for Active Brentwood, 1.30 – 4.30 in the Committee Rooms at the Town Hall. This event is an opportunity for members and partners to come together in a slightly more informal environment to identify common goals, identify targets and share resources. JC will feedback to the group regarding the event at the next meeting. A 10 week 'Back to Netball' course for adults is due to start up in the near future whilst JC continues to run Handball sessions every Monday. JC is also looking the increase promotion of the Young at Heart initiative to increase participation. TF informs JC about a recently attended seminar at which Essex research findings were provided regarding a number of subjects including stats on physical activity, SF is to bring this information to the next meeting. KP asks that JC provides a short summary for the group which covers the current and future projects being undertaken by Active Brentwood.

ACTION: - TF to bring research findings to next meeting for JC.
- JC to provide Active Brentwood activities summary at the next meeting.

7. SWE PCT MENTAL HEALTH PROMOTION STRATEGY UPDATE

KP updates the group on the Mental Health Promotion Strategy introduced at the May meeting. An event has now been scheduled for 21st October, 9am – 1pm in the St George's Suit at Basildon Council. Flyers to promote the event are to be distributed along with a draft program.

8. ANY OTHER BUSINESS

KP introduces the 'Equality & Excellence – Liberating the NHS' document to the group which details the restructuring of the NHS. KP informs those present that the main focus of the restructure detailed in the document is on patient care, along with breeding NHS accountability and a reform in social care. KP states that the restructure is also designed to give more power to local authorities to hold the NHS to account and increase the involvement of public health with local authorities. SW stresses concerns around local GPs not being aware of the services available from organisations such as Rethink and the resources they have available with regard to mental illness. KP highlights the need to create links with key local GPs. Under the new restructure, local GP's will form consortiums and will be required to refer patients to appropriate external

bodies, these reforms will improve relations between GPs and external bodies and improve the support available to patients.

9. FUTURE MEETINGS

Meetings are to be scheduled for October 2010, January & May 2011. Specific dates are to be advised.