

ATTENDEES

Cllr Jude Deakin (JD) (Chair)	Cabinet Member for Safer Chelmsford
Paul Brookes (PB)	Public Health & Protection Services Manager CCC
Amber Nyoni (AN)	Public Health Practitioner CCC
Gemma Nicholson (GN)	Planning Policy Officer CCC
Antony Bensley (AB)	Community Sport & Wellbeing Manager CCC
Paul Houghton (PH)	Access Officer CCC
Lorraine Jarvis (LJ)	Chelmsford CVS
Peter Blackman (PBL)	SWF Health and Social Care Group
James Clarke (JC)	Chief Executive Officer, Action for Family Carers
Ken Edwards (KE)	Chairman, Baddow Village Patient Group
Kirsty Roberts (KR)	Essex Child & Family Wellbeing Service
Stephanie Scott (SS)	Alzheimer's Society - Essex Dementia Friends Community Champion
Daniel Doherty (DD)	Director of Clinical Transformation and Deputy Accountable Officer Mid Essex CCG
Kate Butcher (KB)	Head of Transformation & Strategy Mid Essex CCG

Apologies

Apologies were received from Jason Fergus, Hollie Wood, Maggie Pacini and Rachel Davis

ACTIONS

- **Suicide Prevention video link to be sent with minutes – JG**
- **Share with group the Suicide Prevention training being organised by Essex County Council when available – AN**
- **Get Fit Get Fed – video to be sent with minutes – JG**
- **CCG update to be a standing agenda item – SD**
- **Livewell Through Winter event 29 November – LJ to circulate details**

1. Update on actions arising from last meeting – 20 August 2019:

- LJ to share with the group details of the link workers attached to each GP practice and also circulate job roles – outstanding - **LJ**
- Commissioned services available in the voluntary sector – add to future agenda – **LJ to present**
- 2019 health profile update – still not available – **AN will circulate to group when available**

2. **Care Givers programme update** – carried forward to January meeting due to illness
3. **HWB Strategy** – a hardcopy of the draft strategy was available for the group to refer to. Once it has been approved by the Health & Wellbeing Plan Working Group this will be emailed to the group. The plan is going to cabinet on 9th November. The key changes are:

Page 3

Priority 1 - added 'and increase physical activity in adults and children'

Priority 5 – added 'and behavioural addictions'

Page 4

The diagram on this page will go but all the information will remain in some format

Page 9 – Chapter 6

Are now aligned to the Council's Corporate Priorities the text will stay the same

The group were asked to feedback any comments to Amber by next Tuesday, 22 October.

4. **Livewell meeting plans for 2020/21** – the plans were sent round with the agenda

The quarterly Livewell Chelmsford meetings are to focus on each priority in the Health & Wellbeing Strategy and a timetable has been drawn up with Alleviate loneliness and social isolation being on the agenda for January. The aim is to link into organisations in the wider community.

A general discussion took place and the group felt this was a good idea.

LJ offered to help Amber pull the items together and could advise on who the key leads are, as she attends a vast number of committees and groups.

JD asked about the workshop format and AN advised that this would take the form of mapping work. Small group discussions where everyone would advise of current initiatives and share good practice and also discuss what was lacking. The information would then be collated and shared with the group.

AN advised that the first half of the meeting would be the normal updates and the second half would be the workshop, there would be a presentation from a key lead for that priority.

PB advised that the idea behind the themed meetings was so that as a group we could assess what outcomes are being achieved through the district. In the group discussions gaps could be identified and solutions put forward to deliver an outcome

DD advised that with the changes currently taking place within the CCG there will be increased focus on PLACE (Chelmsford, Braintree & Maldon) based arrangements. He suggested that the Clinical Directors from the emerging PCNs to attend the Livewell meetings. Each clinical director will cover 4 – 5 GP practices and this would give a good representation of the Mid Essex population

LJ commented that within the STP the only representative for the voluntary sector was Healthwatch and she felt that the voluntary sector do not have a voice. She is currently working with Kristina Jackson from Thurrock CVS to ensure there is representation on the STP.

PBL advised that Rurality's need to be included and be a constant theme.

JC suggested that Ellen, partner lead from Provide present to the group

PB suggested that the January meeting be for 3 hours as there is a lot to cover in the normal 2 hours. Decision to be made at the meeting of the areas that need to focus on and what the group should be doing.

SS asked whether a presentation could be dedicated to carers.

JD asked for the group to feedback their thoughts/ideas to Amber and what they want from meetings so she can build into the plan what to take forward. She felt that Loneliness and Social Isolation is being more of a problem and it was a great theme to start off the year with.

5. **Suicide Prevention Strategy** – the document had been circulated to the group with the agenda and there was a general discussion around the published figures. PB advised that the Council are looking at the suicide issue and supporting staff around this. As a major employer they will be looking at what they can do as a council to assist staff. A possibility is to make this compulsory reading for staff. When a strategy/policy has been developed PB will share with the group. DD felt that this was good for employers to focus on this and offered to assist Paul/Amber with developing a strategy.

LJ advised the group of the 30 minute online video on suicide prevention and that we could promote this in our businesses groups – **Action – link to be shared with the group – AN**

There is also some training being organised by Essex County Council (led by Claire Bartoli) which Amber will share with the group when available – **Action AN**

PB advised that the data was published by ECC. They couldn't break them down as the figures were too low but that main one was middle aged males between 45 – 55. The rate is 46 per 100,000 for males compared to a rate of 13 per 100,000 females for 2016-2018

PBL advised that there is a new mental health initiative focussing on young people in education and this is due out next September.

JD felt that early intervention is lacking

6. **Active Chelmsford** – AB reminded the group that Active Chelmsford was part of a network of groups, supported by Active Essex. The updated action plan had been forwarded to the group with the agenda

He mentioned a couple of the projects on the action plan:

Mental Health Activity Project – this is aimed at early intervention with people who are facing mental health issues. Sessions are run at Chelmsford Sports & Athletics Centre in Melbourne and the funding has been provided by Active Essex

Get Fit Get Fed – sessions ran over the school summer holidays, aimed at the more deprived children and families. 500 attended. A last-minute addition was a Smoothie Bike maker which was a big hit amongst the attendees. Looking to repeat this and extend it in the next summer holidays. A short video was produced which Amber will share with the group – **Action – AN to share link to the video**

Expression of Interest – grant scheme. 11 grants have been allocated of up to £500 each to small projects. £2,000 is to be made available each quarter for grants up to £500 for

anything that will get people more active

LJ talked about the GP Surgery Walks. GP networks are willing but lack time and capability. The new NHS funded link-workers based at GP practices could be trained as walk leaders – Chelmsford Council would provide the training and LJ commented that CVS could source the volunteers. KE remarked that all surgeries have a Patient Support Group that are volunteers and it would be useful to keep them updated with what's happening and they could possibly provide volunteers to assist with the walks.

KB advised that the CCG transformation team are aligned to PCNs/GP practices and she felt sure they would be more than happy to assist.

JD asked AB about the red item on the action plan which related to cycling. He advised that they haven't managed to get this started yet but that the funding has been ring fenced and hopefully it will happen in the future

LJ mentioned the seated exercise which has been a struggle to sort out as the local Tai Chi clubs would not engage. She has now made contact with the Falls Prevention Nurse Lead at Broomfield Hospital who has provided her with the right tools to progress this. Volunteers will be trained in the new year and they will support patients on their discharge from hospital to do the exercises prescribed by the hospital in their own homes. This will also help with loneliness and social isolation.

7. Date of next meeting 21st January 2020 – to be a 3-hour meeting allowing workshop programme

8. Any other business

PBL asked CCG to provide an update.

DD advised that following NHS England instructions the STP footprint will be 1 executive team with 1 accountable officer. 5 CCGs will be merged within the STP and April 2020 there will be a single CCG.

The plan put forward to the National Team for 3 PLACE, i.e. Maldon, Chelmsford and Braintree, was rejected as these areas were considered too small. This means that Mid Essex can operate as a PLACE and within it there will be 3 entities, Maldon, Chelmsford and Braintree – this was accepted by the National team.

DD advised that they hope for a Livewell Partnership Board to be formed and to have met by the end of the year.

The new CCG Executive team is currently being appointed.

It is hoped that the Managing Directors will be the voices of their local people.

DD voiced concern that the wider STP focus will go to the more deprived areas Basildon/Thurrock and he will ensure he consults with the group to see what Mid Essex needs are so that the focus is not lost on Mid Essex. Not all deprivation is income based, i.e. rurality.

DD commented that it is important that Livewell group holds the CCG to account in the interim period so that important business continues to be done during this period.

It was agreed that CCG update would be a standing agenda item – **Action Sam/Julia**

KE asked what was happening with the Essex Health & Wellbeing Board. LJ advised that all the meetings are public. She believes the final draft is due 18 November and will circulate the link to the published documents of the Essex Health & Wellbeing board

LJ advised the group of an event taking place on 29 November – **Livewell through Winter**. Chelmsford Mencap run the Bond Street Christmas Market and have offered CVS the marquee which is put up in the bowl outside John Lewis. LJ to circulate details to the group.

KR advised the group that they have been working with Active Essex training support assistant, providing guidance and educating parents of pre-schoolers on what is meant by being active and ideas of how to get active. She also advised that they are running Emotional Wellbeing workshops for parents, aimed at Primary and Secondary school age.

PB advised the group that the Community Funding Scheme is now open, and he will forward a link with the minutes.