



Oadby and Wigston Borough Council

TO COUNCILLOR:

G A Boulter
J W Boyce

Ms K M Chalk
J Kaufman (Chair)

Dr T K Khong

Dear Councillor et al

I hereby invite you to attend a meeting of the **HEALTH AND WELLBEING BOARD** to be held at the **COUNCIL OFFICES, STATION ROAD, WIGSTON** on **TUESDAY, 12 JULY 2016** at **1.30 PM** for the transaction of the business set out in the Agenda below.

Yours faithfully

Council Offices
Wigston
04 July 2016

Mark Hall
Chief Executive

AGENDA

PAGE NO 'S

- | | | |
|----|---|--------|
| 1. | Welcome by Chair | |
| | Councillor Jeffrey Kaufman | |
| 2. | Apologies for Absence | |
| 3. | Minutes of the Previous Meeting held on 5 April 2016 | 1 - 6 |
| 4. | County Health and Wellbeing Update | |
| | Ernie White - Lead Member for Health
Mike Sandys - Director of Public Health | |
| 5. | Identified Priorities for 2016/17 | 7 - 8 |
| 6. | Oadby and Wigston Priority 1 - Dementia/Mental Health (Key Actions) | |
| 7. | Communication | |
| 8. | Any Other Business | 9 - 10 |
| 9. | Dates of Future Meetings | |
| | Tuesday, 11 October 2016 - Diabetes/Healthy Weight
Tuesday, 10 January 2017 - Substance/Alcohol Misuse
Tuesday, 4 April 2017 - Annual Health Summit to Review Priority Outcomes | |

**MINUTES OF A MEETING OF THE HEALTH AND WELLBEING BOARD HELD AT THE
COUNCIL OFFICES, STATION ROAD, WIGSTON ON TUESDAY, 5 APRIL 2016
COMMENCING AT 1.30 PM**

<u>IN ATTENDANCE:</u>		
Chair - Councillor J Kaufman		
<u>COUNCILLORS (4):</u>		
G A Boulter	Dr T K Khong	
J W Boyce	Mrs H E Loydall	
<u>OFFICERS IN ATTENDANCE (2):</u>		
S Glazebrook	Ms A Lennox MBE	J Patel
<u>OTHERS IN ATTENDANCE (7):</u>		
J Wells (BDC)	Ms S Lucas (D&H)	
M Braham (LCC)	Ms S Rose (ELR/CCG)	
Ms J Leadbetter (D&H)	J Naylor (Everyone Active)	K Radford (OWBC)

Min Ref.	Narrative	Officer Resp.
1.	<p><u>WELCOME BY CHAIRMAN JEFFREY KAUFMAN</u></p> <p>A warm welcome and introduction was given by the Chair.</p>	
2.	<p><u>PRESENTATION BY JON WELLS, BLABY DISTRICT COUNCIL ON HIS COUNCIL'S APPROACH TO HEALTH AND WELLBEING</u></p> <ul style="list-style-type: none"> • An informative presentation from JW outlining the priorities of BDC • Methodological approach in finalising BDC priorities • Leaflets and information available for circulation • Input from professionals for their respective area of specialisation. • Presentation to be emailed to all partners 	
3.	<p><u>DRAFT TERMS OF REFERENCE AND REMIT OF THE GROUP</u></p> <p>Terms of reference and remit of the group had not been updated for some time and a revised version was circulated prior to the meeting to give partners the opportunity to comment.</p> <ul style="list-style-type: none"> • Accountability: the Chair of the Board will be appointed at each AGM of OWBC annually. • A number of minor changes were agreed which will be incorporated into the new terms of reference. 	
4.	<p><u>WORKSHOPS TO GAIN AN UPDATE ON HWBB 2015/16 PRIORITIES (ACHIEVEMENTS & OUTCOMES) AND TO DETERMINE THE PRIORITIES FOR 2016/17</u></p> <p>Members were split into two groups to consider:</p>	

	<ul style="list-style-type: none"> • What positive outcomes have occurred in the last 12 months including the challenges faced and what are the challenges going forward. • Each group were given two priorities that evolved from the priorities set by the HWBB for 2015/16. These were Substance Misuse, Diabetes, Dementia, and Healthy Weight. • Positive feedback was received regarding progress on Diabetes, Dementia & Healthy Weight. 	
5.	<p><u>FEEDBACK</u></p> <p>Dementia Conservation work taster days for isolated older adults to improve physical activity, Walking for Health Group, Senior Citizens Forums covering Dementia, Young at Heart day, difficulty engaging with Alzheimer's Society, diagnosis- identifying people with dementia, lack of time for GPs, lack of Resources.</p> <ul style="list-style-type: none"> • Need to compile general register of external bodies and what they can/will provide • Bid has been submitted to train 70 volunteer walk leaders and it is planned to deliver one walk per week. • Substance Misuse-difficulty in engaging with hard to reach groups and keeping activities going through the winter months. ASB is a Priority for the Community Safety Partnership; however need to provide adult learning and education. Diversionary activities will help to prevent young people getting into Substance Misuse, Adults with alcohol and drug dependency will need a different approach, need to involve Swanswell/Probation service. • Healthy weight- A number of leisure and education courses have taken place during the year, lack of funding, difficulties with engaging with target group, large target area- many participants have multiple issues, lack of funding and resources, turning ideas into reality. • Diabetes- Two new diabetes programmes delivered by SLM. • LEAP & FLiC – Weight management courses. • Ex Referral delivered by SLM. • Healthy cooking project with BME community and exercise classes. • Sizzler event. • High number of people with type 2 diabetes and number at risk, difficulty with engagement, what is the referral pathway & engagement with GPs. 	
6.	<p><u>IDENTIFY PRIORITIES FOR 2016/17</u></p> <p>The priorities suggested by the working groups were as follows:</p> <ul style="list-style-type: none"> • Dementia/Mental Health • Diabetes/Healthy Weight • Substance/Alcohol Misuse • Information and sharing. • Physically activity • Older people, social isolation and early intervention. • AL ,JK and SG to finalise the priorities for 2016/17 	
7.	<p><u>IDENTIFY ANY GAPS IN PROVISION WHICH THE HEALTH AND</u></p>	

	<p><u>WELLBEING BOARD COULD TACKLE</u></p> <p>It was agreed that Mental Health is a key priority and that more information is needed around substance/alcohol misuse.</p>	
8.	<p><u>ANY OTHER BUSINESS</u></p> <p>It was agreed that OWBC Health & Wellbeing Board to have three operational meetings each year with the fourth one being the annual summit to review outcomes. The dates are as follows:</p> <ul style="list-style-type: none"> • Tuesday 12th July 2016 • Tuesday 11th October 2016 • Tuesday 10th January 2017 • Tuesday 4th April 2017 Annual Summit. <p>Each meeting will focus on a particular topic and professionals from the relevant topic being discussed will be invited.</p>	

THE MEETING CLOSED AT 3.30 PM



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CHAIR

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TUESDAY, 12 JULY 2016

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FEEDBACK FROM APRIL 2016 MEETING ON ACHIEVEMENTS DURING 2015/16

GROUP 1: SUBSTANCE MISUSE	
<p>What positive outcomes have occurred in the last 12 months?</p> <ul style="list-style-type: none"> • Diversionsary Football activities delivered to engage with the hard to reach. Weekly football project delivered in partnership, on local parks, including 16 weeks during the summer. Youngsters now organising own informal club and continue to play. • Shoot to the Future Basketball project. To engage with people at risk of offending/ASB. Based in Wigston, which experienced high levels of ASB on Friday evenings. Delivered x16 weeks in partnership with the Leicester Riders Basketball Club. Signposting to other local opportunities e.g. Football, and opportunities for training on 'Activator' courses. • Bushcraft/Den building taster sessions and food for free walks for those in priority neighbourhood area of Wigston, to provide positive activities to take part in. • Street dance, for x10 people across 10 sessions (10 to 17 years). • Supersonic Boom – one off music event to engage with young people/families. The event provided access to information covering a range of topics including substance misuse. • Fishing project. Taster day in Glen Parva on the canal. X20 attendances – one off day, leading to further session due to purchase of equipment that can be used year-on-year. 	
<p>What were the challenges faced:</p> <ul style="list-style-type: none"> • Engaging with the hard to reach. • Keeping activities continuing through the winter, due to need for indoor facility (hire charges). 	<p>What are the challenges going forward:</p> <ul style="list-style-type: none"> • ASB is a priority going forwards – as it is a key priority for the Community Safety Partnership. • Funding streams • Need to establish target groups. • Need to provide Adult Learning / Education • Diversionsary activities will help to prevent young people getting into substance misuse; however adults with alcohol or drug dependency will need a different approach. Need Swanswell / Probation service.

GROUP 2: DIABETES	
<p>What positive outcomes have occurred in the last 12 months?</p>	

- Two new **Diabetes programmes** delivered by SLM. One in the community (am) one at Parklands Leisure Centre (evenings), to engage with those diagnosed with Type 2 Diabetes. X20 attendees.
- **LEAP** – weight management courses delivered for adults. x4 blocks of 10 weeks (sessions include diet and nutrition advice as well as physical activity). Numbers attending approx x15 per session. Continued participation via weekly classes.
- **Ex Referral** – delivered by SLM - with continued participation encouraged via reduced membership scheme.
- **Healthy cooking project** with BME community, incorporating exercise classes. Shires grant enabled delivery. Approx 300 attendances.
- **Sizzler Event** – health stands including Diabetes UK, fitness and health checks – awareness.

What were the challenges faced:

- High number of those with Type 2 Diabetes and the number at Risk of Diabetes – however engaging with individuals has been difficult.
- Initially at the beginning of the project - GP engagement.

What are the challenges going forward:

- Where do we prioritise funding?
- Leisure team – reduction in S&PA Commissioning funding for 2016/17.
- High number with Type 2 Diabetes and high numbers at Risk of Type 2 Diabetes.

GROUP 3:

DEMENTIA

What positive outcomes have occurred in the last 12 months?

- **Conservation work taster days**, for isolated older adults, to improve physical activity levels of participants by stealth. Also aimed at older adults who have recently suffered a critical life event, to help them with their recovery. One taster day per month with qualified park ranger, including tree planting, haymaking, path restoration and fence building. Participants continuing to undertake conservation work at Brocks Hill
- **Walking for health group.** Working with BME community to highlight benefits of exercise, including walking to work/school. Trained community leaders to set-up walking groups.

What were the challenges faced:

- Difficulty engaging with the Alzheimer's Society, as they only meet monthly.
- Large numbers of people with Dementia – how do we find out where these individuals live.

What are the challenges going forward:

- No Sport & PA funding this year – due to cuts.

What positive outcomes have occurred in the last 12 months?

- **LEAP** – weight management courses delivered for adults x4 blocks of 10 weeks (incorporates diet & nutrition and physical activity). Numbers attending approx x15 per session. Continued participation via weekly classes.
- **FLiC** – weight management courses delivered for Children/families; x2 blocks of 8 weeks (includes diet & nutrition and physical activity). Exit route include, FLiC Community Energy clubs.
- **Exercise Referral / Heart Smart** – delivered by SLM – addresses a range of health priorities (including weight management). Continued participation encouraged via reduced membership.
- February half term, **Energy Clubs**.
- Community Energy Clubs – Jan to end of March. 12 weeks of activities – 250 attendances. This will continue into 2016/17.
- **Body combat** for children, x10 weeks, 60 attendances.
- Super duper Tuesday – developed into **Lunch Ladies / lunch club**. 470 attendances over the 12 months. Trained individuals in Food hygiene. Funding also provided equipment and the purchase of food.
- **Food course** – Healthy cooking at Oadby Community Centre, incorporating exercise classes. Shires grant enabled delivery. Approx 300 attendances.
- **'Grown your own'** - Veg beds at Elizabeth Court
- **Halloween event** – Grow your own peas, at Elizabeth Court. Signposted to other activities, e.g. Street Dance etc.
- Free **Weight Watchers** scheme – 12 week course – referrals via GP, Health Professional, but can also be self-referred.

What were the challenges faced:

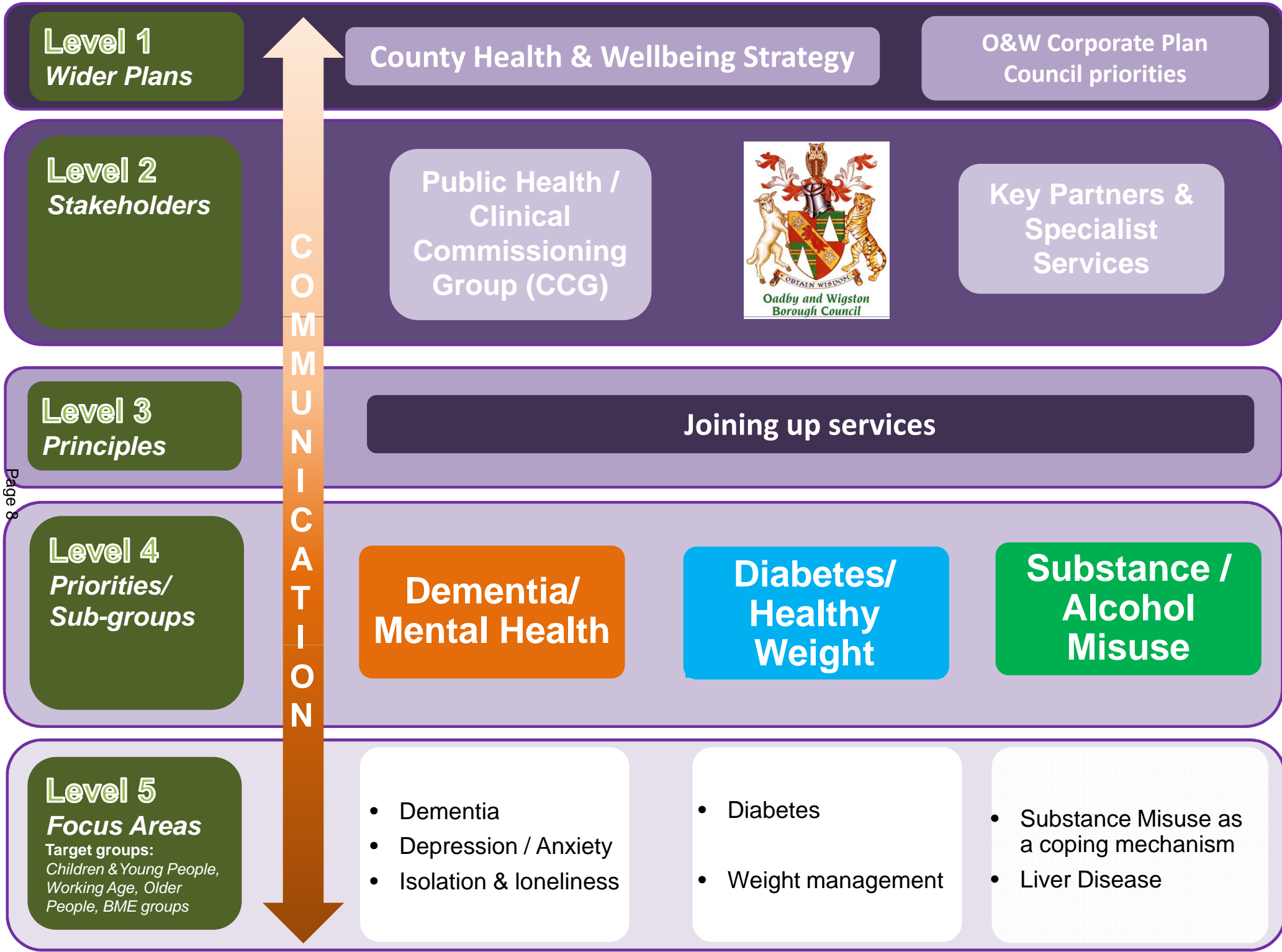
- Some of the actions were one-offs, delivered with external funding – therefore some not sustainable.
- Recruitment difficult at times, with the exception of those engaged via the priority neighbourhood areas. Following up on promotion to schools and sending reminders.
- It's a large target area – some underweight some overweight and some different cultures adds to the challenges. Participants have other issues including mental health/ disability etc.

What are the challenges going forward:

- Lack of funding.
- Identifying funding streams.
- Resource in respect to People/officers.
- Making 'ideas' become a reality.

GROUP DISCUSSION ON PRIORITIES FOR 2016 / 2017

PRIORITIES FOR 2016/17		
Priority	Rationale	Action
Diabetes	O&W is Red rating – according to the local 2015 Health Profiles	Ex Ref / LEAP / Pre retirement project Priority neighbourhood work BME education Running groups/ walking and cycling groups
Alcohol misuse	Local 2015 Health Profiles has identified this as a priority, – need to identify those we are aiming to divert away from alcohol misuse	Diversionsary for young people – but need to investigate what is available for adults.
Dementia / Mental Health	Local 2015 Health Profiles has identified Dementia as a priority	Work with Age UK and GPs to refer people to walks / gentle exercise – walking football etc. Work with carers – leisure pass to access sessions across South Leicestershire area.
Physical Activity	Local 2015 Health Profiles has identified this as a priority	All S&PA commissioning activities SLM/Everyone Active Everybody active every day – in bedding activity into everyday life
Older people - Social isolation – early intervention	O&W has a slightly higher percentage of older adults, than the national average	Age UK programmes, plus local project that provide gentle exercise sessions / and alternative activities to engage older people e.g. fishing, walking.



Oadby and Wigston Health and Wellbeing Board

Terms of Reference 2016-17

1.0 Purpose

To provide an annual Health Summit and regular Partnership meetings (three per year in line with identified local Health & Wellbeing priorities). To bring key decision makers together from a range of local health providers to review local health data, share information on service provision and lobby for change.

2.0 Functions

- To review and understand local health information and data, for Oadby & Wigston. Joint Strategic Needs Assessment and Oadby & Wigston Health.
- To provide the opportunity for partners to update on their services.
- To enable partners to consult and answer questions on their services.
- To provide an opportunity for Partnership members to raise questions and lobby for change.
- To promote local health services and allow partners to provide information for the Active Oadby & Wigston website / other promotional material.

3.0 Health & Wellbeing Priorities

- Local health & wellbeing priorities determined by the Partnership for 2016-17 are:
 - 1. Dementia / Mental Health
 2. Diabetes/ Healthy Weight
 3. Substance / Alcohol Misuse

4.0 Membership

- Members will include local councillors and representatives of organisations from all sectors that work with residents of Oadby & Wigston to improve health & wellbeing outcomes.
- Members will be invited to attend Partnership meetings and are expected to give notice if they are unable to attend.

5.0 Accountability

- The Chair of the Board will be appointed at each AGM of OWBC annually.
- The lead officer is the Leisure Service Manager.

6.0 Frequency

- Oadby & Wigston Borough Council (OWBC) will host an annual Health Summit on behalf of the Oadby and Wigston Health & Wellbeing Board.
- In addition, there will be three (quarterly) Partnership meetings in line with local health and wellbeing priorities.

7.0 Reporting / Strategic Fit

- The Board will report to the OWBC Service Delivery Committee twice per year.

- The strategic fit is with OWBC Corporate Priorities / County Health & Wellbeing Strategy.
- Annual update will be provided for senior officers and Councillors on outcomes from the previous 12 months.

8.0 Budget

- There is no budget provided for the partnership.

9.0 Communication & Partnership Working

- OWBC will maintain an up-to-date Health Partnership list. This list will be used to send out any relevant communications to local health partners and also be available for partners to contact each other to develop joint working.
- Oadby & Wigston Borough Council's Health & Leisure Team will organise the Partnership meetings.

10.0 Review of Terms of Reference

- The Terms of Reference will be reviewed annually.