



**HERTSMERE HEALTH AND WELLBEING GROUP**  
**Thursday 6<sup>th</sup> August 2015 at 10.00am**

**Attendees:**

Cllr Brenda Batten (Chair)	Hertsmere Borough Council
Cllr Anne Swerling	Hertsmere Borough Council
Cllr Farida Turner	Hertsmere Borough Council
Cllr Ruth Lyon	Hertsmere Borough Council
Liz Gore	Hertsmere Borough Council
Aaron Eldred (minute taker)	Hertsmere Borough Council
Helen Hopkins	Hertsmere Borough Council
Pam Cousins	Hertsmere Borough Council
Ieuan Beal	Hertsmere Borough Council
Miranda Lawton	Herts Mind Network
Peter Christmas	Groundwork
John Murray	HPFT
Peter Evans	Aldenham Parish Council
Heather Walsh	Community Action Hertsmere
Dee Dudley	Community Action Hertsmere
Carolyn Buller	CAB
Mobashar Mahmood	Hertsmere Leisure
Tom Watkins	Community Navigator
Jane Lane	NHS HV CCG
Carol Egan	Goldsborough
Amy Gray	Goldsborough
Vickie August	Crossroads
Richard Bateman	HCC
Nicki Smith	HCC
David Price	HCC
Sundera Kumara-Moorthy	Healthwatch
Caro Hart	Watford & Three Rivers Trust

**Apologies:**

Cllr Peter Wayne, Valerie Kane, Charlie Beck, Rob Dodkin, Ruth Horne, Pat Strack

Cllr Batten welcomed everyone to the meeting and introductions were made.

### **Matters arising from the previous minutes**

- A link was added to the HBC website to promote Herts Help
- No further news on Bushey Foodbank
- A letter has been sent to HCC Health and Wellbeing Board setting out this group support for the CAB Macmillan Project.
- Jane Lane to ask the NHS to provide some information about how to access local NHS services for Hertsmere News.
- HWB approved proposals from St Albans & Hertsmere Women's Refuge for additional counselling sessions which will be match funded by the Community Safety Partnership
- Groundwork sent a proposal for two additional Wild Play sessions which was accepted and is running over 2 weeks in August
- Guidance in the Home are presenting at this meeting

### **Changes to Adult Carer's Assessment**

Nicki Smith and David Price gave a presentation on the changes to the Carers Assessment format following the Care Act 2014. A big part of the changes is that carers will be treated equally as those who are cared for.

The key changes to the adult carer's assessments are that:

- Carers are now considered in the same way as those they care for
- All carers are entitled to an assessment if they appear to need support
- The cared for person does not need to be eligible for services.
- Carers now have a national eligibility criteria
- Carer's support is the responsibility of the cared for person's Local Authority
- There is greater focus on early intervention to prevent, reduce and delay need

The new assessment takes a more conversational format and focuses on the impact of being a carer on an individual's health and wellbeing. There are five key questions to the assessment which take the carer through three stages of eligibility:

- That the carer provides necessary care
- As a result of being a carer, their own health is affected or they are unable to meet their own needs/responsibilities
- Because they can't meet their own needs/responsibilities, there is a significant impact on the carers wellbeing

There is also now a new budget for carers that provides ongoing support through direct payments over a year rather than a one-off direct payment. It is up to the carer what the money is for, as long as it helps support them to meet their own needs.

More carers are accessing assessments, with 750 assessments carried out in the last 4 months. HCC are looking at supporting carers to submit their own self-assessments and are also appointing 13 new Carer Practitioner posts who will support carers across Hertfordshire. The practitioners will support people to recognise themselves as carers and will attend practitioner networks to swap experiences and best practise.. HCC are aiming to have a carers champion in every GPs surgery by March 2016.

**\*Please see attached slides**

## **Herts Help – Guidance in the Home**

Caro Hart gave an overview of the Guidance in the Home (GIH) project which is one of the services provided under Herts Help. GIH gets the majority of its referrals through the Herts Healthy Homes triage of services and is currently in the process of building partnerships. The primary beneficiaries of the service are vulnerable older people who may be socially isolated (including those with disabilities, sensory impairment, mental health issues, learning disabilities or who are struggling because English is not their first language).

The role of GIH is to visit an older person and to help with underlying problems (e.g. a health issue, help with domestic paperwork and dealing with debt or crisis) with the aim of stepping back from home visits and to signpost them to the relevant services after two or three visits. Home visitors will also act as spotters for hazards when in the home and are working on nutrition advice too. The service is built on breadth rather than depth and has a target of 5000 home visits per year.

## **Public Health Fund update**

Liz Gore gave an update on the Public Health Fund.

- The [Hertsmere Health and Wellbeing Partnership grants](#) were launched today with 14<sup>th</sup> September as the deadline for applications. The grants are being run in partnership with CAH's HHH small grants fund and are aimed at supporting local community and voluntary groups in Hertsmere to improve health and wellbeing for those that live, work and visit the area. Projects that were funded last year include Groundwork Wild Play, Savour the Flavour an interactive performance on positive health behaviours and a weekly crochet group to support those with mental health issues.
- The Groundwork proposal for two more weeks of Wild Play sessions was accepted and the sessions are running throughout August.
- Walking football sessions are starting on Thursday 27<sup>th</sup> August.
- Fitness in the Park sessions started 3<sup>rd</sup> August and will be running throughout the month.
- A Youth Mental Health First aid training course run by Pro-Action was agreed by the group to be funded. This will involve two of the Pro-Action team being trained to deliver Youth Mental Health First aid training to workers in the children and youth sector who may have been approached in the past by young people with mental health issues but have been unsure of how to deal with them. This project ties in with the Hertfordshire Year of Mental Health.

## **Organisational updates:**

### **Crossroads Care**

Crossroads are currently having an influx of people from the carers assessments.

### **CAB**

CAB are in stage 2 of their lottery bid for the MacMillan project. HCC and the CCGs are keen to expand the project and have provided funding till March.

ASTF funding ends at the end of September, CAB are looking at more funding for next summer. CAB are also looking at improving access to services and are finding that housing is a rising issue for service users. Universal credit rolls out in September.

### **Community Navigators**

Hertsmere still has the highest number of referrals to the service with well over 150 referrals. The Community Navigators have been improving the efficiency of the way people are being seen.

### **CAH**

Heather Walsh introduced the group to Dee Dudley, who will be looking after volunteering and the TimeBank at CAH.

The Borehamwood Live Well project is going well with 120 regulars.

CAH are applying for an older peoples graffiti project

Organising a Christmas Dinner event for people who are lonely over Christmas and a Tea Dance on older people's day.

**ACTION: Any help promote Live Well in Bushey and Potters Bar would be appreciated**

### **HBC**

Herts Sports Partnership submitted a bid to Sport England for funding for a county wide Get Healthy, Get Active project. The project (£1 million) will focus on four areas in Hertfordshire with Hertsmere being one of them. Get Active specialists will be employed to work with people through motivational interviewing and sign posting to encourage them into a more active lifestyle. The Hertsmere specialist will be employed by Hertsmere Leisure Trust but will be based predominately in GP surgeries.

A small grants pot has been launched for Older People's Day for grants of up to £300, the grants must be used for events held during Older People's Week.

Resolving chaos and South London and Maudsley NHS Foundation Trust have been appointed to run the Adults with Complex Needs project and they will be holding a Super Thursday practitioner network on 10<sup>th</sup> September 2pm – 4pm to identify individuals who are known to multiple services, but for whom there is an absence of a solution. If you haven't received an invite, please contact [complex.needs@hertfordshire.gov.uk](mailto:complex.needs@hertfordshire.gov.uk) for more information.

We Move She Moves charity yoga event was held on 8<sup>th</sup> August and was well attended,

**Action: Invite Get Active specialist to future meetings**

### **Herts Mind Network**

HMN are organising health checks for people who wouldn't normally access health services. These checks will be held for one day each week from No. 10 Leeming Road.

### **HVCCG**

The CCG is offering incentives for carer's health checks with bronze, silver and gold tiers and flexible appointments.

Dementia diagnosis is being pushed up the agenda and all GP surgeries have a dementia champion.

Patient transport schemes are currently helping patients to access services.

### **Groundwork**

Groundwork are holding two Wild Play schemes in Hertsmere this August in Bushey and Potters Bar – See attached flyer

## **A.O.B**

### **HBC**

Pam Cousins is thinking of setting up an older people's working group in response to the aging well and dementia strategy. The Terms of Reference for the group will be sent out in due course.

### **Healthwatch**

Healthwatch are looking for new volunteers to be trained to take part in Enter and View. Enter and View is one of the powers Healthwatch holds which allows trained volunteers to enter premises such as care homes and rehabilitation clinics to assess them and represent their views to the providers. Training will be scheduled for October. Please contact Healthwatch if you or anyone you know may be interested.

### **Dates of Next Meetings at Hertsmere Borough Council:**

**10am – 12pm 10<sup>th</sup> September 2015 (Workshop)**

**10am – 12pm 19<sup>th</sup> November 2015**