



Health and Wellbeing Board

18 May 2018

Item 1 - Apologies

- Councillor Lynne Doherty
- Darrell Gale
- Cathy Winfield

Item 1 – Election of Chairman and Appointment of Vice-Chairman

- To elect a Chairman and appoint a Vice-Chairman for the 2018/19 Municipal Year.

Item 3 - Minutes

- To approve the minutes of the meeting held on 21 January 2018 as a true and correct record.

Item 4 – Actions

- To note the list of actions arising from previous meetings.

Item 5 – Forward Plan

- An opportunity for Members to suggest items to go onto the Forward Plan.

Item 6 – Declarations of Interest

- For Members of the Health and Wellbeing Board to declare any interests in accordance with the Council's Constitution.

Item 7 – Public Questions

- Question (a) submitted by Mr Steve Masters:

“With the publication of the Rough sleeping report would the Health & Wellbeing Board please confirm which of the recommendations they will be endorsing and adopting?”

Supplementary Question

- ☐ **Do you have a supplementary question arising directly out of the answer to your original question?**
- ☐ **Your supplementary should be relevant to the original question and not introduce any new material.**

Item 8 - Petitions

- Councillors or members of the public may present any petition which they have received.

These will normally be referred to the appropriate Committee without discussion.



Priority for 2018/19: Promote positive mental health and wellbeing for adults

Matthew Braovac, Independent Chair of
the Mental Health Action Group

Matt Pearce, Head of Public Health and
Wellbeing

Last time...

- **1 year (2018/19)**

- Celebrate, promote and connect existing resources especially those who provide Community Navigation and Peer Support.
- Exploring the introduction of a digital community resource directory for prevention, recovery and self-care
- Investigating preventable deaths from physical health conditions of people with serious mental illness
- Work with users and BHFT to co-produce improvements to patients experience when in crisis
- Health and Wellbeing priority 2018-19

- **2 - 3 year**

- Improving mental health within the workplace
- Improving access to the workplace for those with Mental Illness
- Promoting Mental Health Literacy to address stigma



Community Navigation and Peer Support

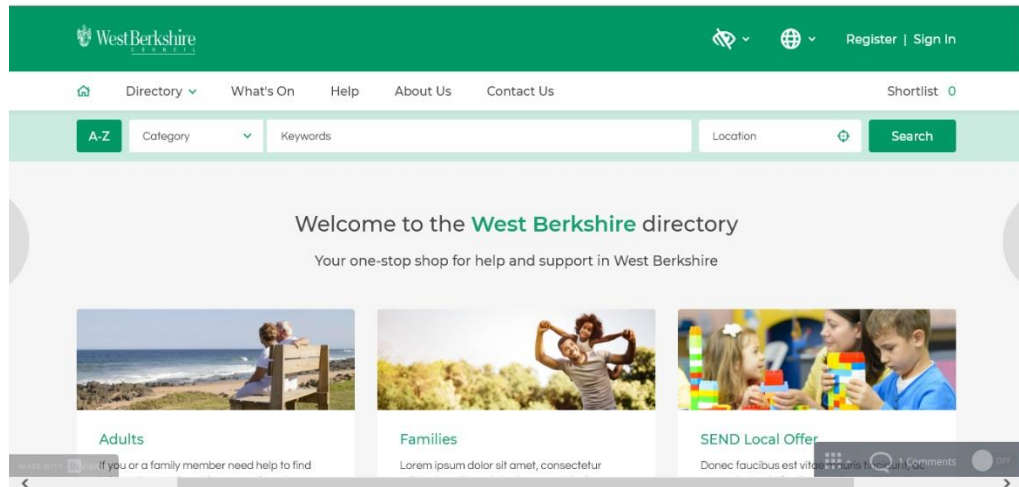


Now known as Village Agent Community Navigators and have increased focus on mental health for anyone aged over 18



Your Way Peer Support Service expanding into West Berkshire from 1st June (funded by CCG)

Digital Community Resource Directory



- Working with Adult Social Care to shape the upgraded online directory and will support promotion of the tool
- Service user involvement in local Emotional Wellbeing website

Co-Produced Crisis Review



- At each of the three previous Thinking Together events, 'Crisis' had always been a key concern for most users/carers and voluntary groups
- First step in the review was to use a Thinking Together Event focused on 'Crisis', with all stakeholders, which was held Newbury Baptist Church March 22nd

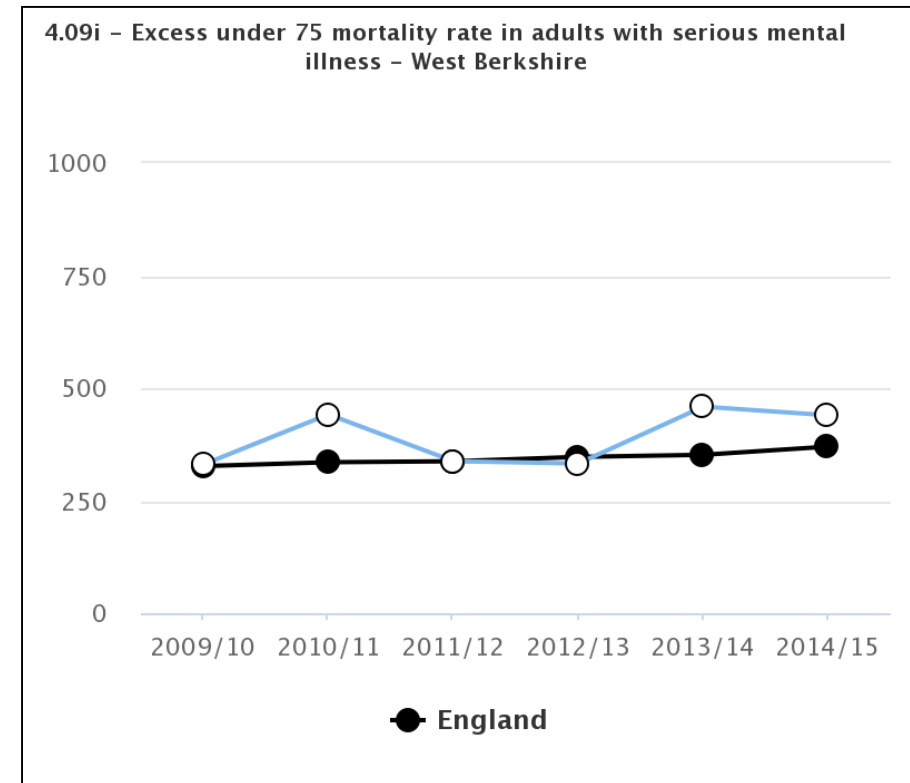
Co-Produced Crisis Review



- 90 attendees incl. 48 Users/Carers & 32 'professionals'
- Aim was to see if there was any disconnect in what 'professionals' or users thought a 'Crisis' was, where the gaps were in response & what needed to change
- Draft report presented to MHAG in May 2018 Focus on improving multi-disciplinary approach for non-institutionalised individuals with mental health issues

Preventable Deaths of People with SMI

- Data suggests that West Berkshire might be an outlier in rates of premature mortality amongst people with a Severe Mental Illness (SMI.)
- Audit conducted into GP records to identify people with SMI who had died prematurely.



Preventable Deaths of People with SMI

- Audit findings in causes of death:
 1. Cancer
 2. Suicide
 3. Stroke
 4. Pneumonia
 5. Liver cirrhosis
 6. Alcohol toxicity
- Alcohol was a factor in 28% of cases reviewed.
- Most cancer types not amenable to screening
- Cardiovascular risk score completed in 56% of patients

Preventable Deaths of People with SMI

Recommendations:

- 1) Continue to focus on alcohol harm reduction
- 2) Widen and improve physical health screening in people with SMI
- 3) Support smoking cessation
- 4) Continue suicide prevention work
- 5) More effective targeting of lifestyle interventions for people with SMI

Next Steps

- Reviewing existing 'community connector' activity and providing 'on the ground' input for Berkshire West YourWay
- Contributing to wider digital community resource plans
- Developing action plan to support individuals with SMI
- Providing recommendations to HWBB Strategy
- Work with the Skills and Enterprise Partnership to improve workplace access for vulnerable people

Item 12 - Dementia Enabling Environments

Project Update

Background

- ❑ Health and Wellbeing Board Presentation
- ❑ Explored options for collaboration
- ❑ Community project
 - Keeping people in the community for longer
 - Improving the home environment
- ❑ Nursing/Care Home project – Birchwood
 - Inadequate CQC rating
 - Not assessed as a dementia friendly environment



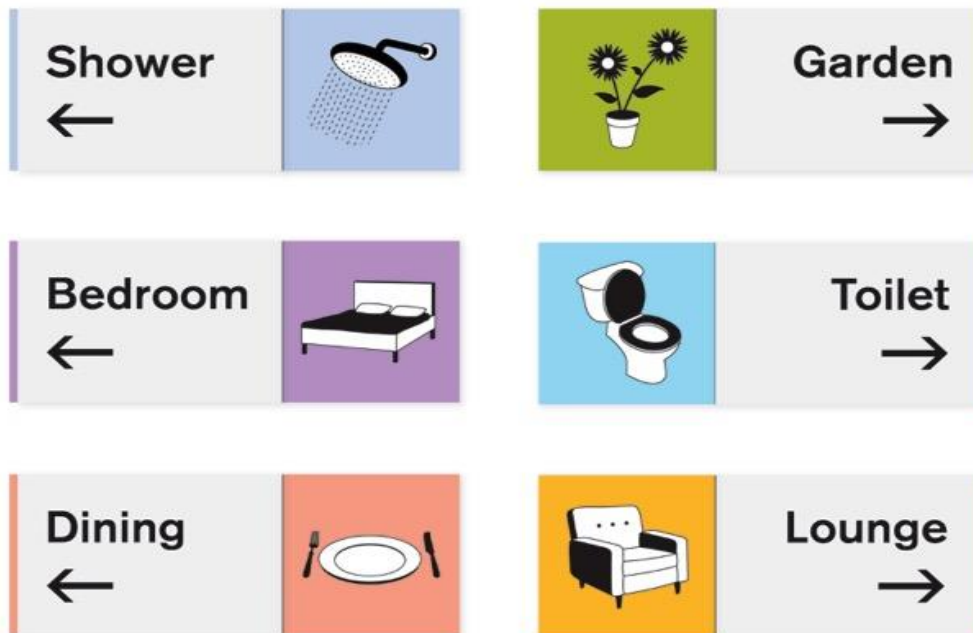
Outputs/Measurables

- ❑ Difficult to define – for both settings
- ❑ Birchwood
 - Reduction in challenging behaviours
 - Reduction in falls
 - Improved resident experience – family perception
 - Improved CQC rating
- ❑ Community
 - Reduction in risks
 - Reduction in falls
 - Improved quality of life
 - Strategic approach, long term outcomes

Birchwood Project – Stage one

- ❑ Full environmental audit and report
- ❑ Internal and external
- ❑ Recommendations
- ❑ Research references
- ❑ Building and décor
- ❑ Signage
- ❑ Light reflective values and circadian lighting - advice
- ❑ Use of space – creating calm

Examples of Signage



Birchwood Project – Stage two

- ❑ Work plan and timescales
- ❑ Remodel nursing and residential floor
- ❑ Colour boards
- ❑ Suppliers and purchasing
- ❑ Furniture
- ❑ Sundries
- ❑ Signage
- ❑ Garden

Birchwood Project - lessons

- ❑ Simple changes can allow for big improvements
- ❑ Common sense
- ❑ Utilise recommendations across other Homes
- ❑ Cost implications
 - How we can minimise them
- ❑ Success = providing a better place to live and function for those in their final years of life

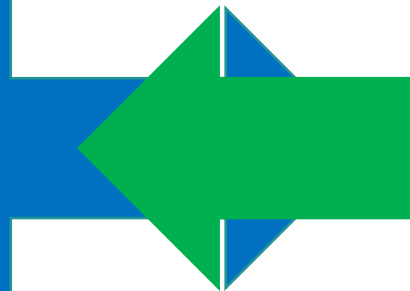
Community Project

Dementia

Medical Condition



Social Response



Community Project

Enabling

- ❑ Working with / NWW
- ❑ Maintaining independence
- ❑ Reducing risks
- ❑ Improved quality of life
- ❑ Educational tool for workers and carers

Community Project

Environments

- ❑ Key Partners

Housing – DFG – ASC – Memory Clinic – Community Groups –
Emergency Services

- ❑ Rising Cost of Care

- ❑ Impact and Evaluation

Conclusion

- ❑ Positive Experience
- ❑ Potential enormous in both settings
- ❑ DDS helpful and flexible
- ❑ Projects at early stage
 - Too soon to assess benefits
- ❑ Easier to operationalise in Care Homes
- ❑ Financial investment required
- ❑ Senior management commitment required
 - To sign off on actions and costs

Item 10 – Alcohol Harm Reduction Partnership Final Report for 2017/18

- For the Board to receive its last update from the Alcohol Harm Reduction Partnership regarding the priority for 2017/18 to reduce alcohol related harm for all age groups.

Item 11 – Healthwatch's Homeless and Rough Sleepers Report 2018

- For the Board to discuss the Healthwatch Homeless and Rough Sleepers Report 2018.
- http://prezi.com/affkiggbt-sf/?utm_campaign=share&utm_medium=copy&rc=ex0share

Item 13 – Members Questions

- Members of the Executive to answer questions submitted by Councillors in accordance with the Executive Procedure Rules contained in the Council's Constitution. *(There were no questions submitted)*

Item 14 – Future Meeting Dates

- Health and Wellbeing Development Session – 5th July 2018
- Health and Wellbeing Board – 4th October 2018