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Health and Wellbeing Board

Friday 24 November 2017 at 9.30am
in Council Chamber Council Offices
Market Street Newbury

Date of despatch of Agenda: Thursday, 16 November 2017

For further information about this Agenda, or to inspect any background documents referred to in Part I reports, please contact Jo Reeves / Jessica Bailiss on (01635) 519486/503124

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Further information and Minutes are also available on the Council's website at www.westberks.gov.uk



Agenda - Health and Wellbeing Board to be held on Friday, 24 November 2017 (continued)

To: Neil Carter (Group Manager - RBFRS), Luke Bingham (Divisional Director - Sovereign Housing), Garry Poulson (Volunteer Centre West Berkshire), Dr Bal Bahia (Newbury and District CCG), Dr Barbara Barrie (North and West Reading CCG), Rachael Wardell (WBC - Community Services), Cathy Winfield (Berkshire West CCGs), Councillor Lynne Doherty (Executive Portfolio: Children's Services), Councillor Graham Jones (Leader of the Council & Conservative Group Leader), Councillor Mollie Lock (Shadow Executive Portfolio: Education and Young People, Adult Social Care), Councillor Rick Jones (Executive Portfolio: Adult Social Care), Councillor James Fredrickson (Executive Portfolio: Health and Wellbeing), Councillor Marcus Franks (Executive Portfolio: Community Resilience & Partnerships) and Jim Weems (Thames Valley Police)

Also to:

Agenda

Part I

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Andy Day
Head of Strategic Support

If you require this information in a different format or translation, please contact Moira Fraser on telephone (01635) 519045.



West Berkshire
C O U N C I L



Special Meeting

Friday 24 November 2017

Apologies for absence

- Neil Carter (RBFRS)
- Councillor Mollie Lock
- Councillor Lynne Doherty
- Dr Barbara Barrie (North and West Reading CCG)
- Luke Bingham (Sovereign Housing)
- Garry Poulson (Voluntary Sector Lead)

Declarations of Interest

- To remind Health and Wellbeing Board members of the need to record the existence and nature of any personal, disclosable pecuniary or other registrable interests in items on the agenda, in accordance with the Members' Code of Conduct.



West Berkshire Mental Health Action Group



Our Aim

“To live in a community that is compassionate, that values good mental health, is without stigma and offers mental health support to those who need it when they need it.”

Ali Foster,
Brighter Berkshire



Brighter Berkshire
2017 Year of Mental Health



Mental Health in West Berkshire

- ❑ 13.8% common MH disorders in Newbury & District CCG area, 15.6% in England [1]
- ❑ Of these, 19% have access to talking therapies, 17% in England [2]
- ❑ Premature mortality for people with a serious mental health illness higher than national average [3]
- ❑ Twice as many young people have low satisfaction with their lives compared to national average [4]
- ❑ 'Support during a crisis' - the only element of service which was below average in CQC patient survey [5]
- ❑ Prevention and promotion of mental wellbeing highlighted in the national five year forward view, this is reflected in the Health and Wellbeing Strategy 2017-2020:

Support mental health and wellbeing throughout life

- Promote the emotional health and wellbeing of children
- Promote positive mental health and wellbeing for adults
- Prevent suicide and self-harm for adults and young people
- Decrease social isolation
- Ensure early assessment of and good provision of care for those with dementia

[1] <https://fingertips.phe.org.uk/profile-group/mental-health/profile/common-mental-disorders/data#page/1/gid/1938132720/pat/46/par/E39000034/ati/153/are/E38000110>

[2] <https://fingertips.phe.org.uk/profile-group/mental-health/profile/common-mental-disorders/data#page/1/gid/1938132720/pat/120/par/E54000044/ati/152/are/E38000110/iid/90592/age/168/sex/4>

[3] JSNA, Mental Health in adults, 13/12/16, p.4.

[4] The 2015 Report on Children's Well-being. West Berkshire p. 12.

[5] <http://www.cqc.org.uk/provider/RWX/survey/6>

Identified Areas for Action

Thinking Together – Service Users	JSNA and Other Corporate Avenues
Co-produced Crisis Service Review	Increased support post – discharge Increased access to Talking Therapies
Ensure that individuals are supported holistically, not just in Crisis. E.g. Housing, education, social isolation, employment	More opportunities for employment
Create West Berks community resource directory	Provision of resources to improve self-care such as an asset based website
Parity of esteem to be implemented financially Professional behaviour / appointment timings	Increased emphasis on prevention Improve health promotion and prevention programmes e.g. Smoking cessation

Resources to Support Adults

Statutory	Non Statutory
Primary Care	Sport in Mind
Common Point of Entry	8 Bells
Talking Therapies	VCme (Volunteer Centre)
Community Mental Health Teams	Your Way
Inpatient Services	Pulling Together
Early Intervention in Psychosis	Open for Hope
Crisis Resolution & Home Treatment Team	Recovery in Mind
Police	Scene Change (Watermill)
Adult Social Care	New Leaf
Specialist Mental Health Team	Richmond Fellowship
Substance Misuse (Swanswell)	SOBS
Perinatal & Veterans	Samaritans

Challenges: Co-ordinated approach to service delivery

Funding for Non Statutory Services

What's Happening Already?

Social Isolation	Suicide Prevention
<p>32% of 16-24 year olds are lonely 11% of over 65s are lonely.</p> <p>Befriend West Berkshire, Casserole club, coffee companions, Village Agents</p>	<p>Group established in May 2017</p> <ul style="list-style-type: none"> ▪ Berkshire Coroners partnered with West Berkshire SOBS ▪ WBC highways and bridges have signage and support from Newbury Samaritans ▪ Engaged with Time to Talk with Head Teachers forum lead
Emotional Health Academy	Dementia
<ul style="list-style-type: none"> ▪ CAMHS Tier 3 – 340 children waiting all assessed within 6 weeks (wait time previously up to 12 months) ▪ 1198 children received service in 16/17 all within 6 weeks of referral (except ASD) ▪ No Tier 4 Mental Health placements 	<ul style="list-style-type: none"> ▪ 1300+ new Dementia Friends ▪ 18 new dementia champions ▪ 5 new dementia friendly community forums ▪ 3 new memory cafes ▪ Young People with Dementia Service ▪ Dementia Care Homes project looking at built environment

What Next?

- **1 year**

- 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 Conversations

Susan Powell

Building Communities Together Team Manager



Board Strategic Focus

Increase the number of communities where community conversations have successfully run and local action plans have been jointly developed



Building Momentum

Newbury Youth Council – 28th
September

Burghfield Agape Lunch – 22nd
October

Rough Sleepers – October

Peer Mentor Conference – 8th
November

Hungerford – 15th November

Burghfield and Mortimer – 21st
November

Hungerford Professional Lens – 21st
November

Aldermaston – November

Thatcham – 22nd November

Calcot – 28th November

Independent Advisory Group – 29th
November

Newbury – 29th November

Lambourn – 12th December



Quote

‘Our first Community Conversation in Newbury turned out to be not just a conversation, but a celebration – of all that is good about living here. As people talked, ideas began to emerge about what we could do to enhance our community.

Communities want facilities, of course – but they also want to facilitate. A lively and engaging community conversation can uncover all kinds of untapped potential which already existed in the community.

People want not only a *say*, but a *hand*, in developing their communities.’

Richard Littledale

Community Anchor and Minister of Newbury Baptist Church



Hungerford

Multi-Professional Lens

- Membership
 - Police, Housing, Health, Emotional Health Academy, Racing Welfare, Schools, Health and Wellbeing, Volunteer Bureau, Family Support, Alana House, A2Dominion, Parents
- Aims
 - Access to other services for knowledge and signposting
 - Support and Reassurance through working together within an area
 - Work together in a restorative way to find solutions to challenges in the community



Meetings

- Clear Focus – Thematic
 - Domestic Abuse
 - Mental Health
 - Alcohol
- Problem Solving – SARA
 - Scanning, Analysis, Response, Assessment
- Action Focused
- Anchored !



Outcomes - Professionals

- Connections and Collaborations
- Conversations and Information Sharing
- Joint working opportunities and co-designed solutions explored
- New ways of working developed
- Developing Capacity



Outcomes - Community

- Tailored provision - Improved opportunities - Service integration
- SAFE and Lambourn Primary School
 - Trailblazing work with Y6
 - 1:1 work having positive impacts on child, school and family
- My Monday @ Family Centre
 - Peer support group for vulnerable women
- Youth Group for young people with Autism
 - Established by parents



Changing Perspectives and Thinking

What can I / we do ?

What can I / we contribute ?

How do I / we get involved ?



Thank you for listening.....

.... any questions ?



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