

HEALTH AND WELLBEING BOARD

MINUTES OF THE MEETING HELD ON THURSDAY, 30 MARCH 2017

Present: Garry Poulson (Volunteer Centre West Berkshire), Paul Jones (Group Manager (RBFRS)), Dr Bal Bahia (Newbury and District CCG), Dr Barbara Barrie (North and West Reading CCG), Rachael Wardell (WBC - Corporate Director: Communities), Councillor Lynne Doherty (Executive Portfolio: Children's Services), Councillor Mollie Lock (Shadow Executive Portfolio: Education and Young People, Adult Social Care), Andrew Sharp (Healthwatch), Richard Benyon, Councillor Hilary Cole (Executive Portfolio: Planning, Housing and Leisure Centres) and Councillor Marigold Jaques (Council Member)

Also Present: Alison Foster (Healthwatch), Tandra Forster (WBC - Adult Social Care), Jo Reeves (Principal Policy Officer), Adrian Barker (Healthwatch), Darrell Gale (Wokingham Borough Council), Jason Jongali (Berkshire West CCGs), Deborah Joyce (Senior Programme Officer), Susan Powell (Safer Communities Partnership Team Manager), Beverley Searle (Berkshire NHS) and Dr Angus Tallini (GP Clinical Lead NDCCG)

Apologies for inability to attend the meeting: Heather Bowman, Dr Lise Llewellyn, Cathy Winfield, Councillor Graham Jones, Councillor Rick Jones and Councillor Marcus Franks

PART I

29 Minutes

Dr Bal Bahia opened the meeting by explaining that Councillor Roger Croft, Leader of the Council and a member of the Health and Wellbeing Board, had died on Friday 24th March 2017 after being unable to recover from the serious injuries he sustained in a car accident while travelling in France five weeks previously. Dr Bahia noted with sadness that Mrs Zelda Croft died in the accident. Councillor Croft was a friend and colleague to many of the Health and Wellbeing Board members; Dr Bahia expressed sympathy to all of his friends and family at this difficult time.

Dr Bahia welcomed Richard Benyon MP to the Health and Wellbeing Board.

The Minutes of the meeting held on 24 November 2016 were approved as a true and correct record and signed by the Vice-Chairman.

30 Health and Wellbeing Board Forward Plan

The Health and Wellbeing Board noted the forward plan.

31 Actions arising from previous meetings

The Health and Wellbeing Board noted that there were no outstanding actions arising from the previous meeting.

32 Declarations of Interest

Dr Bal Bahia and Dr Barbara Barrie declared an interest in all matters pertaining to Primary Care, by virtue of the fact that they were General Practitioners, but reported that as their interest was personal and not a disclosable pecuniary or other registrable interest, they determined to remain to take part in the debate and vote on the matters where appropriate.

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Andrew Sharp declared an interest in any items that might refer to South Central Ambulance Service due to the fact that he was the Chair of Trustees of the West Berks Rapid Response Cars (WBRRRC), a local charity that supplied blue light cars for ambulance drivers to use in their spare time to help SCAS respond with 999 calls in West Berkshire, and reported that, as his interest was personal and not a disclosable pecuniary or other registrable interest, he determined to remain to take part in the debate and vote on the matters where appropriate.

33 **Public Questions**

a Question submitted by Ms Pam Hayden:

A question standing in the name of Ms Pam Hayden on the subject of support for homeless people with severe mental health issues was answered by Dr Bahia on behalf of the Board.

b Question submitted by Ms Pam Hayden:

A question standing in the name of Ms Pam Hayden on the subject of mechanisms to support communication between homeless people with mental health issues and their support workers was answered by Dr Bahia on behalf of the Board.

c Question submitted by Ms Pam Hayden:

A question standing in the name of Ms Pam Hayden on the subject of new government funding for mental health was answered by Dr Bahia on behalf of the Board.

d Question submitted by Mrs Martha Vickers:

A question standing in the name of Mrs Martha Vickers on the subject of a new community resilience officer was answered by Dr Bahia on behalf of the Board.

e Question submitted by Mrs Martha Vickers:

A question standing in the name of Mrs Martha Vickers on the subject of Mental Health First Aid courses was answered by Dr Bahia on behalf of the Board.

f Question submitted by Mrs Martha Vickers:

A question standing in the name of Mrs Martha Vickers on the subject of incidents of asthma in Newbury compared to other towns was answered by Dr Bahia on behalf of the Board.

34 **Petitions**

There were no petitions presented to the Board.

35 **Mental Health Focus (Richard Benyon MP, Alison Foster, Darrell Gale, Bev Searle, Jason Jongali, Rachel Johnson)**

Dr Bal Bahia opened discussion of the item by stating that the Board had planned to choose particular areas of interest on which to focus meetings of the Health and Wellbeing Board. It was timely that the Board should focus on mental health in this meeting, considering the launch of the Brighter Berkshire campaign. Richard Benyon MP was invited to make a statement to open the discussion.

Richard Benyon MP thanked the Board for the opportunity to speak about mental health and expressed the view that a step change was needed in the way the statutory, voluntary and community organisations worked together to improve the way that people with mental health issues were supported.

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One in four people experience mental health issues at some point in their lives, demonstrating how common mental health disorders were. The predicted economic cost to society of mental health problems was £105 billion which was equivalent to the entire NHS budget. Mental health problems were more likely to effect young people and people on low to medium incomes.

In the workplace, one in five working adults is effected by mental health issues and nearly one in seven experience mental health problems in the workplace. In 2015 the estimated cost to employers was estimated to be around £9 billion.

2017 was the Year of Mental Health and Brighter Berkshire was a fantastic campaign looking to fund mental health projects and reduce duplication with its mantra 'do once for Berkshire'.

'Making Every Adult Matter' was an ambitious campaign which sought to end rough sleeping and tackle homelessness. The connection between homelessness and mental health was somewhat obvious as mental health problems could be exacerbated or caused by homelessness and vice versa. Thanks were owed to Lindsey Finch from Thames Valley Police who had agreed to take forward the work to make every adult matter.

The Government had recently announced that £11.7 billion would be made available for preventing and treating mental health issues. The Prime Minister, in a speech to the Charity Commission on 9th January 2017 had outlined plans to offer further support for mental health and Richard Benyon wanted to ensure that residents in West Berkshire would benefit from these plans. The government planned to pilot new approaches such as offering mental health first aid training for teachers and staff to help them identify and assist children experiencing mental health problems and ensure that schools and colleges worked closer together with local NHS services to provide dedicated children and young people's mental health services. In the workplace, the government wanted to strengthen links with employers to support people with mental health problems back into work. In communities the government would make up to £15 million of extra funding available for community clinics, crisis cafes, and alternative places of safety. There would be investment in digital mental health services which would be of particular benefit to residents in West Berkshire who experienced rurality and isolation.

Locally, there were three particular issues which Richard Benyon asked the Board to consider how they might help: first, the Friends in Need needed continued funding if it was to continue its good work. Second, no mental health charities had received CCG funding. Thirdly, from his casework, Richard Benyon advised that people were not always discharged from Prospect Park with the appropriate support. He concluded by saying that the Brighter Berkshire campaign offered an opportunity to create a step change in the way that mental health services were provided.

Ali Foster, on behalf of the Brighter Berkshire campaign, addressed the Board. Brighter Berkshire was a year long, volunteer lead campaign which wanted to raise awareness about mental health. It sought to encourage organisations and individuals to understand that everyone had a role in improving mental health. Mental health services often felt disjointed, with no one person being responsible for oversight of mental health in Berkshire.

The Brighter Berkshire campaign had launched a website and a logo, a song writing competition and had held a Walk and Talk event. They would be broadcasting a regular programme on BBC Radio Berkshire to raise awareness of the campaign and try to reduce the stigma around discussing mental health openly.

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Ali Foster expressed the view that CCG funding had halved and had been prioritised towards children and family services rather than adults only mental health services. The Suicide Prevention Strategy for Berkshire did not include children. It was difficult to acquire information from professionals via informal channels and there was a disconnect between decision-makers and service users. She encouraged all the organisations represented at the Health and Wellbeing Board to make a pledge to outline how they would support the Brighter Berkshire campaign.

Councillor Lynne Doherty noted that the CCGs had given some funding to HomeStart to support perinatal mental health. She accepted that more could be done to raise visibility of West Berkshire's mental health 'offer'.

Rachael Wardell advised that the Adult Social Care service was open to people with mental health problems, as was the Social Care Information Point; she suggested that better links could be made between those service and Brighter Berkshire.

Andrew Sharp expressed the view that the Health and Wellbeing Board might have a role to give some structure to the Mental Health Forum to ensure that the communication between different services was improved.

Shairoz Claridge noted that the way different services worked together was not always perfect but the other speakers would pick up on the ways that integrated working was being pursued. Regarding the specific point about the Friends in Need service, Shairoz Claridge explained that the group did not meet the CCG's strict criteria.

Darrel Gale presented the Board with the draft Berkshire Suicide Prevention Strategy. The NHS Five Year Forward View for Mental Health set a target on all NHS agencies and partners to reduce the current level of suicide by 10% by 2020. To achieve this, the Department of Health recommended, in the National Suicide Prevention Strategy, that all top tier local authorities produce suicide prevention actions plans. In Berkshire, this has been coordinated by a multi-agency suicide prevention group who have drafted a strategy which includes a Berkshire-wide action plan, and local action plans responding to the unique needs and circumstances of each of the six unitary authorities in Berkshire. The action plans would be reliant on multi-agency working and partners across the health and public sectors are in the process of endorsing the strategy.

Berkshire Authorities had not published a suicide prevention action plan at the time of the 2015 All Party Parliamentary Group inquiry into local suicide prevention plans in England. Action plans were a recommendation of the England Suicide Prevention Strategy published in 2012. Since 2015, a high-level multi-agency steering group met in Berkshire to plan a local audit of suicides and to work together on a strategy and action plans for the local authorities. This draft strategy was the result of this work and a recommendation of the strategy was that all six local health and wellbeing boards endorse the strategy and their local action plans.

The strategy included a target to reduce suicides by 25% as the steering group had expressed the view that it would be possible to be more ambitious than the national recommendation.

Darrel Gale outlined the recommendations of the strategy and summarised that the strategy would be formally published in September 2017 on World Suicide Prevention Day.

Rachael Wardell expressed the view that unless there was an evidence base for the 25% reduction target it would be more ambitious to set a zero- target to demonstrate that no suicides would be deemed to be tolerable.

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Councillor Quentin Webb noted the good work of the Charlie Waller Memorial Trust and enquired whether there had been any decrease in the number of suicides as a result of their work. Darrel Gale responded that it would be difficult to tell due to a lag in the data but supported the charity.

Darrel Gale gave a warning that although suicide among children was extremely rare, the internet offered easy access to material which promoted suicide and thought was being given nationally to what could be done about it.

Dr Bal Bahia noted that the Berkshire Healthcare Foundation Trust and Royal Berkshire Healthcare Trust promoted a zero-suicide target. He concluded that the Health and Wellbeing Board approved the Berkshire Suicide Prevention Strategy with the advisory that they would like to see a zero suicide target.

Bev Searle, on behalf on the Berkshire Healthcare Foundation Trust, presented the Berkshire West Mental Health Strategy which had been developed with the unitary authorities and commissioners. In Berkshire West there was a good foundation to meet the targets in the NHS Five Year Forward View as services such as Talking Therapies and the Child and Adolescent Mental Health Service (CAMHS) performed well despite below-average funding. Over 20,000 responses to the consultation had been received from service users, which had been used to guide the development of services.

Overall the aim was to deliver 'safer, improved services with better outcomes, supported by technology.' Joint working between GPs, Local Authorities, the acute hospitals and the voluntary and community sector would be vital to the success of delivering the strategy.

Jason Jongali and Angus Tallini, on behalf of the Berkshire West CCGs, provided an overview of the services which were commissioned by the CCGs. The priorities were to improve access to psychological therapies, ensure early intervention in psychosis, reduce the number of suicides, reduce CAMHS waiting time invest in perinatal mental health and achieve a better crisis support service.

Andrew Sharp commented that the successes of local services were fantastic but the uplift in funding for mental health was not proportionate to the overall uplift in NHS funding. There were some gaps and with support, the voluntary and community sector would be able to provide more services.

Councillor Mollie Lock noted the excellent work of the Emotional Health Academy and asked by how much waiting times had been reduced. Angus Tallini advised he would provide that information.

Rachel Johnson and Adrian Barker, on behalf of the Mental Health Collaborative (MHC), addressed the Board. The MHC was established in 2014 as a group of professionals from a variety of organisations who had an interest in mental health. The MHC was writing a strategy for West Berkshire and would report progress of actions to the Board. The strategy would take into account the whole complex system and require interventions at different levels. Particularly, preventative interventions could release resources previously used for treatment.

Councillor Hilary Cole expressed the view that a local mental health strategy should not duplicate the work and actions already identified in the other strategies which had been presented to the Board.

Rachael Wardell noted that West Berkshire was a place that was better resourced than many others but the resource was not necessarily in the traditional places.

Richard Benyon stated that fantastic things were going on in West Berkshire and many speakers had mentioned raising awareness of mental health issues. Awareness would only be helpful if it lead to action. Across the different organisations who supported

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mental health in West Berkshire, timescales should be shortened to ensure pace and momentum. There was often a gulf between strategies and resources, national campaigns and local needs. Richard Benyon advised that he was encouraged to see so much activity and mentioned that Garry Poulson was coordinating a suicide action group to be attended by representatives from the local farming and racing industries. Some lateral thinking would benefit everybody to be more effective.

Dr Bal Bahia agreed that organisations could link together better and expressed the view that service users experience was sometime missing from plans. The Mental Health Collaborative and the Board's Steering Group would pick up on the themes discussed.

RESOLVED that

The West Berkshire Health and Wellbeing Board pledge to develop and implement an action plan to build on the commitment it has made in its refreshed Strategy to support mental health and wellbeing throughout life.

The Health and Wellbeing Board approve the adoption of the Berkshire Suicide Prevention Strategy with an advisory that they would prefer a zero suicide target.

The Health and Wellbeing Board note the information presented on the Berkshire West Mental Health Strategy 2016-2021.

The Health and Wellbeing Board note the progress of the Mental Health Collaborative to support the aim in the Health and Wellbeing Strategy to 'support mental health and wellbeing throughout life'.

36 Better Care Fund 2017/19 (Tandra Forster/ Shairoz Claridge)

The Board considered a report (Agenda Item 10) which provided an update on the status of the Better Care Fund plan for 2017/19. Tandra Forster advised that she had expected to be presenting the final plan for the Board's approval but the guidance has not yet been published and the submission deadline had been delayed. The delay was in part due to the additional funding for adult social care which had been announced by the Government; it was not yet known how much there would be for West Berkshire but there were already many ideas on how it might be invested.

RESOLVED that the report be noted.

37 Feedback from the Hot Focus Session: Systems Resilience Dashboard (Jo Reeves)

The Board considered a report (Agenda Item 10) which informed of the outcomes of the Hot Focus Session held on 23 February 2017 to refresh the Systems Resilience Dashboard.

Jo Reeves explained that a new performance reporting framework was in the process of being developed to help monitor the delivery of the Health and Wellbeing Strategy. This would include exception reports being provided to Board on issues with exceptional over or under performance. This performance data would be used to aid comparison with performance in other areas.

Future Hot Focus Sessions would be renamed 'Problem Solving Sessions' and the Community Conversations approach would be used to help identify and resolve system resilience issues.

Collaboration between partners would be a key aspect in taking forward and widening systems resilience.

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RESOLVED that the new approach of performance monitoring and problem solving be approved:

- Future Health and Wellbeing Development Sessions (private meetings in between Board meetings) would feature a standing item for members to share 'good news' stories and organisational resilience concerns.
- A new performance reporting framework would be developed to report indicators linked to the Health and Wellbeing Strategy. The Steering Group would receive the information and ensure that exception reports were provided to the Board on issues with exceptional over or under performance.
- The Board would consider the performance of the West Berkshire system in comparison with other areas annually as part of its Annual Report.
- Future Hot Focus Sessions would be renamed 'Problem Solving Sessions' and would use the Community Conversations approach to identify and resolve system resilience issues.

38 **Report from the Health and Wellbeing Steering Group (Jo Reeves)**

The Board considered a report (Agenda Item 11) which informed members of the latest progress achieved by its sub-groups in delivering the Health and Wellbeing Strategy.

Jo Reeves explained that in order to clarify how the Strategy would be delivered, the Chairs of the sub-groups had been asked to develop strategic action plans. These plans would serve to clarify the sub-group's objectives, intended impacts, key performance indicators and actions. This work involved holding partner organisations to account and helped to show the value being added by the work of the sub-groups.

Jo Reeves then drew attention to the report received at the Steering Group meeting on 2 March 2017 from the Special Education Needs and Disability (SEND) Reform Steering Group. This report identified a number of strengths and areas for improvement, and the Steering Group would be involved in developing an action plan for this area of activity. An area needing particular focus was identified as transitions for young people moving from children's to adult's services. This would be taken forward as part of a problem solving session, attended by Board members and other stakeholders, to find solutions to help improve the experiences of children when moving from one phase or service to another.

Councillor Lynne Doherty was pleased to note progress made to date and was hopeful that the action plan would soon be presented and the problem solving session would soon be arranged. She then made reference to a recent meeting of the Corporate Parenting Panel where there was also a focus on SEND transition. The Panel viewed a very informative DVD and she felt it would be useful if this was also available for the problem solving session.

RESOLVED that the report be noted.

39 **Review of Community Conversations (Susan Powell)**

The Board considered a report (Agenda Item 11a) which reviewed the success of community conversations. Susan Powell advised that as on Monday 3rd March 2017 she would start her new role as the manager of the Building Communities Together Team which would inherit responsibility for coordinating community conversations. Susan stated that she was pleased to report that the team would be inheriting good work and future plans would go beyond geographical communities to encourage communities of interest to hold conversations.

Councillor Lynne Doherty stated that she was pleased to see attention afforded to children and young people's issues in the conversations which had been undertaken so far, particularly noting the Peer Mentoring scheme. Councillor Doherty reported that she

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was pleased to see that understanding the outcomes and impacts of this way of working was part of the next steps for the new team. Susan Powell advised that there would be a peer mentoring conference on 23rd June 2017 and a symposium later in the year.

Susan Powell made reference to a discussion which had been held regarding cyber crime and advised that the team was already looking into holding online conversations.

RESOLVED that the report be noted.

40 **Update on Alcohol Reduction Partnership Activities (Debi Joyce)**

The Board considered a report (Agenda Item 11b) regarding an update from the Alcohol Harm Reduction Partnership. Deborah Joyce reported that the Partnership had a broad membership and would be expanded to include service users when appropriate. The Partnership had used Public Health England's Alcohol CLear toolkit to conduct a self assessment and had identified that a strength in West Berkshire was the preventative initiatives undertaken in schools. Through the use of the tool, the Partnership had been able to identify two projects which would support areas for improvement.

Deborah Joyce advised that a Blue Light Project would be initiated with a focus on treatment-resistant drinkers, whose behaviour put pressure on public services. By working intensively with a small cohort of people, it was anticipated that there could be a benefit in reducing demand on the whole system.

A second project, Identification and Brief Advice, was already used widely in General Practice but was intended to be expanded into a number of health and social care roles. It would be a preventative approach to helping at-risk drinkers make an informed choice about their drinking by delivering structured information.

Dr Bal Bahia enquired whether there was a plan on how to deliver these projects; Deborah Joyce confirmed that she was working on the project briefs. Dr Bahia advised that as alcohol was the Board's focus for 2017 he would like to see an update at each meeting of the Health and Wellbeing Board.

Councillor Quentin Webb asked whether it would be realistic to expect that the projects could be completed within 12 months. Deborah Joyce responded that the Identification and Brief Advice project was expected to be embedded in practice within 12 months but not to be withdrawn after that time.

Andrew Sharp noted that the night time economy was heavily regulated but the work of the Partnership had identified that many people were drinking in the home; it would be for the Health and Wellbeing Board to lobby the government on minimum pricing in order to impact home drinkers.

RESOLVED that the Board noted the report.

41 **The Buckinghamshire, Oxfordshire and Berkshire West (BOB) NHS Sustainability and Transformation Plan (STP) (Cathy Winfield)**

The Board noted the report.

42 **Berkshire West Clinical Commissioning Groups (CCGs) Operational Plan (Cathy Winfield)**

The Board noted the report.

43 **Members' Questions**

There were no Member Questions submitted to the Board.

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44 Future meeting dates

The Health and Wellbeing Board noted that a Special meeting would be held at 9am on 4th May 2017 in Committee Room 1. The next ordinary meeting would be on 25th May 2017 at 9.30am in West Berkshire Community Hospital.

(The meeting commenced at 3.00 pm and closed at 5.22 pm)

CHAIRMAN

Date of Signature