

# HEALTH AND WELLBEING BOARD

## MINUTES OF THE MEETING HELD ON THURSDAY, 29 SEPTEMBER 2022

**Present:** Belinda Seston (BOB Integrated Care Board) (Vice-Chairman in the Chair), Councillor Lynne Doherty (Executive Portfolio: Leader and District Strategy and Communications), Jessica Jhundoo Evans (Arts and Leisure Representative), Sean Murphy (Public Protection Manager), Gail Muirhead (Royal Berkshire Fire & Rescue Service), Andy Sharp (West Berkshire Council Executive Director, People (DASS and DCS), Councillor Martha Vickers (Shadow Spokesperson (Lib Dem) for Health and Wellbeing), Steve Welch (Service Director - Communities and Wellbeing) and Dr Heike Veldtman (BOB Integrated Care Board)

**Attending Remotely:** Bernadine Blease (Berkshire Healthcare Foundation Trust), Councillor Dominic Boeck (Executive Portfolio: Children, Young People and Education), Councillor Steve Masters (Shadow Portfolio Holder (Green Party) for Health and Wellbeing), Andrew Sharp (Healthwatch West Berkshire), and Andrew Statham (Royal Berkshire NHS Foundation Trust), and Councillor Joanne Stewart (Executive Portfolio Holder: Adult Social Care).

**Also Present:** Katy Griffiths (Corn Exchange Newbury), Dr Zakyeya Atcha (Public Health Consultant), Sarah Shildrick (Public Health Intelligence Manager), Gordon Oliver (Principal Policy Officer), Tom Dunn (Principal Policy Officer), Dr Joel Mulimba (Healthy Dialogues), Puja Patel (Healthy Dialogues) and Kamal Bahia (Corn Exchange)

**Apologies for inability to attend the meeting:** Councillor Graham Bridgman (Executive Portfolio: Deputy Leader and Health and Wellbeing) (Chairman), Prof Tracy Daszkiewicz (Director of Public Health for Berkshire West), and Dr Janet Lippett (Royal Berkshire NHS Foundation Trust), Garry Poulson (Voluntary Sector Representative)

**Absent:** Supt Zahid Aziz (Thames Valley Police) and Matthew Hensby (Sovereign Housing).

### PART I

#### 32 Minutes

The Minutes of the meeting held on 21 July 2022 were approved as a true and correct record and signed by the Vice-Chairman subject to the following amendment - it be noted that Councillor Graham Bridgman chaired the meeting. Councillor Bridgman had also asked that for future meetings, Board Members attending remotely be shown separately from those present in the Council Chamber.

#### 33 Actions arising from previous meeting(s)

It was noted that in the minutes there had had been an action to bring a report on first aid training in schools to the next meeting, but this had not been included on the agenda and was not in the list of actions.

**Action: Gordon Oliver to arrange for an update at the next meeting.**

Progress on actions from the previous meetings was noted. Observations were made in relation to the following actions:

- **Action 153** – It was confirmed that Steve Welch would progress the Peer Review of the Health and Wellbeing Board.
- **Action 191** – Feedback on responses to the Healthwatch CAMHS report would be provided at the December meeting

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- **Action 197** – It was noted that this would be progressed through the Place Based Partnership.

A query was raised in relation to the new throw-line cabinets that had been erected alongside the Kennet and Avon Canal and whether defibrillators could be installed alongside these. It was confirmed that this was being actively considered. It was also highlighted that an event had been run over the summer to practice using the throw-lines with the public and that future events could be arranged as needed.

A further query was raised about health issues related to swans on the canal. Numbers had increased significantly which presented a hazard for canal users and rats had been encouraged by the excess food. Local cafes had also complained about the swans. It was suggested that this could be considered by the Water Safety Partnership.

**Action: Sean Murphy to raise concerns about swans with the Water Safety Partnership.**

### 34 Declarations of Interest

There were no declarations of interest received.

### 35 Public Questions

A full transcription of the public and Member question and answer sessions are available from the following link: [Transcription of Q&As](#).

- A) A question standing in the name of Mr Richard Westell on the subject of recruitment of GPs and construction of new GP surgeries was answered by the Interim Place Director for the Buckinghamshire, Oxfordshire and Berkshire West Integrated Care Board.

### 36 Petitions

There were no petitions presented to the Board.

### 37 Membership of the West Berkshire Health and Wellbeing Board

It was noted that membership of the Health and Wellbeing Board was on an organisational basis. A standing item was retained on the agenda to note any changes in personnel. Changes since the last meeting included:

- Steve Welch was the Council's new Service Director for Communities and Wellbeing;
- Bernadine Blease had replaced Reva Stewart as the Berkshire Healthcare Foundation Trust's representative, with Helen Williamson appointed as her substitute.

**RESOLVED** that the report be noted

### 38 West Berkshire Pharmaceutical Needs Assessment

Dr Zakyeya Atcha (Public Health Consultant) presented the report on the Pharmaceutical Needs Assessment (Agenda Item 8).

It was noted that the Pharmaceutical Needs Assessment (PNA) was a statutory document. The requirement to update the PNA had been deferred due to Covid and the revised date for publishing the adopted version of the PNA was 1 October 2022. A public consultation had been carried out earlier in the year, followed by a statutory consultation on the draft PNA. All comments had received responses.

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The Healthy Dialogues team was thanked for preparing such a detailed and exceptional piece of work with broad consultation. This had helped to provide a clear view of pharmaceutical needs in the area.

Members had no comments or questions relating to the PNA.

**RESOLVED:** to approve the statement of need for pharmaceutical services for the West Berkshire population to cover the period from 1 October 2022 to 30 September 2025.

### 39 Joint Strategic Needs Assessment

Sarah Shildrick (Public Health Intelligence Manager) presented the report on the Joint Strategic Needs Assessment (Agenda Item 9).

Members were given a demonstration of the Joint Strategic Needs Assessment (JSNA), which was hosted on the West Berkshire Observatory website. This was an 'off-the-shelf' product provided by ESRI UK, which automatically drew in data from the Office for National Statistics and other sources to provide a core data set.

There were pre-populated reports on key themes, with tables, infographics and charts. Default reports were at the local authority level, but reports could also be generated for individual wards and Lower Super Output Areas. Reports could be downloaded as images or spreadsheets. Geographic data could be displayed using the map function. A map on the homepage also could be used to provide quick ward profiles.

More detailed information could be generated using the 'data explorer' function. This had search and filter tools. Data could be interrogated for different geographies with area rankings, and the changes in data over time could be shown. Reports could also be generated for custom aggregate geographies.

Additional, locally generated data, included the Covid-19 recovery report and the JSNA summary reports. The 'People' and 'Place' summary reports pulled in text from existing local strategies together with live data.

The site included a news section, which provided details of any updates. There was also a tool to allow users to provide feedback. In addition, there was a comprehensive support function.

It was intended that the 'needs assessments and further resources' section would develop over time as more data was added.

The aim was to promote the JSNA widely and ensure that as many people as possible could access and use the site. The report proposed to develop JSNA superusers and to form a West Berkshire JSNA Steering Group.

Members welcomed the new site and agreed that it was important that people should be encouraged to use it.

It was noted that there could be huge variations within wards, with small pockets of deprivation. This made it difficult to identify people with the greatest needs. It was confirmed that superusers could help partners to drill down into the data. Also, more local products were being developed around inequalities, which would be published on the site, and the superusers could highlight these to partners.

The ability to select custom geographies was particularly welcomed, since it could benefit so many different parties. Board Members were urged to promote this to all partners involved in health and wellbeing. It was felt to bring the Health and Wellbeing Strategy to life and would allow support to be effectively targeted.

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In relation to anti-social behaviour, it was noted that social media tended to highlight the worst cases and flag community concerns, but statistics were useful to be able to confirm or refute issues raised. Also, the ability to look at custom geographies was welcomed as some issues were cross-boundary.

It was suggested that all West Berkshire Councillors should be made aware of the tool.

The value of the tool to the primary and secondary care sectors was recognised (e.g. targeting people who may be impacted by cost of living increases).

### **RESOLVED:**

To note the developments to the local JSNA.

To endorse the proposal of the formation of a West Berkshire JSNA steering group supported by JSNA superusers.

## **40 Rising Cost of Living Impacts**

Sean Murphy (Public Protection Manager) presented the report on the Rising Cost of Living Impacts (Agenda Item 10).

It was noted that due to the fast-moving nature of events, some of the information in the paper was out of date. The report highlighted some of the potential implications of the rising costs of living together with mitigations, including services provided by the Council and other local partners.

The report proposed that a Sub-Group of the Health and Wellbeing Board be established to consider the implications further and co-ordinate the local response, and for further reports to come to the Board.

It was highlighted that meetings had been held with the voluntary sector to scope out the support that they were able to provide, which could then be signposted.

It was noted that the Leader and Chief Executive of West Berkshire Council had attended a meeting of South East Leaders to discuss how local areas could respond.

It was confirmed that a 'cost of living hub' would be set up along the same lines as for Covid and Homes for Ukraine. This would bring in partners such as Greenham Trust and the voluntary sector to ensure a cohesive response across the district. It was recognised that there would be impacts for residents, businesses and staff.

Due to the fast-moving nature of the situation, Members proposed that the Steering Group be empowered to take decisions from the outset rather than to do this at a subsequent meeting of the Health and Wellbeing Board.

Councillor Martha Vickers volunteered to be part of the sub-group.

It was stressed that people who were engaging residents in the community needed to be educated about the help available at national and local levels. It was suggested that the Council needed to use expertise already available in the community to do this. Warm space hubs were highlighted as potential locations to engage with people and promote the help that was available. Councillor Steve Masters had recently arranged a meeting on warm spaces that had brought together volunteers from across West Berkshire.

It was noted that the Covid hub had over 90 voluntary groups and around 3,000 volunteers, and the importance of communications was recognised. A central site with relevant information had been set up on the Council's website which was being promoted to partners. The residents' e-bulletin would also be a key communications tool, but it had not yet been agreed if there would be a specific bulletin around the cost of living challenges. Communications had been temporarily halted during the period of national

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mourning, but had since resumed. It was stressed that a key aim was to help people to help themselves.

The importance of reaching people who did not currently use the Council's communications channels or services was highlighted. Such people may be digitally and socially isolated, and potentially ethnically diverse. Non-digital communications such as flyers and use of social prescribers could improve engagement with these groups. Also, it was noted that local ward members had good intelligence about harder to reach groups in their areas.

A question was asked about available funding to help support people and if the Council was lobbying central government to secure additional funds. It was noted that local authority budgets were already under pressure due to inflation and rising interest rates. It was confirmed that Household Support Grants were being made available for critical interventions in addition to the Energy Price Cap. Councillor Lynne Doherty was Chairman of the South East Strategic Leaders, which was writing to ask central government to look at issues such as adult social care, where pressures were anticipated. Councillor Doherty had requested a meeting with the new Prime Minister in order to highlight the challenges facing local authorities. She also sat on the Local Government Association's People and Places Board which was raising awareness of the pressures facing local government. It was suggested that it was important for the Health and Wellbeing Board to work out what pro-active solutions could be put in place and to ensure that funds were being used effectively across all statutory partners with effective prioritisation.

It was suggested that the effects of the cost of living increases could be as serious as those arising from the Covid pandemic, so a similar response would be required. Community volunteers had managed to reach people that statutory service providers did not know about, so the importance of re-engaging them was acknowledged.

The Integrated Care Board was encouraged to consider potential impacts (e.g. patients being able to get to appointments due to a lack of transport or an inability to pay for travel). Also, prescription charges were highlighted as another potential barrier - the form that eligible patients had to complete to get free prescriptions was long and complicated.

Councillor Jo Stewart was meeting with other adult social care leaders to discuss current and future pressures.

It was noted that the Mental Health Action Group had organised a finance and mental health event and a report would be brought back to a future meeting of the Health and Wellbeing Board.

**Action: Councillor Jo Stewart to liaise with Adrian Barker to see if the Finance and Mental Health report could be brought to the December 2022 meeting.**

Officers confirmed that lessons learned from the Covid Hub were carried forward to the Homes for Ukraine work and would be applied in the Cost of Living Hub. Also it was recognised that all forms of communication would be needed to get messages out and the Communications Strategy would be one of the first things to be discussed. In addition, it was acknowledged that the Sub-Group would need delegated authority to be able to make quick decisions.

A question was asked about membership of the Sub-Group. It was suggested that this would be worked up off-line and circulated to Members via email.

### **RESOLVED:**

To note the causes, implications and existing work being undertaken with respect to the cost of living increases including impacts and mitigations

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For a sub-group of Health and Wellbeing Board to be set up to consider the implications further and co-ordinate the local partner response to the cost of living increases.

To receive further update reports on the local response to the cost of living increases.

### **41 Homes for Ukraine - West Berkshire Update**

Sean Murphy (Public Protection Manager) presented the item on the Homes for Ukraine – West Berkshire Update (Agenda Item 11).

The report provided an update on the local response as it approached six months in operation. A multi-agency steering group had coordinated the local response, including representation from Greenham Trust and the voluntary sector. The report also considered what support would be needed in future.

It was noted that a number of sessions had been arranged for Ukrainian guests on topics such as safeguarding, and mental health. Further sessions were proposed on trauma and mental health.

The Board expressed their thanks for the efforts of officers and host families.

It was recognised that lessons had been learned from the Covid response. However, it was acknowledged that the cost of living crisis would add an additional layer of complexity to the situation in the coming months.

The support of the Council and its partners was recognised as being important, as well as social support provided within the community.

It was noted that efforts had been focused on supporting the hosts as well as the Ukrainian guests. Around 95% of hosts were happy to carry on. Although there would be some work required to find new hosts, there were still expressions of interest within the community.

Members noted that there had been some success in finding jobs for the Ukrainian guests and English language lessons had helped.

A suggestion was made that 'cost of living' needed to be considered in the context of both Ukrainian guests and Afghan refugees. It was noted that West Berkshire's rural nature created additional challenges around isolation and additional support may be needed to help with transport costs.

Councillor Jo Stewart worked for a charity that supported children and young people who had been bereaved. They were concerned about how they could support people who had been through such traumatic events. There was a need to ensure that support groups and host families had the right training and expertise to have helpful conversations. Some people were concerned that they may make the situation worse. Officers recognised the need, and sessions had been organised to facilitate those conversations and to ensure that people in need could be referred to the best support.

**RESOLVED** that the report be noted.

### **42 Arts and Culture Health and Wellbeing Projects**

Katy Griffiths (Director, Corn Exchange Newbury) presented the item on the Arts and Culture Health and Wellbeing Projects (Agenda Item 12).

There had been a change in the last five years with more health and wellbeing activity – the Corn Exchange was expecting 30,000 engagements in participatory programmes in the current year. This was a growth areas for the arts sector as a whole.

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There were clear links with the Health and Wellbeing Strategy including around mental health, with good evidence to support how engaging in arts projects was having an impact.

There was a regular programme of paid for courses and classes. Bursary places had been used to support Ukrainian families and Afghan refugees. Other programmes were funded from a range of external sources, including the Health and Wellbeing Board and the Surviving to Thriving Fund, as well as national funders, such as the National Lottery.

Evaluation of programmes was important to be able to demonstrate the impacts.

The Links to thrive Programme provided 'arts on prescription'. Various primary care networks and their social prescribers were involved. There had been 917 prescribed attendance at arts courses designed to improve mental health and tackle isolation.

A wide range of programmes were run across the district, including rural communities, care homes and other venues. In order to reach the most vulnerable, it was recognised that these needed to be as easy as possible for people to access. It was noted that the creative art journaling had been used successfully with adults, and would be rolled out to young people.

The Links to Thrive programme was overseen by a steering group drawn from various partner organisations. Consideration was being given to how the programme could be developed and expanded from the pilot.

The evaluation suggested that the programme could make a significant contribution to community health and wellbeing if it could operate at a greater scale. It could play an important role in tackling social isolation. Participants found that it addressed their particular health and wellbeing needs. It also had the potential to make a significant contribution to delivery of the Health and Wellbeing Strategy.

The Corn Exchanges wanted closer dialogue with the Health and Wellbeing Board and indicated that they were looking for a champion from the Board to join the Steering Group.

It was suggested that the final evaluation report could be brought to a future meeting of the Health and Wellbeing Board.

Members noted that the arts were often seen as a luxury, but the benefits of these programmes were clear, so it would be a shame if programmes had to be cut back due to lack of funding. It was suggested that there may be Councillors outside of the Health and Wellbeing Board with relevant expertise who could act as a champion.

It was noted that the Two Saints Hostel had a space for arts, but they were struggling for support and volunteers. It was suggested that groups like this may not engage with regular programmes, but would benefit from this type of support.

Members cited Links to Thrive as an excellent example of partnership working with Primary Care Networks and social prescribers. It was recognised that arts and culture could have a powerful impact and could be a good alternative to medical interventions as illustrated by the testimonies from participants. Studies had shown particular benefits for those recovering from strokes.

It was highlighted that the Public Health Team ran similar programmes and it was suggested that there could be joint initiatives in future. Given the scientific evidence of the benefits of such programmes, it was suggested that the Integrated Care Board should provide additional support to help roll it out to more people.

Councillor Jo Stewart indicated that she had a fundraising role and asked to explore with the Corn Exchange about what the champion role involved.

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**Action: Councillor Jo Stewart to discuss the champion role with the Corn Exchange.**

It was noted that the benefits from this type of programme were much greater than for the most frequently documented interventions. One of the roles of the champion would be to disseminate the findings of the evaluation reports.

**RESOLVED** that the report be noted.

### 43 Health and Wellbeing Board Conference

Dr Zakyeya Atcha (Public Health Consultant) presented the report on the Health and Wellbeing Board Conference (Agenda Item 13).

It was noted that the Health and Wellbeing Board Conference was an annual event usually held in January.

Discussions had taken place at the Health and Wellbeing Board Steering Group about the themes, format and timing of the conference. Last year, it had been a virtual event, which had allowed for greater representation. It was recognised that an in-person event would allow for improved networking, but concerns had been expressed about potential impacts due to flu and Covid.

There had been proposals for a joint event with the District Parish Conference and the Voluntary Sector Information Day. However, it was felt that additional time would be needed to prepare for such as large event, so these could be considered for future events. The recommendation was for a virtual, half-day conference this time.

Proposed themes were related to the increased cost of living, including mental health, substance misuse, and also food poverty, which was the theme of the Berkshire Directors of Public Health Annual Report.

Members suggested that a hybrid event might allow more people to participate, and highlighted that social isolation was a key factor affecting mental health. Also, this would allow for relevant groups to have a physical presence to be able to provide information and interact with attendees.

Support was voiced for the proposed theme. It was stressed that the event needed to be coordinated with the work of the new Sub-Group to be set up to manage the impacts of the rising costs of living.

It was suggested that an update briefing go out to the Board prior to the December meeting.

**Action: Dr Zakyeya Atcha to provide an update to the Health and Wellbeing Board prior to the December meeting.**

The Board noted that the Corn Exchange had held a successful hybrid symposium at their 101 space in Greenham Business Park – this was offered as a possible venue.

**RESOLVED** to:

APPROVE the option of a hybrid conference;

AGREE that the theme of the Conference should be focused on the impacts of the increase in cost of living related to food poverty, mental health and substance misuse; and

AGREE that options be explored for a combined event with the District Parish Conference 2024 and for a joint event with wider partners in future.



**44 Health and Wellbeing Strategy Delivery Plan - Progress Report Q1 2022/23**

Dr Zakyeya Atcha (Public Health Consultant) presented the report on the Health and Wellbeing Strategy Delivery Plan (Agenda Item 13).

It was highlighted that some information provided by the Integrated Care Board and Mental Health Action Group had been missed from the latest update.

This was the first progress report on the new Delivery Plan. The intention was to use the Council's new programme management tool for future updates.

Good progress had been made and was noted. Key points highlighted were as follows:

- There had been a considerable change in personnel in the period since the Delivery Plan had been agreed, and Dr Atcha had been appointed to manage the transition period;
- A lot of work had been undertaken with the Health and Wellbeing Board's Sub-Groups, some of which were new;
- The Sub-Groups were updating their terms of reference, which provided an opportunity to refine ownership of the actions.

**RESOLVED** that the report be noted.

**45 Members' Question(s)**

There were no questions submitted to the meeting.

**46 Health and Wellbeing Board Forward Plan**

Members were invited to comment on the Health and Wellbeing Board Forward Plan. The following changes were proposed:

- A report on the Cost of Living Sub-Group to come to the December 2022 meeting;
- An update on the Health and Wellbeing Conference to come to the December 2022 meeting;
- An update on Children and Young People's Mental Health Services to come to the December 2022 meeting;
- The Voice of Disability report to be temporarily taken off the programme – this was due to long-term sickness and recruitment issues affecting Healthwatch West Berkshire;
- The Healthwatch report on asylum seekers be added to the December 2022 meeting;
- An interim update on the Social Determinants of Mental Health to be provided to the December 2022 meeting;
- An item to be added to a future meeting on links between the Berkshire West Health and Wellbeing Strategy and the BOB Integrated Care Partnership Strategy – this would be presented by the new Berkshire West Place Director, Sarah Webster.

**Action: Gordon Oliver to update the Forward Plan.**

It was noted that there would be an update on the Integrated Care Board at the next meeting. Members were informed that the Chief Executive of the ICB, Dr James Kent, had moved on to take up a post with NHS England, so Dr Rachel de Caux was the acting Chief Executive.

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### 47 Future meeting dates

The Board was invited to note the dates of future meetings. It was highlighted that the meeting originally scheduled for 25 May 2023 would need to be brought forward to 20 April 2023 due to the planned elections.

Members thanked Belinda Seston for chairing the meeting.

*(The meeting commenced at 9.32 and closed at 11:35)*

**CHAIRMAN** .....

**Date of Signature** .....