

**MINUTES OF A MEETING OF THE
HEALTH AND WELLBEING BOARD
HELD ON 9 AUGUST 2018 FROM 5.00 PM TO 7.00 PM**

Present

Richard Dolinski	Executive Member for Adult Social Care
Debbie Milligan	NHS Berkshire West CCG
Nick Campbell-White	Healthwatch
David Hare	Opposition Member
Tessa Lindfield	Strategic Director Public Health Berkshire
Katie Summers	Director of Operations, NHS Berkshire West CCG
Martin Sloan (substituting Angela Morris)	Assistant Director Adult Services

Also Present:

Madeleine Shopland	Democratic and Electoral Services Specialist
Julie Hotchkiss	Interim Consultant Public Health
Natalie Mears	Public Health Project Officer
Charlotte Seymour	Health and Wellbeing Board Manager
Beverley Thompson	Service Manager, Sports & Leisure
Laura Blumenthal	
Sian Attard	GP Referral and Long Term Conditions Manager
Glenn Goudie	Physical Activity Co-ordinator
Julie Pillai	Road Safety Officer
Ian Black	Highways & Transport Consultant
Brian Wooldridge	Resident
Ian Clayton	Tai Chi Instructor

17. APOLOGIES

Apologies for absence were submitted from Councillors Charlotte Haitham Taylor and Pauline Helliard Symons and Lisa Humphreys, Angela Morris, Nicola Strudley, Clare Rebbeck, Jim Stockley and Dr Cathy Winfield.

18. MINUTES OF PREVIOUS MEETING

The Minutes of the meeting of the Board held on 14 June 2018 were confirmed as a correct record and signed by the Chairman.

19. DECLARATION OF INTEREST

There were no declarations of interest.

20. PUBLIC QUESTION TIME

In accordance with the agreed procedure the Chairman invited members of the public to submit questions to the appropriate Members.

20.1 Anne Marie Gawen asked the Chairman of the Health and Wellbeing Board the following question. Due to her inability to attend the meeting a written answer was provided:

We understand that Councils appoint an elected Member as a "Mental Health Champion" and we would like to know who that is in Wokingham and also each Council identifies a

member of staff within the Council as "Lead Officer" for mental health - again we would like to know who that is please?

Answer

As the Executive Member for Adult Social Care I champion Mental Health. All the Members across all the parties within the Council, in exactly the same way as they would do as Corporate Parents for our looked after children, it is all of our collective responsibility to champion mental health. I do not need to tell you what the figures are of people that are actually living with mental health on a daily basis. We need to be working together to support them. In terms of a lead officer, we have a lead officer and her name is Christine Dale. I know that she is doing some amazing work already. I heard that recently she was looking at developing an in-house recovery college, which I think is a really good step forwards.

21. MEMBER QUESTION TIME

There were no Member questions.

22. GET ACTIVE: CREATING PHYSICALLY ACTIVE COMMUNITIES IN WOKINGHAM

The Board received a presentation on Get Active: Creating Physically Active Communities in Wokingham.

During the discussion of this item the following points were made:

- Julie Hotchkiss, Interim Public Consultant, outlined the benefits of physical activity in the short, medium and long term. Physical activity also boosted recovery and rehabilitation once a condition such as diabetes and stroke had developed.
- Risks associated with inactivity went right across the life course and could include mental health problems and poor core strength, balance and skeletal health.
- Board members were informed of the recommended levels of physical activity. The recommended level for adults was 150 minutes a week, or 30 minutes of moderate activity 5 days a week. This could be in bouts of 10 minutes if the heart rate increased.
- Beverley Thompson, Service Manager Sports and Leisure, informed the Board of the investment in leisure. Ryeish Green Sports Hub would be opening in August 2018 and Bulmershe Leisure Centre was being rebuilt and was due for completion in July 2020. Carnival Pool would be redeveloped from approximately September 2020 and Loddon Valley Leisure Centre would be enhanced from October 2018. The Board was also informed of Arborfield Green Leisure Centre and 3G football pitches.
- Beverley outlined some of the benefits of the leisure contract including free membership to children in care, care leavers and foster children/siblings and free swimming for children in receipt of free school meals during the school holidays.
- Glenn Goudie, Physical Activity Co-ordinator, informed the Board of the SHINE activities programme for over 60s. There were currently 2,400 active members and 66 different classes on offer. Classes ranged from between 10 and 30 people.
- Glenn also highlighted some of the parks and green spaces within the Borough.
- Sian Attard, GP Referral and Long Term Conditions Manager, highlighted the long term conditions programme. The Health promotion offer consisted of the GP Referral Physical Activity Scheme, Steady Steps (Falls Prevention), Mindful Health and Wellbeing, Cardiac Rehab Phase 4 and the Long Term Health Conditions

Programme. It was noted that there was a rehabilitation gym at Loddon Valley Leisure Centre.

- Brian Wooldridge, Health walk leader, stated that he had been involved in health walks for 20 years and now led approximately 5 walks a week. They were a good way to make friends and to get fit.
- Julie Pillai, Road Safety Officer, encouraged the Board to make use of the My Journey Wokingham page which promoted active and sustainable travel. Councillor Dolinski questioned whether the routes suggested for travel included dedicated cycle paths and was informed that they did.
- Julie went on to outline some of the work undertaken including Bikeability cycle training in schools and the SHINE cycling session around California Country Park.
- Natalie Mears, Public Health Project Officer, informed the Board of Public Health campaigns.
- Ian Clayton led the Board in a Tai Chi session.
- Nick Campbell-White asked if all of the GP surgeries within the Borough referred to the Long Term Health Conditions Programme. Sian Attard indicated that Parkside and Brookside surgeries were the main referrers but approximately 8 surgeries made referrals. In response to a Member question Sian emphasised that the programme was for 24 weeks but not all participants stayed to the end.
- Tessa Lindfield asked what the Board could do to help encourage people to undertake further physical activity. Beverley Thompson commented that it would be helpful if all surgeries within the Borough could be encouraged to make referrals where appropriate. Dr Milligan requested that a presentation be made at a GP Council meeting. Katie Summers suggested that information about the services available could also be put on the television screens within the GP surgeries.

RESOLVED: That the presentation on Get Active: Creating Physically Active Communities in Wokingham be noted.

23. HEALTH AND WELLBEING BOARD REFRESH

The Board received a presentation on the Health and Wellbeing Board Refresh.

During the discussion of this item the following points were made:

- Katie Summers advised that the Board was learning from good practice such as the Bicester Healthy New Town Programme.
- The Health and Wellbeing Strategy was being redesigned. It was proposed that the Board's vision be 'Creating healthy and resilient communities' and that the Health and Wellbeing Strategy focus on three key priorities:
 - Narrowing the health inequalities gap;
 - Reducing isolation; and
 - Creating Physically Active Communities.
- Reference was made to potential partners who were considered vital to the progression of the vision.
- With regards to the priority 'Creating Physically Active Communities,' the aim was to get people of all ages and abilities more physically active by: getting more people out and using green and blue spaces; promoting more active travel; and encouraging more children to get at least one hour of physical activity every day.
- With regards to the priority 'Reducing Social Isolation,' the aim was to reduce social isolation and loneliness particularly in: Older people; People with mental illness; and Carers in order to improve their mental and physical wellbeing.

- With regards to the priority 'Narrowing the health inequalities gap' the aim was to close the gap between what a child who was born today in the most deprived areas and those in the least deprived areas would experience over their life time.
- Board members considered how the Board as a whole could influence these priorities through various different means; policy, physical environment, organisations and institutions, social environment and individual.
- Dr Milligan and Councillor Dolinski indicated that they had been impressed by the principles of the Wigan Deal model and that they and Martin Sloan would be visiting Wigan in the autumn to hear about examples of good practice.
- Councillor Dolinski stated that a cross party Adult Social Care Working Group had recently been established and that it would report back to the Board.
- The following was proposed which was agreed by the Board.
 - To invite Housing to be a member of the Board;
 - Development of an engagement plan for the new approach;
 - Reviewing the Health and Wellbeing Strategy and to adopt this approach as the revised strategy;
 - To review existing partnerships and to consider any gaps or duplications and to identify areas where we may need to revise or cease approaches.

RESOLVED: That the proposed approach to developing the Health and Wellbeing Strategy and the establishment of mechanisms for its delivery, be agreed.

24. BERKSHIRE WEST INTEGRATED CARE SYSTEM OPERATING PLAN

The Board considered the Berkshire West Integrated Care System Operating Plan 2018/19.

During the discussion of this item the following points were made:

- The Berkshire West Integrated Care System Operating Plan 2018/19 was the first operating plan jointly written by the Integrated Care System (or ICS).
- The Operating Plan outlined the key requirements and deliverables for the ICS in 2018/19 and focused on six key areas of transformation.
- Board members were informed that the contractual arrangements with Royal Berkshire Hospital had changed.
- Katie Summers stated that Board members would be sent a simplified plan on a page. She asked that they send her any comments that they might have on the Plan. Updates on the delivery of the Plan would be provided on a quarterly basis.

RESOLVED: That the Berkshire West Integrated Care System Operating Plan 2018/19 be noted.

25. BETTER CARE FUND QUARTER 1 SUBMISSION

The Board received the Better Care Fund Quarter 1 Submission.

During the discussion of this item the following points were made:

- Performance continued to be good. Whilst Wokingham was not meeting the target for non-elective admission rates, Wokingham continued to be second best performing area in the country with regards to non-elective admissions.

RESOLVED: That the performance of the Better Care Fund for Q1 2018/19 be noted.

26. UPDATE FROM BOARD MEMBERS

The Board was updated on the work of the following Board members:

Healthwatch Wokingham Borough:

- Nick Campbell-White commented that Healthwatch Wokingham Borough was waiting to hear the outcome regarding the Healthwatch service contract which was out to tender.
- He also indicated that Healthwatch Wokingham Borough had been invited to join the Wokingham Leader Partnership Board.
- In response to a question from Katie Summers Nick Campbell-White commented that CAMHS waiting times continued to be a common reason for enquiries.

Community Safety Partnership:

- The update from the Community Safety Partnership was noted.

RESOLVED: That the updates from Board members be noted.

27. FORWARD PROGRAMME

The Board discussed the forward programme for the remainder of the municipal year.

During the discussion of this item the following points were made:

- The Children's Emotional Wellbeing Strategy would be considered at the Board's October meeting. Dr Milligan suggested that a representative from CAMHS and a representative from the schools also be invited to highlight issues in this area.
- The Adult Social Care Strategy 2020 would potentially be deferred to the Board's December meeting.
- Katie Summers proposed that each meeting have a theme, linking in with one of the three new priorities. It was suggested that themes for future public meetings be discussed at the next informal meeting on 13 September.
- Julie Hotchkiss advised that the Health and Wellbeing Board would be considering the revised Joint Strategic Needs Assessment. She suggested that it be focused on the three new priorities.

RESOLVED: That the forward programme be noted.