

**MINUTES OF A MEETING OF THE  
HEALTH AND WELLBEING BOARD  
HELD ON 8 FEBRUARY 2018 FROM 5.00 PM TO 7.00 PM**

**Present**

Dr Johan Zylstra  
Mark Ashwell  
Richard Dolinski  
Darrell Gale

NHS Wokingham CCG  
Executive Member for Children's Services  
Executive member for Adults' Services  
Acting Strategic Director of Public Health  
for Berkshire  
Leader of the Council  
Opposition Member  
Interim Director People Services  
Director of Operations, Wokingham CCG  
NHS Wokingham CCG  
Healthwatch

Charlotte Haitham Taylor  
Ian Pittock  
Paul Senior  
Katie Summers  
Dr Cathy Winfield  
Jim Stockley (substituting Nick Campbell-  
White)

**Also Present:**

Madeleine Shopland

Democratic and Electoral Services  
Specialist  
Director of Corporate Services  
Public Health Project Officer  
Specialist Strategy & Commissioning  
People  
Head of Children's Commissioning  
Wokingham CCG  
Category Manager Community-Based  
Care

Graham Ebers  
Natalie Mears  
Holli Dalgliesh

Sally Murray

Sean Rafferty

Abdul Loyes

**57. ELECTION OF CHAIRMAN FOR REMAINDER OF THE 2017-18 MUNICIPAL YEAR**

**RESOLVED:** That Councillor Richard Dolinski be elected Chairman of the Health and Wellbeing Board for the remainder of the 2017/18 municipal year.

**58. APOLOGIES**

An apology for absence was submitted from Nick Campbell-White.

**59. MINUTES OF PREVIOUS MEETING**

The Minutes of the meeting of the Board held on 14 December 2017 were confirmed as a correct record and signed by the Chairman.

**60. DECLARATION OF INTEREST**

Dr Zylstra declared a Personal Interest in Item 68 Wokingham Pharmaceutical Needs Assessment 2018-2021 on the grounds that his practice had an attached pharmacy.

**61. PUBLIC QUESTION TIME**

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

**61.1 Anne-Marie Gawen asked the Chairman of Health and Wellbeing Board the following question which was answered by the Interim Director of People Services:**

**Question:**

At this moment in time, for an adult being discharged from CMHT or Crisis Home Treatment Team or Hospital (Prospect Park or A&E following a mental health crisis), what services are available to support them in Wokingham Borough or even whilst they are receiving care in the community from CMHT or CRHTT?

**Answer:**

For clients being discharged from the CMHT there is access to a Duty Worker for 6 months. There is a self-referral process that is currently in place, when in distress.

For clients accessing the CRHTT, they are able to contact the Crisis Response Treatment Team 24 hours a day, 7 days a week.

In the Hospital, every client is to be seen within 7 days of discharge but the Berkshire Healthcare Foundation Trust are trying to improve this to 3 days, but at the moment it is an intention to be seen within 7 days.

Services available do depend on individual assessment to assist in the client's recovery, working in partnership with family, friends and carers where appropriate. This may include social care needs and review of packages of care.

**Supplementary Question:**

What are the services and who provides the services?

**Supplementary Answer:**

In terms of who provides the services, it is a mixture from the Berkshire Healthcare Foundation Trust. There is also a combination of our services in terms of Adult Mental Health Services as well. So in terms of the actual teams; the Crisis Response Home Treatment Team, as well as the CMHT.

Longer term we have the Integrated Adult Mental Health Services. In terms of my portfolio, I have a team led by an Assistant Director, Christine Dale, who is responsible for that service.

**61.2 Alison Sellers asked the Chairman of the Health and Wellbeing Board the following question which was answered by the Executive Member for Children's Services:**

**Question**

1: 3 children in every Primary School classroom is affected by Mental Health. We know that children with Mental Health difficulties face unequal chances in their lives and that 50% of adults with Mental Health experienced their first symptoms before the age of 14 years old and 75% before 18 years old.

How is Wokingham supporting and empowering children's' Mental Health and Emotional Wellbeing and their families, in particular bridging the gap before a crisis situation e.g. meeting CAMHs threshold, so that it doesn't reach that point?

Noted that:

Health & Wellbeing Strategy Action Plan for 2017-2020 mentions children and Young people **twice**.

Promoting and supporting good mental health 1.8 – *Scope the potential of schools nursing service to contribute to development of resilience in children and young people.*

Enabling and empowering resilient communities 2.2 – *Berkshire Health Trust Mental Health strategy implementation plans for child and adolescence mental health.*

Berkshire Health Trust Mental Health strategy 2016 – 2020 – *Improve the transition to adult mental health services for **young people** in CAMH service.*

No mention of children.

**Answer:**

There are a number of strategic developments ongoing and that will be progressed over the next few years with regards to improving the life chances and choices for children and young people with mental health needs.

The Wokingham Borough Council School Nursing Service is currently being redesigned. The new service will be effective at the beginning of the autumn term, fairly soon. The Public Health Team are working in partnership with other key agencies and stakeholders to strengthen prevention pathways by linking into, and between, services such as CAMHS, sexual health services, substance misuse, domestic abuse services, Police, health, GPs, education and the youth offending service.

In addition to the School Nurse Service redesign the universal and tier 2 mental health services for children and young people are also going through a redesign. We are proposing to align children's emotional and mental health support and the wider early help offer with the aim of bringing better outcomes to children and young people earlier. We are exploring the best way to do this and have been linking in with key stakeholders including schools and yourselves.

The ambitions for children and young people's emotional and mental health of this Borough and Berkshire West is set out in the Local Transformation Plan – and there is a link on our website. The Local Authority is also working on a localised mental health strategy that is in development and links with the Local Transformation Plan.

In addition to the redesign work there are a number of other initiatives that are taking place across the Borough to support children and young people's emotional and mental health. For example, we are currently piloting the School Link project which aims to build up knowledge and support in schools to identify and support emotional and mental health needs earlier before they require specialist clinical support. This aligns with the new government ambitions that have been set out in the Children's Mental Health Green Paper. We can give you a link to that. Another example of our initiatives is the Psychological Perspectives in Education and Primary Care (PPEP) training programme, this provides training and actionable strategies for professionals to employ to identify and support emotional and mental health needs. We also have a very active voluntary sector that contributes to this Board and both the Local Authority and Clinical Commissioning Group support. For example ARC Youth Counselling offer a free counselling service across the Borough in a number of locations, including some schools.

Lastly, we thought we would add, we are talking about preventing crisis. If a crisis does occur we have a service in place to help and prevent further crises. This service is called the CAMHS rapid response and urgent care service and supports children and young people within the Borough and across Berkshire West. The service provides short term intensive interventions in the community to support young people who have experienced a mental health crisis with the aim of reducing the number of children and young people who have a second or subsequent crisis.

**Supplementary Question:**

Recently we have been to an event in West Berkshire and they have got a fantastic plan in place, they have a wellbeing team and wellbeing champions. Is this something that Wokingham will also offer? I understand that Wokingham and West Berkshire have the Wellbeing Academy but that this starts at the age of 11, and we know early intervention, that we should be supporting the children a lot earlier and I wondered what plans we have in place for that.

**Supplementary Answer which was provided by the Interim Director People Services:**

That is a good suggestion, the West Berkshire model. We are duty bound as a local authority and a local area with our partners and the CCG, the NHS and the voluntary community, to look at what works, and if there is evidence based practice out there to improve our systems and processes, then absolutely we are duty bound to look at how we can bring those processes to this authority. So if it is evidence based, has a positive impact on improving the life chances and choices for our children and young people, we are very open minded, but rest assured we are aware of the West Berkshire model.

**62. MEMBER QUESTION TIME**

Councillor Pittock asked a question about what was being done locally regarding homelessness.

**63. UPDATE ON PROGRESS TOWARDS PROMOTING POSITIVE MENTAL HEALTH AND WELLBEING IN CHILDREN AND YOUNG PEOPLE**

Sally Murray, Head of Children's Commissioning, Berkshire West CCGs, provided an update on progress being made towards promoting Positive Mental Health and Wellbeing in Children and Young People.

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

- NHS England had approved the revised Future in Mind Local Transformation Plan. A short summary was required to be produced which would be available online shortly.
- Sally Murray advised the Board that locally there was movement away from a tiered model and movement towards the THRIVE model.
- Sally Murray highlighted what had been achieved so far with regards to children's emotional and mental health.
- There had been a continued focus on reducing waiting times for specialist CAMHS since additional investment was put into the service in 2015. Demand was still increasing. According to NHS England, the average waiting time for specialist treatment was 73 days. Sally Murray outlined the average Berkshire Healthcare Foundation Trust CAMHS waiting times as of September 2017. The current average wait time for referrals to the Specialist Community Teams was 6 weeks.
- Locally the average waiting time for those currently waiting for an autism assessment was 44 weeks. The national average was 3 years.

**RESOVLED:** That the update on progress towards promoting positive Mental Health and Wellbeing in Children and Young People be noted.

**64. WEST OF BERKSHIRE SAFEGUARDING ADULTS BOARD ANNUAL REPORT 2016-17**

The Board received the West of Berkshire Safeguarding Adults Board Annual report 2016-17.

**RESOLVED:** That the West of Berkshire Safeguarding Adults Board Annual Report 2016-17 be noted.

**65. BETTER CARE FUND REVIEW OF SCHEMES 2017-18**

Katie Summers updated the Board on the progress of the Better Care Fund review schemes 2017-18.

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

- Board members were reminded that a revised Plan was required to be submitted annually.
- Wokingham's Better Care Fund programme had achieved many successes in the move towards delivering its original aims. It was one of only seven systems to be shortlisted for Graduation status. In addition Wokingham had been recognised as an example of good integrated care in action and had been invited to shape national policy on health and social care integration.
- Katie Summers took the Board through the individual schemes and progress made against them. The success of the schemes and whether the best outcome was being achieved was monitored each year by the Wokingham Integrated Strategic Partnership (WISP).
- It was noted that the Step Up scheme had been running 8 weeks
- The Community Health and Social Care (CHASC) had been running since September and had seen 180 people; of these there had been 66 reductions in Non-Elective admissions and 61 less visits to A&E.
- Councillor Dolinski commented that he had visited the Berkshire Integrated Hub and had been pleased with what he had viewed.
- Dr Winfield indicated that the Berkshire West Accountable Care System was now known as the Integrated Care System. Under this it was anticipated that outpatients would be redesigned and there was an aspiration for some of outpatients to be managed digitally and some also to be managed in the community.
- Councillor Haitham Taylor questioned why KPIs had not yet been agreed for the Step Up Programme when the planned completion date was 31 January 2018. Katie Summers commented that at the time of the review confirmation from the provider around staffing had remained outstanding, which had since been given.
- Councillor Ashwell asked about how people were updated on the Better Care Fund messages. Dr Winfield referred to communication work on the CCG website, including Sam's Story. Healthwatch Wokingham Borough were also part of the WISP and had done a lot of work to update.

**RESOLVED:** That the progress of the Better Care Fund schemes and the continuing work to progress integration and user experience through the schemes, be noted.

## **66. PROPOSAL FOR WOKINGHAM ADULTS INTEGRATED HEALTH AND SOCIAL CARE GOVERNANCE**

The Board received a report regarding Wokingham's Adult Integrated Health and Social Care Governance proposal.

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

- Paul Senior, Interim Director People Services outlined the move towards integration.
- The Board was requested to support the approach to enhance the existing Section 75 Partnership Agreement to include Partners, Berkshire Healthcare Foundation Trust and Wokingham GP Alliance in order to further progress the integration of adult health and social care services.
- Dr Winfield commented that she was supportive in principle but discussions also needed to be had at CCG governance level. Further work was required before such an approach was enacted. She commented that a risk share arrangement referred to needed further clarification.
- Paul Senior commented that it was important that the Board see a proposed direction of travel.
- It was agreed that a further update would be provided once the proposal had been through the CCG governance process.

**RESOLVED:** That the approach to enhance the Section 75 Partnership to include our Partners, Berkshire Healthcare Foundation Trust and Wokingham GP Alliance in order to progress the integration of adult and social care services, be supported.

## **67. UPDATE ON HEALTH AND WELLBEING BOARD REFRESH**

Graham Ebers, Director of Corporate Services provided an update on action being taken to refresh the Health and Wellbeing Board.

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

- Additional support was considered to be critical in sustaining momentum to the 'refresh' and providing the operational capacity needed to support the Board. The Interim Director of People's Services had reviewed the operational support across various strategic partnerships and recognised the need to enhance support to both the Health and Wellbeing Board and the Children's and Young People Strategic Partnership. The Interim Director of People Services was therefore seeking to create a resource that supported both partnerships (approximately 0.5 FTE each). A Job Description had been produced and it was hoped that recruitment would begin in February.
- Darrell Gale would approach the Local Government Association (LGA) in order to facilitate tailored training, following a skills audit. The scoping of this work would take place in February.
- With regards to good practice, Board members were asked what they felt were key criteria for this. Dr Winfield commented that the LGA had produced a document which set out good practice for Health and Wellbeing Boards, which could provide a good framework. She also suggested having a well supported Health and Wellbeing Strategy which was underpinned by the Joint Strategic Needs Assessment and also effective participation. Councillor Haitham Taylor suggested that influencing partnership policy and strategy, engagement with partners, strong governance and tangible delivery of the Health and Wellbeing Strategy, were key.
- Paul Senior, Interim Director People Services commented that there was a need for genuine co-production.

- With regards to integration and the Integrated Care System, the Board agreed that it would be helpful to have a workshop prior to the next Board meeting to discuss the implications.
- The key priorities, objectives, timescales and milestones in respect of an integrated Health and Social Care strategy would be presented at the Board's April meeting.
- The Board discussed public engagement and branding. Board members were asked what some of the Board's key achievements were, in order to shape future promotional activity. Councillor Haitham Taylor referred to the cost cutting agenda. Katie Summers referred to the work of some of the partnerships such as WISP. Darrell Gale highlighted the trust between partners particularly at a time of shrinking budgets.
- Councillor Dolinski stated that work needed to be carried out around the size of the Health and Wellbeing Board agenda and the language used in reports in order to make the work of the Board more accessible.
- The Board discussed KPI's. Katie Summers proposed that the indicators be more outcome focused and that the Sub Partnerships be asked to put forward one or two suggested indicators each.
- Graham Ebers advised that following the progression of the integrated Health and Social Care strategy and the appointment of support to the Board, other issues around the themes of Governance and Partnership Working could be progressed. This would lead to a complete Action Plan that would be presented at every Board meeting and would inform the Forward Programme of agenda items for future meetings.

**RESOLVED:** That the actions to refresh the Health and Wellbeing Board Agenda detailed within the report be noted and supported.

#### **68. WOKINGHAM BOROUGH PHARMACEUTICAL NEEDS ASSESSMENT 2018-2021**

The Board received the Wokingham Borough Pharmaceutical Needs Assessment 2018-2021.

It was noted that a draft version of the Wokingham Borough Pharmaceutical Needs Assessment 2018-2021 had been presented to the Board previously.

**RESOLVED:** That the Pharmaceutical Needs Assessment for 2018 to 2021 be approved.

#### **69. HEALTH AND WELLBEING BOARD DASHBOARD KPIS**

This report was not considered following discussion of Key Performance Indicators under the Update on the Health and Wellbeing Board Refresh item.

#### **70. UPDATE ON DIRECTOR OF PUBLIC HEALTH AND PUBLIC HEALTH**

Darrell Gale, Acting Strategic Director of Public Health for Berkshire updated the Board with regards to the Director of Public Health post and the shared Berkshire Public Health service.

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

- Dr Lise Llewellyn, former Director of Public Health, had retired earlier in 2017 and Judith Wright had been in place as Interim Director Public Health until December 2017.
- Bracknell Forest Council was withdrawing from some of the shared Berkshire Public Health agreement functions and was looking to appoint its own Director of Public Health. The Royal Borough of Windsor and Maidenhead was also partly withdrawing from the agreement.

- Darrell Gale indicated that he was Acting Strategic Director for Public Health for the next 3-4 months until a permanent appointment was made.
- Dr Winfield expressed concern regarding the Public Health position and wanted to make sure that sufficient support was being provided by Public Health England.

**RESOLVED:** That the update on the Director of Public Health and Public Health be noted.

## **71. BERKSHIRE WEST HEALTHY WEIGHT STRATEGY**

The Board received the Berkshire West Healthy Weight Strategy.

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

- Darrell Gale advised that the Strategy covered the Berkshire West footprint. He commented that the production of the Strategy was timely and referred to the redesign of the School Nurse Service, the new leisure centre provider beginning in May and the Mediterranean diet pilot undertaken by Wokingham Medical Centre with Type 2 diabetics.
- In response to a question from Dr Zylstra, Natalie Mears, Public Health Project Officer, confirmed that children and adults were separately referenced. Dr Zylstra also asked whether schools or parents would be expected to act with regards to children. Natalie Mears indicated that this could be detailed in the local action plan.
- Councillor Dolinski stated that greater reference could be made to those who were underweight in the local action plan.
- Katie Summers praised the Strategy and commented that it needed to be owned by public sector organisations such as the CCG, Wokingham Borough Council, Berkshire Healthcare Foundation Trust and the Royal Berkshire Hospital.
- Councillor Pittock questioned whether the government could be challenged with regards to the subsidising of large sugar companies.

**RESOLVED:** That

- 1) the Berkshire West Healthy Weight Strategy 2018-2020 be endorsed;
- 2) the development of a Healthy Weight action plan be supported;
- 3) an update on the development of a localised action plan be taken to the Board's April 2018 meeting.

## **72. UPDATES FROM BOARD MEMBERS**

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

### *Community Safety Partnership:*

- The Community Safety Partnership partners had agreed to take on vulnerability and exploitation as one its priorities. This would include linking into local modern slavery partnerships, supporting the development of services to meet the needs of vulnerable offenders and victims, and improving referral pathways to appropriate services.
- The Domestic Violence Strategic Group had expanded its remit to include the wider violence against women and girls.
- Substance misuse amongst young people, particularly the increased use of high strength cannabis, was being addressed.



*Healthwatch Wokingham Borough:*

- Jim Stockley advised the Board of a proposal around the joint commissioning of Healthwatch services for Reading and Wokingham.
- An Enter and View was due to be undertaken at the Berkshire Care Home.

**RESOLVED:** That the updates from Board members be noted.

**73. 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:

- With regards to integration and the Integrated Care System, the Board agreed that it would be helpful to have a workshop prior to the next Board meeting to discuss the implications.
- An update on the development of a localised action plan regarding the Berkshire West Healthy Weight Strategy would be taken to the April meeting.
- The key priorities, objectives, timescales and milestones in respect of an integrated Health and Social Care strategy would be presented at the Board's April meeting.

**RESOLVED:** That the forward programme be noted.