

**MINUTES OF A MEETING OF THE
HEALTH OVERVIEW AND SCRUTINY COMMITTEE
HELD ON 16 JULY 2018 FROM 7.00 PM TO 8.55 PM**

Committee Members Present

Councillors: Bill Soane (Chairman), Jenny Cheng, Andy Croy, John Jarvis, Abdul Loyes, Ken Miall and Rachelle Shepherd-DuBey

Others Present

Madeleine Shopland, Democratic & Electoral Services Specialist
Julie Hotchkiss, Interim Consultant in Public Health
Lisa Humphreys, Interim Director Children's Services
Hayley Rees, Category Manager, Prevention & Early Intervention
Sally Murray, Head of Children's Commissioning NHS Berkshire West CCG
Jim Stockley, Healthwatch Wokingham Borough
Suzanne McLaughlin, Senior Environmental Health Officer
Louise Noble, Berkshire NHS Foundation Trust
Emma Hobbs
Malcolm Richards

1. ELECTION OF CHAIRMAN 2018-19

RESOLVED: That Councillor Bill Soane be elected Chairman for the 2018-19 municipal year.

2. APPOINTMENT OF VICE CHAIRMAN 2018-19

RESOLVED: That Councillor Kate Haines be appointed Vice Chairman for the 2018-19 municipal year.

3. APOLOGIES

Apologies for absence were submitted from Councillors Parry Batth, Kate Haines and Clive Jones and also Nicola Strudley.

4. MINUTES OF PREVIOUS MEETING

The Minutes of the meeting of the Committee held on 7 March 2018 were confirmed as a correct record and signed by the Chairman.

5. DECLARATION OF INTEREST

There were no declarations of interest.

6. PUBLIC QUESTION TIME

There were no public questions.

7. MEMBER QUESTION TIME

There were no Member questions.

8. CHILDREN'S EMOTIONAL AND MENTAL HEALTH SERVICES

The Committee received an update on Children's Emotional and Mental Health Services. Members of the Children's Services Overview and Scrutiny Committee had also been invited to hear the update.

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

- Sally Murray informed Members that *Future in Mind – promoting, protecting and improving our children and young people’s mental health and wellbeing*, the report of the government’s Children and Young People’s Mental Health Taskforce, had been launched in March 2015. *Future in Mind* had provided a structure for planned changes in Berkshire West. There had been a move away from the tiering of services and an increased focus on prevention and early intervention.
- Hayley Rees informed the Committee that a draft emotional and mental health strategy had been produced which would run from 2018 to 2021. The strategy was focused on universal and early help.
- The strategy had been broken down into four priority areas; Better intelligence to aid and improve decision making; Support for schools and additional universal settings; Early identification and self-help and Improving Access. Agreed in principle, this was going through the consultation period. Engagement with the CCG and Voluntary Sector was being carried out and feedback was being sought from schools.
- A redesign of the Primary Children and Adolescent Mental Health Services (PCAMHS) had been proposed following review. Members were informed that the proposal brought together the early help offers in the Local Authority, Voluntary Sector and the commissioned Mental Health Service, front-loading specialist expertise early in the pathways. In addition the proposed model would look to bring referrals for the service through the Local Authority front door to be triaged at a multi-agency triage meeting attended by statutory, voluntary and health partners. This hub would be an expansion of the existing Early Help Hub. Triage meetings would be held on a weekly basis.
- Louise Noble indicated that Berkshire Healthcare NHS Foundation Trust (BHFT) were commissioned to deliver a range of emotional wellbeing and mental health services to children within the Borough.
- BHFT provided a Primary Child and Adolescent Mental Health service (CAMHS). It also provided Community Specialist CAMHS, support, advice, guidance and treatment for those up to 18 years old who had moderate/severe mental health difficulties and whose symptoms had a significant impact on their day to day lives.
- The Community Specialist CAMHS was made up of:
 - Children Young People Families Health Hub (CAMHS Common Point of Entry)
 - CAMHS Rapid Response Team
 - Autism Assessment Team
 - ADHD Pathway
 - Cognitive Behavioural Therapy Service for Anxiety and Depression
 - Community Eating Disorders Service
 - Community Early Intervention Psychosis Service
 - Locality Specialist Community Team for young people with more complex difficulties.
- In response to a question from Councillor Soane, Louise Noble clarified that self-harm was not a mental illness in itself but a behaviour.
- Members were reminded that not all young people who needed support from the crisis response team had an acute mental illness. Determining the appropriate response was vital.
- With regards to counselling Councillor Shepherd-DuBey commented that funding was an issue and that many schools did not have sufficient budget to commission counselling services. Sally Murray emphasised that the Clinical Commissioning Group provided ARC with £30,000 a year. Hayley Rees indicated that the local authority had a responsibility to work closely with the providers to ensure that local

need was being met and that what was being delivered was appropriate. The Council also provided approximately £60,000 a year to ARC.

- Sally Murray provided further details of the Wokingham Borough Council School Link Project. There was a push to train social care colleagues in early identification of emotional health and wellbeing issues. Staff involved in the project were qualified primary school mental health workers.
- Members were informed of the Young SHaRON service.
- The Committee discussed waiting times for services. In response to a question from Councillor Croy regarding 232 children and young people waiting over 12 weeks to see the Autism Assessment Team, Louise Noble commented that long waits were a national challenge. Collaborative work was undertaken to ensure that appropriate support was provided whilst the individual awaited a diagnosis. Lisa Humphreys emphasised that a diagnosis of autism did not automatically unlock access to more services. The presenting emotions and behaviours were considered and support provided at as an early stage as possible. Members were informed of parenting specialists that coached families in managing behaviours.
- Councillor Loyes asked whether the autism assessment wait times could be reduced further. Hayley Rees indicated that the achievement of an efficient, quality service was vital. Sally Murray indicated that the national average wait time for an autism diagnosis was 3.5 years.
- Councillor Croy commented that the 29% increase in referrals to PCAMHS on the previous year seemed high. He also noted that the caseload was very high for 2.4 WTE members of staff. Hayley Rees stated that the commissioning arrangements had been looked at as part of the development of the emotional wellbeing strategy. Whether the appropriate levels were being commissioned at had been considered. The expansion of the Early Help Hub would enable a more efficient distribution of resources. Workload and working as a whole system had also formed part of the review.
- Louise Noble emphasised that demand was increasing nationally. The system as a whole was seeking to understand adverse events that may occur in childhood and the effect that these may have and on growing resilience.
- Sally Murray highlighted the achievements of the West Berkshire Council Emotional Health Academy
- In response to a question from Councillor Shepherd-DuBey, Louise Noble commented that an increase in children with autism plus other conditions was being seen nationally. The percentage of children who had autism as the primary reason for their Education, Health and Care Plan in Wokingham and West Berkshire, was slightly higher than the national average.
- Members questioned whether a general increased willingness to discuss mental health issues could have contributed in the increased demand for services. Sally Murray commented that many young people were becoming more willing to talk about their own mental health and emotional wellbeing. Some celebrities such as Stormzy and Zoella had revealed their own issues in the media, which may encourage other young people to discuss their own concerns.
- In response to questions from Councillor Miall, Sally Murray emphasised that many independent schools commissioned their own counselling services. The CCG commissioned services for the whole Borough. Louise Nobles commented that independent schools could also refer pupils to CAMHS. Lisa Humphreys indicated that private and independent schools were also engaged through the Local Safeguarding Children's Board. Home schooled children were also monitored.

RESOLVED: That

- 1) the update on Children's Emotional and Mental Health Services be noted;
- 2) Hayley Rees, Lisa Humphreys, Sally Murray and Louise Noble be thanked for their presentation.

9. AIR QUALITY AND HEALTH

Members were updated on Air Quality and health in the Borough.

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

- The Committee had been updated on air quality in the Borough in 2015 following the publication in 2014 of a report by Public Health England (PHE), *'Estimating Local Mortality Burdens associated with Particulate Air Pollution'* which demonstrated that long term exposure to particulate air pollution contributed to deaths from respiratory and cardiovascular causes.
- Pollution came from a number of sources. The key pollutants included particulate matter, ozone and nitrogen based compounds.
- Julie Hotchkiss highlighted a table detailing the fraction of mortality attributable to Particulate (PM2.5) air pollution for Berkshire authorities, the South East and England. 5.6% of deaths in Wokingham in 2016 had been attributable to PM2.5. The trend in this fraction since 2010 had remained consistent. The trend in the number of deaths attributable to particulate pollution over the last 5 years had decreased although particulate pollution levels had not decreased. The total number of deaths from the principal causes such as heart attacks was decreasing.
- Members were reminded that early preventable deaths referred to preventable deaths in under 75's.
- Julie Hotchkiss went on to highlight the mortality rates attributable to major preventable causes in 2015. In Wokingham the premature mortality attributable to PM2.5 was 11.2 (mortality rate per 100,000) compared to 11.7 for the South East.
- PM air pollution had an attributable impact on respiratory and cardiovascular disease. The negative health effects of air pollution and health conditions were discussed. It was noted that the percentage of attributable risk due to ambient particulate matter pollution for lower respiratory infections in children under 5 was 22%.
- Members noted inequalities in the health impacts of pollution. Some groups such as the very young, elderly and those who were pregnant or who suffered from long term conditions, could be more greatly affected.
- Suzanne McLaughlin updated the Committee on air quality management. The Local Authority was responsible for determining the causes of pollution within the Borough. DEFRA had agreed with recently submitted findings.
- The major source of air pollutants in the Borough was road transport, and in particular the contribution from the M4 had been identified as significant.
- The main area of concern was nitrogen dioxide (NO2) and three Air Quality Management Areas (AQMAs) had been declared for exceedances of the annual mean NO2 objective. These were located in Twyford Crossroads, Wokingham Town Centre and along and 60m either side of the M4 throughout the Borough. An action plan had been produced to progress Twyford Crossroads and Wokingham Town Centre in particular.

- An air quality monitoring programme was in place which was reviewed annually. Nitrogen dioxide monitoring was undertaken at 42 sites. Known hotspots and locations close to exceeding the Air Quality Objective levels were monitored.
- Councillor Soane questioned whether the effects of pollution would worsen should smart motorways be introduced as traffic would be brought closer to the roadside. Suzanne McLaughlin commented that one of the benefits of the scheme was the spreading out of traffic and reduction in the speed limit at times of congestion.
- With regards to the installation of an additional continuous monitor at Twyford Crossroads, Councillor Jarvis commented that this had been due to be installed for some time, and questioned the reason for the delay. Suzanne McLaughlin indicated that there had been difficulties relating to the electrical connection which was now resolved. Nevertheless, additional diffuser tube testing had been carried out.
- Councillor Jarvis asked what would be done to help Twyford residents suffering from the effects of pollution, particularly when walking down the High Street. Suzanne McLaughlin indicated that an action plan had been agreed and that work was being undertaken with colleagues in Public Health and Highways. It was noted that, due to the age of the properties, the buildings on the High Street were located closer to the road.
- Councillor Shepherd–DuBey questioned why the monitor had been removed from Woodward Close in Winnersh. Suzanne McLaughlin indicated that levels had not been exceeding levels of concern and had in fact been reducing. Monitoring was particularly focused in areas where there had been exceedances. It was noted that levels had reduced in Shinfield by the A327 and M4. It was hoped that in future the Air Quality Management Area could be removed if levels continued to reduce.
- In response to Members' questions Suzanne McLaughlin clarified that only five local authorities in the country had been required to introduce clean air zones and that the cost of implementing such a scheme was very high.
- The monitoring of air quality in Wokingham Town Centre was discussed. Members asked that they be sent the data from the first quarter of 2018 when it was available.
- Councillor Croy suggested that the Committee recommend that the Borough Design Guide include that electric car charging points be installed in new developments. Councillor Soane indicated that this was not a planning concern.

RESOLVED: That

- 1) the update on air quality and health be noted;
- 2) Suzanne McLaughlin and Julie Hotchkiss be thanked for their presentation;
- 3) the Committee recommend that the Borough Design Guide include that electric car charging points be installed in new developments.

10. HEALTHWATCH WOKINGHAM BOROUGH ANNUAL REPORT

The Committee received the Healthwatch Wokingham Borough Annual Report 2017-18.

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

- Members were informed that the results of the contract tender were expected shortly.
- Jim Stockley highlighted key pieces of work undertaken throughout the year including the visit to Prospect Park with other Healthwatches. Berkshire Healthcare

NHS Foundation Trust had acknowledged the visit and set up an ongoing clinical review in response.

- The Council had asked Healthwatch to produce a GP Carers Toolkit for use by GPs to help identify carers. It was hoped that take up of this would increase.
- With regards to Healthwatch's visits to the three existing extra care facilities in the Borough, it was noted that all six of the recommendations had been considered by Optalis and actions had been taken to ensure that each one was addressed.
- 74 visits had been carried out during the year. Jim Stockley emphasised the good work undertaken by the 40 volunteers. Volunteers with mobility issues and sight impairment had helped to go around the Wokingham town centre as part of the regeneration project to identify potential issues for those with disabilities.

RESOLVED: That

- 1) the Healthwatch Wokingham Borough Annual Report 2017-18 be noted.
- 2) Jim Stockley be thanked for his presentation.

11. FORWARD PROGRAMME 2018-19

The Committee considered the forward programme.

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

- Members would be sent the air quality monitoring data for Q1 for Wokingham Town Centre when available, for information.
- Following discussions the Committee felt that it would be useful to receive an update on the Thames Valley surgery eligibility policy.
- Councillor Croy asked to be kept updated on which officer or committee would consider the Committee's recommendation regarding electric car charging points.

RESOLVED: That the forward programme be noted.