

**MINUTES OF A MEETING OF THE  
WOKINGHAM BOROUGH WELLBEING BOARD  
HELD ON 13 FEBRUARY 2020 FROM 5.00 PM TO 6.10 PM**

**Present**

Debbie Milligan	NHS Berkshire West CGC
UllaKarin Clark	Wokingham Borough Council
Philip Cook	Voluntary Sector
Graham Ebers	Deputy Chief Executive
David Hare	Wokingham Borough Council
Matt Pope	Director of Adult Services
Charles Margetts	Wokingham Borough Council
Katie Summers	Director of Operations, Berkshire West CCG
Carol-Anne Bidwell (substituting Tessa Lindfield)	Public Health

**Also Present:**

Madeleine Shopland	Democratic and Electoral Services Specialist
Narinder Brar	Community Safety Partnership Manager
Peter Slade	Wellbeing Board and Community Safety Partnership Project Support
Andy Fitton	Assistant Director of Joint Commissioning NHS Berkshire West CCG

**53. APOLOGIES**

Apologies for absence were submitted from Nick Campbell-White, Councillor John Halsall, Sarah Hollamby, Jim Stockley and Dr Cathy Winfield.

**54. MINUTES OF PREVIOUS MEETING**

The Minutes of the meeting of the Board held on 9 January 2020 were confirmed as a correct record and signed by the Chairman.

**55. DECLARATION OF INTEREST**

There were no declarations of interest.

**56. PUBLIC QUESTION TIME**

There were no public questions.

**57. MEMBER QUESTION TIME**

There were no Member questions.

**58. EMOTIONAL WELLBEING AND MENTAL HEALTH FOR CHILDREN & YOUNG PEOPLE UPDATE (BERKSHIRE WEST 2019 LOCAL TRANSFORMATION PLAN)**

Andy Fitton, Assistant Director of Joint Commissioning, NHS Berkshire West CCG, presented the Emotional Wellbeing and Mental Health for Children and Young People update.

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

- The Board received a yearly update on the Future in Mind response.
- The Transformation Plan would be presented to all relevant Wellbeing Boards.
- Board members were informed that Mental Health Support Teams were being set up in all of the relevant local Authorities. The mobilisation of the Wokingham team had begun in September 2019 and the team would hopefully be fully operational by September 2020. Work would be undertaken with 14 schools. The Mental Health Support Teams would provide advice, guidance and training. Early interventions would be built in. Board members were advised that cognitive behaviour therapy (CBT) often worked well when dealing with cases of anxiety and depression. Senior colleagues worked with cases that were more complex before they were referred to CAMHS.
- Children's mental health was a hard to recruit to area and continued to be an area of challenge as demand increased.
- The demand for community services such as youth counselling was also increasing.
- The complexity of some cases was increasing, in terms of the presentation and the individual's family life.
- Evidence back from families suggested that once individuals were accessing the services, they were receiving a good level of support.
- Following the completion of a service review, more financial investment had been secured for the Eating Disorder Service.
- Berkshire Healthcare Foundation Trust had secured funding from NHS England to build a new inpatient facility to replace Willow House in Wokingham. This would provide more capacity and reduce the number of children who had to be placed out of area. Councillor Hare asked when this would be put into place. Andy Fitton indicated that he would seek confirmation from Berkshire Healthcare Foundation Trust but that this was one change of several around the Prospect Park site.
- The Board noted the priorities going forwards, including continuing to build a 24/7 Urgent care/ Crisis support offer for children and young people.
- Katie Summers asked how the Transformation Plan tied in with Early Years. Andy Fitton stated that the CCG commissioned perinatal care but that early years was not a particular priority within the Plan. The early years approach, which was often orientated towards the family and ensuring a smoother transition between services for children and young people and adult services, was important.
- The Board discussed how it could be involved in taking the Plan forwards. Councillor Clark felt that preventative work needed to start earlier and that children needed greater opportunity to bond with their families.
- Philip Cook was of the opinion that it was a good plan but was quite reactive.

**RESOLVED:** That the refreshed Local Transformation Plan (October 2019) be endorsed and approved.

## **59. DESIGNING OUR NEIGHBOURHOODS**

Graham Ebers, Deputy Chief Executive presented a report on Designing our Neighbourhoods.

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

- A Designing our Neighbourhoods event had been held on 22 January and approximately 60 people had attended. Councillor Hare indicated that he had attended but that he had not been included on the attendance list.

- The report highlighted responses to different questions from groups focusing on the Primary Care Network areas (North, South, East and West), and common themes identified.
- Board members were asked to reflect on the event in order to inform future events to make the process as meaningful as possible. Board members were also asked to consider what actions now needed to be taken in response to issues raised.
- Councillor Margetts commented that lots had been said about publishing data about how people could be involved in the community, and having a central point for data. Katie Summers indicated that she and Matt Pope, Director Adult Services, had met to discuss this matter. There was lots of information available but people did not always know where and how to find it. They would propose to the Wokingham Integration Board that a mapping exercise be carried out of available data and that it be centralised through the Wokingham Directory. Katie Summers went on to state that if agreed this would be carried out as a potential Better Care Fund scheme. Councillor Margetts commented that it was vital that data was easy to find and navigate. Councillor Clark asked about those residents who did not have computers. Matt Pope stated that where access was an issue consideration would be given as to how the residents could access the data. Consideration would also be given as to how those with learning difficulties could access the data. In response to questions from Board members Matt Pope commented that should approval for the scheme be given by the Wokingham Leadership Board, an outline project plan would be brought to the Board's June meeting.
- Councillor Clark asked how more volunteers could be encouraged. Philip Cook stated that there was a need to reconsider what volunteering was perceived to be. He questioned whether the Council advertised all volunteer opportunities through the Wokingham Volunteer Services. Graham Ebers indicated that he, Matt Pope and Philip Cook would meet to discuss the matter further.
- The Board discussed potential quick wins.
- Katie Summers commented that the West group had suggested that information be put up in public about how many calories were burnt by walking so many steps.
- It was agreed that the Wokingham Integration Partnership and the Children and Young People Partnership would be tasked to identify a quick win for each of the Primary Care Network areas. Graham Ebers, emphasised that the Partnerships helped to bring conversations forwards around children and adults.
- Philip Cook commented that there could be a number of quick wins around communication.
- Councillor Margetts felt that more could be done to encourage physical activity and referred to cycle to school days where the pupils were then given a free breakfast. Councillor Clark suggested that there be more walking groups in the Borough to encourage more activity. Board members commented that many people drove to the Borough's country parks.
- Councillor Margetts commented that some of his residents had asked about developing greenways quicker. They needed to be well lit.
- Katie Summers commented that library services could be better utilised. Mental health workshops were held in some of the Borough's libraries. Dr Milligan commented that people used cafés and hairdressers more. Dementia friendly and mental health friendly cafes were discussed.
- Graham Ebers commented that it was important to share knowledge with the social prescribers to enhance the service and to mitigate the demand on GP time. Councillor Hare emphasised that it was important that there was dialogue between the social prescribers and the service providers, to ensure that referrals were not made to services that were already oversubscribed.

- Board members were asked to identify lessons learnt from the first event. Dr Milligan was of the opinion that the event had been very positive and that it had been good to hear other's views.
- Katie Summers stated that attendees should be written to with a high level summary of the output of the conversations had and the fact that they would be informed of the actions the Board would be taking forwards. Dr Milligan suggested that attendees be asked if there were outcomes and actions that they could contribute to.
- Councillor Hare commented that another meeting needed to be held reasonably soon before the good work of the first meeting was forgotten. Councillor Margetts suggested that another discussion and an opportunity to present ideas would be beneficial.
- Graham Ebers proposed that the structure of a further meeting be discussed at an informal Board meeting. Board members discussed when the next meeting should be held. It was felt that summer would be appropriate.

**RESOLVED:** That

- 1) the next steps for delivery and implementation of the results and feedback from the Designing our Neighbourhoods Event, be considered;
- 2) the Wokingham Integration Partnership and the Children and Young Peoples Partnership be tasked to identify a quick win for each of the Primary Care Network areas, arising from discussions had at the Designing our Neighbourhoods meeting.

## **60. DEVELOPING A SHARED STRATEGIC APPROACH FOR HEALTH & WELLBEING PARTNERS IN WOKINGHAM**

The Board received a report on Developing a Shared Strategic Approach for Health & Wellbeing Partners in Wokingham.

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

- Matt Pope advised Board members that there was an opportunity to reinforce the impact of Wokingham's Joint Health and Wellbeing Strategy programme by embedding it in an overarching shared strategy for the Berkshire West Integrated Care Partnership (ICP), which covered the Wokingham, Reading and West Berkshire Council populations.
- There had been concerns previously that developing a shared overarching strategy would mean that local priorities might be lost. Board members were assured that the Wellbeing Board would have full oversight of the development of the strategy and would be able to withdraw at any time, should they wish.

**RESOLVED:** That development work to embed Wokingham's Joint Health & Wellbeing Strategy priorities within a Shared Health & Wellbeing Strategy across Berkshire West be supported.

## **61. STRATEGY INTO ACTION**

The Board considered the Strategy into Action report.

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

- The Wokingham Integrated Partnership and Children and Young People's Partnership had reframed the conversation as to what action could be taken around the Health and Wellbeing Strategy's three key priorities.

- Board members welcomed the alignment with the work of the Wokingham Borough Wellbeing Board.

**RESOLVED:** That the update and progress made to date for the Wellbeing Strategy be noted and the implementation of the Strategy into Action be supported.

## **62. 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:

- Katie Summers indicated that an update on the engagement carried out around the CCGs and the BOB ICS would be taken to the April meeting.
- Philip Cook informed Board members of the Aware programme, a campaign to raise awareness on exploitation and crimes in the area, such as knife crime. The Police and Crime Commissioner fund had provided funding to help educate and raise awareness of these matters. Partners were asked to support and promote the event.
- Board members discussed the coronavirus. Katie Summers emphasised that residents should follow the Public Health England advice and guidance and phone NHS 111 if they suspected that they had coronavirus or had travelled from areas most affected. People would be turned away from surgeries or A&E if they presented with possible coronavirus. Katie Summers stated that consideration was being given to sending an advice SMS to every patient registered with a GP in Berkshire West.

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