

Living Well Partnership Meeting

Date : Friday 2 February 2018
Time : 10:00am – 12.30pm
Venue : South Fens Business Centre, Fenton Way, Chatteris

ACTION NOTES

PRESENT:

Members:

Cath Mitchell – CPCCG (Chair)

Liz Knox – East Cambs DC

Richard Cassidy - Fenland DC

Val Thomas – Public Health CCC
& PCC

Sunny Singh – Cambs County
Council

Julie Farrow – Hunts Forum of
Voluntary Organisations/Support
Cambs

Julie McNeill – Healthwatch
Cambs & Peterborough

Officers:

Andy Nazer – Campaign to
End Loneliness

Simon Fairhall – Living Sport

Scott Hartley – Press Red

Annabel Tighe – Fenland DC

Elaine Cooper – Fenland DC

Jo Goodrum – Fenland DC

Tracy Couper - East Cambs
DC

1. APOLOGIES

Sue Watkinson, Geoff Hinkins.

2. TERMS OF REFERENCE

The Chair, Cath Mitchell, explained background to the creation of the new Living Well Partnerships (LWPs). Consideration had been given to how the current Sustainability & Transformation Partnership (STP) for Cambs and Peterborough engaged with the constituent Districts. Examination revealed that the Area Executive Partnerships and Local Health Partnerships (LHPs) were based on patient flow rather than Districts. Therefore, consideration was given to rationalising and streamlining the process and the LHPs and AHPs were disbanded and the LWPs created based upon District Council boundaries.

Four LWPs had been created as follows:

East Cambs & Fenland

Huntingdonshire

South Cambs and City

Peterborough

The generic draft Terms of Reference for the LWPs were attached which had been agreed by the Health and Care Executive and Public Services Board in October 2017.

In response to a question on how successful delivery through effective programme and performance management would be demonstrated as set out in Principle 2, Cath Mitchell explained that it was intended that place-based work would be undertaken and projects delegated to the LWPs to more effectively use existing resources.

With regard to meetings arrangements, it was agreed that meetings would be held at the South Fens Business Centre as a convenient location, audio recorded by Fenland DC and the Agendas published on East Cambs DC and Fenland DC websites in the interests of transparency.

With regard to Health Service representation, Cath Mitchell confirmed that she was seeking Patient representatives for both East Cambs and Fenland areas and had asked Sue Watkinson to obtain local GP representatives.

ACTION:

- To seek Health Service representation, including Patient representatives for both East Cambs and Fenland areas and local GP representatives CM/
SW
- Meetings be held at the South Fens Business Centre as a convenient location and recorded by Fenland DC EC/
JG
- Agendas be published on East Cambs DC and Fenland DC websites in the interests of transparency TC/
EC/
JG

3. CAMPAIGN TO END LONELINESS

Andy Nazer, Campaign Manager, Campaign to End Loneliness, gave a presentation on the Campaign as detailed in the Call to Action document circulated.

Mr Nazer stated that the Commission and Campaign had been established by Jo Cox before her death and was a partnership of older people's organisations, the LGA and WRVS and administered by Independent Age. Over 9M people nationally had been identified as lonely, but the risk factors increased with age and resilience decreased. This led to greater health issues and decreased mobility, with the over 80's identified as the most lonely. This was why the campaign was focussing on older people. Loneliness was harmful to both physical and mental health. The Campaign had both commissioned research and acted as a catalyst for research. This had identified the health risks from loneliness as equating to smoking 15 cigarettes a day, causing poor quality of life, an increase in visits to GPs and hospitals, earlier entry into care homes and early death. Therefore, the Commission and Campaign wanted to develop meaningful long-term relationships. Over the past 7 years it had influenced national and local bodies, but the death of Jo Cox had generated a greater impetus.

Four areas were being targeted nationally:
Belfast
Glasgow
Pembroke & Carmarthenshire
Cambridgeshire

Cambridgeshire was one of the areas selected as it had not been a recipient of

Big Lottery Ageing Better funding and it had a rural/urban split close to the 50/50 population demographic looked for. The Commission already had undertaken consultation activities/events within the County and was developing an evidence base. From speaking to communities, it had been identified that people did associate with loneliness, with ¼ of the older population suffering for 6 months or more and over 50% believing loneliness was part of older age. Big Lottery Funding was available for initiatives to address the issue by enhancing existing provision and developing current assets.

The death of Jo Cox had resulted in the establishment of an all-parliamentary group on loneliness and a large sum of money being donated in her name to the Campaign. The resulting work with the 12 other partners had produced the document circulated, which had been accepted by Central Government, led to the appointment of a new Minister, Tracey Crouch, and the commitment to produce a national strategy. The Campaign was encouraging the Government to develop an appropriate indicator for loneliness and was seeking funding for other community projects to bring all ages together such as The Big Lunch and Great Get Together. The Campaign wanted to scale-up interventions which supported people psychologically and helped them to connect again with their community. The Campaign to End Loneliness was the only body totally dedicated to this area and this presented the opportunity to influence and offer consultative work and advice within Cambridgeshire to influence Government action going forward. It wanted other organisations to sign-up to the Campaign and would be leading the national Campaign being launched in April.

In response to a question by the Chair, Mr Nazer reported that a report was being produced on the findings for Cambridgeshire. The Chair stated that this report would be submitted to the HWB and also to the LWPs to develop a place-based approach.

It was reported that Cambridgeshire County Council was producing a thematic information campaign on the issue via Communications Lead, Matthew Hall, and Members of the LWP were encouraged to contribute to this thematic campaign to ensure a consistent message across the County.

Richard Cassidy commented that this was a good issue for place-based working and mapping of what was happening in particular areas within the County. This would help to identify gaps in provision and issues of capacity. He therefore queried how the LWP could identify and co-ordinate projects.

The Chair questioned if this would be part of the Campaign report for Cambridgeshire or something that would need to be considered by the LWP. Mr Nazer stated that the gaps in and opportunities for provision was something that needed to be identified at a local level.

Julie Farrow commented that the report was about loneliness for all ages and communities responding to this. So it was vital to identify where good work already was happening at local level and where there were gaps in provision.

The Chair questioned if the LWP should await the publication of the Cambridgeshire report or could start mapping work now. Mr Nazer stated that the report would be more attitudinal rather than directive. Mr Cassidy commented that GPs would be key to any action and a package of measures would be required for them in order to make an impact. Mr Nazer stated that the Campaign was working with the Royal College of GPs with a view to this

being taken out to local GP groups. Therefore, a meeting could be convened with them within Cambridgeshire.

Mr Nazer was asked to provide a link to the draft Cambridgeshire report and it was agreed that a detailed item on this subject should be considered at the next meeting of the LWP. The Chair thanked Mr Nazer for attending and his informative presentation.

ACTION:

- To include an item on the Agenda for next LWP meeting to give detailed CM consideration of a Campaign for Loneliness Action Plan.

6. PRESS RED (item taken out of Agenda order)

Simon Fairhall from Living Sport and Scott Hartley from Press Red gave a presentation on the initiative to increase physical activity amongst target groups in the Living Sport area of Cambs & Peterborough:

Older people

People with limiting illnesses or disabilities

Women and girls

The presentation (a copy of which has been circulated with these Action Notes) covered the following areas:

- Key demographics
- Healthy life expectancy & disease prevalence
- Headline for physical activity & sport behaviour – age 16+
- physical activity behaviour by locality
- physical activity behaviour by demographic group
- physical activity behaviour – children and young people aged under 18
- our recommendation

Mr Hartley explained that the definition of active was people doing at least 150 minutes of moderate intensity physical activity per week in bouts of 10 minutes, whilst inactive was defined as people doing less than 30 minutes of moderate intensity physical activity per week in bouts of 10 minutes. National statistics showed that older people, people with limiting illnesses or disabilities, people from lower socio-economic groups, and women and girls, were the least active in the overall population. Physical activity was an important factor in the prevalence of risk of illness and disease and the health costs of physical inactivity in the Living Sport area for 1 year was estimated to be £12M per year in terms of treating illness, excluding mental health treatment costs.

Mr Hartley then detailed the key demographics nationally; for the Living Sport area; and for East Cambs and Fenland, as set out in the presentation slides. As a result of these demographics, Mr Hartley stated that his recommendation would be for the LWP to focus on inactive people in the following groups for the East Cambs and Fenland areas:

Older people

People with limiting illnesses or disabilities

People in lower socio-economic groups

Secondary aged young people

This was because the demographics for women in these two areas were improving.

Concluding the presentation, Mr Fairhall explained that stage 1 of the work was nearing completion and stage 2 would entail working with partners to get value from the data gathered.

The LWP thanked Mr Hartley and Mr Fairhall for their very powerful presentation and commented that it also would be valuable for Councillors and the HWB to receive the presentation to reinforce the need for action and a partnership approach at both County and local levels. The Chair agreed to ensure that an item was placed on the Agendas for both HWBs.

In response to a question, Mr Hartley stated that the impact of additional funding had not yet been mapped. With regard to a question on why the demographic for women was improving, Mr Fairhall stated that the 'This Girl Can' national campaign was likely to have been instrumental in this. A comment was made on the dangers of targeting particular groups, due to overlaps. Consideration also needed to be given to whether the migrant population was under-represented in the demographics for the East Cambs and Fenland areas, as they were less likely to register with a GP. There also was an important link to the preceding presentation on the Campaign to End Loneliness, as people becoming more active could result in improved social interaction through participation in sporting and exercise activities. A comment was made that a proportion of those aged 50+ also still would be employed, so the timing of activities also needed to be considered. It was agreed that all of the issues needed to be debated on a locality basis.

ACTION:

- Ensure an item on the subject is placed on the Agenda for the 2 HWBs to discuss how to facilitate a locality-based approach CM
- Simon Fairhall to discuss locality issues with Richard Cassidy and Liz Knox SF/
RC/
LK

4. DRAFT DEMENTIA STRATEGY

The Chair explained that the draft Dementia Strategy circulated was being taken to the Integrated Delivery Board with a view to having a single strategy across all partners from which business cases could be developed to invest in new or transform existing services. Input was required from all partners, so the Chair requested that comments be forwarded to Fiona Davies to assist her to finalise the Strategy.

Liz Knox referred to a local Alzheimers meeting held recently at which Janet Warren from the Mental Health Commission had referred to a bid for a local resource to replace the former co-ordinator for Cambridgeshire, Hilary Shepherd.

ACTION:

Comments on draft Dementia Strategy to be forwarded to Fiona Davies ALL

5. NEIGHBOURHOOD TEAM UPDATE

ACTION:

Item deferred to next meeting and Chair to chase Julie Frake-Harris for CM representation and a report for next meeting.

7. **BETTER CARE FUND UPDATE**

Chair reported that BCF Plan submitted to NHS England had been accepted. Quarterly returns now would be submitted to NHS England.

Liz Knox commented that the STP was funding certain projects and the LWP needed an understanding of what was happening on these in the localities, particularly those relating to loneliness and dementia in the light of the discussions above. The Chair agreed to bring a report back to the next meeting on the projects in the BCF and STP.

ACTION:

- Chair to provide a link to BCF Plan to be included in these Action Notes CM
https://cmis.cambridgeshire.gov.uk/ccc_live/Meetings/tabid/70/ctl/ViewMeetingPublic/mid/397/Meeting/640/Committee/12/Default.aspx
- Report to the next meeting on the projects in the BCF and STP CM

8. **CAMBS HWB UPDATES**

The Chair asked whether feedback following HWB meetings and inclusion of the Minutes of HWB meetings on this Agenda would be of value to the LWP. She also queried whether anyone who sat on the HWB would be willing to undertake this role, as she did not attend HWB meetings. Mr Cassidy commented that a two-way communication flow was required, to feed-up to and feed-down from the HWB, as this had not worked effectively in the past.

ACTION:

Richard Cassidy, Liz Knox and Val Thomas to raise with HWB future reporting arrangements between HWB and LWPs. RC/
LK/
VT

9. **FUTURE AGENDA ITEMS**

Following future Agenda Items agreed:

- POW SOC East Cambs
- LUCS East Cambs and Fenland - Matthew Smith to attend 8 June meeting
- STP Update – invite STP
- JSNA Core Data Set/District Data Set
- Community Development Combined Authority – Richard Cassidy to confirm
- Annual State of Voluntary Sector Survey – Julie Farrow to confirm
- LWP 6 month Review

ACTION:

Tracy Couper to prepare template Agenda Plan including above items for TC/
Chair to populate with dates and relevant Officers CM

10 **STP UPDATE**

ACTION:

Chair to provide a link to STP Agenda to be included in these Action Notes CM

11 **DATES OF FUTURE MEETINGS**

Proposed dates of future meetings as follows (all Fridays):

13th April 2018 14.30pm to 16:30pm

8th June 2018 10am to 12pm

3rd August 2018 10am to 12pm or 7th September 2018 10am to 12pm

5th October 2018 10am to 12pm or 9th November 10am to 12pm

Julie Farrow advised that unable to make Friday meetings, so would need to find alternative voluntary sector representation.

ACTION:

- Julie Farrow to advise of alternative voluntary sector representation JF
- Dates of future meetings to be finalised in light of revised representation ALL

LOCAL ITEMS

12 **Fenland Wellbeing Strategy**

13 **East Cambs Wellbeing Strategy Update**

14 **LHP Agenda Plan – Future Items**

All items deferred to next meeting CM