



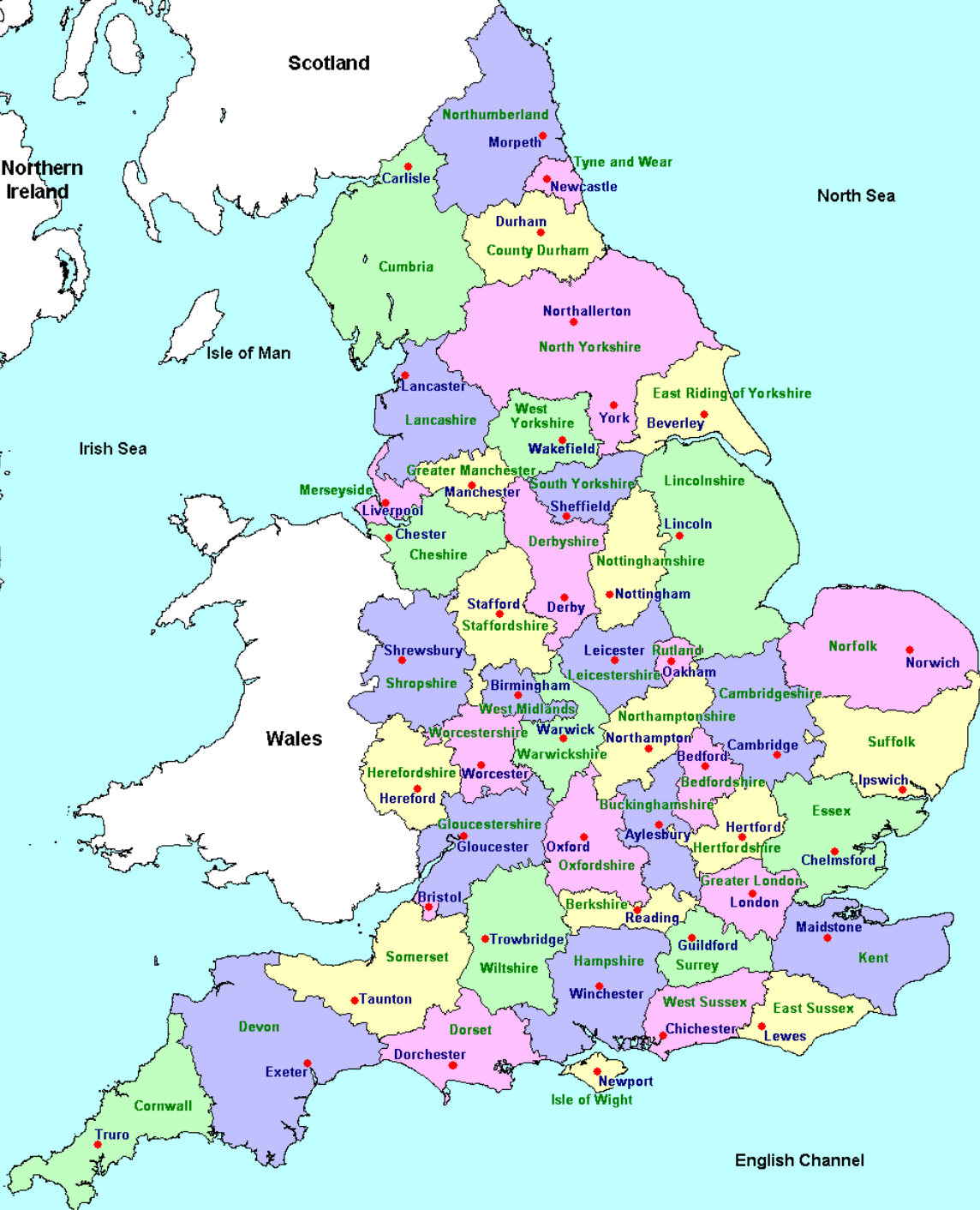
Opportunities for Parish & Town Councils to Support Health & Wellbeing in West Sussex

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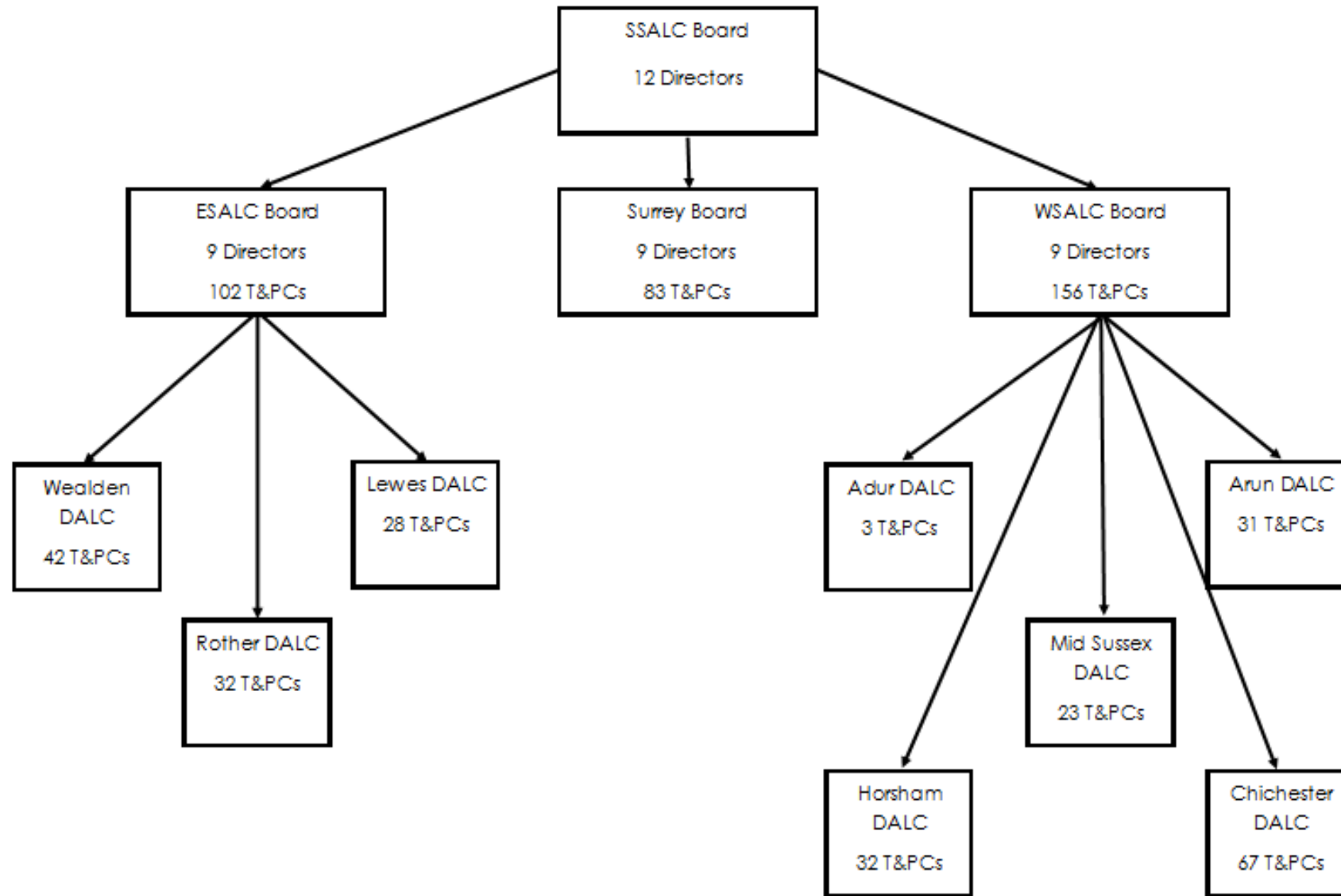
Towns & Parishes Serving Communities



SSALC - Three Counties

- Surrey
- East Sussex
- West Sussex

SSALC governance structure



The stages of the work so far...

July 2016

- Report commissioned by the WSALC Board

July-Dec 2016

- Research & survey conducted

Jan-April 2017

- Shared report & leaflet with member councils
- Presented work to each District Association

April-Oct 2017

- Supporting a couple of small trial projects

Oct/Nov 2017

- Follow-up questionnaire to go out to all member councils

Aims and objectives

- ▶ Describe the structure of the NHS in West Sussex
- ▶ Improve engagement with the health sector
- ▶ Form stronger working relationships with the voluntary sector
- ▶ Gather information on how local councils are currently supporting the health and wellbeing of their communities
- ▶ Demonstrate to councils how they could better support the health, wellbeing and social care of their communities
- ▶ Currently developing a questionnaire to capture how councils may have changed/any new plans since launch of work

Background

- ▶ NHS funding cuts - £22 billion efficiency savings needed
- ▶ Shortage of GPs - 12% posts vacant
- ▶ Up to 3000 pharmacies could close
- ▶ Ageing population
- ▶ Long term conditions
- ▶ Social isolation
- ▶ What can towns and parishes do to help?

The three tiers of local government in West Sussex and where they link to health

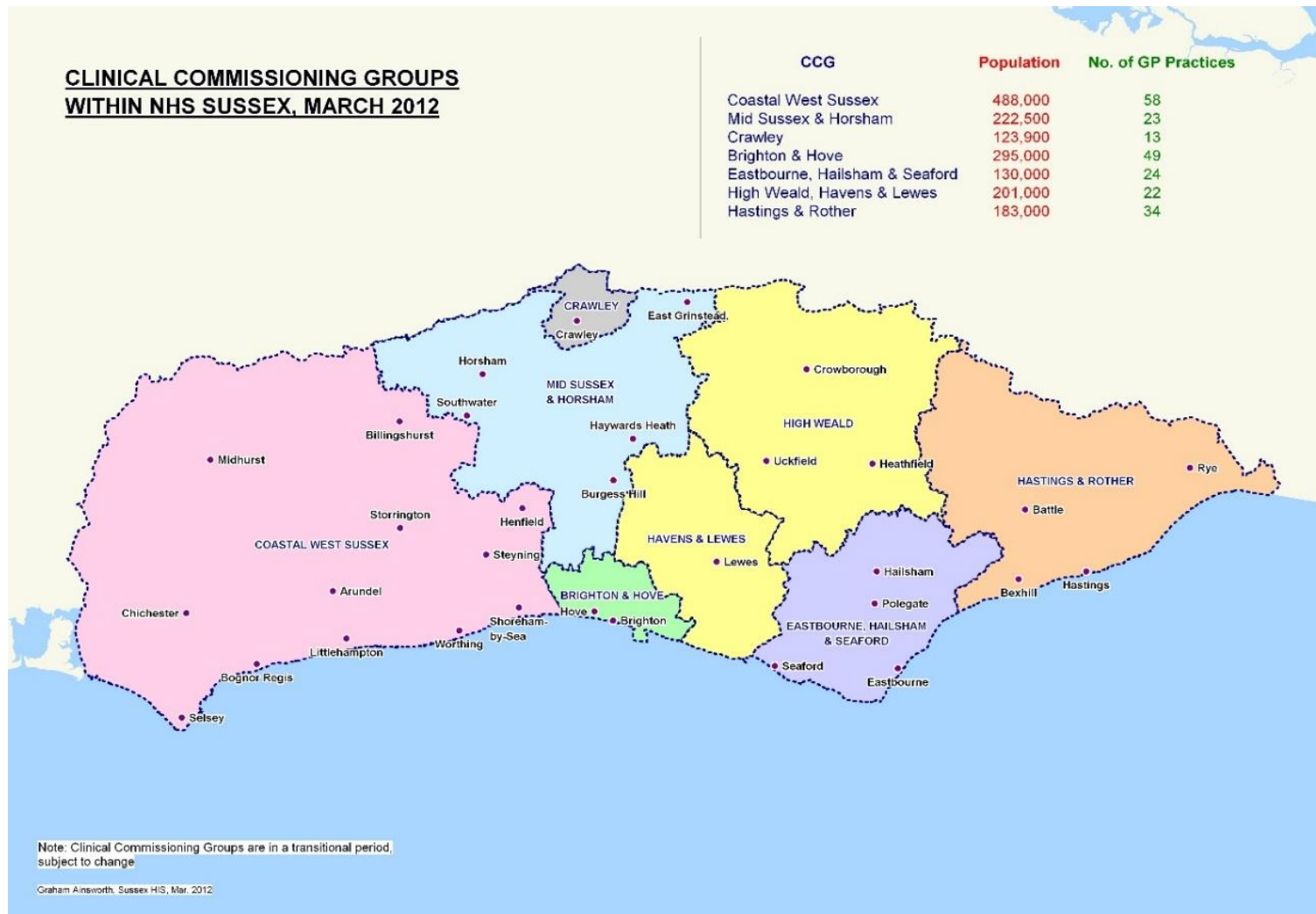
1 x County Council - Public Health

7 x District / Borough Council - Wellbeing
Hubs

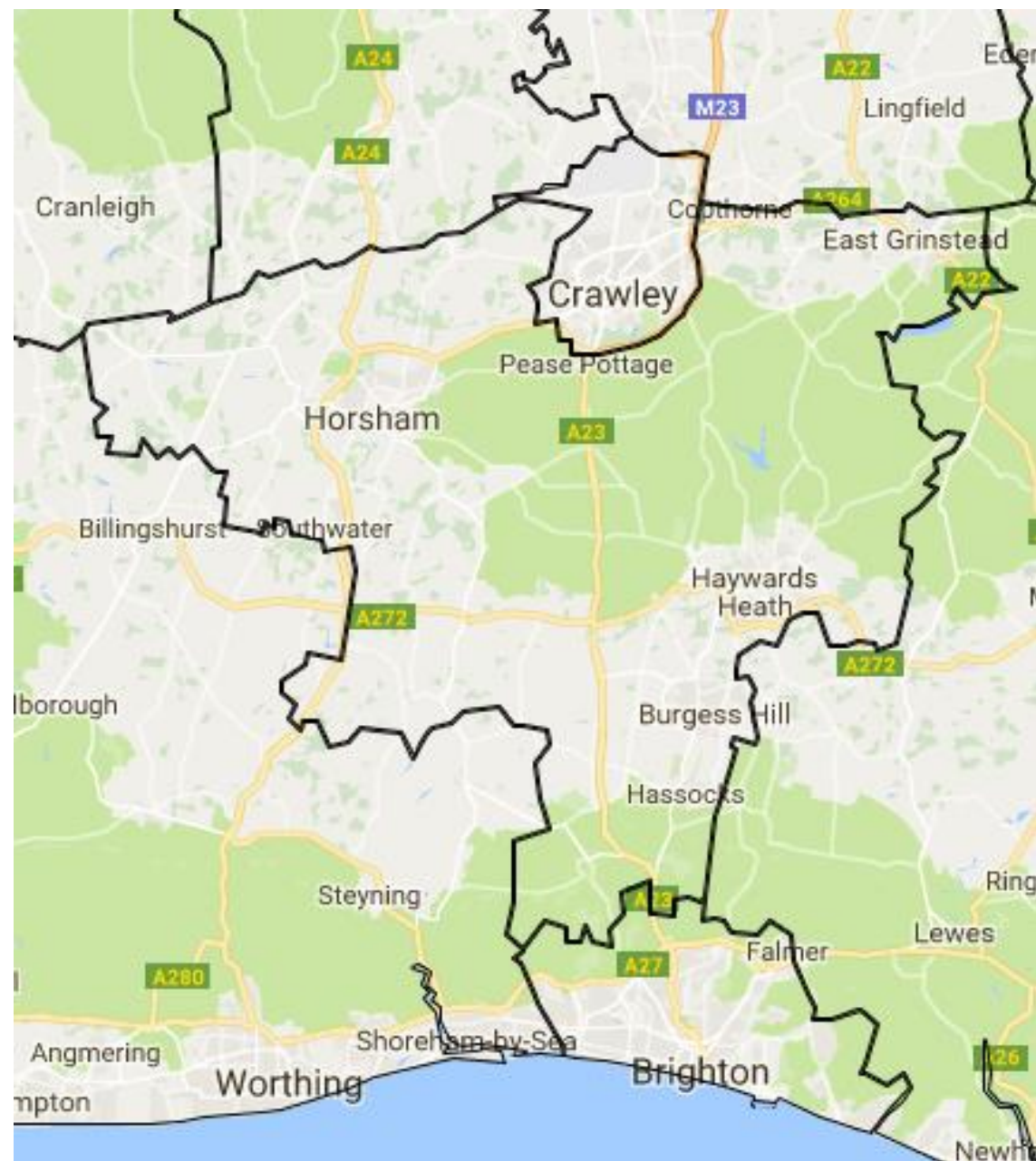
156 x Town & Parish Councils - No duty to
provide health and wellbeing services but many do so

*horsham district
wellbeing*

CCGs in Sussex



Horsham & Mid Sussex CCG



Case study 1: North Horsham PC

- ▶ Roffey Friendship Group - for over 60's, runs alternate Thursday afternoons
- ▶ PC give room for free and an annual grant of £300
- ▶ Salary for administrative officer's time spent on group is £1700
- ▶ North Horsham population is 21,348 and the precept is £282,726
- ▶ The friendship group costs the parish 0.7% of its precept / 10p per head of population per annum
- ▶ Rooms also used by private healthcare provider



North Horsham PC: Holbrook Friendship Group

- ▶ Since the report was published, North Horsham PC has set up a 'taster' session in the Holbrook Ward for a further friendship group
- ▶ The Council owns the hall and will provide the venue for free and a staff member to provide refreshments and stimulate conversation
- ▶ The Council hopes that the local residents will become involved in running the club



Case study 2: Forest Row PC

- ▶ Fortnightly seniors club - speakers, activities & visits
- ▶ Luncheon club and home delivery 3 times a week - monitors vulnerable individuals
- ▶ Hearing bus
- ▶ Medical car service
- ▶ Precept of £310,000
- ▶ These services take a net subsidy from the PC of £5790 (under 2% of precept)

Case study 3: Selsey Town Council

- ▶ No NHS dentist in the town
- ▶ Town Council hopes to use its powers to create and equip a dental surgery
- ▶ Currently in discussions with NHS dentists
- ▶ Have identified council owned premises as a possible location

Results from initial survey to Clerks

- ▶ 22% already fund friendship groups
- ▶ 64% give funding or grants to groups supporting wellbeing
- ▶ One parish is giving a grant to a local surgery
- ▶ 83% have a village hall or similar, most with ready access
- ▶ 23% already use rooms, halls or car parks for health services or similar
- ▶ 44% of Clerks reported that they are aware of their Council wanting to do more to support health and wellbeing in their community

Patient Participation Groups

Can towns and
parishes
link in with their local
patient participation
group?

- ▶ PPGs - All practices must form one from April 2016
- ▶ Each is different and caters to local need
- ▶ Among other roles they:
 - ▶ Promote health matters - presentations, courses, directories, volunteer services
 - ▶ Improve communications - newsletters, promoting awareness of local services

PPGs: East Grinstead Locality Group

- ▶ East Grinstead Town Council has been facilitating meetings of representatives from:
 - ▶ PPG representatives from the four surgeries in the town and surrounding area
 - ▶ Town Councillors and the Clerk
 - ▶ Horsham & Mid Sussex CCG
 - ▶ Mid Sussex District Wellbeing Hub
 - ▶ West Sussex County Council
- ▶ These meetings resulted in the organisation of a very well attended Health & Wellbeing Event for the community
- ▶ Surrounding parish councils supported the event by promoting on their websites, noticeboards, twitter feed and email

**STALLS
& STANDS**



east grinstead wellbeing

East Grinstead Health & Wellbeing Event

Friday 20th October

Timetable of Events

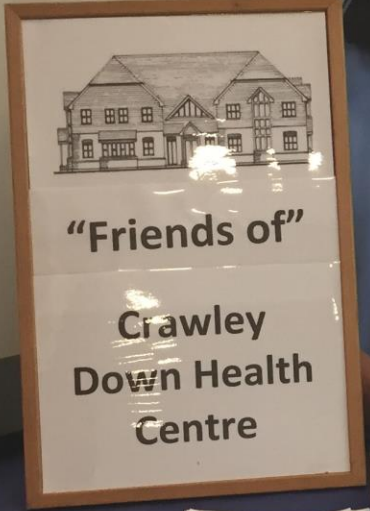
Organisation	Location	Duration
PFP & Active House	Studio 3	45 minutes
QVH Physiotherapy	Theatre	
Communities in Practice Team - EG	Theatre	
PFP & Active House	Studio 3	
Age UK	Studio 3	
Wellbeing	Theatre	
MSOPC	Theatre	
Wellbeing	Theatre	
Age UK	Theatre	

there will be ph
taken at this event

do not want to be inc
inform a member of








Southwater Parish Council



- ▶ Free room granted by Council for
 - ▶ Locality PPG meetings
 - ▶ Age UK respite care
- ▶ The Chairman has joined the local PPG
- ▶ Supporting local surgery with Patient Referral Scheme from the Care Co-ordinator
- ▶ Staff & councillors will be having a Dementia Friends Information Session and Southwater is looking to become a Dementia Friendly Council
- ▶ Clustering

PPGs: Horsham Patient Locality Group

- ▶ Southwater Parish Council has granted a room free of charge for meetings of PPG representatives of seven surgeries in and around Horsham
- ▶ This group recently helped to organise a health and wellbeing awareness event in Horsham
- ▶ Each council in the area was given two invitations for councillors to attend



WORKING together
To deliver your NHS for our communities

horsham district wellbeing

NHS

Creating a Healthy Horsham
An event organised by
Horsham Locality Patient Group
in conjunction with
Horsham District Council
NHS Horsham and Mid Sussex CCG
West Sussex Association of Local Councils

Date: Thursday 21st September 2017
Time: 10am to 1:00pm (registration from 9:30)
Location: Arundel Room, Horsham District Council Offices
Parkside, Chart Way, Horsham – Entry via Main Reception
Booking via Eventbrite: <http://bit.ly/2uEUUpag>

Please book early as places are limited


Horsham patient groups have come together to host this event which will focus on

- Improving Health Service Provision in Horsham Locality
- Enhancing Health and Wellbeing - Why It's Important and How To Do It

Speakers will include:

- GP Clinical Lead for Horsham
- Locality Manager for Horsham Primary Care
- Member of West Sussex CC Public Health Team
- HDC's Health and Wellbeing Manager

Both sessions will include Q and A opportunities



CCG Communications



<p>Crawley CCG & Horsham and Mid Sussex CCG Tailored Health Coaching (2)</p> <p>Is now open to patient self-referral for patients from Crawley or Horsham & Mid Sussex as well as referral from professionals in health, social care and the third sector. This telephone-based behavioural coaching service has been set up to support patients with long term conditions to improve their ability to self-manage. Patients must be able to participate in a telephone-based behavioural coaching service and be registered with a GP practice in the Crawley, Horsham or Mid Sussex area. For more information call 0330 222 0025</p> <p>It's aimed at adults (aged 18 +) who have been newly diagnosed with a long-term condition or who have not engaged with self-managing their long term condition/making healthy behavioural changes.</p> <p>For more information see attached flyer and Click link here</p>	<p>THC - Patient Self-Referral joint CCG</p>
<p>Crawley CCG & Horsham and Mid Sussex CCG - Press release SEC&mb CQC inspection (3). The CQC's latest inspection report on SEC&mb (both 099 and 111 services), went into the public domain on the 6th October. To read the CQC report Click link here</p> <p>To read press release about this Horsham and Mid Sussex CCG Click here for link</p> <p>To read press release about this Crawley CCG Click here for link</p>	
<p>Horsham and Mid Sussex CCG - The Riverside Surgery (4)</p> <p>The surgery will be moving out of their current premises on Worthing Road, Horsham by the end of 2017 and will come together on one site at the newly developed Courtyard Surgery in London Road, Horsham.</p> <p>Attached is the statement sent to the media. Should you have further queries Email: HSCCG.admin@riverside@NHS.net</p>	<p>Statement to Press-Final_225</p>
<p>Horsham and Mid Sussex CCG : GP Notable in East Grinstead (4)</p> <p>Did you know all children aged 0-5 years and who are registered with an East Grinstead GP can access same day appointments? See our web page for more information East Grinstead GP Notable</p>	
<p>Working differently to #HelpMyNHS in our 5 Communities (4)</p> <p>See our web page on volunteering Click link here</p> <p>While more people than ever are calling on its services, our NHS is facing its biggest financial challenge. And as the different parts of the NHS are working together to find solutions, the NHS needs us, the people it was set up to serve, to do our bit as well. Do something small to #HelpMyNHS. By adding your name and support to our pledge wall, you'll be demonstrating your commitment for our local NHS. Complete on line:</p> <p>Crawley helpmynhs-in-our-5-communities</p> <p>Horsham and Mid Sussex helpmynhs-in-our-5-communities</p> <p>Show your support via Twitter using the hashtag #HelpMyNHS View some of our pledges in the video here: https://www.facebook.com/NHSHorshamandMidSussexCCG/</p> <p>Coastal West Sussex Clinical Commissioning Group for information.(1)</p> <p>Small grants of up to £2,000 are available to charities to raise their profile so that others can learn from their good practice. For example, you may want to produce an information film or a series of leaflets, or record a podcast.</p>	



Voluntary Sector:



- ▶ Independent local charities which use the Age UK branding
- ▶ Already work in partnership with some councils - Village Agent

Work with us...




The options would be tailored made to community need:

- Officer working locally with a cluster of parishes – maybe 10hours per week - £10-15k p.a. – outcomes and outputs developed with parish cluster
- Health and Wellbeing event locally targeting older people and encouraging them to build their own resilience and access local community activities – a FREE event - £600-£1k
- Social inclusion activity – regular lunch club, book exchange, coffee club etc. for and with local older people and – up to 10 hours officer time start up and then regular weekly attendance and volunteer support for up to six months - £3k




Voluntary Sector:






Sussex & Surrey Associations of Local Councils



September 2017 Newsletter




In This Issue:


- Update by Trevor Leggo
- Messages from Anne Bott
- AGM & Autumn Conferences
- Sussex Updates
- Surrey Updates
- CILCA
- Recruitment & Job Vacancies
- Three Counties Training Programme 2018

Hot off the press!!


See Page 18 for details.....



Sussex & Surrey Associations of Local Councils



Three Counties Training Programme 2018



To book on to any of the events listed overleaf please visit:
<http://www.sussex-surrey.co.uk/forthcoming>

You must complete a booking form to attend an SALC event

1

Health and Wellbeing Update



Dementia Friends is an Alzheimer's Society initiative, aimed at raising awareness of dementia amongst individuals and providing information on how to support people living with dementia in your community. A Dementia Friend learns a little bit more about what it's like to live with dementia and then turns that understanding into action. Anyone of any age can be a Dementia Friend. Whether you attend a 45-60 minute face-to-face Dementia Friends Information Session or watch the online video, Dementia Friends is about learning more about dementia and the small ways you can help.

There are currently 2 million Dementia Friends in the UK. The Alzheimer's Society has a target of creating 4 million Dementia Friends by 2020.

How could Town and Parish Councils Support this?

- Staff and councillors could become Dementia Friends;
- Councils may decide to join their local Dementia Action Alliance (DAA) to help shape how dementia is regarded in their local area;
- Councils could facilitate the Dementia Friends Information Sessions by offering rooms and providing advertising to support Dementia Champions in running sessions.

Putting Dementia Friends Information Sessions into Practice: North Horsham Parish Council

"Had a great training session with Jay Hearn [Dementia Action Alliance co-ordinator for the Horsham District] last night and we have already been able to put into practice being a Dementia Friend when we had a lady in the office who had forgotten where she lived. We used the techniques learned at the first session and she managed to remember her post / code so we walked her home"

Some local councils are already members of their local DAA, or have run Dementia Friends Information Sessions for staff, councillors or the public. **More information can be found at:**

Dementia Action Alliances: http://www.dementiaaction.org.uk/local_alliances

Dementia Friends: <https://www.dementiafriends.org.uk/>

Please contact Liz Leggo at SSALC with any further queries, who can put you in touch with local Dementia Champions to run Dementia Friends Information Sessions, or direct you to your local Dementia Action Alliance.





The Henfield Haven



- ▶ A day centre in Henfield was to be closed by the County Council
- ▶ The community of Henfield did not want to lose this valuable asset so set up a Community Interest Company
- ▶ Runs day centre activities for those with dementia
- ▶ A Sussex-based charity - Impact Initiatives - operates the Haven
- ▶ Donations from parish councils
- ▶ A real example of the power that can be generated by a community in action

Follow-up Questionnaire

- ▶ Consulted:
 - ▶ West Sussex County Council
 - ▶ CCGs
 - ▶ Voluntary Sector
 - ▶ Local Councils
- ▶ Sending out via SurveyMonkey
- ▶ Results will inform any future work or funding applications

Summary

- ▶ Studies have shown that lonely individuals visit their GP more frequently
- ▶ Councils are aware that they could do more
- ▶ This work demonstrates examples of what councils *could* do
- ▶ Opportunities around:
 - health and wellbeing and prevention of social isolation
 - working with the voluntary sector
 - transport schemes
 - use of facilities
 - supporting or joining PPGs
 - promotion and communications

To our knowledge this is not something that has happened elsewhere in the country and this collaboration presents an opportunity to provide better support for our communities



Thank you
Any questions?



Towns & Parishes Serving Communities