

Health and Wellbeing Task Group

Wednesday 5th July 2017, 10:00am

B8, Durham Dales Centre, Stanhope

Attendees:

David Taylor-Gooby (DT-G)	WAP Board Member (Chair)
Beryl Brown (BB)	Stanhope Community Centre
Helen Crowther (HC)	Weardale Practice
Jean Bowes (JB)	Weardale Community Partnership
John Bell (JBe)	Weardale Community Transport
Liz Jordan (LJ)	Durham County Council
Lynne Grange (LG)	Managing Money Better
Nicky Tulloch (NT)	Alzheimer's Society
Oscar Watson (OW)	Durham Dales Centre
Ross Hetherington (RH)	Durham Dales Health Federation
Sue Carr (SC)	Durham County Council
Angelina Maddison (AM)	WAP Coordinator
Christine Davison (CD)	WAP Community Development Project Officer
Fiona Barber (FB)	WAP Support Officer

Apologies:

Dave Sugden	Wolsingham Parish Council
Frances O'Riley	WAP Board Member
Helen Wightman	Citizen's Advice Service
Jane Henderson	Wolsingham Parish Council
Jennie Garrod	WAP Forum Member
Marnie Ramsey	Wellbeing for Life
Olive Wilson	Witton-le-Wear Parish Council
Pat Clarke	Forum Member
Peter Maddison	Durham Fire and Rescue Service
Tim Wright	Public Health, Durham County Council

Distribution List:

Barbara Hughes	WAP Board Members (21 members)
Cliff Pringle	Durham County Carers
Craig Morgan	Homegroup
Dave Hall	Teesdale Action Partnership
George Richardson	Durham Dales Health Federation
Gillian Welsh	Durham County Council
Glenn Robinson	Durham Dales Centre
Pam Forbes	Durham County Council
	WAP Forum Member
	Hunstanworth Community Association
	Muggleswick Parish Council
	Stanhope Parish Council
	Witton-le-Wear Parish Council
	Wolsingham Parish Council

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1. Introductions, Apologies and Declaration of Interest

DT-G welcomed members to the Task Group. Introductions were made around the table. Apologies are recorded above.

As no Declarations of Interest were raised, DT-G requested that any conflicts be notified during the meeting as appropriate.

2. Terms of Reference

Terms of Reference are to be distributed electronically to Task Group Members with the notes of this meeting.

3 Discussion of Background Data

Delivery Plan

AM described the process of gathering the information contained in the Delivery Plan. The Board have considered the issues facing residents of Weardale and decided to concentrate on 4 priority areas. Task Groups have been convened to discuss these issues and identify ways to address them.

Although some methods of gathering information had a very low response rate it is sensible to take the views of those who did respond and work to address the issues raised.

Funding Available

The Area Budget available for the Weardale Action Partnership (WAP) to address its priorities is £100,000. The WAP Board have agreed not to split this evenly amongst the priorities (as a lot of projects can be considered to be cross-cutting) but to look at the proposed projects and then make a decision.

Funding of £10,000 is available for projects to tackle issues surrounding Welfare Reform. There is also funding of approximately £10,000 to be spent on Young People.

Task Group Members and Board Members must also be aware of the need for a Capital / Revenue split of 20 / 80.

County Councillors also have a Neighbourhood Budget which is allocated entirely at their discretion. However, if they like an Area Budget project they may wish to contribute towards it.

Using the expertise of the Partner Agencies and the WAP team a lot of work is put in to find ways of bringing in more funding to projects.

Weardale Health Infographic

Task Group members discussed an infographic showing statistics for the Weardale area (a copy is included with these notes). Although this is useful information AM stressed the need for the Weardale Practice to be consulted to see if the issues highlighted in the document are actually issues for Weardale residents.

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HC advised that statistics don't always show the true picture. For example, the GP practice is now recording people as being a carer so the statistics for this year would show a large increase in carers in Weardale when in reality it is simply a change in reporting methods.

Mental Health appears to be an issue in Weardale. However, acknowledgement of the condition and therefore diagnosis is not easy. The ability to self-refer to organisations helps in part to remove the stigma.

Identifying the Gaps

Smaller issues / gaps are constantly being dealt with by using a common sense response and often have little need for additional funding.

The Wellness Coordinator is very successful and her work has led to a reduction in costs and has helped to save lives. For example, 225 people have been screened so far for irregular heartbeats and 4 diagnosed as having one. The post is managed by HC at the Weardale Practice using a clinical model but the employer is the Durham Dales Health Federation.

AM advised that, in principle, WAP can fund this project again but advised that WAP would be looking for match funding to be obtained.

DT-G declared an interest as the Chair of the Primary Care Commissioning Committee.

LJ stated that she understood that the role was to have a broader remit than the medical and clinical aspect and wondered if this had happened. HC confirmed that the role covers health and social, lifestyle, screenings, referrals etc. For example the Wellness Coordinator will refer clients to the Fire Service for smoke alarm checks etc.

Decision: The Task Group agreed to look at this project further. AM requested a proposal for this project be worked up to include other avenues of funding.

Games for the Brain

NT described 'Games for the Brain' a project designed to help sufferers of Dementia and their carers. It is a light activity session which can be undertaken sitting down if necessary. It is good for hand-eye coordination and is also beneficial to the carers to prevent them from feeling isolated. The sessions are a friendly competitive environment.

There are sessions running in Barnard Castle and Bishop Auckland and the model works well.

NT stressed that the project needn't be Dementia specific – it could encompass a wide range of people.

AM asked if it would be possible to get an idea of the numbers of Dementia sufferers in Weardale – HC advised she would see if this was possible.

Decision: WAP team to work with the Alzheimer's Society and

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Weardale Community Transport (as transport is often an issue) to look at the potential cost of the project.

BB declared a potential conflict of interest as Stanhope Community Centre may be used as a venue.

Health and Wellbeing Workshops

OW advised the group of a taster event 'Feel Good Festival' he is organising at the Durham Dales Centre. Different Alternative Therapies practitioners will offer taster sessions in various rooms of the Durham Dales Centre. Those practices which prove popular will be invited back on a regular basis. No funding is required for this event but OW requested the help of the group in promoting the event.

Decision: WAP to promote the event when further details are available

Prescription Collection

BB advised that she had received a call from someone in the Upper Dale asking for help in collecting their prescription. AM advised that this has been raised an issue before but after discussions with the Weardale Practice it seemed to be resolved. HC advised that a bigger issue is the cessation of the Volunteer Driver scheme

There is a Dial and Ride service which operates on Wednesdays and Fridays but this is only in Stanhope.

Decision: AM to investigate the issue again and see if there is a need.

Managing Money Better Scheme

SC and LG informed the group of the Managing Money Better scheme which looks at fuel bills, Warm Homes discount etc. A lot of people are on the wrong energy tariffs. The only gaps identified by the scheme have been a lack of referrals. They asked for the groups help in publicising the scheme and raising awareness.

Decision: AM to make introductions with Rural Advice Worker

Wellbeing for Life

Participants in the Wellbeing for Life scheme do not want the activities to cease when the Wellbeing for Life programme ends. Part of the Wellbeing for Life programme was to ensure that Durham Community Action underpins activities to ensure groups are self-sustained.

Decision: AM to explore what happens to these groups when Wellbeing for Life ends

Nature Activities

OW advised that the Durham Dales Centre is looking to establish a Community Bee Club. People will be given a beehive and a colony to look after in association with a beekeeper.

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4. Moving Forward

AM advised that the following projects will be presented to the WAP Board for their consideration at the meeting on 13th July.

- Wellness Coordinator
- Games for the Brain

5. Date, Times and Venues of Future Meetings

Thursday 17th August, 10:00am, Durham Dales Centre, Stanhope (Room to be confirmed).