**MEETING OF THE UTTLESFORD HEALTH & WELLBEING BOARD – 11th January 2022**

**Via Zoom**

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| **Present:**  Marc Davis (Chair)  Rachel Lewis & Courtenay Mosely (Active Essex) Alison Wilson (Chief Officer, Mind in West Essex) Kate Robson (Manager, CA)  Ian Tomkins (WXCCG)  Paul Chambers (Touch Point Stansted) Lizzie Petrie (Manager, Volunteer Uttlesford) | Stephanie Maxwell (Coordinator, Uttlesford Foodbank)  Jen West (NHS)  Kim Clarke (Social Prescriber)  Sharon Schaffer (Support4Sight)  Nadine Lazzarotti (Deputy Team Manager – Older Persons Team)  Olivia Timotheou (WX Adult Inclusion Project) |

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| **Officers:**  Fiona Gardiner (Communities, Health & Wellbeing Manager)  Dave Toombs (Senior Health Improvement Officer)  Kerry Vinton (Partnerships Officer)  Fleur Brookes (Safeguarding Officer)  Faye Marriage (Senior Health Improvement Officer)  Lucy Fish (Health Improvement Officer)  Andy Luck (Senior Environmental Health Officer) | **Apologies:**  Danielle Frost (EALC)  Lesley Hanks  Marcus Watts (  Cllr Petrina Lees (Deputy Leader of the Council & Portfolio Holder for Housing, Health & Wellbeing)  Di Passfield (ECF&RS)  Clive Emmett (CEO, CVSU)  Cathy Cohen & Leanne Dovey (Alzheimer’s Society)  Karen Wheeler (Provide) |

**H&WB1 NOTE OF THE LAST MEETING 19th October 2021**



The minute was agreed as an accurate record.

**H&WB2 COVID-19 UPDATE – IAN TOMKINS WEST ESSEX CCG**

Ian Tomkins briefed the Board on vaccinations programme in Uttlesford.

79,037 people eligible for the vaccine in Uttlesford 84.8% have received their booster, there remains 9,384 people who still require a booster.

The weekly capacity for vaccinations in Uttlesford is currently around 9,000 per week, the update has been very good compared to other areas.

In the over 40yrs age group there appears to be a slightly lower take up in Flitch Green, Little Dunmow and Great Dunmow compared to other wards across Uttlesford. In the under 40yrs group Takeley ward is indicating a lower uptake.

The vaccination centres at the LBLC and Stansted Surgery continue to operate with the thanks to the hard work of volunteers. Thaxted Pharmacy was now available for vaccinations and more local pharmacies were being sort and would be commissioned by NHS England who will perform all due diligence before they come online.

A pop-up clinic was set up at Stansted Airport to allow airport employees to access vaccinations.

A huge vaccination take up occurred before Christmas, especially from those who became eligible for the booster. Numbers have since dropped off - one reason being the 28 day wait after testing positive for COVID19/Omicron or had the view that after having tested positive no longer required the jab.

Plans to vaccinate vulnerable 5-11yr olds were being put in place.

Testing had been an issue leading up to Christmas, both LFT and PCR tests had been in demand putting a strain on availability, the government has now addressed the logistics of getting stock to suppliers – 3000k LFT kits were available per day to order online or via 119 from 10th January. The figure went up 1million per day and local pharmacies have now had their supplies.

From 10th January critical workers had been asked to test daily.

Care staff, GP practices and NHS staff should now be able to access LFT through their normal routes.

The demand on PCR testing had been helped with the temporary suspension of complementary testing after testing positive on LFT, unless you have COVID symptoms. The number of labs processing the PCR test had been increased to ensure quick turnaround of results.

Hospitals had been impacted on staff availability and are currently running an Operational Pressures Escalation Level (OPEL) rating of between 2-4. Pressures remain across the health system, including GP practices.

Plenty of booster vaccinations available, and the local team had been proactive following up all clinically vulnerable residents who had not had their jab. 15,000 vaccinations were administered over six days leading up to Christmas, thanks again to all volunteers, practice staff, leisure centre staff and district council for the support.

**H&WB3 WEST ESSEX HEALTH INEQUALITIES – IAN TOMKINS**

Through the One Health & Care Partnership**,** the coming together of districtand county councils and health organisations across West Essex - the Health inequalities and prevention group focussing on four areas of wider determinates of health following the Robert Wood-Johnson model, including health behaviours/lifestyle, socio economic, clinical work stream and built environment – Fiona Gardiner represents UDC on the OHCP, as is the voluntary sector.

**Action: Ian Tomkins to share a OHCP briefing note with the Board**

The timely development of the OHCP works well with ECC’s update of the JSNA and Health & Wellbeing strategy, as well as the districts looking to update their own Health & Wellbeing strategies.

COVID has enabled closer network working between partners which will be of benefit to taking the work of the OHCP forward.

The Herts and West Essex Integrated Care System and the abolition of the CCGs, due to be introduced from 1st April 2022, will be delayed until 1st July 2022. This is largely due to the parliamentary timetable with the Health and Care bill still going through Parliament and to avoid taking key people away from priority work.

Rachel Lewis highlighted the excellent representation from Uttlesford on the lifestyle and active behaviours group and invited anyone else to join in the conversation and meetings.

The Chair asked for assurance that all the partners delivering the good work are aligned to enable local outcomes.

**H&WB4 HEALTH & WELLBEING TASK & FINISH GROUP – MARK DAVIS**

Marc Davis reminded the Board of the task and finish to look at healthy lifestyle choices.

Due to the vaccination programme the task and finish group had been put on hold.

Some good news in North Uttlesford - three new Health & Wellbeing Coaches had been appointed, with a start date of w/c 25th January, bringing with them an assortment of skills i.e., physical activity, nutrition and healthy lifestyle expertise, using the nudge theory of support and encouragement they would be encouraging people to become more active.

**H&WB5 TOUCH POINT STANSTED – PAUL CHAMBERS**

Paul Chambers, one of the original founders of Touch Point Stansted updated on the activities being delivered by the new community charity. The opportunity to enhance the community good during the pandemic, by looking at what the community might want and make better use of community assets i.e., Community Day Centre – the results of research highlighted that of the 10,000 people living in Stansted, many did not know it had a Community Day Centre or knew where it was.

The importance of developing the community hub at the heart of engagement and opportunity, with the community café, was launched in July 2021. The café was open one day per week, hot drinks and meals were free of charge for those on benefits, designed to remove barriers to engagement. Before the latest pandemic restrictions, the café had received 100 visitors on a Thursday, some stayed the whole day, some a few hours enabling engagement across the generations, which highlighted the relevance of the hub to everyone within the community.

The aim of the community café was to build some of the support services up i.e., transport links to ease accessibility and tackle social isolation. A small office space was available for organisations to use, Citizen’s Advice have installed a video link for residents to access, Peabody trust had delivered some outreach and Open Door had expressed an interest in placing youth counsellors in the hub.

In recognition of what members of the community had asked, the following had been set up:

* Contact was made with St Clare Hospice and the bereavement café was launched in November 2021 monthly, but it is being considered extending it to bi-weekly, offering an evening option for those who work.
* A singing for all group has been set up for those who want to sing, including those living with dementia
* A walking group
* A women’s AA group
* Friendship Dogs
* Adhoc topics – Fraud Scam Alerts
* Regular visits from PCSO

Future aspirations were to do some targeted work with the local community, working with Citizen’s Advice colleagues on Attendance Allowance, and then look at activity based projects to engage with men and youth projects to ensure The Hub is full of people at different times of the day. Conversations continued with Amazon in the Community Hub regarding a community fridge, with the aim to work in partnership with Human Roots and an NHS dietician to put together some healthy eating videos and cookery demonstrations.

Stansted Touch Point can be found on Uttlesford Frontline and some service users were now becoming volunteers, building their own self-esteem from giving. The hub was successfully building its brand awareness having become charity of the year for one of the local pubs’ weekly quiz. In December there were 7,700 hits on Facebook with 2,000 interactions from the hits. Outside of social media there have been leaflet drops and an open day is planned to show case the opportunities on offer.

A grant from The National Lottery had helped with the refurbishment of an adjacent room allowing more space for visiting outreach from other agencies i.e., Mind in West Essex.

The Chair applauded the progress of the project, asking if other communities wanted to develop something similar - could they take the opportunity to learn from the mistakes and achievements Stansted Touch point had made. He added it also aligned with the UDC CEO’s vision that the public had access to community hubs in their own towns/villages where they could interface with local services. Fiona Gardiner reported it had been the aim to replicate the Stansted Touch Point project into other Community Day Centres across the district, this had faced some obstacles but was moving forward.

Citizen’s Advice also had video links in The Old School House in Takeley and Gt Dunmow Library and extending access in Thaxted.

Thanks went to Dave Toombs for his ongoing support with Touch Point, and the Cahir welcomed Faye Marriage back from her maternity leave.

Stansted Touch Point intention was to continue to build a trusted relationship/partnership with UDC Communities Team and Economic Recovery aligning their objectives with the strategic priorities delivering from the ground up.

**H&WB6 ADAPTION GRANTS – Andy Luck, Senior Environmental Health Officer**

Uttlesford District Council administer two types of grants for housing adaption

* Disabled Facility Grant – funded by the Better Care Fund
* Discretionary Assistance Fund

The Board were invited to comment on the current Home Repairs Assistance Policy Summary found at the end of the document (Appendix A) [aluck@uttlesford.gov.uk](mailto:aluck@uttlesford.gov.uk) with the aim of using the Board in the consultation process whilst the policy is under review.



It was apparent the public are not aware of the assistance grants available to homeowners, believing they were only accessible to council properties.

Citizen’s Advice asked for some clarity around the entitlement to grants for those in shared-ownership properties, they also asked for some flexibility when working with clients who have no fuel/energy the time it takes to get three quotes for a grant application – it was recognised there were instances where cost was relatively inexpensive and urgent and with an agreed grant limit could by-pass the three quote criteria.

The offer was made to deliver a more formal presentation once a working draft of the policy was available.

The Chair suggested a small task and finish group may be able to help progress the review, with the inclusion of the Social Prescriber Link Workers as key participants.

The Foodbank requested an information flyer to promote the grants for inclusion in the food parcels.

The enforcement element of the Environmental Health role can assist those renting to have work/maintenance done when their landlord had not taken responsibility, although it was made clear some renters would be reluctant to approach the council in fear of losing their tenancy, often engaging an intermediary can be the preferred route to approach a landlord.

Mind in West Essex asked for some information around the grants to enable the four mental health coaches working in Uttlesford to share with clients.

**Action: Andy Luck to share any leaflets or promotional material regarding the adaptation grants available with the Board**

**H&WB7 ADULT INCLUSION PROJECT - Olivia Timotheou, Adult Disability Inclusion Officer – Epping Forest District Council**

Olivia Timotheou presented on an inclusion lifestyle project – available to adults 18yrs+ living with a learning disability and or Autism residing in West Essex or attending a GP Surgery within West Essex. The project aim is to improve the wellbeing of participants by setting up a buddying scheme to allow those with a disability to access activities or start a hobby they may not have otherwise had the confidence to join. Referrals can be through Frontline, Social Care, Colleges and there will be the option to self-refer.

The recruitment of buddies will start shortly, with a project launch in February/March 2022.

Citizen’s Advice offered to deliver basic benefit awareness to the buddies to enable them to have an awareness that may be useful for those they are paired up with.

The UDC Communities, Health & Wellbeing Team would be happy to support the project across Uttlesford.

Vaccination sessions for those with Autism and learning difficulties were hugely successful, it was recognised that had the project been available patients could have been signposted to it.

Stansted Touch Point expressed an interest to link up with the project.

Celebrating Diversity Across Uttlesford – Community Listening Event, the intention is to hear from members of our community and/or those supporting them who would be happy to share their experience of living with disability, how it impacts them and how the community coming together could make Uttlesford a more accessible place to live. A number of agencies had been invited to attend or perhaps nominate someone who uses their service, or even carer or family member who would be happy to take part in this informal but hopefully informative session.

It will be a virtual event, 27th January 2022 for approximately 2hrs starting at 4pm.

**H&WB8 UPDATE FROM PRIORITY LEADS**

**AGE WELL – Lucy Fish**

A huge thank you went to the social prescribers and Stansted Touch Point for their referrals into the Strength and Balance programme. The Social, Active, Strong project was funded by EPUT and provided classes for those with balance issues – currently seven classes per week were delivered across the district with an average of 50/55 participants attending the 12week programme. On completing the 12week programme a transition session has now been introduced. People’s strength and progress has been evident whilst attending the programme.

Funding had been secured to continue in 2022/23, referral can be made via Frontline.

The action plan for Uttlesford Dementia Action Alliance had been amended in line with the restrictions brought about by the pandemic. Since restrictions had eased 9 dementia groups had been established or resumed with successful partnership working to make them happen.

A campaign to deliver more Dementia Friends Awareness sessions resulted in more members of the Community Policing Team and UDC frontline staff attending the session.

It was the aim to reintroduce the Dementia Awareness Packs, the packs can be distributed through the Community Policing Team or be made available to promote at any public event, the information enclosed would signpost those looking for support.

**EAT WELL – Dave Toombs**

Key partners had been meeting for approximately a year, to take forward the aspirations of the group. Dave Toombs would be meeting with Sustain who would help the food alliance to develop their networks and advise of the implementation of proposed projects i.e., a community fridge.

**WARM HOMES – Kate Robson**

Citizen’s Advice reported the organisation was working as a single point of access for issues related to warm homes. Clients approached CA when they either did not have heating i.e., an emergency response in terms of replacing a boiler or they did not have the finance to pay for heating. The impact of removing the Universal Credit uplift and the rising cost of fuel had affected many clients financially, for example - the cost of buying 1,000 litres of oil in 2021 would now only amount to 500 litres in 2022.

Citizen’s Advice wanted to make the Board aware there was financial help available for those struggling to heat their homes i.e., The Essex Household Support Fund and with a target approach CA identified 80 of the most vulnerable families who would benefit from the support but invited Board members to make a referral to them of anyone they were aware of that needed the help.

Mind in West Essex also had access to the Essex Household Fund and would be happy to support clients in need, who may not qualify via the CA route.

UDC and CVSU have some warm homes support also available to those in need.

Warm Works was another organisation, although not available to those who rented but accessible to landlords.

Stansted Touch Point offered to promote the eligibility for warm homes support and signpost to CA.

Fiona Gardiner suggested a task and finish group come together to focus on warm homes, ensuring all partners are engaged and exchange product knowledge, referral pathways, good practice etc.

**Action: Fiona Gardiner to initiate Warm Homes T&F Group – members to include UDC Communities, Health & Wellbeing, CA and UDC Environmental Health and other interested parties.**

**PHYSICAL ACTIVITY / ACTIVE UTTLESFORD – Courtenay Mosely**

Find Your Active continues with the support of a newly recruited West Essex Find Your Active Community Connector, their role is hosted by Rainbow Services, Harlow, and they will be linking up with local activity groups and key health and wellbeing colleagues across West Essex.

To extend the Find Your Active reach, a workplace option had been launched - a launch webinar was to be held on 12th January 2022.

[**https://www.activeessex.org/find-your-active/find-your-active-workplace-edition/**](https://www.activeessex.org/find-your-active/find-your-active-workplace-edition/)

Strength and Balance booklets available online, physical copies were also available contact Courtenay Mosley [courtenay.mosley@activeessex.org](mailto:courtenay.mosley@activeessex.org)

Active Uttlesford were to host an event in the next couple of months, with the aim to bring more sports, activity clubs together and engage with to share the latest information from Sport England.

**SOCIAL ISOLATION – Note provided in the absence of Clive Emmett**

The Community Responders continue to work hard to support isolated and vulnerable residents. CVSU help to provide support with prescriptions and shopping for isolated, and self-isolating residents, with number steady of request for assistance.

CVSU are averaging 8 complex case referrals per week for residents experiencing particularly difficult times, with some of those being supported to prevent hospital admission, or support hospital discharge.

Through the call companions’ volunteers, CVSU are still providing weekly telephone contact for over 100 people and need to recruit additional volunteers.

As a result of the Household Support Grant being made available, several people experiencing extreme hardship and financial crisis have become known to the service.

Community Responders Jake and Lindsay are providing home visits and individual action plans to support resident’s needs, providing direct assistance, and signposting to other agencies as appropriate.

Through the Safer Home strand of work, CVSU can affect some basic home repairs, and with volunteer support have been tackling hoards both inside and outside the home.

CVSU have installed 14 keysafes for carer access and continue to provide this free service.

The Friendship Dog visits continue to provide a vital connection for the most isolated and CVSU see consistent improvement in feelings of connection and wellbeing after six weeks. After the friendship visits conclude, transitioning residents onto the Walking Buddies scheme has been made where appropriate, to build on the gains made and further belonging.

Community activity groups continue, with the Dementia Cafe well attended each week in Dunmow. Social Prescriber Aaron visits monthly to assist residents and carers ensuring they access all the support they need.

After a COVID shutdown pre-Christmas, the Cornell Court groups have resumed this week, with a Friendship group on Monday, TEC Mates on Tuesday, Shed Inside on Wednesday and COVID Recovery on Thursday.

The pay it forward pilot scheme in Dunmow has been a big success, supported by Meadow Hill and local residents. Customers buy an additional drink for someone who might be having a bad day, or just appreciate kindness. It is the aim to roll this out to other locations in the district.

CVSU continue to directly support the running of both the Dunmow and Radwinter Friendship groups.

**MENTAL HEALTH – Alison Wilson**

The Suicide Awareness Hub <https://www.suicideawareness.org.uk/> continue to deliver training sessions, course available to booked are available until April 2022.

In the new financial year there would be some outreach for the Crisis Sanctuary in Uttlesford, more details to follow.

A new Peer Support service was about to launch.

**AOB**

Faye Marriage welcomed the prospect of working with old and new faces now she had returned from maternity leave.

Lucy Fish shared the news of her new job role and thanked Board members for the support over the last 5years. The Chair thanked Lucy on behalf of the Health & Wellbeing Board for her contribution and wish her well for the future.

Uttlesford Frontline Q3 referrals 819 up 18% on same quarter last year. Signposts Q3 Uttlesford - 1035 back to pre-Covid levels. Top referrers for Q3 were Social Prescribers, Citizen’s Advice, Foodbank, United in Kind Coach, Essex Police. Top receiving referees: Foodbank, Citizen’s Advice, Adult Mental Health, Essex Befriending.

**Meeting dates 2022.**

All meetings will start at 10am and hosted by TEAMS, with a plea from the Chair to move to a hybrid option to allow physical and digital attendance.

**Action: Fiona Gardiner to explore the option of having a physical meeting in the District Council Offices and report back to the Board.**