**MEETING OF THE UTTLESFORD HEALTH & WELLBEING BOARD – 19th October 2022**

**Committee Room, UDC Offices London Road Saffron Walden**

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| **Present:**  Marc Davis (Chair)  Rachel Lewis (Active Essex)  Kathleen Cunnea (ECFWS)  Esther Richards (Adult Social Care)  Alison Wilson (Mind in West Essex)  Ros Sonderskov (Alzheimer’s Society)  Clive Emmett (UCAN) | Stephanie Maxwell (Uttlesford Foodbank)  Kim Clarke (Social Prescriber)  Ian Tomkins (WXCCG)  Angels Beresford (ECF&RS)  Louise Howard (Uttlesford Health-Nth PCN)  Amanda Goullee & Leigh Wetton (Community Matron-SW Hospital) |

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| **Officers:**  Fiona Gardiner (Communities, Health & Wellbeing Manager)  Faye Marriage (Senior Health Improvement Officer)  Fleur Brookes (Safeguarding Officer)  Kerry Vinton (Partnerships Officer)  Marcus Watts (Environmental Public Health, UDC) | **Apologies:**  Kate Robson (Citizen’s Advice)  Paul Chambers (Touch Point Stansted)  Cllr Mike Tayler (UDC)  Sarah Alderton (Public Health-ECC)  Lyn Mowforth (Provide) |

**H&WB1 NOTE OF THE LAST MEETING 27 July 2022**



The minute was agreed as an accurate record.

Cost of living event outcomes to be picked up in the discussions regarding the Health & Wellbeing Strategy.

**H&WB2 HEATH & WELLBEING BUDGET – FAYE MARRIAGE**

Approximately £50k in the current budget, some of which is carry over, with no new funding identified, however, a public health meeting was due be held on 20th October 2022 may confirm future public health funding.

The revised H&WB Strategy could open the opportunity to identify new funding streams to bid for in order to support the actions coming out of from the themes.

**H&WB5 UTTLESFORD HEALTH & WELLBEING STRATEGY 2023-2028 – FAYE MARRIAGE**

Faye Marriage delivered an update on the development of the strategy from the workshop in July, the draft document that had been shared with partners and public consultation.

There were no public responses to consultation, further comments from partners had been received. The draft would be shared with senior officers before presented to cabinet for approval and adoption in December 2022.

The document provides the evidence base and the information to support the work the board aims to do over the next 5years in the short, medium and long term.

Question raised: did the board want to consider working groups to take work forward or continue with theme leads or champions as in previous years?

The Chair asked the board to acknowledge the huge effort Faye had made in producing the draft strategy, he went on to ask if the strategy was required to go through any governance with statutory partners i.e., NHS alignment with the wider Essex Health & Wellbeing Strategy and the other West Essex districts. It was highlighted that this strategy follows a similar approach to Harlow and Epping Forest’s new/draft strategies and the Essex Health & Wellbeing Strategy 2022, which focuses on a Robert Wood Johnson approach.

Once adopted the Uttlesford H&WB strategy would help inform the ICS and the Health & Care Partnerships.

**Members of the H&WB Board considered each key priority to in terms of**

* **What we will do in the short/medium/long-term**
* **Establish any working groups**
* **Establish whether there will be champions/a lead person from the Board**

The chairs’ view was to restructure and organise the board around the five priorities, set up working groups tasked with comprehensive action plans – a working document the board would monitor and be accountable for.

**Priority 1: Improve and support mental wellbeing**

The challenge had been to locate mental health evidence and information to highlight the key issues particularly in young people, but adults as well. A workshop would be considered to allow partners and other theme groups to share data and other information routes.

Task & Finish Working Group – A Wilson, I Tomkins & K Clarke to consider the following discussion points;

* To liaise with Public Health & others i.e., IAPT, EPUT, ECVYS, Mental Health Practitioners, to ascertain more health data to inform MH provision across all age groups in Uttlesford
* To identify, explore & engage with established MH forums to support the delivery of local provision via local drivers
* Map current provision – Consult on what MH provision would the public want – Identify the gaps – Deliver the gaps

**Priority 2: Enable people to live healthy, active lifestyles throughout their lives**

Task & Finish Working Group – F Gardiner, R Lewis, I Tomkins & C Emmett plus Health & Wellbeing Coaches to consider the following discussion points

* A further list of priorities (not exhaustive) Physical Activity – Healthy Eating – Long Covid – Sexual Health – Alcohol/Drugs to be explored under main priority work stream
* Mapping & Campaigning services across West Essex identifying which would work for Uttlesford, including exploring existing groups West Essex Health Inequalities & Prevention Committee (renamed Health Equity Action Group)
* Accessibility and Access to services a key concern
* Align local activity i.e., Health & Wellbeing Coaches. Capitalise on and influence the recently reviewed Essex Health & Wellbeing Board (Chair Cllr John Spence), without losing local intelligence and drivers
* Regain confidence in ECC activity i.e., commissioning of services
* Target resources around areas of deprivation in terms of socio economics
* Continue conversations around the built environment and the local plan
* Make recommendations to Uttlesford H&WB Board

**Priority 3: Build healthy, resilient, active communities**

Task & Finish Group – F Marriage to invite a UDC planning officer to the next H&WB Board

* The built environment – feed into the West Essex Built Environment Group
* No local plan to drive actions, link in with existing forums looking at this priority to influence future development and design codes/guides i.e., on dementia
* Funding to support retrofitting homes
* Cater for residential nursing home placements for local residents
* Accessibility i.e., transport
* Dialogue with faith-based organisations regarding the refurbishing existing building to make them more multi-functional and adaptable to local need
* Uttlesford Cultural Strategy could support development of action plan

**Priority 4: Alleviate pressures associated with increased costs of living**

Task & Finish group – F Gardiner to explore & link with ECC

* Presentation on Sustainable Warmth – Marcus Watts



* M Watts to share sample Residents Letter, Posters & Flyers for Energy Efficiency Grants for vaccination centres



Take up for scheme had been poor with less than 100 properties being successful. The poorly devised scheme had been brought to the attention of MP level interest.

If residents were to make an application now, if work was delayed/and or not started by the end of March 2023, it was hoped they would be swapped onto a new scheme.

Utilise the vaccination centres to share the warm homes information.

**Priority 5: Improve access to services and facilities**

Task & Finish Group - F Gardiner, F Marriage, M Davis, E Richards, C Emmett to consider the following discussion points;

* Primary Care Networks, Hospital Discharge, Transport key concerns
* Digital Inclusion – all GP surgeries now on 5G to the door

**In Summary:**

Focused workshop sessions to be arranged to develop/scope the initial action plan for each priority, ensuring those crucial to the discussions are invited.

**H&WB6 REVIEW OF H&WB BOARD MEMBERSHIP & DISTRIBUTION LIST**

The suggested strengthening the mental health representation.

**Action: A Wilson to explore inviting Stephanie Rae and IAPT**

**H&WB7 UPDATES FROM PARTNERS**

**ECF&RS** now delivering a Winter Warmers campaign, looking for locations i.e., on-call fire stations, libraries where residents can call in and while there be signposted to agencies for any additional support – accessing the warm spaces my still be an issue to some residents.

UDC would be supportive of a longer-term warm space strategy, initial conversations have been had with local town/parish councils to collate what is already in place for warm hubs within their community.

Essex Map – special button on the map to add a location.

**Active Essex** informed the board of an EEC Warm spaces grant of up to £1000.

R Lewis asked board members if they were aware if there was a need for an FGM project in district.

**UCAN** with other West Essex CVS colleagues had been successful with a proposal put to the ICP/PAH/EPUT & others as part of the winter warmth campaign to deliver a hospital discharge service, this was approved and will run until the end of March 2023. The recruitment of 4-6 hospital based acute social prescribers is now in place to support the discharge team with low to medium discharges from PAH & Addenbrookes. The project will link in with existing schemes that will support a successful discharge from hospital.

In partnership with St Mary’s Church Gt Dunmow, The Hub and UCAN there will be a Community Fridge, stoked with fresh fruit & vegetable, milk, cheese, it will also be available to the Foodbank to support their clients.

**Action: C Emmett to provide contact information for the acute social prescribers once recruited and in place**

**Mind in West Essex** have a new space on Saffron Walden High Street – open invite to come in for a visit.

**Meeting dates 2022**

F Marriage announced she would be leaving for maternity in December.

* 18th January 2023, 10am – Committee Room, UDC Offices, London Road, Saffron Walden CB11 4ER