



Minutes of a meeting of the West Norfolk Healthier Communities and Older People Partnership held on Thursday 27th September 2007 at 2.00 pm in the Committee Suite, Kings Court, Chapel Street, Kings Lynn

Present:

- Kate Gordon (Chair) - Queen Elizabeth Hospitals Trust
- John Rees - Norfolk PCT
- Eddie West-Burnham - West Norfolk MIND
- David Harwood - Borough Council of Kings Lynn & West Norfolk
- Peter Morris - West Norfolk Voluntary & Community Action
- Joanne Haws - Norfolk PCT
- Ben Hunter - Borough Council of Kings Lynn & West Norfolk
- Sue Lowe - Age Concern West Norfolk District
- Julia Little - Marshland High School
- Kay Ingram - Norfolk & Waveney Mental Health Partnership
- Charles Hare Winton - Norfolk Childrens Services
- June Stokes - Adult Social Services (for Ray Boateng)
- Jane Evans - West Norfolk Carers

By Invitation:

- Professor Kopelman - University of East Anglia

Supported by:

- Sarah Dennis - Democratic Services

Apologies for absence were received from:

- Tom Makin-Bell - Help the Aged
- Ray Boateng - Adult Social Services – Western Area
- Gill Daniels - Skills and Learning Group
- Sian Kendrick-Jones - Norfolk PCT

		Action
1	<p>Apologies and Introductions</p> <p>The Chair welcomed everyone to the meeting and extended a special welcome to Professor Kopelman from the University of East Anglia.</p>	

	Apologies were as noted above.	
2	<p>Minutes of the Last Meeting held on 23rd August 2007 and Matters Arising</p> <p>The Chair explained that Martin Slater had successfully obtained a second years funding for the Older Persons Activity Project, run by Roger Partridge.</p> <p>The minutes were agreed as an accurate record.</p>	
3	<p>Chairs Correspondence</p> <p>The Chair highlighted a county wide initiative which would see the launch of meetings surrounding health inequalities. She would be attending the briefing on 3rd October 2007. There would be another session on 16th November 2007. The primary purpose of the programme would be to increase the involvement of the public in physical activity.</p> <p>John Rees expressed concern that there had been a great deal of reports published outlining health inequalities, but very little action. The Chair supported this view and explained that Dawn, the data observatory provided all the evidence required.</p> <p>It was AGREED that:</p> <p>1) The Chair to report back on the workshop to the meeting of the Healthier Communities and Older People Partnership at its meeting on 25th October</p> <p>2) The Chair to contact Martin Slater regarding representation of the Partnership at the workshop on 16th November.</p>	<p>KG</p> <p>KG/MS</p>
4	<p>Foresight Project in the Department of Innovation, Universities and Science</p> <p>Professor Kopleman introduced himself and explained he was the Dean of Faculty of Health at the University of East Anglia. He was a clinician with specialisms in diabetes and obesity. He explained that the Health of the Nation report published in 1992 had pledged to reduce obesity in adults from 15% of the population to 8% by 2005. Statistics published in 2005 had shown that 25% of the adult population were regarded as obese. Professor Kopleman reported that obesity in children was also on the increase and although a PSA target had been set to reduce this, it was considered</p>	

	<p>unachievable.</p> <p>Professor Kopelman gave an outline of the work of Foresight, which was based with the Department of Innovation, Universities and Science and was headed by Sir David King. Foresight were tasked by central government to produce reports and develop policies relating to pertinent issues. They were not expected to provide recommendations but to be instrumental in the development of policies.</p> <p>The causes of obesity were being researched, and these would include biological and psychological factors, cost of food and appetite regulation. Research gaps would also be identified and tested against set scenarios. In this way the prevalence of obesity by the year 2050 could be predicted for example.</p> <p>The Chair questioned what could be undertaken at both a practical and local level in order that the public could identify results.</p>	
<p>5</p>	<p>Resources – Project Group and Budget Update</p> <p>The Chair explained that there was nothing to add to the budget from the meeting held on 23rd August. The budget would be discussed at the meeting on 25th October.</p>	
<p>6</p>	<p>Knowledge Transfer Partnership – Update on Progress</p> <p>John Rees reported that Hertfordshire University were unable to provide all the quantitative and qualitative expertise that would be required for the KTP project. The regional assessor would be visiting Kings Lynn on 8th October to meet key people to assess how much support would be available for the project. The assessor would be submitting the bid and not the Partnership.</p> <p>The next stage would be the qualitative baseline survey. John Rees reported he would be meeting with Professor Buckroyd to discuss the type of survey that would be required. This would then need to be financed. The chair noted that external funding could be levered in to support this project.</p> <p>In response to a question from the Chair regarding the work in the rural localities, John Rees explained that Hertfordshire had expressed concerns that the Partnership had taken on too much with both Fairstead and West Walton. Julia Little would be going ahead with the West Walton initiative and had involvement from the schools. Julia reported that they were in the process of setting the priorities in West Walton. There would be a meeting in November to discuss these priorities. John Rees reported that the</p>	

	<p>meeting at Fairstead had been successful with five priorities identified. In response to a question from Ben Hunter regarding the coordination of these priorities, John Rees explained that he would be undertaking this. Ben explained that he was in the process of offering food hygiene training to certain organisations and it may prove useful to try and link the initiatives together.</p> <p>Professor Kopelman questioned whether there would be any links to housing and town planning needs. John Rees explained that the Partnership as a whole would be discussing these types of issues. It was recognised that the infrastructures required to support such work needed to be in place. David Harwood explained that the Urban Development Strategy would set objectives until 2021 and so all the appropriate infrastructures should be in place. In response to a question from Professor Kopelman as to whether this was a nationwide issue, David Harwood explained that it was, and that guidance was needed from central government.</p> <p>In response to a question from Sue Lowe regarding the impact of Foresight on the private sector, Professor Kopelman explained it was important to ensure industry would be involved. For example he considered there to be an increase in the consumer market requiring healthy, cheap and palatable food. Professor Kopelman explained that each aspect needed tackling in a joined up way, and likened this work to the reports issued in 1962 by the Royal College of Physicians that suggested smoking in public could be harmful, although it had only recently been banned. Professor Kopelman explained it could be difficult to encourage participation from the food industry as they were multi national companies.</p> <p>John Rees explained he had invited a number of larger companies that were based locally to the Obesity day held in April 2007, although only McDonalds had attended.</p> <p>There was some discussion around the provision of fruit and vegetables in local shops and the availability of fast food and the impact this had on local communities.</p>	
7	<p>Partnership Action Plan – Priority 1 – CVD / Obesity</p> <p>Joanne Haws update the group on the bid with the pharmaceutical industry to continue the prevention programme. Joanne was in the process of collecting the numbers to support the bid. Joanne explained a prevention programme had been run to educate people around healthy eating and physical activity. It had proved difficult to identify groups at risk and it had been anticipated that 20 people would attend, but final numbers were 6 attendees.</p>	

	<p>Follow up sessions at 6 and 9 months had been carried out and all participants had maintained the changes made.</p> <p>The programme had been run in one locality and it was hoped it could be rolled out across West Norfolk. One of the pharmaceutical companies had expressed an interest in the project and hence the joint work on the bid.</p> <p>In response to a question from the Chair regarding the low attendance, Joanne explained that it had proved extremely difficult to identify people at a practice level. She explained there should be registers of those people with a 20% chance or more at risk of developing CVD over the next 20 years but unfortunately these registers were not in place. The reason for this was a lack of resources.</p> <p>In response to a question from Professor Kopelman regarding the requirement for GPs to collect this information, Joanne Haws explained that this would be the case for those with certain conditions, although the GPs were not required to do anything with the register.</p> <p>It was AGREED that:</p> <p>1) Joanne Haws to continue to provide updates regarding the CVD project</p> <p>2) Links with local sports centres to be investigated regarding the provision of information regarding people at risk of CVD or obesity.</p>	<p>JH</p> <p>JH</p>
<p>8</p>	<p>Partnership Action Plan – Priority 2 – Older People Progress Report</p> <p>Sue Lowe explained that the Older Peoples Group were in the process of determining their priorities. The next meeting would be held on 1st October. June Stokes had identified a funding stream for an Older Peoples Forum. A subgroup had been set up to discuss the Surestart in Later Life project.</p> <p>Sue reported that the Joseph Rowntree Foundation were looking at older persons care and engagement in several areas including Kings Lynn. Age Concern, PCT, Social Services and Go East had attended consultations outlining the Foundation's work.</p> <p>It was AGREED that:</p> <p>The priorities of the Older Peoples Group be brought to the Healthier Communities and Older People Partnership on 25th October 2007.</p>	<p>SL/JS</p>

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Partnership Action Plan – Priority 3 – Mental Health

Beating the Blues

Eddie West-Burnham explained he had recently attended a presentation by Ultrasis, the licence supplier for the Beating the Blues project. It was anticipated the programme would be live from week commencing 1st October. Fairstead Estate would be the priority area. He explained the programme would not be aimed at people with existing mental health problems and highlighted the links between mental health and CVD and obesity.

In response to a question from Jane Evans regarding issues with referrals to the programme; Eddie explained that agencies were keen to refer, although there was some concern that referrals may not be made until results could be seen, although for this to happen there needed to be referrals initially. There were potentially 600-900 patients at Fairstead that would match the criteria for CVD and potentially 200-300 people that could be referred to Beating the Blues.

Social Inclusion / Whole Life Project

Kay Ingram explained that there were a number of mental health policies in existence and a workshop had been held in July in order to identify key priorities. The priorities for the West would be as follows:

- Information, advice and support
- Intervention
- Employment opportunities
- Adequate housing
- Belonging to a social network
- Health and wellbeing
- Skills and development

Kay explained that there were several pledges in place for employers and employees to work on together:

- Create opportunities and support within the work place
- Support access to every day activities
- Information to improve knowledge
- Work around community acceptance
- Support improvement of sheltered housing

Each pledge had a lead to take forward. Kay Ingram and Eddie West-Burnham were looking at the access around social inclusion and activities.

	<p>Kay hoped that the Healthier Communities and Older People Partnership would monitor the progress of the project to ensure the pledges were adhered to.</p> <p><u>Consultation for Adult Mental Health</u></p> <p>Eddie West-Burnham explained there was a document out to consultation around adult mental health, the deadline for comments was 31st October 2007. Eddie explained there was a greater focus on community based work and a move away from the hospital provision.</p> <p>David Harwood highlighted the links between housing and mental health. He explained that the Borough Council were currently considering proposals regarding housing allocations for those with mental health issues. He explained there would be limitations simply due to the limitations of the supply of housing. Eddie West-Burnham highlighted the work MIND were undertaking with Julian Housing.</p> <p>Professor Kopelman left the meeting at 3.28pm.</p> <p>David Harwood reported that there were often issues with affordable housing due to funding from Government Office. David explained that four years ago some 466 properties were required per annum to keep up with demand, this figure was now 786.</p> <p>John Rees highlighted the fact that mental health still had a stigma attached and that many of the issues people took for granted were labelled as a special requirement for certain members of the community for example housing and employment.</p> <p>Eddie West-Burnham explained that 10th October 2007 was world mental health day. Kay Ingram explained that people with mental health problems needed to learn about the issues and manage them, much as a diabetes sufferer would.</p> <p>It was AGREED that:</p> <ol style="list-style-type: none"> 1) Housing issues to be included on the agenda for the meeting on 25th October 2007 and the Head of Housing at the Borough Council be invited to attend 2) The Adult Mental Health consultation document be circulated to members of the Healthier Communities and Older People Partnership for comment 3) An update around the consultation be brought to the Healthier Communities and Older People Partnership on 22nd November 	<p>SD</p> <p>EWB/SD</p> <p>EWB/SD</p>
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10	<p>Food Fortnight</p> <p>The Chair brought members attention to the Food Fortnight brochure available at the meeting.</p>	
11	<p>Any Other Business</p> <p><u>Social Enterprise Investment Fund</u></p> <p>Peter Morris circulated a paper outlining the Social Enterprise Investment Fund which would support organisations which were, or aiming to be a social enterprise and would be delivering health or social care services.</p> <p><u>Improving Lives / Saving Lives</u></p> <p>The Chair highlighted a recent consultation document entitled 'Improving Lives, Saving Lives' which was out for consultation from 10th September to 30th November 2007.</p> <p>It was AGREED that:</p> <p>1) Electronic copies of the consultation document to be circulated to members of the Healthier Communities and Older People Partnership</p> <p>2) The consultation to be included on the agenda for the meeting on 25th October 2007.</p> <p><u>Carers Rights Day</u></p> <p>Jane Evans highlighted the Carers Rights Day which would take place on 7th December 2007.</p> <p>It was AGREED that:</p> <p>Details of the event to be circulated to the Healthier Communities and Older People Partnership.</p>	<p>SD</p> <p>SD</p> <p>JE/SD</p>
12	<p>Date of Next Meeting</p> <p>The next meeting will be held on Thursday 25th October 2007 at 2.00pm in Meeting Rooms 1 and 2, Kings Court, Chapel Street, Kings Lynn.</p>	

	The meeting closed at 3.47 pm	