



*In this edition of my Chair's Report, I talk about our Older People's Week, the first End of Life conference held in the Borough, the launch of our new service Community Solutions and the Flu Vaccine. I would welcome Board Members to comment on any item covered should they wish to do so.*

*Best wishes,  
Cllr Maureen Worby, Chair of the Health and Wellbeing Board*

## Older People's Week



Older People's Week was held between 1-7 October and was part of the celebrations for International Older People's Day, several events were held over the week including the main Council event held on 2 October supported by our partners including NELFT, AgeUk, Healthwatch, Care City along with test bed innovators, TfL and Arriva bus company. Residents took part in exercise taster sessions run by the Active Age Programme and were able to have their walking aids assessed and adjusted by physiotherapists, occupational therapists and nurses. The therapists were also able to support service users with using public transport safely and preventing falls and injuries in partnership with the TfL Access team and Arriva bus company. The residents enjoyed entertainment from Frankie Valli and Elvis tribute acts, and a dance and a cup of tea with cake. One of the residents said,

***"My hip's hurting but I'm just going to have a little dance!"***

The Council and Be First jointly organised a 'Now and Then Coach tour' of the borough for older residents to reminisce on the borough's heritage and look forward to the new opportunities coming to the borough in the future. Along the route residents were taken to Barking Riverside for tea and coffee, courtesy of Barking Riverside and later lunch was provided by Londoneast UK at their site, where they learnt about the history of the May and Baker/Sanofi site and the work that the Council had done with partners to enable an employment legacy. Residents thoroughly enjoyed the tour and were surprised at the many things we currently have in the borough and the opportunities coming through in the near future.

One of residents said;

***"Really lovely, we didn't know half of these things were in Barking and Dagenham."***

In addition to these, there were other activities including the We Can Do It Club which is a strength and balance exercise group and social club that supports falls prevention held at Fanshawe Community Centre and the Barking Pageant Masterclass followed by archive films of the borough held at Valence House Museum. The residents enjoyed both events commenting on how they remembered seeing the road safety films at school and how they enjoyed seeing the many preserved costumes from the pageant.

## **End of Life Conference**

In September The London Borough of Barking and Dagenham, along with North-East London NHS Foundation Trust (NELFT), The Barking and Dagenham Clinical Commissioning Group (CCG), St Francis Hospice, and Barking, Havering and Redbridge University Hospitals Trust (BHRUT) held the first conference for End of Life Care in Barking and Dagenham. It was a positive and well attended event by 137 people and 91% of delegates scored the event at 8, 9 or 10 out of 10. The conference was held to explore and identify how we can improve services for people with life-limiting illnesses who are approaching the end of their life. The conference was extremely beneficial and allowed the attendees to agree outcomes in which Barking and Dagenham will focus on to improve and progress End of Life Care.



## **Community Solutions gone live**

Community Solutions is a new core focused service within the Council which acts as the engine room for our vision to see the residents of Barking and Dagenham benefit from growth. This can be achieved by identifying and resolving the root causes on an individual or family's problem. Community Solutions went live on 1<sup>st</sup> October and will include the following services:

- Housing
- Housing advice
- Information and advice on Adult social care
- Integrated youth services
- Childrens' early intervention
- Employment and skills
- Financial support
- Parts of community safety dealing with anti-social behaviour
- Libraries

I'll keep you informed of the progression in Community Solutions.

## Flu Vaccine 2017/18

The flu season is upon us and the Council is promoting the message that the best way for residents to prevent themselves from flu this Winter is to get the flu jab. The vaccine is safe, effective and prevents illness spreading to those who haven't had or who can't the jab.

The jab is recommended for the following:

- Everyone over the age of 65
- Children aged between 2 and 8
- Children aged between 2 and 17 with long-term health problems.
- Pregnant women
- Those with certain health problems where flu could cause them to be seriously ill
- Those living in a long-stay residential care home or other long-stay care facility
- Those receiving a carer's allowance

Residents in all the above categories can get the flu jab at their GP surgery, except for school age children who will be offered it at school.

**Childrens' flu vaccine:** The children's flu vaccine is in the form of a nasal spray and is offered to two- and three-year old's at the GP surgery. Children in reception class and school years one, two, three and four will be given the vaccine at school.

**Pregnant women:** The vaccine will protect their health and those of their baby's by having the vaccine which can be given it at any stage of pregnancy.

Front line health and social care workers are also eligible to receive the flu vaccine: many employers, including LBD offer the jab to their employees, but where an employer doesn't offer it, this group of staff can get it at their GP surgery.



## Future dates of the Health and Wellbeing Board

The Board will meet on the following dates:

- 16 January 2018
- 13 February 2018
- 12 April 2018