



In this edition of my Chair's Report, I talk about the success of the Older People's Day event on 1st October and the work carried out at the Mental Health Strategy Workshops. I also provide an update on the work of the Safeguarding Adults Board and the Safeguarding Children Board. 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 Day

Older people were celebrated for their contribution to community and family life in Barking and Dagenham earlier this month as part of this year's event programme marking 50 years as a London borough. Nationally, Older People's Day is held annually on 1 October. Barking and Dagenham Community organisations and the Council went six days better by holding free events and activities, around the borough, over the whole week.



Events like Older People's Day are important because too often we hear about the pressures of an ageing population and its needs, forgetting just how much those very same people have given to their communities and continue to give. We value our elders in Barking and Dagenham, and we're showing that with this annual celebration, as well as continuing to offer an excellent 'Ageing Well' activity programme. We're also pointing the way to services and resources that people might need to help live a healthier, longer life.

Councillor Darren Rodwell, leader of the Council, took part and thoroughly enjoyed a Zumba Gold session (see picture below) as well as chatting to residents and the many voluntary sector groups taking part.



Older People's Day continued

Hilary Kurt-Webster, star of Sky TV's 'Live! Laugh! Linedance!', was a particular hit at the event in Barking Town Square. She led line-dancing sessions with a running commentary on the joys of 'older life', having just celebrated her own 60th birthday.

The programme on the day included Zumba Gold, Tai Chi, self defence, aqua aerobics, Bokwa Step, line dancing, Boccia, Treasured memories sessions, crafts sessions, talks from authors, and socialising with the Elderberries.

Groups and centres running sessions included Chadwell Heath Community Centre, Studio 3 Arts, Memory Lane Resource Centre, Valence House and Library, Dagenham Library, Eastbury House, Barking Learning Centre, and Abbey and Becontree Heath Leisure Centres. Participants were also given a voucher to use at the new Abbey Spa at Abbey Leisure Centre in Barking.

There is more information about activities for older people in Barking and Dagenham on the 'Ageing Well programme' page at www.gettingactive.co.uk.

Mental Health Strategy Workshops

Two of the three planned Mental Health Strategy workshops have now taken place, with the third and final one planned for 26th October.

The first workshop focussed on 'My Life', looking at how people can stay healthy, resilient and engaged with the community. It also looked at improving mental health awareness and reducing stigma as well as supporting people into education, training and employment.

The second workshop looked at 'My Home and Community', including housing options and models for the wide range of levels of support required, maintaining a home and maintaining and developing social networks.

The third workshop will be based around 'My Care', which will look at all aspects of care and support. The workshop will focus on service user journeys, including a service user's real story to tell us about their needs, their journey through the system, what worked well and what didn't work well about the care that they received.

Information will be provided on shrinking budgets against the rise in acuity, with workshops focussing on service user journeys and the money that has been spent on that individual throughout their journey. Participants will be asked how could the care have been delivered differently to this individual with a 50% smaller budget and to think creatively, particularly about the interventions that could have been implemented throughout the service user's journey.

Participation in the workshops has been good, with a wide range of commissioners, providers and service users involved. The findings will be used to inform the new Mental Health Strategy, which will be developed by the Mental Health Sub-Group and presented to the Health and Wellbeing Board in the New Year.

News from NHS England

Commitment to Carers

In May 2014, NHS England published their commitment to carers to give them the recognition and support they need to provide invaluable care for loved ones. With 1.4 million people providing 50 or more carer hours a week for a partner, friend or family member, they make a significant contribution to society and the NHS. There is a growing awareness that the NHS will only be sustained if it appreciates the potential of not just the professionals working within it but also the value individuals and their carers bring.

There are 37 commitments to carers spread across eight key priorities which include raising the profile of carers, education and training, person-centred coordinated care and primary care. These have been developed in partnership with carers, patients, partner organisations and care professionals. The recently published end of year progress summary on commitment to carers provides a review of the progress achieved against the commitments to carers that NHS England made last year. It demonstrates that there has been good start, but that there is still more work to be done. 32 of the commitments have either been completed or the initial action is complete and further work will be required in 2015/16. 5 commitments still require work for 2015/16. The commitments have been overseen by a delivery group comprising of carers organisations and they have agreed the content of this report.

NHS England remains committed to continuing work to support carers, with the 37 commitments representing the start of a journey and a step in the right direction.

Have your say on maternity services in England

The NHS Maternity Review wants to hear your opinions on maternity services. All comments will contribute to the work of the review which will publish its recommendations by the end of the year. The consultation is open until 31 October 2015 to anyone with an interest in maternity, including women and their families, professionals, commissioners and other organisations.

Role of pharmacists set to grow?

The Chief Pharmaceutical Officer for NHS England highlighted the important role that pharmacists play while addressing the Royal Pharmaceutical Society Annual Conference 2015. Dr Keith Ridge explained that demand for clinical pharmacy has never been greater but that clinical pharmacy had more to offer.

This includes addressing admission to hospital due to avoidable medicines issues, as well as reducing the level of wastage of medicines use and over use of medicines. Expansion of clinical pharmacy in all settings can deliver patient benefits and system efficiencies through using medicines optimally. Technological progress, such as the use of robotic dispensing in hospitals, can help to free up clinical staff to deliver more direct patient care.

Changes in community pharmacy, such as centralised dispensing facilities already present in some places in England, or through developing click and collect and more home delivery could make dispensing more efficient and safer. This will free up highly trained staff to work closer with patients, to deliver clinical pharmacy and medicines optimisation and to help people live healthier lives.

Safeguarding Adults Board

The Safeguarding Adults Board met on 25th September, where they agreed and signed off the Safeguarding Adults Board Annual Report which will be presented to the Health and Wellbeing Board in December. The Board also discussed the draft Strategic Plan, which is underpinned by the six safeguarding principles set out in the Care Act 2014 of empowerment, prevention, proportionality, protection, partnership and accountability. The draft Performance Assurance Framework was also discussed, which is a dashboard that will provide assurance about the performance of the safeguarding systems across the partnership.

There has been a delay in the publishing of the London Safeguarding Adult and Policy and Procedures while NHS England and Police legal teams review them. All Safeguarding Adults Boards will be required to approve these prior to them coming into force on 1 Jan 2016. This will take place at the next meeting on 9 December.

Safeguarding Children Board

At the LSCB Board meeting on 17th September 2015, the partners agreed their Annual Report 2014-15. Wider circulation of the report is in progress and presentation is scheduled to the HWBB in December.

In 2013, following the tragic death of a Child resident in Barking & Dagenham, the LSCB undertook a serious case review. This review has now concluded and the Overview report was agreed. This will be published on 12 October 2015. Multi agency briefings sessions are being arranged for later in the year, to disseminate the information found within the report and share lessons.

The LSCB have just commissioned a Serious Case Review in respect of an infant who was subjected to serious injuries on three occasions. An independent reviewer has been appointed and the serious case review panel are due to have their first meeting on 4th November 2015.

Barking and Dagenham Clinical Commissioning Group's 2015 Awards

The first annual awards event took place at the annual general meeting of Barking and Dagenham Clinical Commissioning Group on 8 September 2015 to celebrate the individuals and teams working to improve local health services and to support people to stay healthy.

Winners included Integrated Care Clusters 1 and 5, with Cluster 1 receiving the "Over and Above" award, and Cluster 5 winning the "Partnership Working" category. Another winner was Alan Spencer, who has volunteered much of his spare time to chair the highly successful patient participation group (PPG) at Gables Surgery in Dagenham. Respected by staff and patients alike, Alan was recognised as an Engagement Champion for his work to involve patients in the work of the NHS.

Health and Wellbeing Board Meeting Dates

Tuesday 8 December 2015, Tuesday 26 January 2016, Tuesday 8 March 2016, Tuesday 26 April 2016, Tuesday 14 June 2016.

All meetings start at 6pm and are held in the conference room of the Barking Learning Centre.