Chair’s Report
13 March 2018

In this edition of my Chair’s Report, I talk about the ‘Teeth for Life’ programme, an update on our new digital pilot Breezie, our NewMe campaign and website, young carers awareness week, our adult social care survey and the launch of our new extra care service.

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

Teeth for Life

One in four children in London have tooth decay which is the top cause for non-emergency hospital admission amongst 5 to 9 year olds. The long-term aim of the ‘Teeth for Life’ programme is to reduce dental decay and improve the oral health status of young children in Barking and Dagenham.

‘Teeth for Life’ programme offered training delivered by a community dental nurse practitioner and was well attended by practitioners, teachers, practitioners working in pre-schools and nurseries, health visitors and children centre staff. Following the training, schools and early years settings were invited to sign up for the programme an impressive 21 schools (2743 children) and 60 early year settings (3279 children) signed up to the programme with a total of 6022 children (2yrs – 5yrs) involved across the Borough.

3500 toothbrushes and toothpastes were distributed to health visitors to be given out at one-year health checks and in February children taking part in the programme were given a toothbrush and toothpaste to take home with them.

To help teach children how to brush their teeth a short 2 minute video was filmed at a local school to promote ‘tooth brushing’ this involved health champions and parents. The video will be circulated and will promoted on social media via the NewMe website, Twitter and Facebook. It will also be shown on physical screens in council buildings (Barking town Hall, school receptions). A3 posters have been created promoting importance of oral health, healthy eating and registering with a dentist. Posters will be distributed to health centres, children centres, settings and schools.

An evaluation of parent’s feedback and responses will be carried out in the coming months. For more information please contact the public health team.
In my previous chairs report I updated you on the launch of our new digital pilot “Breezie”. Lots of work has been done in the past weeks on promoting the pilot and a short video has been produced encouraging people to refer anyone they know who may benefit from using a Breezie device.

We have around 75 Breezie tablets to offer older members of the community who may feel disconnected and isolated and feel they would benefit from getting online to help make life easier.

The Breezie tablet is fully personalised offering a wide range of apps that the user enjoys. The device offers the opportunity to stay connected with family and friends, keep up to date with personal interests and hobbies alongside managing appointments. Breezie simplifies everyday services and applications like Skype and email making it easier than ever before to keep in touch with loved ones. Breezie also provides a friendly facility called the Breezie Hub which lets a trusted family member or friend further personalise your Breezie tablet for you.

Each device has a 4G sim built in, so runs off the mobile network, therefore users won’t need to have the internet installed at home to use them. The device is a touch screen system, so you just click what you want on the screen and the tablet responds. The Breezies friendly support team offer help and advice with any problem throughout the week and contactable between 9.00am-6.00pm.

If you know of someone who may benefit from this exciting pilot, then please take a look at our short video and referral form on the Council's website.

Adult Social Care Survey

The Council are contacting some of the residents of our borough who use care and support services asking them to take part in a survey to gain their views and comments on the quality of services they are receiving. The Survey was sent out on Monday 15 January 2018 and the closing date for completed surveys to be returned is Friday 9 March 2018.

The Survey is a statutory requirement asked for by Central Government from all Adult Care and Support Departments across England. The results from across England once collated will be released to the public later in the year.

If any residents in your ward receive the survey it will come with a prepaid envelope so that they can post it straight back to the council without needing a stamp.

Please note that answers will be treated as confidential; they will not be passed on to social workers, care and support workers or anyone providing services.

If residents have received a social care survey and have any queries they can contact the council using the following number 020 8227 5602.

NewMe London

NewMe is a healthy lifestyle campaign targeted at both adults and children run by the Council for residents of Barking and Dagenham. It provides free local support to help residents achieve and maintain a healthy weight by moving more, and eating a healthy diet, plus includes programmes to help stop smoking. The campaign also focuses on giving information and advice on programmes delivered by the Healthy Lifestyle Team and a variety of local clubs in the Borough.

A NewMe website (https://newme.london/) has been in place for approximately 6 months and we have been working on creating and uploading content, including healthy recipes, videos, sport features and photos. We hope the website will become a useful tool therefore work is being done to promote the website more widely across the Borough and engage all residents to lead a healthier and more active lifestyle.

If you want any further information, please contact the Healthy Lifestyles Team on healthy.lifestyles@lbld.gov.uk

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Future dates of the Health and Wellbeing Board

The Board will meet on the following dates:

- 12 June 2018
- Further dates TBC

Young Carers Awareness Day

Young carers awareness day is a day to identify and raise awareness for thousands of young carers across the UK who dedicate their time to supporting and caring for a family member who may be sick or disabled.

Many schools and sixth forms across the Borough helped raise awareness for those young people by raising awareness through assemblies, information stands, lunch time hubs, bucket shaking, awareness talks, networking, etc. The day across all schools and sixth form was a success and fun was had by all.

Thank you to those schools and sixth forms for helping raise awareness for young carers.

Extra Care

The recently re-tendered extra care service has gone been implemented and went live on 1 February 2018. The service includes four extra care schemes in Barking and Dagenham. The contract was secured by Care Support who have also provide services in Newham and Havering. Extra care is an important part of our offer to older people in the Borough, enabling older people to live as independently as possible in the community, with care and support provided on site and tailored to individual’s needs and preferences.

The newly re-tendered service brings the extra care schemes at the heart of an engaging and lively Barking and Dagenham community and places a strong emphasis on the wellbeing and wellness of the residents, with prevention at its heart. The schemes focus on working with residents to prevent, reduce and delay care needs in an innovative way, harnessing opportunities provided by technology, information and advice and through an inclusive wellness programme which includes a continuous, proactive programme of activities that meets the diverse needs of the residents and includes the local community.