

# MINUTES



CITY OF WESTMINSTER



THE ROYAL BOROUGH OF  
KENSINGTON  
AND CHELSEA

## Health & Wellbeing Board

### MINUTES OF PROCEEDINGS

Minutes of a concurrent meeting of Westminster City Council's and the Royal Borough of Kensington & Chelsea's **Health & Wellbeing Boards** held at 4pm on **Thursday 29th November 2018**, The LookOut, Hyde Park London, W2 2UH.

#### Present:

Councillor Heather Acton WCC - (Cabinet Member for Family Services and Public Health)  
Councillor David Lindsay (RBKC - Lead Member for Healthy City Living)  
Councillor Sarah Addenbrooke (RBKC – Lead Member for Adult Social Care)  
Councillor Robert Freeman (RBKC – Chairman of the Adult Social Care and Health Scrutiny Committee)  
Councillor Lorraine Dean (WCC – Member of the Family and People Services Policy and Scrutiny Committee)  
Councillor Nafsika Butler-Thalassis (WCC - Minority Group Representative)  
Andrew Howe (Interim Director of Public Health)  
Jackie Rosenberg (Chief Executive, One Westminster)  
Bernie Flaherty (Bi-Borough Executive Director of Adult Social Care)  
Jennifer Travassos (Head of Prevention)  
Angela Spence (Kensington & Chelsea Social Council)  
Iain Cassidy (Open Age)  
Dr Sarah Elkin (Imperial College NHS Trust)  
Dr Naomi Katz (West London CCG)  
Sophie Coronini-Cronberg (Chelsea & Westminster NHS Foundation Trust)  
Dr Neville Pursell (Clinical Representative from the Central London CCG)  
Dr Andrew Steeden (West London CCG)  
John Ryan (London Fire Brigade)  
Olivia Clymer (Healthwatch Westminster)  
Angeleca Silversides (Healthwatch RBKC)  
Elizabeth Dunsford (WCC - Public Health)  
Colin Brodie (WCC – Public Health)  
Melissa Caslake (Bi-Borough Children's Services)

Councillor Heather Acton thanked the Royal Parks' for hosting the meeting and providing an opportunity for the Board to engage further with the local community.

## **1 MEMBERSHIP**

- 1.1 With the approval of both Boards it was agreed for the Westminster City Council Health and Wellbeing Board Chair to lead the meeting.
- 1.1 Apologies for absence were received from, Maria O'Brien (Central and North West London NHS Foundation Trust), Lesley Watts (Chelsea & Westminster NHS Foundation Trust), Clare Robinson (Imperial College NHS Trust), Louise Proctor (Managing Director – NHS West London CCG), Dr David Finch (NHS England) and Detective Inspector Iain Keating (Metropolitan Police).

## **2 DECLARATIONS OF INTEREST**

- 2.1 No declarations were made.

## **3 LONELINESS IN WESTMINSTER AND RBKC**

- 3.1 Andrew Howe, Bi-Borough Interim Director of Public Health, introduced the report, which provided an overview of the issue of loneliness and social isolation across both boroughs. The differences between the two terms was explained and the Board noted how there was significant evidence of the negative impact they had on both physical and mental health. Older people were generally considered at risk, however rates of young adults experiencing loneliness and social isolation were increasing.
- 3.2 Local initiatives to tackle loneliness and social isolation locally were described including community-based initiatives such as 'Sing to Live' and one-to-one interventions, for example befriending and mentoring. There was a need to target the most vulnerable people in the community and the significant role the private sector could play in helping with social isolation was explained.

## **4 ROYAL PARKS WORK TO TACKLE ISOLATION**

- 4.1 Richard Pering (Learning Manager), Laura McMahon (Community Learning Officer) and Tess Pettinger (Volunteer and Programmes Manager) provided the Board with a presentation detailing the work undertaken by Royal Parks' to tackle loneliness. An overview of the learning and voluntary programmes established was provided along with the role they played in helping people connect with each other and nature. The LookOut venue at Hyde Park alone received approximately 12,000 visitors per year consisting of school groups, adults and families.
- 4.2 The Board noted the different community programmes which were in operation including a social group for over 50s, a group for adults with mental health issues and an allotment therapy group for young people with learning disabilities. In the future, it was hoped new programmes could be developed and efforts would be made to increase the diversity of residents participating.

The Board noted that it was intended to build on the work carried out by continuing to widen and deepen the existing engagement already undertaken.

## **5 SELF CARE (WLCCG)**

- 5.1 Dr Andrew Steeden, representing the West London Clinical Commissioning Group, introduced a report on the Self-Care approach within West London CCG and how the programme was intended to increase patient confidence in making informed decisions about their health. It was expected that Self-Care would positively contribute to patients' confidence and motivation, which in turn was expected to contribute towards a long-term reduction in use of primary, secondary and some tertiary care services. The Board was pleased to note that for approximately every £1 spent on the programme £2.80 worth of benefits would be recognised to empower residents and deliver savings.

## **6 DISCUSSION ABOUT LONELINESS TO FEED INTO THE DRAFT WELLBEING JSNA FOR WESTMINSTER AND RBKC**

- 6.1 The Chair introduced the item and explained that Colin Brodie (Bi-Borough Public Health Knowledge Manager) was drafting a Wellbeing JSNA. The Board was invited to make proposals about loneliness across all ages in the Bi-Borough, which would be fed into the JSNA. The Board noted that currently the Royal Parks did not operate any 'Park Runs' and it was felt these well attended events provided an excellent opportunity for residents to improve both their physical and mental health. Mr Pering from the Royal Parks recognised the benefits of 'Park Runs' but explained that due to the number of events held at their parks it was challenging to introduce them. It was agreed for further discussions to take place between members of the Board and the Royal Parks regarding 'Park Runs'.
- 6.2 The Board held a detailed discussion on further aspects of the report and highlighted that areas such as disabilities and English language ability were also potential factors in loneliness and social isolation.
- 6.3 Councillor Acton and Councillor Lindsay explained that they had recently attended a very successful Community Champions event and expressed the Board's thanks to Public Health officers and supporting organisations for helping organise the event along with the Community Champions for attending. The Board recognised the benefits of the programme and how it helped tackle loneliness and social isolation by providing an effective entry into society for individuals. The importance of supporting volunteering programmes was stressed in ensuring they achieved positive outcomes.
- 6.4 The Board provided further comments on the draft Wellbeing JSNA that included expanding the areas around young carers and those people who were housebound as it was recognised that these were groups of people who potentially suffered from loneliness and social isolation.
- 6.5 Colin Brodie thanked the Board for their comments and requested that Members forward on any further relevant information to the steering group

who were drafting the JSNA, with a particular focus on success stories detailing initiatives that were considered to work well.

## **7 DIRECTOR OF PUBLIC HEALTH ANNUAL REPORT: THE HEALTH AND WELLBEING OF YOUNG PEOPLE IN KENSINGTON & CHELSEA AND WESTMINSTER**

- 7.1 Andrew Howe, Bi-Borough Interim Director of Public Health, updated the Board on progress on the annual report of the Director of Public Health for 2018/18. It was explained that the report was designed to be a call to action, and to highlight the importance of protecting and promoting the health and wellbeing of young people. The Board noted that young people had heavily inputted into the report through interviews, workshops and case studies to help share their suggestions to improve health and wellbeing for their, and future, generations.
- 7.2 The key issues emerging from the report were detailed and these primarily centred on:
- Crime and safety;
  - Daily pressures and challenges;
  - Social media; and
  - Access to services and information.
- 7.3 An overview of the recommendations contained within the report was provided and the Board also noted that the title of the report was yet to be finalised in consultation with young people. The Board discussed the report and suggested that the key theme of drugs and alcohol be expanded to include parents' usage and the context this had within the home. It was also suggested that more in-depth detail relating to loneliness and social isolation caused by poverty and young people with disabilities be provided.
- 7.4 Colin Brodie informed the Board that the report was scheduled to be signed-off in January 2019 and Members were requested to feed back any further comments before then. The draft report would go out to the different groups for further consultation and the Board would be updated on how the information provided was acted upon.

## **8 ITEMS FOR OFFLINE REVIEW**

- 8.1 The Chair provided an update on the following:
- It was confirmed that the Adults Safeguarding paper would be a discussion item for the January 2019 Health and Wellbeing Board meeting.
  - An update was provided on the recent successful Learning Disabilities Plan event held within Kensington and Chelsea.

- At their previous meeting, the Westminster Health and Wellbeing Board had received an informative presentation on work undertaken to improve the ventilation and insulation of Westminster properties. Disappointment was expressed that due to GDPR issues data detailing the effectiveness of the work undertaken could not be shared, however discussions were ongoing to resolve this issue.

## **PART 2 (PRIVATE)**

### **RESOLVED:**

That under Section 100 (A) (4) and Part 1, paragraph 2 of Schedule 12A to the Local Government Act 1972 (as amended), the public and press be excluded from the meeting for the following item of business because it related to Information which was likely to reveal the identity of an individual, and it was considered that, in all the circumstances of the case, the public interest in maintaining the exemption outweighs the public interest in disclosing the information.

### **9 DEMENTIA FRIENDS INFORMATION SESSION**

- 9.1 The Board invited Sharon Grant, Head of Personalisation, Bi-Borough Adult Social Care, and David Morris, Dementia Friends Champion, to provide an information session on dementia.

### **10 ANY OTHER BUSINESS**

- 10.1 There was no other business to report.

The Meeting ended at 5.51 pm.

**CHAIR:** \_\_\_\_\_

**DATE** \_\_\_\_\_