

Voluntary Sector Health Forum

Notes of the

Fareham and Gosport Voluntary Sector Health Forum

3 May 2016, Masonic Lodge, Gosport

The meeting was hosted by Gosport Voluntary Action and a list of those who attended and those who sent apologies is appended to these notes.

1. Welcome & Introductions

Nicky Staveley began by welcoming attendees, including Pat Shirley, Lay member of Board of Fareham and Gosport CCG. All attendees introduced themselves and their organisation to the forum.

2. CCGs response to the priorities presented at the last meeting

Pat Shirley presented responses, which can be found in full ([link](#)):

a) Parkinsons

- Priority area - inconsistency in the implementation of the self-medication policy at Portsmouth Hospitals NHS Trust
- Response – the Trust is planning to review the policy and how it is implemented and invited representatives to take part. The CCG has contacted the Trust asking for the project to be moved forward.

b) Hampshire ARC Recovery

- Priority area – raising awareness with Surgery Signposters (SSPs) and seeking support to link with local press
- Response - awareness will be raised with SSPs and the CCG is happy to provide local press contacts. Please contact Elizabeth Kerwood.

c) Diabetes UK

- Priority area - CCG to commission Southern Health NHS Trust to increase the number of diabetes courses using lay educators as soon as possible.
- Response - Southern Health NHS Foundation Trust need to provide enough courses to ensure they meet local demand. CCG are aware there is a concern with the amount of time patients wait to access this service and are working with the Trust to address this.

d) Harbour Cancer Support

- Priority area - concerns that iTalk are not meeting the needs of cancer patients as CBT is not the best approach and Mental Health Teams not responding to requests for support of people at high risk of suicide
- The CCG has raised concerns with Mental Health Commissioning Lead. If there are any concerns about an NHS service please inform the CCG who can investigate these and work to resolve any issues.

e) Shore Leave Haslar

- Priority area - SSPs to let the service know how many people they have recommended it to on a monthly basis
- Response - the SSP Team will look into this to see how it can be done.

3. Voluntary Organisation mini briefings

Mini briefings were given from organisations relating to the need for support the organisations gives, and its two “priorities for change”, detailed below.

a) Marvels and Meltdowns – Shandrika Day

Marvels and Meltdowns is a parent-led, not for profit charity supporting parents and carers throughout Hampshire with children affected by ADHD and Autistic Spectrum Conditions. The organisation holds regular group meetings to share ideas, experiences and challenges, signpost to services and to bring the community together so no one feels alone. One to one meetings are also available for those people not ready for the group meetings.

Issues have been encountered with schools relating to lack of awareness, understanding and support and with CAMHS relating to long waiting times and lack of awareness of the routes to diagnosis.

Priorities:

- i) For schools to effectively support children affected by ADHD and Autistic Spectrum Conditions and give the understanding and flexibility needed to meet each child’s individual need.
- ii) For CAMHS to reduce their waiting time and raise awareness of the routes to diagnosis (referrals, assessment, diagnosis, treatment and support).

b) Hortic Therapy - Pauline Jordan

Hortic Therapy is a social enterprise which provides weekly indoor and outdoor therapeutic gardening and craft sessions in care and nursing homes and sheltered housing. There are a wide range of activities available such as warming up exercises, creating baskets, mixing soil and planting, making cards with pressed flowers and creating gardens. The benefits of the sessions include reduction of pain, stimulating senses, social interaction, a sense of accomplishment, positive reminiscences, stabilised sleep patterns, decreased stress and increasing physical exercise.

Priorities:

- i) To raise awareness of Hortic Therapy with GPs so that they can signpost patients.
- ii) To encourage residential homes to invite Hortic Therapy to hold therapeutic gardening sessions.

c) Cruse Bereavement - Alan Duncan

Cruse Bereavement Care has been a national charity since 1959. In South Hampshire it has over 40 well trained, professional counsellors who helped more than 300 people last year. Around 50 of the people helped last year were based in Fareham and Gosport and each client receives around 6 sessions, so around 300 sessions were provided. This has saved GPs time, as without the bereavement care provided, some people would become depressed and need further care. Although all people involved in Cruse give their time for free, there are still on-going costs particularly around training.

Priorities:

- i) To give the message to GPs that Cruse counsellors are trained in bereavement care, not mental health, so if a person has both mental health and bereavement support needs, Cruse would like to work in partnership with the Mental Health Team.

- ii) To ask if the CCG would consider subsidising some CPD training for volunteers, which runs 9 months of the year.

d) Fareham and Gosport Mental Health Services - Jane McArdle

The Community Mental Health Team (CMHT) supports people living in the community who have complex or serious mental health problems.

There is a stepped process for mental health care, which is:

- 1 - GP, Practice Nurse, Health Visitor
- 2 - iTalk, Physiological wellbeing practitioners
- 3 - iTalk high intensity
- 4 - Mental health specialist including CMHT and AMHT (Acute Mental Health Team - treatment resistant recurrent, atypical and those at significant risk of severe neglect)

The CMHT includes mental health nurses, psychiatrists, psychologists, social workers, occupational therapists and individual placement officers (to get people into work). Services include screening, assessment, brief intervention, group work/workshops, medication, care co-ordination and physiological intervention. CMHT is available to individuals who have a severe or enduring mental health disorder or enduring mental health disorder with one or more social needs.

Questions and comments

Raymond Hale asked if the CMHT makes use of the voluntary sector, for example when a person has both depression and diabetes, as the Diabetes UK group could support and help people with depression as a result of having diabetes. Jane confirmed the CMHT does signpost to voluntary groups once the patient is discharged and may give support to attend a group or meeting as well.

Simon Davis asked if the CMHT would take the lead when a person has depression and another condition, for example issues with drugs or alcohol. Jane confirmed it would depend on the severity of both conditions and which is the primary issue.

Jane confirmed the waiting time for iTalk was under 3 months and colleagues from iTalk would be encouraged to come to a Voluntary Sector Health Forum.

Lunch Break

4. Paul O'Beirne from Community Action Fareham gave the following information notices:

- An upcoming event, the Who Cares Fair is being held on Monday 6 June, 9am to 3pm at Fareham Shopping Centre. For those that would like to participate, please get in touch with CAF as there are a few spaces left.
- There are two Portsmouth Hospital Trust Meetings coming up – 10 am on 4 May at Thorngate Hall and 2pm on 23 May in Fareham.
- Portsmouth Hospital Charity is holding a Ward Walk at Staunton Country Park on 22 May. The cost is only £2 to register with a suggested minimum sponsorship of £15 per walker.
- Congratulations were given to five organisations who have reached the 'Got it Right'

standard: Chrysalis, Portchester Community Association, MS Society, Family Aid and CommuniCare Locks Heath. For those organisations who would like to achieve the standard, please review the Got It Right checklist, ([link](#)) and attend a workshop where organisations will be given support to achieve the standard.

5. Briefing from Jenny Wilford, Partnership Officer (Armed Forces) at HCC

HCC is signed up to the Armed Forces covenant, which is a voluntary statement of mutual support between the civilian community and the local Armed Forces Community. Hampshire has one of the largest armed forces communities in the UK which includes 6,000 service children. Schools receive a direct payment of £300 per service child each year, as a service child premium. The number of veterans (in receipt of Armed Forces Pension) for Gosport and Fareham is high, however exact figures are not known. There is currently a systematic review facing a proposition to improve health and reduce inequality of Armed Forces community.

There is currently a Covenant Fund and grants are available from £20K to £300K for new or enhanced support for the armed forces community. First drafts are due on 1st of July 2016 and more information can be found on the www.gov.uk/government/collections/covenant-fund.

There is a Covenant Grant workshop being held on Tuesday of next week and there are 4 places left. Please email Jenny if interested. (Jennifer.Wilford2@hants.gov.uk).

Questions and Comments

Suzanne Pepper asked how HCC was responding to the housing needs for Veterans. Jenny stated that housing is provided within guidelines of fairness; depending on circumstances such as if the veteran is single or has a family. HCC is looking at how housing issues can be moved up the agenda in the borough.

Discussions were had around the Haslar veterans' accommodation and queries were raised relating to the probability of an influx of veterans with increased health needs. Elizabeth Kerwood confirmed any significant development planned within a community would require the developers and planners to communicate with health departments and other key departments such as education, in order to plan for the provision of services.

6. Briefing from Kath Hutton, Veterans Outreach Support

Veterans Outreach Support (VOS) began in 2008 as a monthly drop-in centre at the Royal Maritime Club in Portsmouth. The service is for Armed Forces veterans, merchant navy in hostilities and their families requiring help following military service. It is available for anyone who can get to the service, not just residents of Portsmouth.

As well as the drop-in centre, VOS provides advice on legal, housing, financial, employment and other general issues. It also provides mental health support and psychological interventions including counselling and therapy. VOS may signpost veterans and associated family members towards further support and treatment as required.

Attendance records show VOS attracts around 40 veterans each month, 40% visiting for the first time and half needing mental health support.

For more details please visit the website <http://www.vosuk.org/>

Nicky Staveley commented that it can be important to ask service users if they are veterans or service personnel, so appropriate support can be provided.

7. Paul O'Beirne from Community Action Fareham gave the following information notices:

- Fareham will be starting their Surgery Signposting (SSP) project in the near future. He requested that this service and volunteering opportunities be promoted.
- The Fareham Men's Shed is holding an open house at Titchfield Festival Theatre, on 10 May in the morning. Please attend if you would like to express an interest or see their plans.
- Paul asked if the forum would like some more information on the configuration of the health services: the 'who, what, where and when'. It was agreed this would be helpful as there can be some confusion as to which department is responsible for which roles, e.g. Southern Health and Solent Health. Paul would look at this for the next meeting.

8. Meeting close

Nicky gave thanks to the GVA team of staff and volunteers for arranging the event and confirmed the next meeting would be held at Fareham Community Church on 5 July 2016 from 12 until 2.30pm.

Appendices

Attendance from:

Name	Surname	Organisation
Lisa	Powell	Age Concern Gosport
Sonia	Rimmer	Alzheimers Society
Christopher	Staples	Breathe Easy/Gosport and Fareham
Carole		Chrysalis
Laura	George	Community Action Fareham
Paul	O'Beirne	Community Action Fareham
Vivienne	Pugh	Community Action Fareham
Allan	Duncan	Cruse Bereavement Hampshire
Elizabeth	Kerwood	Fareham & Gosport CCG
Pat	Shirley	Fareham & Gosport CCG
Jane	McArdle	Fareham & Gosport CMHT
Raymond	Hale	Fareham & Gosport Diabetes UK Group
Pat	Gulliford	Friends of Fareham Community Hospital
John	Habberley	G & F branch MS Society
Denise	Starkie	GADSAD
suzanne	pepper	Gosport older persons forum
Sally	Bigham	Gosport Voluntary Action
Mandy	Bright	Gosport Voluntary Action
Chris	Fearnley	Gosport Voluntary Action

Emma	May	Gosport Voluntary Action
Nicky	Staveley	Gosport Voluntary Action
Doug	Foster	Gosport Voluntary Action - Surgery Sign Poster
Jeanette	Perry	Gosport Voluntary Action - Surgery Sign Poster
Simon	Davis	Hampshire ARC
Jenny	Wilford	Hampshire County Council
Pamela	Webber	Hants & IOW IA
Melanie	Whitfield-Tinkler	Harbour Cancer Support
Pauline	Jordan	Hortic Therapy
Gail	Stringer	NHS Quit 4 Life
Theresa	Osborne-Bell	Open Sight
Debbie	Ross	Open Sight
Tim	Pattinson	Parent Voice
Mik	Norman	Portchester Community Association
Phil	Taverner	Relate
Sue	Ward	SDAS
Chris	Robson	Shore Leave Haslar
Kath	Hutton	Veterans Outreach Support
Helen	Withyman	Volunteer Photography
Apologies from:		
Jennifer	Burkett	
CLLR Roger	Allen	
Alan	Causer	Parkinson UK
Claire	Chatwin	
Lucie	Debenham	
Karen	Seale	
Istvan	Szucs	