

Health & Wellbeing Board Summary 6 January 2016



Election Vice Chair

Members of the Board welcomed Dr Jeremy Griffiths from Rushcliffe NHS Clinical Commission Group as the new Vice Chair to the Health and Wellbeing Board following the resignation Dr Stephen Kell.

At this meeting:

[Care Act Videos/Films](#)

[Care Act 2014](#)

[Nottinghamshire](#)

[Wellbeing@Work](#)

[Report of the Delivery of the Health and Wellbeing Strategy](#)

[Joint Health and wellbeing Board Workshop on](#)

[Workforce Report](#)

[Devolution in](#)

[Nottinghamshire](#)

The Care Act

Jane North, Transformation Director, introduced the topic by showing [films](#) made by the County Council about changes to social care resulting from the Care Act. They include case studies & interviews with staff & members of the public. Members agreed to share the films with colleagues, service users, patients & the public.

David Pearson explained that the Care Act is the biggest change to social care in 60 years. The Act is based on principles of health and well-being, promote people's independence to focus on outcomes & care requirements for each individual, working with & alongside partner agencies and carers.

The Care Act introduces the right to an assessment for anyone, including carers and self-funders who need support. It also focuses on key areas such as information, advice and independent advocacy. In Nottinghamshire there are a number of key projects which include:

Nottinghamshire Help Yourself which is a new [online](#) directory of information and support services. The directory contains information on health, housing and voluntary groups and is open to professionals, service users, carers and partner agencies. If anyone hasn't got access to the internet they can call the Council & staff at the customer service centre who can search on their behalf.

Carer's Support Service is a dedicated service run by the Council to give information and advice to carers, as well as undertaking carers' assessments and carers' reviews. Eligible carers are then offered support to make their caring duties easier. The Service also uses the carers' information pack which is full of information for carers who prefer to read about services rather than go online. The pack is also available [online](#).

Compass Workers is a **specific** service for carers caring for someone with dementia. This is unique because all workers are carers / ex-carers of people with dementia.

Nottinghamshire 'Wellbeing@Work' Work-Place Health

Cheryl George, Senior Public Health Manager updated members on the progress of the Council 'Wellbeing@Work' Work-Place Health Award Scheme. The scheme brings together a network of interested businesses and gives information & training for staff on the importance of health and well-being. People in the workplace are trained in the nationally accredited Royal Society of Public Health health trainer training so they can act as a health trainer in their workplace.



Nottinghamshire Health & Wellbeing Board



The award scheme comprises of 5 award levels from bronze to platinum across five themes covering substance use/misuse, emotional and mental health and well-being, healthy weight, protecting and safety at work.

38 workplaces have signed up & 360 champions trained as accredited health trainers (239 are currently active). Two workplaces EATONS Manufacturing & EDF Energy - have been awarded their platinum awards in 2015. Board members were encouraged to promote sign up of their own organisations.

Progress from the Health and Wellbeing Implementation Group and Delivery of the Health and Wellbeing Strategy

The report focused on delivery of the 7 strategic actions agreed by the Board. Cathy Quinn explained performance management mechanisms were being developed for all 7 Strategic Actions by the HWB Executive Officer Jenny Charles-Jones.

Progress was also being maintained to deliver the 20 priority actions of the Health & Wellbeing Strategy & was being overseen by the Health & Wellbeing Implementation Group.

Joint Health and Wellbeing Board Workshop on Workforce

Cathy Quinn & Lynn Bacon CEO Nottingham CityCare Partnership and Chair of the Local Education and Training Council (LETC) for Nottinghamshire presented a report on the joint county city workshop designed to share experiences and discuss local strategies to address workforce issues. The workshop focused on 7 themed discussions covering areas such as seven day services and Hybrid (or Holistic) - a multi-skilled worker model.

The workshop identified a number of common issues & approaches to workforce & more work is required around flexible working, job satisfaction and opportunities for joint working. A strategic workforce development plan will be developed which will be supported by the LETC. The focus will be to avoid duplication & to have a consistent approach across the transformation programmes and the work of the Health and Wellbeing Boards.

Devolution in Nottinghamshire

David Pearson gave an update on the impact of the devolution bid made for Derbyshire and Nottinghamshire. He explained that the bid document focussed on the economic development for the region covering areas such as jobs, transport and housing. The bid included the potential to develop a proposal for health and social care within the public sector reform. Following the submission of the bid a workshop was held to initiate the process of considering the impact of devolution on health and social care, a summary of the presentation link is [here](#)

Chair's report

The Chair highlighted the NHS Health Check local initiative for the NHS Heart Check- up Recycle Bin Lorry campaign by Rushcliffe District Council and Rushcliffe NHS Clinical Commissioning Group. A six week campaign will run in January for 16 weeks. The Recycle Bin lorry is visiting targeted areas of Rushcliffe each week where uptake of the health checks is low. As part of this campaign the recycle bin lorry staff will carry out a leaflet drop to promote the service.

Health and Well-being Newsletter Article on Carers

Carers' Support Service

A dedicated Carers' Support Service is run by the Council to give information and advice to carers, as well as undertaking carers' assessments and carer reviews. Eligible carers are then offered support to make their caring duties easier. The service is funded by Nottinghamshire County Council and the Better Care Fund. The Carers Support Service provide information about a host of different services available to local carers:

- **Carers Information and Advice Hub** – free advice for all adult carers in the county
- **Crisis Prevention service** to help carers out in a crisis e.g. when they have to go into hospital or attend a funeral
- **Carers' Emergency Card** is a free, small card that identifies the person as a carer in an emergency situation
- **Carers Personal Budget** for carers to help them find 'a life outside caring'
- **NHS Carers Break** for eligible carers to provide a break from caring responsibilities

The Carers Support Service also use the popular Carers Information Pack which is full of information for carers who prefer to read about services rather than go online. The Pack is also available online.



More assessments of carers' needs are being carried out over the telephone by staff, which saves time and money for both the carer and the Local Authority. Many carers report that phone conversations are less intrusive and less distressing for the person they are looking after (if they share the same home).

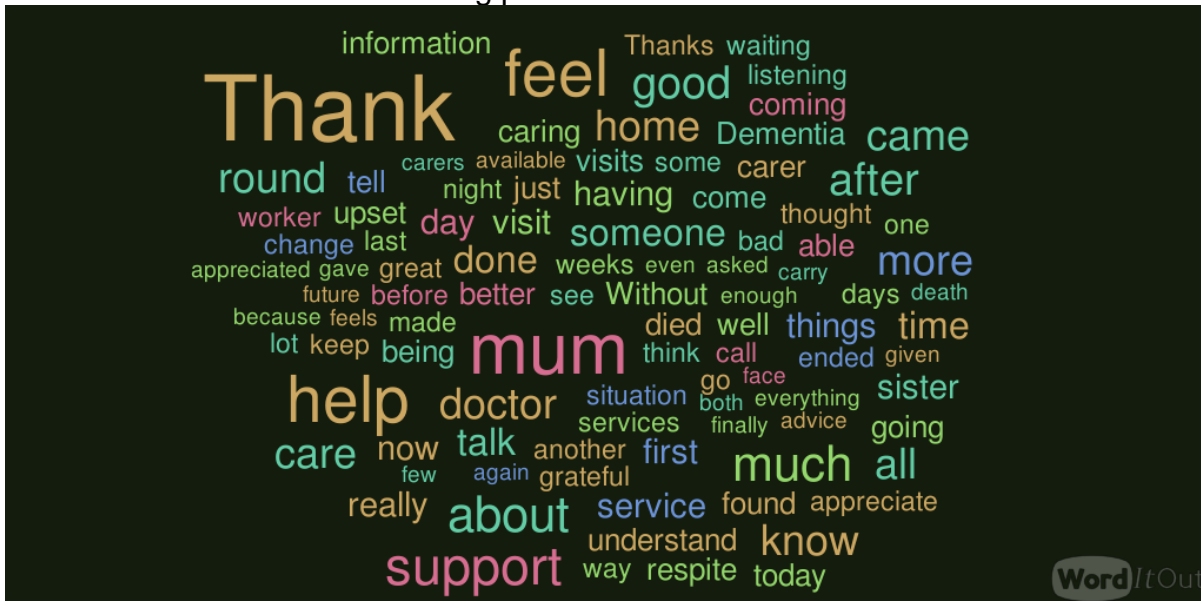
A carer who has recently used the carers' support service said,
"Information? Well, it was very good actually. It was very, very good. Very patient and explained it. I was on the phone a long, long while."

Compass Workers

The Compass Workers service is the only locally commissioned service for carers caring for someone with dementia. It was commissioned by Nottinghamshire County Council utilising Better Care Fund monies in 2014.

A Compass Worker will assist, support and advise carers of those diagnosed with dementia. The uniqueness of the Compass Team is that all workers are actually carers / ex-carers of people with dementia.

The Service received a very good evaluation in 2015; feedback from carers who used the Service has been collected in the following picture:



One carer felt moved to write to the Compass service: to express her gratitude at the help she had received:

For someone feeling reluctant to accept my mother's condition, just being able to relate to a person with empathy, good communication, listening skills and counselling techniques enabled me to feel comfortable to talk about my overwhelming feelings of sadness, anger, resentment, guilt and the impact my caring role was having on my own life.

Through our discussions I became reassured that my feelings were part of the normal process of learning to live and care for a person with dementia. She helped me to acknowledge my feelings of grief and look for personal ways of combatting my inner struggles. Through the information Lucy provided, I attended carers courses and was encouraged to become proactive, seek out carers groups, local information sessions and realise the importance of being open and not afraid ask for help from the services available.

For more information on carers' services please contact penny.spice@nottsc.gov.uk