

Health Forum Minutes - Wednesday 25th September 2024

1) Welcome and Introductions

There were 55 people in attendance.

2) Minutes and matters arising incl HW PA and Healthcounts

The previous minutes were agreed as accurate.

3) Terms of reference for questions and amend/agree

Jo explained the forum was set up 8 years ago and has shifted its reach and remit over that time. The Terms of Reference have been updated to reflect this and shared with the forum members. It was agreed the new terms can be adopted.

4) Surgery and PCN updates to incorporate Covid/Flu co administration

Portslade – Tracy James

- No movement clinical staff, couple of reception vacancies – currently interviewing
- Joint Covid and flu clinics at weekends – separate clinics weekdays
- Invites for Respiratory Syncytial Virus (RSV) will be issued after flu clinics completed
- Positive feedback on website – 95% happy with service received
- Between April – Aug took average 9,000 calls per month
- Website traffic also increasing (2000 e-consults) – dealing with non-clinical requirements through website helps alleviate phone calls
- Building work ongoing– roof repairs

Hove Medical Centre – Jane Monte

- Holding weekend and weekday clinics for COVID and Flu 65 and overs. Currently booking for Monday 28th October in the morning
- The Federation are administering to our housebound and Nursing Home patients
- Also administering RSV vaccinations, which is booked on an ad hoc
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- basis until the COVID and Flu clinics finish - there will then be dedicated RSV clinics
- New Advanced Clinical Practitioner started seeing patients this week. Working all day on a Wednesday, Thursday and Friday, improving capacity

Wish Park/Links Road – Emma Bourlet

- Wish Park - fully staffed with GPs, same locum covering one long term absence, recruiting one receptionist
- Flu and Covid clinics booked until mid Nov
- Great response to friends and family survey –majority responses were good or very good
- Launched new website ‘System Connect’ – can request services for new conditions

- Links road – fully staffed with GPs – one covering maternity long term and will stay on permanently
- Covid clinics happening
- New website (System Connect) for new conditions launches next Friday to alleviate pressure on morning calls

Well BN (Benfield/Burwash/Brunswick) – Louise Bridle

- Two new GPs and one paramedic, one GP returning from maternity leave
- Health pods at Benfield and Brunswick for BP/weight/lifestyle questions feeds directly into the patient record and captures important data
- Weekday/weekend Flu clinics – covid boosters at weekends available soon

Covid and Flu update – Tina O’Donnell

- Raising awareness about Covid vacs is imminent – includes Trinity, Charter, WellBN and all 5 West Hove PCN
- Seasonal vaccinations – Flu and Covid. New way of delivery – GP surgeries/GP Federation
- GP invites eligible patients (care homes, immune compromised or over 65) who must respond. Depending on provider it can be co administered with Flu vaccine
- Ring GP or 119 to book by phone explaining want appointment in Brighton
- Community pharmacies are offering Flu not Covid
- Joint working with TDC and HKP in communities as this works well (QR code and phone number on publications)
- Respiratory Syncytial Virus (RSV) vaccinations for pregnant women at 28 weeks and anyone over 79

Jo highlighted don’t have to receive flu and covid at the same time. Important everyone makes own decisions about vaccines. Poor take up of spring campaign resulted in summer Covid spike, evident by hospital admissions.

ICT work – Tory Lawrence

- Primary care well established in the West – collaborative projects
- Development to ICT – running patient engagement group (led by Sharon) and a professionals engagement group
- Work as a governance structure, both feed into wider network meeting, Integrated Community Team (ICT) and West Area Health Forum
- West area seen as a lead for this piece of work
- PCN also part of neighbourhood mental health team development for the West, which is aiming to join the Integrated Community Team (ICT)
- Avoids duplication of patients’ stories – connected services and easier to deal with health conditions
- Fully recruited two PCN staff members
- New GP contract is due 1st October PCN’s – next meeting will update on GP recruitment (likely to be one FTE)
- Targeted lung health check coming back for 2 year rotation
- Targeted health checks all now at Portslade not Mileoak

- ICT working with HKP to develop proactive frailty pilot - first ICT project for West area

Community Health Panel (CHP) update – Sharon Lyons

- Bringing together groups of people on a professional level but ensuring patient voice is heard through CHP – 4 meetings so far
- Insight into local activity – assessing processes and patient story repetition to identify how integrated approaches will support this
- Barriers identified – recognise obstacles for older men seeking mental health support
- Insights from colleagues’ - barriers from men from different cultural backgrounds
- Positive talks with housing. Social prescribing, Adult Social Care and Public Health are planned
- Forums will continue – anyone interested should contact Sharon

5) Wendy Robinson - Rethink Suicide Service

Wendy introduced the Rethink suicide service explaining:

- Aiming to address stigma in discussing suicide
- Rethink supports anyone over 18 affected by suicide in any way - early intervention is important
- Bridge the gap of GPs being inundated by helping people affected by suicide
- Service operates from St Richards – Nationwide organisation, psychosocial model - talk about impact in terms of relationships/personal journey
- Free service but not formal counselling - offer neutral space and support post inquest
- Not in isolation work alongside others – Grassroots, GP’s etc.
- No limit on number of visits – joint decision
- Lifechanging event for all people involved - need care and time so there is flexibility - first year post inquest, some come several years later
- There is a waiting list for Brighton and Hove areas – worst case up to 2 months. There is a telephone support service based in Gloucester
- People can self-refer or be referred by other services e.g. GP
- Suicide is the biggest cause of death in men under 50 – people (men especially) don’t come forward, need to be seen as coping/keep career, hard to admit feelings, worried about perception of how others will see it i.e. employers
- Special need in workplaces, inquest often interferes with their grief – need a lot longer for support
- Additional training for suicide prevention – funding available for GPs

Contact information: 01273 709060 or e: sos.mendos@rethink.org

<https://www.rethink.org/help-in-your-area/services/community-support/survivors-of-suicide-sos-brighton-hove/>

6) Rachael Swann - Grassroots Suicide Prevention

- Based in Brighton across city and nationally for last 20 years

- Grassroots Suicide Prevention [Grassroots Suicide Prevention | Educating, Connecting, Campaigning \(prevent-suicide.org.uk\)](https://prevent-suicide.org.uk)
- Empower people to help save lives from suicide by connecting, educating and campaigning
- There are a number of suicide prevention hubs online:
 - Womens Suicide Prevention Hub [Women's Suicide Prevention Hub - Grassroots Suicide Prevention \(prevent-suicide.org.uk\)](https://prevent-suicide.org.uk)
 - Young Suicide Prevention Hub [Youth Suicide Prevention Hub - Grassroots Suicide Prevention \(prevent-suicide.org.uk\)](https://prevent-suicide.org.uk)
 - Olders Adults Suicide Prevention Hub [Older Adult Suicide Prevention Hub - Grassroots Suicide Prevention \(prevent-suicide.org.uk\)](https://prevent-suicide.org.uk)
- Currently developing a hub on neurodivergence and suicide prevention and if anyone is interested in this then please get in touch with Rachael
- Free film 'Real Talk about Suicide' is a resource to help gain the skills and confidence to talk to someone about suicide <https://prevent-suicide.org.uk/rtas/>
- Trained over 60,000 in suicide prevention and mental health
- Funded by Local Authority and NHS to provide some free suicide prevention, mental health and self-harm training for health professionals in Brighton & Hove. To find out more go to [Funded Training Courses - Grassroots Suicide Prevention \(prevent-suicide.org.uk\)](https://prevent-suicide.org.uk) and contact training@prevent-suicide.org.uk
- Involved in campaigning work and events
- Work in partnership with Possibility People on Suicide Prevention Lived Experience Advisory Group and Feedback Group
- If you are interested in joining these groups or finding out how you could engage with these groups in your work then please contact livedexperience@prevent-suicide.org.uk
- Rising suicide rates among girls and women in Brighton & Hove

Drew Taylor introduced the Stay Alive mobile app: [The Stay Alive app by Grassroots Suicide Prevention - Grassroots Suicide Prevention \(prevent-suicide.org.uk\)](https://prevent-suicide.org.uk)

- It is a resource for people thinking about suicide or worried about someone
- Connecting people to support for their own need – signposting and education resources, debunking myths, empowering anyone
- Over 700 resources for those in crisis and peer support groups
- Customisable tools – safety plan - reflection tool GPs can use alongside patient - strategies to keep themselves safe
- Life box – can store music, videos, safe space, when things feel overwhelming
- Wellness plan – day to day ways to improve mental health
- Also features worth downloading when feeling well. Provides immediate tools/ grounding technique to be more in the moment
- Encouraging stats indicate people are using the app, information stored is very limited to protect anonymity and encourage use i.e. gender split not captured
- Available in 14 different languages

- Originally developed for adults – suicide can affect anyone now accessible for all
- Funding for next 18 months to develop app further - any feedback welcome
- Focusing work in high risk groups eg women, neuro divergence
- Let Drew know if there are any organisations that should be on the app
- Can also deliver training/overview of app in more detail

Any comments/information about the App please contact drew@prevent-suicide.org.uk

Jo expressed her gratitude for the Grassroots training HKP has received for staff. Enables difficult conversations/keeps everyone grounded. Jo suggested that if community training is of interest to any community groups to let her know. Groups could bid for suicide prevention training through a Healthy Neighbourhood Fund application. For an application form email: info@hkproject.org.uk

Steve Horne commented the Foodbank has spent money on mental health training for volunteers but would like to equip more volunteers. As there is certain funding for training in Brighton and Hove, Steve will share his details with Rachael separately.

7) Leila Morley MH commissioner on new Neighbourhood Mental Health (NMH) Teams

Leila gave a presentation about Neighbourhood Mental Health (NMH) team. Powerpoint slides attached.

- Nationwide adult community mental health services transformation – model of care needs changing, increased demand, hard to navigate mental health system
- In Sussex – lot of work collaboratively with VCSE to design a community model
- Wellbeing services within GP practices – not in all in Brighton. Health checks for those with diagnosis
- Create integrated mental health offer coordination and support for people, main mental health team, multi-agency offer – primary care, mental health trusts, VCSE organisations
- Move away from multiple referrals, struggle to get support, multiple stories. 3 mental health teams in Brighton. Neighbourhood team - West Goldstone PCN and West Hove PCN, one neighbourhood mental health team for all practices in that area
- About to go live with neighbourhood teams – soft launch from 31/10 aiming to have all members of core team knowing which team they are assigned to. Establish meeting forums and structures, referral hub
- Continuing commissioning aligned services between Oct and March 2025
- Emotional wellbeing, access facilitated services, independent placement, employment with mental health needs. Primary colleagues will have own employed mental health workers within practices, some social workers already embedded
- Bring in wider support in community space for general wellbeing and social connections – work closely together not part of core team

8) Les Hamilton and Joyce Gould AID in sickness and health fund

- Joyce and Les are the trustees for this fund for the residents of Hove and Portslade
- £10,000 allocation up to maximum £500 grant awarded for items per nomination e.g. new mattress, washing machine etc.
- Beneficiaries are nominated by health/social work professionals, councillors or trustees
- Anyone wishing to nominate should contact Zoe Smith, the Aid in Sickness secretary, dbs12@btinternet.com
- Agreed recommendations are prepared for the officers, committee meet and agree details e.g. bed delivery etc.
- Joyce highlighted the valuable service and difference small items make to people's lives, reduce stress, improve mental health etc.

Jo reiterated that HKP have referred into this service and would thoroughly recommend it. Not a difficult process.

9) Sam Goode AAA screening

- Community-based service in Sussex providing ultrasound measurements of the aorta as part of the NHS's free national Abdominal Aortic Aneurysm (AAA) Screening programme (for information visit www.gov.uk/phe/aaa-screening-leaflet)
- Screen around 11,000 a year in Sussex. 250 aneurysms discovered, depending on size will need follow up
- Screening is currently only offered to men in their 65th year – via an invitation from GP. After second non-attendance will discharge from list but can self-refer
- Older men who have not been screened before and who are registered with a GP in Sussex can self-refer by contacting the screening programme office by telephone, 01903 843834 or email: SC-TR.sxaaascreening@nhs.net
- Men aged over 65 at inception of screening service would not have been contacted automatically – can still self-refer
- Clinics are held in nursing homes and prisons

Q: Why is this not offered to women?

A: Men are 6 times more at risk than females, women have hormonal protection. In some cases, AAA can be hereditary – in this instance both men and women can be referred for a scan through their GP to the vascular unit.

For further information please follow this link:

[Abdominal Aortic Aneurysm \(AAA\) Screening Service \(sussexcommunity.nhs.uk\)](http://sussexcommunity.nhs.uk)

10) October Health event and community news

Health event open to all on Saturday 12th October 10.30am-1.30pm sponsored by HKP. Health info about multiple things including cancer screening, vaccinations, pharmacy, ear irrigations, smoking, alcohol etc. Plus, limited physio appointments for MSK and complementary therapies. IT support for NHS App etc.

11) Age UK SP update – Amelia Lewis

- New service launched in GPs recently (full report attached)
- Taking on social prescribing contract for West Hove PCN
- Referrals come from practice staff to Age UK team
- Started in April. Four Social Prescribers, first quarter 125 referrals, largest group was 40-54, predominantly female (64% women 36% men) – analysing why.
- Wide range of referral reasons. Always multiple reasons. Three primary reasons were practical support, loneliness and isolation and mental wellbeing.
- Ageing well community connections and BHCC biggest places referred to
- Amongst 25-50 age group weight management was biggest category
- Long term health - managing chronic conditions – did require more than the standard 6 sessions
- 65 and older isolated and predominantly housebound, identified befriending not enough – in person face to face support, carer support because of low income
- Barriers included – lack of transport, carer support and respite, plus advocacy services very lengthy and stressful

Jo mentioned that form filling had been identified as one of the highest needs through the CHP meetings. HKP have opened a service at the HKP IT Suite, St Richards, 10-12pm on Tuesdays. Also concerns with changes to winter fuel payments, so can help with pension credit applications.

12) AOB

Claire Hines (HKP) promoted/updated about the following:

- Healthy Mind (mental health and wellbeing) event is taking place on 16th November in partnership with UOK, and encouraged any services interested to speak with her
- Recruiting events volunteers to help at HKP meetings and events – serving refreshments, set up tables etc. Get in touch if interested/know anyone that might be
- Further health drop-ins to be announced soon for the new year
- Breast cancer awareness city wide campaign in October. Any training needs for groups talk to Claire

Contact details: Claire.hines@hkproject.org.uk 01273 410858

Meetings 2024: 27th November 10-12pm, St Richard's, Egmont Road, Hove, BN3 7FP

Meetings 2025: 5th February 10-12pm, St Richard's, Egmont Road, Hove, BN3 7FP