



## Health Forum Minutes Wednesday 5<sup>th</sup> February 2025

### 1. Welcome and Introductions

There were 60 people in attendance.

### 2. Minutes of the last meeting

The previous minutes were agreed to be accurate.

### 3. Surgery, Primary Care Network and Community Health Panel updates

Portslade – Tracy James

- Exercise reviewing templates for patient schedules
- Has created continuity of appointments with desired Dr
- New GP started Monday
- 100% feedback on last month's friends and family
- Involved in wider Sx frailty project – assessing risk of admission to hospital – work started this week
- 849 patients DNA for appointments in last quarter – Tracy will see what % that is of total appointments as we all reflected it seemed very high

**Action: ALL** Practice Managers to report on DNAs for update next time to explore if this is a common trend across the West and whether its increasing/staying same

Mile oak Medical Centre – Donna Blake/Bernie Phillips

We welcomed Donna and Bernie who will now be our link with Mile Oak

- 3 new rooms for physio appointments
- Recently held healthy heart event with HKP - very successful
- PPG had new members join

Wish Park/Links Road – Emma sent apologies today

WellBN – Louise Bridle

- 3 new GPs and paramedics within last 6 months
- Lindsay now retired and they miss her!
- Formed senior leadership team with 5 clinical and 5 non-clinical members of staff
- Another GP is pregnant - another Dr is picking up 3 sessions
- Loads of work on cancer screening with HKP increasing uptake
- Two more clinical rooms later in year – will increase capacity 7000 more appointments per year per room
- Working on IT drop ins in Spring with HKP

Hove Medical Centre – Rick Jones (apologies received - email update)

- HMC part of the Frailty pilot, going well
- Still 2 GPs on maternity leave but 1 back in April
- 1 GP retired Dr Mills
- Had hoped to have recruited interviewed 2 but both took positions elsewhere so still recruiting
- Do have regular locums dealing with the day to day, with GP partners dealing with patient lists & more complicated cases
- Pharmacist, Paramedic & Advanced Nurse Practitioner working well to aid access
- Our nurses & staff are brilliant & work so hard in difficult circumstances
- Still looking for improved premises (sure it has some impact on recruitment) & working closely within our PCN

Primary Care Network – Tory Lawrence

- Integrated Communities Team project – part of West area and working closely with Goldstone PCN on frailty as a collaborative effort
- Dr Esme, a frailty specialist and Partner at Portslade Health Centre is Clinical Lead for this
- Test and learn phase – exploring different ideas to identify what would be an effective project
- Bringing all organisations together to work more collaboratively - Adult Social Care – patient waiting list, AgeUK - leading frailty coordinator, HKP, Sussex Community Foundation Trust (SCFT) – patients from falls, Hove Medical Centre - 10 patients initially
- Jan – March will be the first test and learn project period – hope to roll out elsewhere and feed the learning into future Sx development of services
- Works closely with other frailty project complementing not duplicating each other

Community Health Panel – Sharon Lyons

- Recent meeting welcomed Alan Boyd, Chief Exec of Health Watch, who gave an overview and priorities
- Issues raised anecdotally around hospital discharges after midnight
- Alan reported this back to Trust leaders, who have responded that there are policies in place to prevent this, so we must ensure we find ways to report any such complaints if they occur
- Ongoing issues around equipment – some has been addressed by bringing together key providers of equipment

Jo reported details of Spring Covid campaign update received by email (full rollout process yet to be announced):

The announced and authorised cohorts for the spring 2025 programme will cover:

- adults aged 75 years and over
- residents in a care home for older adults
- individuals aged 6 months and over who are immunosuppressed, as defined in [COVID-19: the green book, chapter 14a](#); Tables 3 and 4

This includes those who will turn 75 years old by 17 June 2025. They will be eligible for a vaccination at any point in the campaign. Those who are new residents in an older adult care home or become immunosuppressed by 17 June 2025 are also eligible.

Brighton and Hove Federation - Wiola Davies – Health & Wellbeing Coach

- New pilot project on **smoking cessation**
- Self-refer by scanning code on leaflet that was distributed
- Free and open to everyone in Brighton and Hove
- One to one consultations/peer support/affordable stop smoking treatments
- For further information and link to self-refer [www.brightonandhovfed.co.uk](http://www.brightonandhovfed.co.uk)

Ann (local resident and AA volunteer) informed the forum of a **weekly AA meeting** that is held on **Wednesday evenings at St Richard's 7.30pm-9pm**. Wide range of ages/professions can be affected, different alcohol related issues are discussed within a supportive environment. Hold over 60 meetings in Brighton, fellows attend, supported by people in recovery. Incredible support with no judgement. Also special thanks to Ann for making space available throughout the whole year.

#### 4. Kate Gilchrist – Health Counts

Kate presented the main findings from the 2024 Health Counts survey which runs once a decade (slides attached), and highlighted areas of interest for the West area. The survey covered eight themes: demographics, building blocks of health, general health, physical activity diet & weight, oral health, emotional health & wellbeing, risk factors and sexual health.

A full report will be made available in March. Detailed breakdown will also be provided at GP practice level. Members of the Community Health Panel will be working with Public Health to do a deep dive into the West area data in March. Additionally, detailed analysis by area breakdown and population group profile to follow.

For further information <https://www.brighton-hove.gov.uk/joint-strategic-needs-assessment-jsna/key-evidence-reports-and-briefings/health-counts>

Suggestions for groups/events to present findings and routes for dissemination to [publichealthintelligence@brighton-hove.gov.uk](mailto:publichealthintelligence@brighton-hove.gov.uk) or [healthcounts@brighton.ac.uk](mailto:healthcounts@brighton.ac.uk)

Discussion, questions and comments followed including:

- Identify ways we can reduce the figures as lack of funding is not the issue (new budget for NHS England has increased significantly)
- Spending on prevention should be a priority
- Report is a fantastic insight to help identify priorities and provide focus for future
- Cost of living/affordability/wages doesn't match cost of living in Brighton. Health is directly influenced by affordability and affects health, anxiety etc.

- Influence of pain can impact many aspects of life including employment. Better controlled pain will lead to better quality of life
- £1.1 million savings to be made in council's budget – will make challenges enormous to achieve improvements needed especially as again there are reductions to preventative services
- How many families are living in temporary/emergency accommodation. Difficult to find dentist, GP etc. and perhaps falling through the gap
- Considerable number of council houses/flats unfit for habitation

#### Answers/responses

- Recognition that emphasis is on prevention, however, local authority budgets are very stretched. Lot of barriers to overcome because of lack of money
- Jo is attending budget scrutiny on Friday to represent the voluntary sector and will be raising the need for prevention and investment in local communities
- Kate agreed it is evident there is a need for prevention, which is challenging to deliver because of budget constraints
- Kate also responded that the next stage of the survey may be able to delve deeper into housing figures and those in temporary/emergency accommodation
- University community researchers are also organising sessions for students to complete related research projects.

**Action:** Jo will invite someone with a housing background to the forum to explore temporary accommodation and housing issues further

#### 5. SPFT engagement Zoe Webb

Sussex Partnership NHS Foundation Trust, provides mental health, learning disability and neurodevelopmental services to people living in southeast England. The services are for children, young people, adults of working age and older people.

Involved in Primary care participatory work – talking therapies, link to GPs, service supporting those with clinical health psychology, includes pain, neuro psychiatry, B&H mental health acute inpatient and community services.

Transformation programme for neighbourhood mental health underway. Engaging with service users and carers, anyone that has used community mental health services. Capture data twice a month from as many/diverse community as many as possible.

Jo updated that Neighbourhood Mental Health Teams are due to soft launch in April 25 to facilitate everyone working in an integrated way within a local area. HKP has been involved in a lot of work to ensure those involved in these changes are aware of needs in the community. Anyone interested in participating more around these changes

#### 6. Marie Hockley and Henrietta Ado Community Pharmacy

Marie Hockley gave an overview of the work of Community Pharmacy and Pharmacy First (slides attached). Pharmacy First is an advanced service that pharmacies can opt to join.

Personnel receive extra training, and walk ins are offered a 15 minute private consultation for seven common conditions (handout attached). Prescription medications are prescribed where necessary to treat the illness.

There was a general discussion around advanced services and the following questions were raised:

Q Is there a way for staff to identify which pharmacies hold palliative care medication – especially on bank holidays?

A – There is a rota system for bank holidays published online, national postcode finders are really accurate, local pharmacy information - can be dependent on how good the information is that is supplied.

**Action: Marie will raise with the ICB to send out regular comms about where to access palliative care drugs**

Q How are human and financial impacts going to be measured to ensure services continue?

A – Waiting for the contractual framework so don't know the impact yet on community pharmacy. Dictated by government so hope they will invest to keep these services.

Jo suggested we feed into senior or commissioning structure that there is a requirement for a Brighton resource on council website for our local pharmacy offer to help both patients and clinicians understand the offer and the restrictions

Henrietta gave an overview of Pharmacy First/advanced services working in practice at Burwash Pharmacy:

- Service is picking up
- Patients' perception had been they would only be given over the counter medication instead of a range of antibiotics and other prescription medications
- Process is thorough - detailed form and consultation, patient safety is always the priority – ensure criteria met for seven conditions
- Important to continue making people aware of what's offered
- All advanced services are offered at Burwash apart from palliative care

Q - Are all pharmacies in Brighton and Hove signed up to Pharmacy First

A – Yes

Q - Is it possible to send sheltered housing/care homes the information in paper form as won't have online access to information?

A – Anything in paper form is very difficult to keep up to date

**Action: Peter Huntbach – BHCC Seniors Housing Manager, will send information to all sheltered housing scheme managers. Also, at the older people’s council meeting will ensure information is disseminated to staff and residents.**

Q - What impact will the closure of 650 Boots pharmacies have?

A - Marie sits on the steering group for pharmaceutical critical needs assessments so will keep abreast of any impact. Community pharmacies can take on more patients, depending on their capacity which is determined by the owner. They will conduct risk assessments based on their business model. Patient safety is the paramount consideration.

7. Community event feedback/upcoming events and other community updates

HKP - Claire Hines, Senior Community Development Worker

- Healthy Heart event recently held at Mile Oak Medical centre – very successful, lots attended. Offered liver health checks and inundated with people. Demonstrates need to access these services but also more testers needed and a bigger venue. Thanks to all those involved. **Next event is women’s health event on 15<sup>th</sup> March, 10am-12pm at The Downsman, Hangleton Way, BN3 8ES**
- Act on Cancer work – **raising awareness of Prostate Cancer session on 11<sup>th</sup> February, 10am-12pm at The Downsman.** It is the most common cancer now in UK. Keen to get as many to the session as possible. No NHS screening programme currently.
- Age and Dementia Friendly Brighton & Hove is a local programme for residents aged 50+ to help make Brighton & Hove a great place to live and grow older or live well with dementia. Coffee and conversations take place twice a year. Next one is 5<sup>th</sup> March at St Richards. 10.30-12.30. Drop in session to bring residents and service providers together. Free refreshments. (poster attached) For more information email: [publichealth@brighton-hove.gov.uk](mailto:publichealth@brighton-hove.gov.uk) or call: 01273 296555

**Mike Dixon updated that Plot 22 and Action for Happiness (a national mental health charity) connected at the HKP Healthy Minds event last year and are now running three happy cafes at Plot 22 – monthly sessions.**

Glogi – Sian Talbot

- Weight management programme working alongside the council and other partners has been operating for a year now
- Lots of different groups: digital pathway, families, those who are pregnant, those with learning disabilities, all free to access

Q: If patients are on weight loss drugs, are they on this programme too? Should it be mandatory for them to be on it?

A: They can access it, and it would be encouraged. These programmes offer a sustainable ongoing route to weight management.

Some practices (e.g. WellBN) are providing in house support for those patients that are prescribed these drugs. Need to be aware that not everyone has been prescribed by their GP. Could investigate if GP's prescribing these drugs are also referring to Gloji service.

**Date of next meeting: Wednesday 30<sup>th</sup> April 10-12pm at St Richard's Community Centre**