

North Kensington Health & Wellbeing Network

15 April 2021, via Zoom

Actions and Key Points

- Camila Marin-Restrepo (CMR), Project Officer for North Kensington Self-Care Programme (KCSC)
- Kalwant Sahota (KS), Self Care and Social Prescribing Manager, NHS West London Clinical Commissioning Group (WLCCG)
- Julia Hamilton (JH), North Kensington Social Prescribing Link Worker

Agenda

- 10:00** *Welcome, ground rules, agenda*
- 10:10** *Re-cap of network forum and NK Self-Care Programme*
- 10:20** *Scaling up within a Social Prescribing Context and the role of a Social Prescribing Link worker*
- 10:30** *Breakout rooms*
- 11:00** *Networking activity*
- 11:20** *Updates from NK Self-Care programme and announcements*

- These monthly meetings will be held from 10am to 11.30am from now.
- Future meetings can be found on the website [here](#).

What is the North Kensington Health and Wellbeing Network for?

This network has been set up as part of the NHS North Kensington Health and Wellbeing Strategy and is a joint partnership with NWL CCG. It's aims are:

- To help service providers share experiences and resources
- Reduce overlaps in services
- To provide up-to-date information on the wider health and wellbeing agenda and how it relates to North Kensington.
- Enable us to work more effectively together to meet the health and wellbeing needs of residents in North Kensington.
- To explore initiatives that might lead to joint bidding for funding and contracts.
- Share partnership opportunities

The question of GP surgery sales to US companies was raised.

This will be flagged by KS to Primary Care Colleagues at WLCCG, any response available will be shared.

North Kensington Self-Care Programme

- Social prescribing programme for communities in North Kensington affected by the Grenfell fire
- Addresses long-term health conditions in a non-clinical manner

- Funded by NWLCCG (NHS) and managed by KCSC
- Current menu of services includes: complementary therapies, cooking and nutrition projects, mental health first aid training

KS clarified that the forum was set up as part of funding given to Kensington and Chelsea Social Council (KCSC) to provide a programme of self-care activities. This forms a part of WLCCG's commitment to the North Kensington Health and Wellbeing strategy.

Scaling up within a Social Prescribing Context and the role of a Social Prescribing Link worker

Speakers: Camila Marin-Restrepo, Kalwant Sahota, Julia Hamilton

Presentation

Feedback received from previous meetings relayed that it was not always necessary to start altogether new services and that focus should be placed on scaling up the projects already in existence.

The group were asked how they envisioned scaling up projects.

- A great deal comes down to money. Running programmes supporting the local community are running but on tight budgets and the numbers that are interacted with are limited by the pandemic. More money would allow scaling up. It would enable organisations such as The Dalgarno Trust to offer more and to offer things more regularly. Get people in the habit of attending regularly.
- Support ends after a set number of sessions and the benefits end when the service and support stops. Getting the service sustainable long term would be so beneficial and make a big change to a person's wellbeing.
- Many services have funding that ends after a year. Careers can't be built on six month contracts. Workers move on or get promoted if they are skilled. A culture of valuing the role needs to be cultivated. Looking at what works needs to be scaled up. If something works maybe another part of the borough can have the service replicated for users there.

Scaling up within Social Prescribing context

1. Creating referral pathways with the NHS (GPs, Social Prescribing Link Workers)
2. Demonstrate clear outcomes via monitoring and evaluation
3. Building capacity in service users
4. Partner with other organisations
5. Increase diversity of service users

KS notes that beside funding questions are also being asked by NWLCC about ways to upskill residents to provide personal resilience creating strong pathways with Primary Care. They also want to find ways to get people currently not involved in services to get involved. Funding is due to be released with the aim of leaving a culture of wellbeing in North Kensington.

JH described the role of a social prescribing link worker.

There are currently 5 link workers working across the borough two in the South and three in the North. The majority of the referrals they received are from GP staff. Sessions can be as long or as short as the link worker feels they need to be. Those referred can have quite

specific needs for support or may simply have a vague idea that the link worker can support them in exploring.

Input from orgs into how this can be done differently would be welcome. Hopefully with more being done in person it will be easier to scale up.

Hayley Turner (HT) explained that a pilot of taking referrals from voluntary and community sector organisations was being trialled. JH will be able to direct those involved in the pilot where appropriate.

If interested in being part of the pilot please contact hayley@kcsc.org.uk.

There are currently no support style groups being run although this is used in other areas across the country. This may be something being considered going forward.

Topics like this would be ideal for voluntary organisations to partner with link workers. The link worker would bring people to the organisation. The organisation would use their expertise, skills and knowledge to provide support required. The aim would be to create a sustainable service.

An example was raised: Helpforce are working with Golborne using volunteers recruited through AGE UK working as Helpforce companions, to bridge the gap for those that have lost confidence, want to get out into the community a bit more or join groups. There is potential to increase this across the borough.

The Key health themes in NWL were highlighted:

Asthma

Cancer

COPD (Chronic Obstructive Pulmonary Disease)

Diabetes

Obesity

Mental Health

Breakout room

During the session each group discussed:

- What amazing projects already exist in NK that address the following concerns: *diabetes, COPD, asthma, mental health, obesity, cancer*
- What would these projects need in order to scale up within a social prescribing context (focusing points 1-5 on slide 8)

Feedback from breakout session:

There are many examples of services already running in the area.

Wrap around services are key especially for younger people. E.g. Green spaces to support COPD, asthma and mental wellbeing was used.

Have to ensure that Link workers and GPS know about the services available.

Partnership working is a good way to scale up, using existing local resources locally and avoiding duplication.

This network is for creating those relationships. How can smaller organisations be brought to this network? Using the 6 health themes at future meetings may provide a way of focussing organisations on individual health issues.

How do we create information for individuals to have experts that they can refer back to. Rather than having another directory, how can quick and easy information sharing be created?

Creating education toolkits enabling individuals to set objectives.

Networking Activity

- How is your organisation thinking about moving to face-to-face service delivery?
- How can we support residents to re-engage face-to-face services?

Updates from NK Self-Care programme and announcements

- Funding and training:

Trauma informed yoga training, deadline 16th April

Breathwork funding, deadline 25th April

Health Coach funding, deadline 25th April

Information is available on the website or contact camila@kcsc.org.uk

Ideas on methods of delivering would be welcome. Training programmes thoughts on how to deliver back would it be specific groups or set courses. Flexible want to make the best use of the training to build resilience and sustainability.

- The Clement James Centre is running a Wellbeing Insights day. There will be workshops on aspects of wellbeing (emotional, professional, relational and physical). Partner organisations will be coming in to lead workshops.
E-mail: wellbeing@clementjames.org
- Change4Life service are launching Neighbourhood Projects. Call for people to join. Aims are to get local community to co-create and implement local initiatives. To address Health and Wellbeing issues of their choice.
For information: www.family-action.org.uk/change4lifeservice
- HWCWL (Health Watch Central West London), are currently are trying to reach out to underrepresented groups, through their small grants programme to find out their experiences of accessing local health service; <https://healthwatchcwl.co.uk/small-grants-programme-2021/>
E-mail Sumita.ahmed@healthwathcentralwestlondon.org with questions.
- 55 and over age groups are now eligible to book vaccine online.
 - **Attendance:**
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| Organisation |
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| Age UK Kensington & Chelsea |
| BME Health Forum |
| Citizens Advice |
| Dadihiye Somali Development Organisation |
| Dalgarno Trust |
| Family Action Kensington And Chelsea Young Carers |
| Healthwatch Central West London |

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| NWL CCG |
| Open Age |
| The ClementJames Centre |
| Volunteer Centre Kensington & Chelsea |
| Westway Trust |

Next meeting: 20 May 2021, 10:00am – 11:30am