

North Kensington Health & Wellbeing Network

24 November 2020, via Zoom

Actions and Key Points

Meeting Agenda

- Terms of Reference
 - KCSC will act as chair until a chair is nominated at the next meeting in January 2021. Nominations are encouraged from the local Voluntary and Community Sector, funding is available.
 - Terms of reference has been signed off

[Terms of reference](#)

- Dr Manpreet Bains – local GP update
 - Action: KS and MB are to come back with the rates for North Kensington and comparison over the years in general – has there been an increase?
 - Link shared in the chat <https://publichealthmatters.blog.gov.uk/2019/10/04/flu-vaccination-the-main-things-to-know-about-the-2019-programme/>
 - Action: KS and MB to confirm the pharmacy name that can come to your home and give the vaccine.

Please see here for [presentation](#).

- Other links shared in the chat
 - <https://www.grenfell.nhs.uk/>
 - <https://www.kcsc.org.uk/funding/north-kensington-self-care-programme>
 - <https://www.learnmyway.com/>
 - Superhighways training for voluntary groups to upskill them with digital tools <https://www.eventbrite.co.uk/o/superhighways-308927460>

- OneYou - healthier lifestyle services, including the cooking sessions they host, giving support via their WhatsApp group too.
Please see here for [presentation](#).
<https://oneyou.rbkc.gov.uk/>

- Feedback from breakout rooms:
 - Residents are digitally struggling, and there is resistance to becoming digitally literate- what is the solution?
 - The subject of breaking down language barriers was talked about, particularly around access to information on health and provision.

- Digital tools should be incorporated into all aspects of everyday life, such as WiFi.
 - EC from Open Age spoke about using digital tools for cooking classes, where people could share recipes and undertake conference calls.
 - Before we are able to utilise digital services to improve people's health and wellbeing it is first necessary to overcome digital illiteracy.
 - Suggestion of using 'star pupils' in regards to using digital services to improve their health as examples to others of the benefit of digital services.
 - Information needs to be in short videos which can be sent via What's App groups
 - Can also send information via a digital flyer
 - Clear messages on that the NHS is safe to use and people should be attending appointments
 - Cancer screening messages – need to encourage communities to screen themselves and attend appointments
 - Need for a 1 pager of information to signpost into other resources – community assets on a map.
- For our next meeting, there was a request to allocate time to share what organisations are doing on the ground, discuss health services that are available to residents, how to safeguard individuals from being scammed and to promote positive messages on making healthier lifestyle choices.

Registered List:

Organisations
KCSC
WLCCG
Community Massage London
North Ken Social Prescribing Worker
Open Age
One You Kensington and Chelsea
Volunteer Centre Kensington & Chelsea
Dalgarno Trust
Superhighways
Lancaster West Estates Residents Association
ACAVA
NHS
Rugby Portabello Trust