



HEALTH AND WELLBEING FORUM

Tuesday 26 January 2021
 10.00am – 11.30am
 Virtual meeting via Zoom

Chair: Angela Spence, CEO, KCSC

Minutes taken by: Michael Godfrey and Zina Serageldin, KCSC

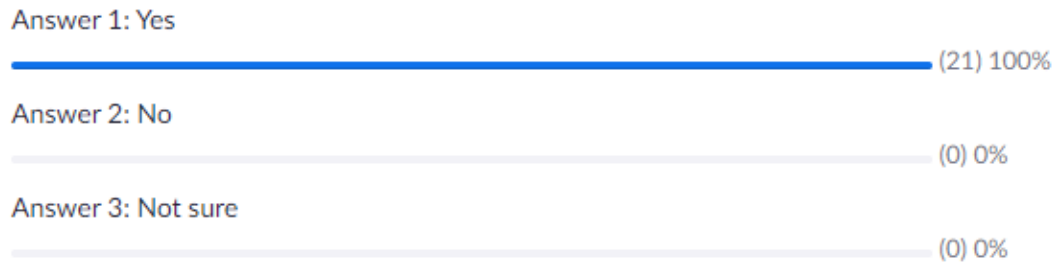
Item	Notes	Action
1	<p>Welcome and Introduction - Angela Spence, CEO, KCSC</p> <p>Agenda</p> <p>Angela Spence (AS), welcomed everyone and ran through the forum ground rules and agenda.</p>	
2	<p>Minutes from the previous meeting – Angela Spence, CEO, KCSC</p> <p>Minutes available online</p>	
3	<p>Sector Updates</p> <p>Sandie Roberts (SR) (Careers Network):</p> <ul style="list-style-type: none"> - Holding a careers forum for RBKC this Thursday 2pm-4pm, have already delivered email and phone reminders Contact at carers@carersnetwork.org <p>Kalwant Sahota (KS) (West London CCG):</p> <ul style="list-style-type: none"> - Vaccination events happening locally check KCSC website for an updated events list https://www.kcsc.org.uk/events - Potential rolling program for public events, with GP Q&As - Grenfell health and wellbeing site is live with FAQs giving regular updates https://grenfellwellbeing.com/resources/ <p>Sonya Timlett (ST) (Equal People Mencap):</p> <ul style="list-style-type: none"> - Wellbeing Group every Wednesday for North Kensington, activities for low mood and depression, programmes running regularly. Details available on website http://www.equalpeoplemencap.org.uk/our-services/healthy-living-service/ <p>Lisa Tietler (LT) (Wellbeing Windows CIC):</p> <ul style="list-style-type: none"> - New to the Forum - Projects displaying photography artwork in hospitals/residential homes aimed to support wellbeing - Funded to deliver project in local care-home, seeking other offers for areas to start delivering - www.wellbeingwindows.com 	

	<p>Ezra Ben Yisrael (EBY) (Drug and Alcohol Wellbeing Service):</p> <ul style="list-style-type: none"> - Oversee asset-based community development, provide support/funding to organisations and individuals with innovative ideas - Any innovative ideas for the Five Ways of Wellbeing, can supply up to £2500. Also funding available for remote projects. <p>Leopold Rupf (LR) (K&C LGBT Association):</p> <ul style="list-style-type: none"> - Challenges to setting up a foundation, using online support tools - If anyone has any contacts who would be interested in supporting LGBT community, feel free to provide contact details <p>https://kensingtonlgbt.wordpress.com/ https://twitter.com/KensingtonLgbt https://www.facebook.com/KensingtonLGBT</p> <p>Guy Matthew (Home Instead):</p> <ul style="list-style-type: none"> - Hasn't attended in a few years, re-joining to get information and support signposting - guy.mathew@homeinstead.co.uk <p>Awrala Sheikh (Kulan Somali Org):</p> <ul style="list-style-type: none"> - Carrying out Tri-Borough work, Westminster, K&C and Newham - Digital problems due to language barriers and tech limitations, currently providing phone services and leaflets 	
4	Vaccine Rollout Updates – Jeff lake, Deputy Director, RBKC Public Health	
	<p>Jeff Lake (JL) provided an update on the statistics around Covid transmission, vaccinations,, misinformation concerns and further vaccine science.</p> <p>Presentation</p> <p>Key points:</p> <ul style="list-style-type: none"> - Reduction in case rate over last few weeks, though still at significant levels - Acute demand is dropping, mortality rates expected to follow shortly - Addressed various forms of misinformation - Explained how the vaccine has been developed so quickly, how they work and what mild side-effects are possible - Discussed vaccine protection/transmission risks and need to continue following guidance <p>Joe Batty (JB) asked if you are still a potential carrier post-vaccine:</p> <ul style="list-style-type: none"> - JL said no vaccines are 100% effective and cannot guarantee protection, but you are less likely to be infected and less severe symptoms if you are. Still need to follow precautions to keep risks low. <p>Judith Blakeman (JB): Does vaccine work if you have antibodies?</p> <ul style="list-style-type: none"> - JL said vaccines work in different ways and understanding is not clear enough to say for sure about length of protection. No negative interaction by having vaccine and protection provided by vaccine is likely more enduring than antibodies. <p>Lisa Teitler (LT): How is the vaccine tested on under 18s?</p>	

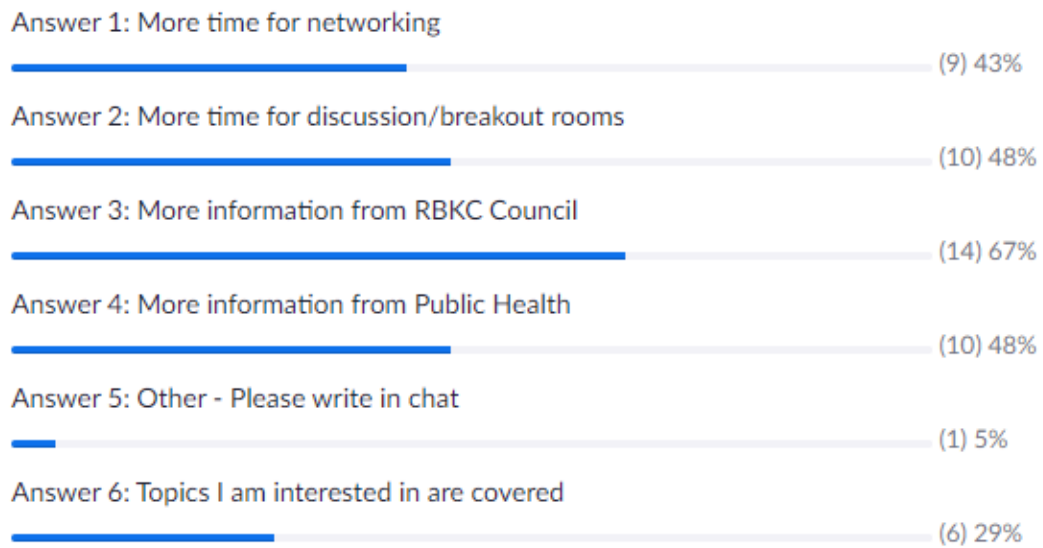
	<ul style="list-style-type: none"> - Not currently offered to under 16s, trials not conducted on children and rates of transmission in younger children in particular is lower. Unclear yet which groups will be vaccinated over long term. <p>Teresa Meekings (TM): Client experiencing side effects including rash and swelling?</p> <ul style="list-style-type: none"> - Speak with medical professional/GP, potential allergies, but very unusual case and not a high risk 	
5	Breakout Groups – Discussion of role of VCS in supporting vaccine rollout and building trust	
	<p>Following the meeting a summary of the discussions in the three breakout groups was put together:</p> <p>Discussion Summary</p> <p>Breakout room 1 discussed:</p> <ul style="list-style-type: none"> - Need to improve information clarity and dissemination on issues like 2nd dose and how to act after 1st dose, particularly to combat misinformation among BAME communities. VCS groups can support reach and message promotion but need presentable information to share. Concerns about where people can ask questions to follow-up receiving vaccine. <p>Breakout room 2 discussed:</p> <ul style="list-style-type: none"> - Having an easy ready document that could be produced that local charities could then add their logo on so that there is a consistent message given out by everyone. A major issue is that messages from the government are very inconsistent. <p>Breakout room 3 discussed:</p> <ul style="list-style-type: none"> - Possible use of WhatsApp groups to address misinformation in real time using the same mediums as it is initially spread and in translated forms. Issues are that misinformation and myths are spread faster and more socially than facts. Highlighted importance of education for both communities and professionals. Joe recommended The Conversation website, (Link in the chat) 	
6	Digital Inclusion Project – Tim Ellis and Alice Adams, RBKC	
	<p>Tim Ellis (TE) introduced himself and the work he has been carrying out as part of a joint partnership between the Health Service, RBKC and the Third Sector, around Digital Inclusion. The programme is aimed at understanding need, supporting access to devices, access to internet and improving motivation, confidence and skills in accessing resources. Meet every Thursday and contributions from the VCS sector are being sought.</p> <p>Presentation</p> <p>Contributions and questions are welcome, can contact Hayley (HT) or Joe (JB)</p> <p>All organisations were encouraged to complete the VCS needs survey, please complete here</p> <p>TE emphasised caution about raising expectations, as unsure about how much need can be met</p>	
	Any other business	

Meeting Poll

1. Did you find this meeting use? (Single Choice)



2. Which topics would you like to see at this forum? (Multiple Choice)



- [Ready Tech Go are in urgent need of old devices to recycle](#)
- Open Age is working hard on digital inclusions in terms of devices and accessibility but also to up skill our members to feel confident in using devices and participating digital delivery.
[Open Age Virtual Programme.](#)

ATTENDANCE LIST

	Name	Organisation
1	Angela Spence	KCSC
2	Anna Porta	Westway CT
3	Awrala Sheikh	Kulank Somali Organisation
4	Dolores Dyett	Carers Network

5	Ellen McRae	Venture Centre
6	Emma Cohen	Open Age
7	Ezra Ben-Yisrael	Turning Point
8	Fiona Hollow	The ClementJames Centre
9	Guin Comnas	Age United
10	Guy Mathew	Home Instead Senior Care
11	Hayley Turner	KCSC
12	Herve Bessieres	Open Age
13	Jamie Renton	ADKC
14	Jenny Greenfield	KCSC
15	Joe Batty	KCSC
16	Judith Blakeman	BME Health Forum
17	Julia Hamilton	Age United Kensington and Chelsea - North Ken Social Prescribing Link Worker
18	Kalwant Sahota	West London CCG
19	Leopold Rupf	Kensington LGBT Association
20	Lesley Derry	Public Health, WCC
21	Lisa Teitler	Wellbeing Windows
22	Matan Sowatskey	Volunteer Centre Kensington & Chelsea
23	Mel Christodoulou	Family Friends UK
24	Michael Godfrey	KCSC
25	Nathalie Botcherby	Groundwork London (Impact)
26	Osama El-Amin	Westway Trust
27	Rosana Ordoubadi	Dalgarno Trust
28	Sandie Roberts	Carers Network
29	Sonia Timlett	Equal People Mencap
30	Stephen Duckworth	Notting Hill Methodist Church

31	Teresa Meekings	COMMUNITY MASSAGE LONDON CIC
32	Vittoria De Meo	FOR WOMEN CIC
33	Vivien Davidhazy	The Health Forum
34	Zara Ghods	Kensington and Chelsea Over 50s Forum
35	Zina Serageldin	KCSC

The information above will appear in minutes for this meeting which will be made available to all the attendees and published on KCSC's website.