



OLDER PEOPLE'S PROVIDERS NETWORK

Tuesday 26 October 2021, 11am – 12.30pm
Virtual meeting via Zoom

Chair: Zara Ghods, Chief Executive, Kensington and Chelsea Over 50s Forum
Minutes taken by: Fenn Reynolds, KCSC

Item	Notes	Action
1	<p>Welcome from the Chair, Zara Ghods</p> <p><u>Agenda</u></p> <p>Zara Ghods (ZG) welcomed everyone to the meeting and went through the agenda. Cllr Linda Wade commented at the network meeting on the high cost of energy and food. She emphasised the difficulty older people were experiencing and suggested that an advice and information stall be established in Brompton Library to help older people in and around Earl's Court. She asked if anyone can help in any way to contact her on: Cllr.wade@rbkc.gov.uk</p>	
2	<p>Update on situation with Covid-19 and the vaccine in K&C and Westminster</p> <p>Natasha Davies and Kate May, Senior Public Health Strategists (Bi Borough Public Health Team) – Adult Social Care</p> <p><u>Presentation</u></p> <p>Natasha Davies (ND) and Kate May (KM) gave the following updates:</p> <p>Epidemiology</p> <p>ND showed a diagram showing the trajectory of the virus in London by local authority. As of 21 October, the highest figures were for Hounslow, which showed 371.3 cases per 100,000. This was compared to Westminster, which was fourth from the bottom at 155.6 cases per 100,000 and K&C at 198.3 per 100,000.</p> <p>Cases are increasing in the 60+ age category but remain lower than the average from London and England overall.</p> <p>Covid-19 Vaccine Booster</p> <p>ND points out that the government has started offering a booster dose of the vaccine. Those currently eligible include people aged 50 and over, 16 – 49-year-olds in the 'high risk' category, care home residents and workers, health and social workers and people who live or care for those who are immunosuppressed.</p> <p>Booster vaccinations are available at least six months after you've had your second dose, and are bookable via the NHS 119 service, or on the NHS website.</p> <p>Flu Vaccine</p>	

ND emphasises the heightened risk of both flu and Covid spreading through the winter, due to indoor mixing. It is safe to have both the Covid booster and flu vaccine, which most adults will be eligible for. The flu vaccine will be offered free to certain groups, including the over 50s.

ND wants to encourage those that are eligible to get the jab to do so, as this is the most effective way to boost natural immunity. The National Flu Campaign began on 11 October.

Prevention and testing

ND reminds of the importance of good ventilation which can reduce the risk of airborne transmission of Covid by up to 70%. Additional reminders to meet outdoors where possible, face coverings in crowded or enclosed spaces and routine lateral flow tests for people without symptoms.

PCR tests are now available via the [gov.uk website](https://www.gov.uk), even if you don't have one of the three symptoms of Covid. The dominant variant is currently the Delta variant, which is more transmissible than the Alpha variant, which was prominent during Winter last year, which emphasises the need for the aforementioned precautions to be made.

Vaccine Bus, Clinics and Pharmacies

Over 16s who are yet to have their first Covid vaccine can book or walk in to one of the NHS [vaccine clinics or pharmacy sites across Westminster](#) or visit the [vaccine bus](#) making stops throughout Westminster and RBKC

Covid Vaccine for Children

This autumn, all children aged 12 to 15 will be offered one dose of the Pfizer Covid vaccine, which will predominantly taking place through schools and with parental consent.

During half term, first doses of the vaccine are available for 12-15 year olds at the following locations

- St Charles Centre for Health & Wellbeing, Exmoor Street, W10 6DZ on Sunday 24th October – 10am-2pm
- Violet Melchett Health Centre, 30 Flood Walk, SW3 5RR on Friday 29th October – 10am-2pm
- Venture Centre, 103A Wornington Road, North Kensington, W10 5YB on Friday 29 October, 9am to 5pm

In addition, 12–15-year-olds book their vaccination on the [NHS website](#).

Parents/guardians are asked to complete and bring the [NHS consent form](#) with them, even if you have already previously done so, and to ensure that their child is accompanied on the day of clinic.

KM points out that as there is a higher prevalence of Covid in school age children, and that it is important to vaccinate 12 – 15 year olds, in order to stop the spread in the wider population.

	<p>Keep Warm, Keep Active, Keep Connected</p> <p>KM talks about the importance of checking in on frail and older residents who can be affected by the seasonal drop in temperature and reminding them of simple steps that they can take. These include heating their home to at least 18°C, keeping active indoors and wearing several layers. Check to make sure they have enough food and drinks, have access to all the help they're entitled to and any medicines they might need.</p> <p>Westminster have produced a page to point to support for those finding it hard to heat their home due to the energy crisis, which can be found here. KM says that the RBKC communications around this are being developed.</p> <p>KM reiterates the importance of keeping active in the home, and of providing support in terms of presence, and building and maintaining positive relationships that can have a positive effect on mental health.</p>	
<p>3</p>	<p>The current energy crisis, how to keep warm this winter, and if possible, how to save</p> <p>Carolina Castilla, Senior Outreach Doctor (Green Doctors Team) – Groundworks London</p>	
	<p>Presentation</p> <p>Carolina Castilla (CC) began by giving an outline of Green Doctors, who are a team of expert energy advisors who help Londoners efficiently power and heat their homes and save on bills. They work in partnership with London boroughs and housing associations and provide free home visits and telephone consultations.</p> <p>CC outlined the services aims:</p> <ul style="list-style-type: none"> • Improve health and reduce impact of cold homes • Maximising income of users • Enabling behavioural change and taking action <p>CC reiterates the minimum of 18°C recommended household temperature and talks about the effects that the body has to living in cold spaces. This includes burning excessive calories and becoming hungrier, reduced immunity to viruses and worsening cardiovascular and respiratory illnesses.</p> <p>Cold housing can also lead to mould and damp developing and further damaging health. For elderly people in particular, this can increase the risk of falls and effects on cognitive function.</p> <p>Households are making a choice between 'heating and eating', which is affecting stress and anxiety levels, and raising levels of social exclusion.</p> <p>CC breaks down the advice services that Green Doctors provides, which include:</p> <ul style="list-style-type: none"> • Personal advice on energy bills • Energy saving tips • Supporting residents applications for benefits and discounts such as Warm Home Discount, Water Help and Water Sure • Adding residents to the Priority Support Register – a free utility support service 	

	<p>Eligibility Criteria</p> <p>Household must either be on a low income (under £15,900 or in receipt of means tested benefits), have a long term health condition or disability, residents over 65 years old and households with children under 5 years old. Referrals can be made via the online form, which is the quickest way to receive a response (same day/next day). Self referrals can be made also.</p> <p>Alternatively, referrals can be made via:</p> <ul style="list-style-type: none"> • Telephone – 0300 365 3005 (Freephone) • Email – greendoctors@groundworks.org.uk <p>More information can be found on their website. Information and appointments can be provided in different languages and BSL.</p> <p>CC asks that organisations work to be more aware of the issues surround cold homes and know where to effectively signpost. The Green Doctor team can attend bespoke meetings with organisations and join in on current activities with clients and service users.</p> <p>Key discussion points following on from the presentation included the importance of accessibility in service, in reference to the multilingual information provided by the Green Doctor service</p>	
4	<p>Question</p> <p>Discussion in breakout rooms, and feedback</p>	
	<p>Participants were split into four breakout rooms, to discuss having the OPPN as bi-borough, and answer the question 'Shall we continue with them being bi-borough or do some separate?' - with the view of two meetings being bi-borough, and two being individual boroughs</p> <p>Key outcomes of the discussion were as follows:</p> <p>Group 1 thought that there was worth in having both separate and bi-borough meets, particularly noting the value of discussion for borough specific services such as capacity and delivery within the standalone meetings, and more local government and broader discussions about, for example, partnerships in the bi-borough meetings.</p> <p>Group 2 thought that the bi-borough meetings are more valuable, and noted a lack of added value for separate borough specific meetings.</p> <p>Group 3 generally agreed with Group 2, however noted that grassroots issues on a borough by borough basis could be better addressed by also having separate meetings.</p> <p>Group 4 thought that both singular and bi-borough meetings are worthwhile, and pointed to the ease of access by holding these online.</p>	
5	<p>AOB and general updates</p>	

	<p>Dhani Dhanoa (DD) asked for attendees to please fill in the following evaluation form following on from the meeting: https://www.kcsc.org.uk/older-peoples-providers-forum-26-october-2021-evaluation-and-feedback-please.</p> <p>ZG thanked everyone for attending and looks forward to seeing everyone again at the next forum.</p>	
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ATTENDANCE LIST

	Name	Organisation
1	Adam Zaki	Westminster Citizens Advice Bureau Service
2	Alberta Gutteridge	Age UK Westminster
3	Annabelle Harding	One You
4	Basma Yaslem	Al-Hasaniya Moroccan Womens Centre
5	Brenda Meadows	North Paddington Foodbank
6	Carolina Castilla	Green Doctors
7	Dhani Dhanoa	KCSC
8	Emma Cohen	Open Age
9	Emma Neill	Salvation Army - Edward Alsop Court
10	Emma Plouviez	One Westminster
11	Fenn Reynolds	KCSC
12	Fiona Hollow	The ClementJames Centre
13	Hannah Ali	Re-engage
14	Harriet Amos	Westminster Adult Education Services
15	Jenny Marshal	Open Age
16	Julie Foord	Resonate Arts
17	Julie Scheiner	CGL
18	Kedesha Vassell	One You
19	Kate May	RBKC
20	Cllr Linda Wade	RBKC

21	Lorraine Johnson	One Westminster
22	Maria Carmen Garrido Montoya	Spanish Elderly Centre
23	Michelle Poponne	IAPT
24	Mohammed Farrah	NHS Tri Borough CCG
25	Natalie Castro	One Westminster
26	Natasha Davies	RBKC
27	Renato Lozano	MSI
28	Ruramiso Munetsi	Re-engage
29	Sara Murphy	KCSC
30	Sonia Richardson	WLCCG
31	Stephanie Scott-Linden	Powher
32	Tessa Jelen	Breathe Easy Westminster
33	Zara Ghods	K&C Over 50s Forum

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.