



# OLDER PEOPLE'S PROVIDERS NETWORK

**Thursday 3 June 2021, 10am – 11.30am**  
**Virtual meeting via Zoom**

**Chair:** Zara Ghods, Chief Executive, Kensington and Chelsea Over 50s Forum  
**Minutes taken by:** Juliet Chiosso, KCSC

Item	Notes	Action
1	<p><b>Welcome from the Chair, Zara Ghods</b></p> <p>Zara Ghods (ZG) welcomed everyone to the meeting and went through the agenda.  <a href="#">Agenda</a></p>	
2	<p><b>Update on situation with Covid-19 and the vaccine in London</b>  Liz Dunsford, Senior Public Health Strategist, Adult Social Care</p> <p><a href="#">Presentation</a></p> <p>Liz Dunsford (LD) gave the following updates:</p> <p><b>Epidemiology</b></p> <p>LD showed a diagram showing the trajectory of the virus in London. As of 28 May there are 28.9 cases per 100,000. Cases are slightly increasing. Overall the rates for older people are low, thanks to the vaccine.</p> <p>The Delta variant has been popping up over various areas in London. It's more infectious than the Kent (Alpha) variant and so it is very important people have both vaccines.</p> <p><b>Testing</b></p> <p>LD went through various surge testing areas across London and said it would be good to flag to staff members about surge testing and encourage them to take part if they live in one of the areas.</p> <p><b>Vaccinations</b></p> <p>The vaccination take-up is not quite where we would like it to be. LD added not to assume all older people have had the vaccine. She said to please encourage people to have the vaccine as it is the only way we are going to get out of the situation.</p> <p>Vaccinations on the whole will work against new variants – will prevent from serious illness. Having two doses is very important. Those going into hospital are either unvaccinated or have only had the first dose.</p> <p>With regards to community services, support groups are now able to take place with up to 30 participants. For more info please see: <a href="https://www.gov.uk/guidance/covid-19-guidance-for-the-safe-use-of-multi-purpose-community-facilities">COVID-19: Guidance for the safe use of multi-purpose community facilities - GOV.UK (www.gov.uk)</a></p>	

	<p><b>Easing of restrictions</b></p> <p>LD thinks that even after restrictions go we will still need to keep up Hands – Face – Space – Fresh Air for at least another year. Pandemics normally last about three years.</p> <p><b>Key discussion points following on from the presentation included:</b></p> <ul style="list-style-type: none"> <li>• Public health advises on future plans, but government ultimately make the decisions. They have to factor in the economy, which also affects health and wellbeing.</li> <li>• Home-testing isn't quite as accurate as having the test done at a test centre, however they are still encouraged. If doing at home LD recommends going to a test centre first to see how it is done.</li> </ul>	
<p><b>3</b></p>	<p><b>Improving Access to Psychological Therapies (IAPT) services</b></p> <p>Nanda Poleon, Community Development Manager, Westminster Talking Therapies</p> <p>Michelle Poponne, Community Development Manager, Kensington and Chelsea IAPT Community</p>	
	<p><u><a href="#">Presentation</a></u></p> <p>Nanda Poleon (NP) explained that the IAPT (Improved Access to Psychological Therapies) is an NHS programme to help those with low mood, worry, stress and problems with daily life. People can refer online or through a GP, and is available in both Westminster and Kensington &amp; Chelsea.</p> <p>NP outlined the service:</p> <ul style="list-style-type: none"> <li>• Therapies are based on CBT (Cognitive Behavioural Therapy)</li> <li>• Counselling is offered</li> <li>• Couples and family therapy (the couple or family meets with a therapist)</li> <li>• Long term health conditions therapy</li> <li>• SilverCloud (an online programme to help teach clients techniques based on CBT. Telephone support is provided alongside this)</li> <li>• Guided self-care (sessions with a clinician using self-help workbooks)</li> </ul> <p>They also offer wellbeing workshops. If you would like them to run a workshop for your service please get in with NP at <a href="mailto:nanda.poleon@nhs.net">nanda.poleon@nhs.net</a> or Michelle Poponne (MP) at <a href="mailto:michelle.poponne@nhs.net">michelle.poponne@nhs.net</a>.</p> <p>MP explained that Community Living Well (CLW) is for residents of Kensington and Chelsea, Queen's Park and Paddington.</p> <p>It is an integrated mental health and wellbeing service for people with mental health needs. It provides a wraparound service which has individuals at the centre of their care and offers support with social wellbeing, mental and physical health needs.</p> <p>The service includes Mind Peer Support, which has been an online service during Covid-19 but is now becoming face-to-face.</p>	

	<p>SMART (St Mary Abbots Rehabilitation and Training) offers two services under CLW:</p> <ul style="list-style-type: none"> <li>• Navigators service (practical support with a range of issue) – <i>not taking referrals at the moment due to capacity, so will refer you elsewhere</i></li> <li>• Employment support</li> </ul> <p>Self-care is managed by Kensington and Chelsea Social Council.</p> <p>MP explained who the CLW service is for. Can access service via <a href="http://www.communitylivingwell.co.uk">www.communitylivingwell.co.uk</a> – by self-referral or through GP.</p> <p>NP also explained the criteria for people using Westminster Talking Therapies. Can access the service by emailing <a href="mailto:westminster.iapt@nhs.net">westminster.iapt@nhs.net</a> or calling 030 3333 0000 – also by self-referral or GP.</p>	
<p><b>4</b></p>	<p><b>Bi-Borough Reablement &amp; Homecare - Resident Engagement</b></p> <p>Ruby Shipton, Adult Social Care, RBCK</p> <p>Phoebe Carpenter, Personalisation Project Officer, Westminster City Council</p> <p>Neera Hirani, Project Officer, Westminster City Council</p>	
	<p>Ruby Shipton (RS) explained that they will be undertaking several engagement opportunities for the homecare and reablement service.</p> <p>Neera Hirani (NH) defined what reablement is - <i>a short-term intensive care service, normally at home, that helps an individual get back on their feet again after an illness, accident or having just been in hospital.</i></p> <p>Homecare however is defined as <i>care that enables those who need it, to remain independent and living in their own home. Homecare is where a paid carer will visit an individual at home to help them with various activities.</i></p> <p>RS said that RBCK and WCC have a commissioned homecare offer, on a patch arrangement.</p> <p>Although homecare and reablement are connected they are <u>separate services</u>.</p> <p>Phoebe Carpenter (PC) explained that engagement activities to listen and collaborate with our residents are planned to start in June. They would like to have feedback on what is working and what is not.</p> <p><b>Key discussion points following on from the presentation included:</b></p> <ul style="list-style-type: none"> <li>• The length of reablement was clarified as lasting up to 6 weeks.</li> <li>• It is important for carers to be able to properly assess their clients when they visit them, and feed back to their manager if their client doesn't seem too well. NH currently looking at training gaps and how to develop the workforce.</li> <li>• ZG said this is an important area and Covid-19 created enormous problems in how self-care is delivered in the past year. Hopefully things will be better in the future.</li> </ul>	

<b>5</b>	<b>AOB and general updates</b>	
	<p>Dhani Dhanoa (DD) asked for attendees to please fill in the following evaluation form following on from the meeting: <a href="https://www.kcsc.org.uk/older-peoples-providers-forum-3-june-2021-evaluation-and-feedback-please">https://www.kcsc.org.uk/older-peoples-providers-forum-3-june-2021-evaluation-and-feedback-please</a>.</p> <p>ZG thanked everyone for attending and looks forward to seeing everyone again at the next forum.</p>	

## ATTENDANCE LIST

	Name	Organisation
1	Abdullahi Ali	Baraka
2	Ahmed Bhairien	Baraka
3	Alexandra Hernandez	One Westminster
4	Arunima Kumar	Arunima Kumar Dance Company
5	Ataa Amo	British Red Cross
6	Bee Burgess	OpenAge
7	Carly Connolly	Age UK Westminster
8	Carolina Castilla	Green Doctors
9	Clare Scott	The Sheppard Trust
10	Corinna Semper	RBKC
11	Denis Kane	Notting Hill Housing Trust
12	Dhani Dhanoa	KCSC
13	Emma Plouviez	WCC
14	Eshita Unadkat	One Westminster
15	Isabella Loftus	WCC
16	Jackie Rosenberg	One Westminster
17	Judith Harding	RBCK
18	Julia Linfoot	Harrison Housing
19	Julie Foord	Resonate Arts Bi-Borough

20	Julie Scheiner	Change Grow Live
21	Juliet Chiosso	KCSC
22	Kate Gielgud	Westminster Libraries and Archives
23	Kisi Smith-Charlemagne	WCC
24	Linda Wade (Cllr)	RBCK
25	Liz Dunsford	Adult Social Care
26	Lorraine Slee	OpenAge
27	Lule Tekeste	Hope and Unity CIC
28	Mercy Banda	NHS CNWL
29	Michelle Poponne	K&C IAPT Community
30	Nanda Poleon	Westminster Talking Therapies
31	Natalie Castro	One Westminster
32	Neera Hirani	WCC
33	Phoebe Carpenter	WCC
34	Renato Lozano	MSH at Home CIC
35	Roberta Andall	POhWER
36	Ruby Shipton	RBKC
37	Tasio Cabello	Age UK Kensington & Chelsea
38	Terezie Wickenden	London Centre for Dementia Care
39	Tessa Jelen	Breathe East Westminster
40	Vivien Davidhazy	One Westminster
41	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.*