



HEALTH AND WELLBEING VOLUNTARY ORGANISATIONS FORUM

Minutes of a meeting held Tuesday 11th July 2017

Committee Room 1, Kensington Town Hall, Hornton Street, W8 7NX

Chair: Jamie Renton, ADKC

Minutes taken by: Gülten Fedayi

Attendance list attached

1	Welcome, Introductions and Apologies	ACTION
	Apologies: Sara Murphy, KCSC, Teresa Meekings – Life in Balance,	
2	Minutes of meeting held 18th April 2017 and matters arising	
	Minutes were agreed as a true record and there were no matters arising.	
3	Social Cycling for Voluntary Organisations – Marina Kroyer [MK], RBKC	
	<p>MK provided an overview of the Social Cycling Project and the outreach work undertaken to ensure engagement with a wide range of community groups, across all ages and backgrounds. This led to the establishment of a cycling hub (i.e. training facilities and a pool of bikes) at the Westway Sports Centre in partnership with the Westway Trust. A second hub was recently established at the Chelsea Theatre in partnership with the Chelsea Theatre Community Champions.</p> <p>In the autumn 2014 RBKC delivered the first social cycling pilot which ran for 6-week blocks with Open Age and the African Refugee Project. The team then ran focus groups to evaluate the pilot and incorporated changes to ensure that the project meets the diverse needs of the communities and to promote engagement with the programme. So far over 400 people have completed the training, of whom nearly 50% were complete beginners. The courses cater for all levels: beginners, intermediate and advanced.</p>	

	<p>MK is keen to hear from voluntary groups interested in running social cycling training for their beneficiaries. Alternatively, if groups find it difficult to get sufficient numbers for the training, then the option to offer drop-in sessions could be offered. For more information and/ or an informal discussion, please contact:</p> <p>Marina Kroyer, Sustainable Travel Coordinator or Philippa Robb, Lead Cycling Instructor – Email: Marina.Kroyer@rbkc.gov.uk Tel: 020 7361 4259</p> <p>A copy of the Power-Point presentation together with events programme can be found here, Cycling programme for August and Sept-Dec 2017</p>	
4	<p>Care Homes in Kensington & Chelsea – Kevin Gormley [KG], Adult Social Care, RBKC and Ray Boateng [RB], NWLCCG</p> <p>Both KG and RB provided an overview of the key developments and improvement plans in regards to raising quality standards in Care Homes. The issue around quality care homes is a national issue and the challenge for commissioners is how to create capacity and promote better pay for staff employed within homes. There are a total of 11 care homes in RBKC which is comparably low to other boroughs.</p> <p>A copy of the Power-Point presentation can be found here</p> <p>Comments from the floor:</p> <p>Dementia friendly care homes: Some homes were found to be lacking in terms of offering dementia friendly environments and support activities to deliver a person-centre approach. An example of where residents were found sitting in</p>	

	<p>the lounge area from early morning to afternoon, with no engaging activities to stimulate well-being.</p> <p>Physiotherapists ratio is 1:20 which was felt to be inadequate.</p> <p>Concerns that if a complaint is made it may rebound on the person who is care.</p> <p>More bespoke training is needed for care home workers – there should be co-production of training and programme activities to ensure that these are relevant to those living in care.</p> <p>Recognition to there needing to be a culture change but this takes time but nevertheless a commitment as part of the quality care programme.</p> <p>Could the current procurement plans be part of the cause for poor quality of care. Are there any issues around a requirement to deliver more for less?</p> <p>Culture change in the public sector is not the same as that of the private sector.</p> <p>Both KG and RB said that they would be happy to come back to a future HWB-VOF meeting to report on progress and also welcomed comments which can be sent to KG via kevin.gormley@rbkc.gov.uk</p>	
5	<p>Dementia Research from Imperial College - Dr Chi Udeh-Momoh, Sabrina Smith and Priya Rehal, Imperial College London</p> <p>The number of sufferers of age-related dementia in the UK exceeds 800,000 people. In the years ahead this number is expected to rise considerably because ageing is the main risk factor for developing dementia and people are generally living longer.</p> <p>There are other risk factors for developing dementia (for example: high blood pressure) which can be controlled and others that currently cannot be controlled (for example: family history). Research into better treatments and ways of preventing dementia is a global healthcare priority, and over recent years the prospect of preventing dementia has become a reality.</p>	

In view of the growing numbers of dementia sufferers world-wide, there is now an urgent need to discover and develop new methods and effective treatments that can prevent, arrest and/or slow this disease. Clinical research, based on healthy individuals is therefore now required to better understand risk factors leading to memory problems and dementia, how they impact, and how we might better predict and diagnose dementia in the earliest stages.

A research team from Imperial College London [ICL] has created a register of volunteers who are interested in dementia research.

ICL is building a register of individuals who may be interested in receiving information about studies that aim to better understand memory problems, dementia and Alzheimer's disease and work towards possible prevention in future. ICL is inviting individuals who are between the ages of 50 and 85 and have no known diagnosis of memory problems.

Current studies:

- The TOMMOROW Study
 - An international clinical trial to
 - determine whether a genetic biomarker can predict an individual's risk of developing memory problems and
 - determine whether a specific treatment would help delay the onset of memory problems in people who are at high risk.
- The CHARIOT:PRO Sub-study
 - An observational study examining changes in cognition over time, and how we can best identify these at an early stage. Involves medical health check, physical and neurological examinations and cognitive assessments.

	<ul style="list-style-type: none"> – Neurovision: identifying amyloid plaque formation using an herbal supplement, Curcumin, to highlight plaques in the back of the eye. • The UK Prescreening Study (now ended) <ul style="list-style-type: none"> – A study to assess memory function in individuals who feel they have noticed recent changes in their memory and to identify people interested in being involved in preventative trials. (Recently ended, 711 participants screened). <p>For more information about the study please telephone: 020 7594 7371 or email: chariotpro.study@imperial.ac.uk</p>	
6	<p>Community Sports and Physical Activity Network Sport England Funding bid: Play Streets - Linda Thomas [LT], Community Champions Development Officer, LBHF, WCC and RBKC</p> <p>LT gave an overview of the work of the Community Sports and Physical Activity Network [CSPAN]. It is a collective of partners from sport, physical activity, health, and wider afield. It works together to lead, plan and deliver sport, activity and wellbeing opportunities in Kensington and Chelsea. CSPAN also acts as a voice to engage at a local, regional and national level. Any local group or organisation can become a member, and it's free to join. There are many benefits to becoming a CSPAN member:</p> <ul style="list-style-type: none"> • news and information on new developments and funding • to engage with, and learn from others 	

	<ul style="list-style-type: none"> • to work on collaborative projects • to attend seminars and workshops on wide ranging topics • become part of a task group working on specific topics which include funding, accessibility and workforce development. <p>There are plans to set up a pilot project for K&C and further updates on these plans will be circulated in due course.</p> <p>Playstreets is an informal resident-led activity project that offers intergenerational activities and encourages people to get active on their door steps. It actively seeks to get people outdoors and interact with others.</p> <p>Regular meetings are held. The next meeting will take place in September 2017, and will be advertised via the KCSC website as well as through other local media.</p>	
7.	<p>Public Health Champions Update- Linda Thomas, Community Champions Development Officer, LBHF, WCC and RBKC</p> <ul style="list-style-type: none"> • Kensington & Chelsea Maternity Champions Project • South Kensington Community Champions project <p>Maternity Champions Project:</p> <p>The Maternity Champions Project is delivered across all of the existing Community Champions projects within the borough [Dalgarno Golborne, Notting Dale, World's End and Cremone] . The aim of the Maternity Champions project is to work with all existing champions projects in the boroughs, to develop the capacity of local people and services to promote maternity health and wellbeing and reduce inequalities, by recruiting local people to train as Maternity Champion volunteers. The key objectives of the project are to develop a borough wide team of Maternity Champions based in Community Champions' projects to support parents (ante and post natal), and children up</p>	

to one year old; to ensure relevant training is made available to all Maternity Champions; to improve access to local maternity health and wellbeing services (including mental health), particularly through proactive community outreach contact, information, and signposting to local services,

The project also aims to increase Early Intervention, Health Promotion and Behaviour Change, through local relevant Public Health programmes, peer education and self-management; to build social capital (building confidence, improving mental wellbeing, reducing isolation, peer support groups, and promoting community cohesion) through community events.

A copy of the Power-Point presentation can be found [here](#) and [evaluation](#)

South Kensington Community Champions project

The Community Champions programme uses a dynamic community engagement process to bring people together to build strong communities and local services. It is delivered in partnership with WLCCG and Open Age.

Its aim is to develop effective solutions for local areas, by giving residents and communities the tools and resources to identify local issues and problems and to come up with their own solutions e.g. food co-operatives, gardening projects etc.

The project does this by building the capacity of local estates, neighbourhoods and individuals to work together with local providers and commissioners so that services are better designed to meet local health and social care needs, and this does this by:

- Implementing effective and sustainable community-led approaches, particularly in areas of greatest need
- Engaging and investing in people to build and strengthen good health and wellbeing for their communities

- Building confidence, knowledge, skills and capacity of local people
- Working in partnerships with local organisations and agencies to provide volunteering and employment opportunities

By adopting a community engagement approach the project is both cost effective and leads to improved health and well-being because it:

- Uses local people's experiential knowledge to design or improve services, leading to more appropriate, effective, cost-effective and sustainable services
- Empowers people by giving them opportunities to co-produce services
- Increases confidence, self-esteem and self-efficacy and gives people an increased sense of control over decisions affecting their lives
- Builds more trust in government bodies by improving accountability and democratic renewal
- Contributes to developing and sustaining social capital and community cohesion
- Encourages health-enhancing attitudes and behaviour

The Community champions programme is delivered by the Tri-Borough Public Health Service, based at Westminster City Council, in partnership with local authorities, voluntary sector organisations, residents and volunteers.

For information about local activities please click in the following links:

- Golborne <https://www.facebook.com/GolborneCommunityChampions/>
- Notting Dale <https://www.facebook.com/nottingdale/>
- Worlds end/Cremorne <http://www.chelseatheatre.org.uk/whatson/community-champions/>
- Dalgarno <http://www.dalgarnotruster.org.uk/what-we-do/health/health-projects/dalgarno-community-champions/>
- Champions website <http://www.communitychampionsuk.org/>

<p>8.</p>	<p>Grenfell Tower Fire – Update from KCSC, Angela Spence – CEO and Lin Gillians – Interim Deputy CEO</p> <p>Lin Gillians paid tribute to the work that had been done by volunteers, residents and voluntary organisations on the ground in supporting those affected by the Grenfell fire. She gave a brief presentation on the work KCSC had already been done. She informed people that KCSC had been working with Gold Command and other organisations involved in supporting those affected to make sure information was available on groups and services that were being offered bringing VCOs together, and helping to make sure VCOs are aware of funding support available. KCSC has set up a dedicated Grenfell webpage and has produced a rolling directory. The work has been done within the existing staff team but KCSC will be putting in a dedicated worker to work on ensuring there ensuring there is collaboration, a VCO Voice and information and practical support. Angela Spence said that KCSC will ensure that it compliments and coordinates existing work and that KCSC would only seek to undertake work that was both needed and wanted by VCOs and the local community.</p> <p>Angela Spence asked members what support they would like to see from KCSC, requests were made that KCSC play a key role in knowing which organisations were delivering services in response to Grenfell and to bring organisations together to network. There were some concerns expressed that new and unnecessary services may be in the process of being created simply because funding was available. Zohra asked whether KCSC could establish an older people’s forum as she felt there was a gap which used to exist in the past. AS noted her request.</p> <p>A copy of the Power-Point presentation can be found here</p>	
<p>9.</p>	<p>Attendance and feedback from other forums:</p> <p>Main Voluntary Organisations Forum</p> <p>The Main VOF took place the day after the Grenfell fire. The first part of the meeting was dedicated to discussing the Grenfell fire tragedy. Minutes of the meeting can be found on KCSC’s website.</p>	

	<p>Health & Wellbeing Board The meeting was cancelled due to the council dealing with the Grenfell tragedy.</p> <p>WLCCG: Kalwant Sahota {KS} assured the meeting that all comments made in respect of the Grenfell health response will be fed back and a response will be conveyed via KCSC to forward to HWB-VOF members. Support for staff and volunteers has been made available and on-going reviews to ensure capacity and support needs of those delivering on the ground are being undertaken. There has been additional resources and support provided to GP surgeries where capacity has been affected by the Grenfell Tower fire. St. Charles and Violet Melchett offer planned GP appointments. Healthwatch: A tender process will be launched for Mental Health Day Services which will be in the region of £1.2m and will be subject to an open competitive process. Consultation on commissioning plans will be published shortly.</p>	
10	<p>Any other business: Self-Care funding round 2017/18 – new open application process for period October 2017 – March 2018 due to be launched over the next coming weeks. Please contact Gulden via gulden@kcsc.org.uk if you are interested in finding out more about the programme. PPE Grant – now open for funding applications. Application forms can be accessed via the KCSC website.</p>	
11	<p>Date of next meeting:</p> <p style="text-align: center;">Tuesday, 21st November 2017 10am-12.30pm</p> <p style="text-align: center;">Location: Committee Room 1 Kensington Town Hall, Hornton Street London W8 7NX</p>	

ATTENDANCE LIST

	Name	Organisation
1	Isabella Niven	ACAVA
2	Rosie Ridgway	ACAVA
3	Laura Radley	K&C Forum for Older Residents
4	Sue Sinton Smith	Deafblind UK
5	Zohra Davis	Al-Hasaniye Moroccan Women's Centre
6	Andi Taylor	Blenheim CDP [Drug & Alcohol Wellbeing Service]
7	Linda Thomas	Community Champions, Public Health
8	Ray Boateng	Hammersmith & Fulham CCG
9	Anna Porta	Westway Community Transport
10	Vittoria De Meo	MAD Alliance / Like Minded
11	Kevin Gormley	Adult Social Care, RBKC
12	Ivan Moore	K&C Mind and Healthwatch
13	Sophie Waters	Adult Social Care, RBKC
14	Louise Maile	Joint Commissioning - Hammersmith & Fulham CCG
15	Justin Dornan	Healthier Homes, Environmental Health, RBKC

16	Zara Ghods	K&C Forum for Older Residents
17	Marina Kroyer	Sustainable Travel Team, RBKC
18	Nafsika Thalassis	BME Health Forum
19	Cat Stephens	MSH
20	Pete Westmore	Public Health, LB/Westminster
21	Claire Charles	Volunteer Centre K&C and Community Champions
22	Jamie Renton	ADKC
23	Priya Rehal	Imperial College London
24	Dr. Chi Udeh-Momoh	Imperial College London
25.	Sabrina Smith	Imperial College London
26	Angela Spence	CEO- KCSC
27	Lin Gillians	KCSC
28	Gulten Fedayi	KCSC