1. **APOLOGIES**

2. **MINUTES**

   The Partnership is asked to confirm as a correct record the minutes of the meeting on 18th June 2013, attached at page 1.

3. **PARTNER PRESENTATION - DEMENTIA**

   To enable brief presentations to be given on the health and well-being related work being undertaken in Charnwood, including by organisations represented on the Partnership.

   On this occasion, presentation by Dr K. Packham of LCC Public Health on Dementia, providing a summary of issues in Leicestershire and what actions can be taken. Information attached at page 8.

4. **DEPT OF HEALTH CONSULTATION – NEW PROPOSALS TO IMPROVE CARE FOR VULNERABLE OLDER PEOPLE**

   To consider Department of Health consultation “Right care, right place, right time: How can we improve health and care for vulnerable older people”.

   Information available at [http://betterhealthhandcare.readandcomment.com/](http://betterhealthhandcare.readandcomment.com/)

   The consultation is asking for stakeholder/suggestions in a number of areas:

   - Staying healthy for longer
   - Named clinician
   - Improving access
   - Out of hours
   - Choice and control
   - Joining up services
5. **WELL-BEING DAY – 31ST OCTOBER 2013 AT LOUGHBOROUGH LEISURE CENTRE**

6. **DELIVERY GROUPS - PROGRESS**

Latest report of this Partnership submitted to Charnwood Together attached at page 10.

A. **OBESITY AND INACTIVITY FOCUSED DELIVERY GROUP**

Group led by Charnwood Sport and Active Recreation Alliance. Verbal update to be given at meeting.

B. **SMOKING AND ALCOHOL FOCUSED DELIVERY GROUP**

Group led by Public Health, Leicestershire County Council. Verbal update to be given at meeting.

C. **WELL-BEING FOCUSED DELIVERY GROUP**

Group led by Voluntary Sector Forum.

It was agreed at last meeting of the Partnership that members consider whether they might be involved in this Delivery Group and issue of it meeting be considered at this meeting.

7. **PARTNER UPDATES**

To consider updates received from partners outlining health and well-being work which has not been reported as part of delivery group progress reports or items above, on this occasion as follows:

(i) CBC Sport and Active Recreation (page 19);
(ii) NCSEM-EM (page 21);
(iii) Sure Start Children’s Centre Charnwood (page 22);
(iv) The Bridge (page 26);
(v) Stop Smoking Service (page 27).

8. **OTHER ISSUES/MATTERS ARISING**

To enable partners to raise any issues/matters not considered elsewhere on the agenda (including for the agenda for the next meeting of the Partnership).

To include programming of:

(i) Partnership’s further consideration of Self-harm levels in Charnwood, as requested by Councillor Shergill; and
(ii) Partnership’s review of the objectives of its three Delivery Groups.
Meetings of the Charnwood Health and Well-being Partnership in the 2013/14 Council year have been agreed previously as follows (all at 6pm):

Tuesday, 1st October 2013;
Tuesday, 17th December 2013;
Tuesday, 4th February 2014;
Tuesday, 1st April 2014.
## Summary of Actions from this Meeting

1. Programming of update report on Supporting Leicestershire’s Families Programme be considered at Partnership’s next agenda setting meeting (L. Strong).

2. Anti-social behaviour information referred to in minute 2, paragraph (ii) below to be sent to L. Strong, to be sent out to all members of the Partnership for information (W. Blanche).

3. More up to date information on breastfeeding rates referred to in minute 2, paragraph (iii) below to be sent to L. Strong, to be sent out to all members of the Partnership for information (N. Toms).

4. Two Can Talk project evaluation report and link to further information on Ages and Stages tool referred to in minute 3, paragraph (iii) below be sent to L. Strong, to be sent out to all members of the Partnership for information (C. Davies).

5. Presentation by representatives of Human Rights and Equalities Charnwood on the “Chances for All” project for local women be rescheduled to Partnership meeting on 1st October 2013 (L. Strong).

6. Well-being Focused Delivery Group – Members of this Partnership to consider whether they might be involved in that and issue of the Group meeting be considered at next meeting of this Partnership (L. Strong).

7. Contact officer listed in Well-being Hi-5 information be invited to attend next meeting of Partnership to provide further information on initiative and enable members of this Partnership to put forward events (L. Strong).

**PRESENT:**
- Dr J. Vincent (Vice-chair) (Charnwood Borough Council)
- Ms M. Arnold (West Leics Clinical Commissioning Group)
- Mr W. Blanche (Charnwood Borough Council)
- Ms S. Brackenbury (LCC Sure Start Charnwood)
- Ms C. Davies (Leicestershire Partnership Trust)
- Ms N. Deblasio (Healthwatch)
- Ms C. Eastell (NHS LCR Stop Smoking Service)
- Ms L. Evans (LCC Communities and Well-being)
- Councillor L. Harper-Davies (Charnwood Borough Council)
- Ms M. Hoult (Charnwood Citizens Advice Bureau)
- Ms H. Howson (The Bridge Housing Advice and Assistance)
- Mr N. Lambert (Voluntary Action Charnwood)
- Councillor B. Newton (Charnwood Borough Council)
Ms Z. Niazi (NHS LCR Stop Smoking Service)
Dr K. Packham (Public Health LCC)
Mr K. Ryan (Charnwood Arts)
Councillor S. Shergill (Charnwood Borough Council)
Mr N. Toms (Charnwood Partnership for Children & Families)
Ms N. Wells (Loughborough College)
Ms H. Wootton (Home-Start Charnwood)

APOLOGIES: Councillor T. Barkley (Charnwood Borough Council)
Ms Z. Griffiths (Charnwood Borough Council)
Councillor P. Ranson (Chair) (Charnwood Borough Council)
Dr D. Stensel (Loughborough University – Sport Exercise & Health Sciences)
Councillor J. Sutherington (Charnwood Borough Council)

1. APPOINTMENT OF VICE-CHAIR 2013/14

It was noted that the Chair of this Partnership for the 2013/14 Council year had been appointed by the Charnwood Together Board on 20th May 2013 as Councillor P. Ranson. The Partnership was asked to consider appointing a Vice-chair for 2013/14.

AGREED

Dr J. Vincent be appointed Vice-chair of the Partnership for the 2013/14 Council Year.

2. MINUTES

The minutes of the meeting of the Partnership held on 26th March 2013 were confirmed as a correct record.

Matters arising from minutes:

(i) Reference to minute 4, Supporting Leicestershire’s Families Programme (W. Blanche). Further update could be provided at next meeting of Partnership. Considered that programme should operate for period of time before that update, appropriate to consider programming of the update report at Partnership’s next agenda setting meeting.

(ii) Reference to minute 5, paragraph (ii), Charnwood 2013/14 Sport and Physical Activity Plan projects and link between those and anti-social behaviour levels (W. Blanche). Information was available to illustrate decreases in those levels in locations working in. That information could be sent out to all members of the Partnership.

(iii) Reference to minute 5, paragraph (iv), breastfeeding figures (C. Davies/N. Toms). More up to date information was available, rates were not as low as suggested at last meeting. That information could be sent out to all members of the Partnership.
AGREED

1. Programming of update report on Supporting Leicestershire’s Families Programme be considered at Partnership’s next agenda setting meeting.

2. Further information referred to in (ii) and (iii) above to be sent to L. Strong, Charnwood Borough Council to be sent out to all members of the Partnership.

3. PARTNER PRESENTATIONS

To enable brief presentations to be given on the health and well-being related work being undertaken in Charnwood, including by organisations represented on the Partnership, on this occasion by C. Davies of Leicestershire Partnership Trust, presentation entitled “The Health Visitor Implementation Plan: A Call to Action – Two Years On – Healthy Child Programme and Our Work as an Early Implementer Site” and available at: http://www.charnwoodtogether.com/files/call-to-action-health-visitor-implementation-plan---care-pathway-presentation.pdf

A number of issues were raised following the presentation, summarised as follows:

(i) Confirmed that Health Visitors referred on to Stop Smoking Service, could be done at any contact. Sure Start also referred on to Stop Smoking Service.

(ii) Health Visitors promoted Wriggly Readers sessions. Reference was made to decrease in number of those sessions as a result of requirement to make savings. Possibility of Health Visitors using libraries as venues for some work was raised. That could be discussed outside of this meeting.

(iii) In respect of Two Can Talk project, evaluation report could be sent out to all members of the Partnership. Also link to further information on Ages and Stages tool.

(iv) Brief reference was made to Health Visitor role in respect of premature babies, also generally the different levels of involvement by Health Visitors, very much need based and through building relationship between Health Visitor and family.

(v) Discussion regarding the assistance partners could provide, for example care pathway for children with gross motor skill difficulties might link into physical activity projects. This Partnership could assist with identifying those possible links.

Representatives of Human Rights and Equalities Charnwood had been unable to attend to attend this meeting to give a presentation on the
“Chances for All” project for local women and would attend the Partnership’s meeting on 1st October 2013 instead. In the meantime, J. Vincent circulated information on the project, including contact details.

AGREED

1. Information in presentation be noted and passed on by those present to the organisations they represented as was appropriate/useful.

2. Evaluation report and link to further information referred to in (iii) above be sent to L. Strong, Charnwood Borough Council to be sent out to all members of the Partnership.

3. Presentation by representatives of Human Rights and Equalities Charnwood on the “Chances for All” project for local women be rescheduled to Partnership meeting on 1st October 2013.

4. DELIVERY GROUPS - PROGRESS

To report on the progress of the Partnership’s three delivery groups as follows:

A. Obesity and Inactivity Focused Delivery Group (led by CSARA)

W. Blanche reported that a meeting of CSARA was scheduled for 20th June 2013, would assist in re-establishing partnership approach. In response to a question, brief outline was given of partners Charnwood Borough Council was currently working with, always looking to work with new partners, suggestions welcome in that respect. Possible use of student volunteers could be discussed by W. Blanche and N. Wells outside of meeting.

B. Smoking and Alcohol Focused Delivery Group (led by Public Health LCC)

C. Eastell and Z. Niazi circulated an NHS LCR Stop Smoking Service 2012/13 summary report for Charnwood, together with a 2012/13 summary report for Charnwood Pharmacy In House Stop Smoking Service and 2012/13 GP Benchmarking quit figures (actual against planned and by service achieving quits). Targets for Charnwood exceeded. Brief outline was given of work being undertaken, including prevention work in schools/with young people.

There was discussion regarding increased use of electronic cigarettes, smokers using first rather than using stop smoking services. E-cigarettes were cheaper than tobacco cigarettes. No evidence that e-cigarettes assisted smokers in quitting. Public Health did not support their use and they were not supplied by stop smoking services. Concern that posters promoting them were being put up in some GP surgeries, it was important that GP practices made aware of that concern. E-cigarette suppliers had considerable advertising budgets to
promote them. Eight week course of nicotine replacement therapy was available from stop smoking services, no funding to promote that availability. E-cigarettes completely unregulated, no idea what they contained. They would be regulated as a medicine, but not until 2016. Particular concern was expressed that electronic cigarettes were becoming way into smoking for young people, marketing of them of concern.

K. Packham referred to wider strategy work by Tobacco Free Leicestershire and Rutland, meeting earlier that day between herself, Charnwood Borough Council officers, representative of Tobacco Free Leicestershire and Rutland. Via that, it would be possible to provide more Charnwood smoking prevalence information at next meeting of this Partnership, as part of this progress update. Reference was made to Step Right Out campaign (to coincide with national campaign), would include opportunity for schools to take part.

C. Well-being Focused Delivery Group (led by Charnwood VCS Forum)

No report to this meeting.

However, M. Arnold and N. Lambert reported on the current position with the personal well-being offer by John Storer House to WLCCG outlined at the last meeting of the Partnership, including a brief explanation of the purpose of the proposed service to which GPs could refer. An outline of the proposed service and information on social prescribing was circulated. A number of issues were raised in relation to this matter, summarised as follows:

(i) Proposal was innovative and was welcomed, it was hoped that it could be progressed. Focus on monitoring to enable positive outcomes to be demonstrated was noted. It was suggested that other well-being services such as Libraries, Charnwood Arts might be incorporated at some stage.

(ii) The information circulated included reference to a paper published by the Royal College of General Practitioners, it would be useful to have a link to that information.

(iii) Brief discussion regarding the patients that could benefit from the service.

(iv) Important to ensure all well-being services known/link ed to each other, also awareness of those by GPs important. There was brief discussion of a number of initiatives operated at GP surgeries to signpost/refer patients to appropriate services, for example by First Contact and to Charnwood Citizens Advice Bureau and of referrals made by partners to other services. Also, reference to well-being services, for example, Books on Prescription, arts services.
(v) Possibility of Charnwood Arts working with young parents with mental health issues was raised. That could be discussed outside of this meeting by C. Davies and K. Ryan.

AGREED

1. Position with Delivery Groups and issues discussed be noted and passed on by those present to the organisations they represented as was appropriate/useful.

2. Link to Royal College of General Practitioners - Commissioning with Communities paper to be included with the minutes of this meeting: http://www.charnwoodtogether.com/files/royal-college-of-gps- commissioning-with-communities.pdf

3. Would be useful for Well-being Focused Delivery Group to meet, members of this Partnership to consider whether they might be involved in that, issue to be considered at next meeting of this Partnership.

5. PARTNER UPDATES

Updates received from partners outlining health and well-being work which had not been reported as part of delivery group progress reports were submitted to this meeting as follows:

(i) CBC Sport and Active Recreation


(ii) The Bridge


(iii) CBC Housing/The Bridge


(iv) Children’s Centre Programme

AGREED

Information in updates be noted and passed on by those present to the organisations they represented as was appropriate/useful.


Following a request at the last meeting of the Partnership, information on these initiatives was provided, available at: http://www.charnwoodtogether.com/uploads/chwbp-agenda-18-june-2013.pdf (see page 12).

Further to the information, K. Packham stated that Well-being Hi-5 looking for events to be included in the programme. A number of members of the Partnership had already considered that and would be submitting events. It would be useful to know outcomes of Well-being Wednesdays.

AGREED

Contact officer stated in Well-being Hi-5 information be invited to attend next meeting of Partnership to provide further information on initiative and enable members of this Partnership to put forward events.

7. OTHER ISSUES/MATTERS ARISING

M. Hoult referred briefly to Charnwood CAB having been successful in a Big Lottery bid to fund a project which would promote volunteering as pathway to employment/engagement, number of partners in that, further detail of project would be reported in due course.

8. DATES OF PARTNERSHIP MEETINGS 2013/14

AGREED

Dates of Partnership meetings in the Council Year 2013/14 be noted as follows, as agreed previously (all at 6pm):

- Tuesday, 6th August 2013 (next meeting);
- Tuesday, 1st October 2013;
- Tuesday, 17th December 2013;
- Tuesday, 4th February 2014;
- Tuesday, 1st April 2014.
Dementia – summary of issues in Leicestershire and what can Charnwood Borough Council do?

Introduction. Dementia: a common and growing problem

- Mental health problems are common in older people.
- Depression is the most common mental health problem in older people, with 10-25% of people over the age of 65 affected.
- Dementia affects 1 in 20 people (5%) over 65 years old, and 1 in 5 people over 80 years old. In Leicestershire this represents approximately 8,115 people.
- Due to the ageing population in Leicestershire and Rutland, the number of people with dementia is expected to double in the next 20 years [1].
- Also, as Charnwood has a population with a life expectancy slightly higher than the national average, we expect that the number of people with dementia in Charnwood will increase over the coming years.

Evidence based interventions – what does the guidance say?

- “Health and social care managers should ensure that carers of people with dementia have access to a comprehensive range of respite/short-break services. These should meet the needs of both the carer (in terms of location, flexibility and timeliness) and the person with dementia and should include, for example, day care, day- and night-sitting, adult placement and short-term and/or overnight residential care. Transport should be offered to enable access to these services if they are not provided in the person’s own home.” [2]
- The National Dementia Strategy was published in 2009 [3].
  - Objective 5 of the strategy: Development of structured peer support and learning networks
  - People with dementia and their carers report that they benefit significantly from talking to other people with dementia and their carers, for both practical and emotional support.
  - Structured models of peer support include carer support groups and dementia cafés, where people with dementia and their carers can go and meet others in a relaxed café-type environment.
  - Availability of such services is patchy, with some areas having wider provision and access to these services. Where services are available, they may cater only for a small proportion of those who could potentially benefit.

What is happening in Leicestershire? Some examples.

- Dementia café, Market Harborough. Meets once a month. Coffee, cake and conversation. Programme of speakers, activities and events. Run/provided by ‘Dementia Harborough’.
- Alzheimer’s Society Leicestershire:
  - Blaby, Drop in café, Huncote. Twice a month.
What is available in Charnwood?

As can be seen from the above list, the Alzheimer’s society run monthly dementia cafés in both North and South Charnwood for people with dementia and their carers. However, it is likely that only a small proportion of people with dementia and their carers can access these services in terms of the likely limited capacity.

This document is not intended to be a detailed review of services available for people with dementia in Charnwood, and so apologies are made to all the other services provided in Charnwood for people with dementia and support for their carers that are not mentioned here.

What gaps are there?

This paper was written to raise awareness of the increasing number of people that will develop dementia due to our ageing population. These people will need integrated services that offer holistic care. This will include memory or dementia cafés, carer support services and other day services that offer the opportunity for peer support for people with dementia and their carers.

Recommendations

I recommend that the growing area of dementia is considered when planning development of future services. Carer support and memory cafés or other forms of peer support may be underprovided relative to need at present; this gulf will only increase as our population ages and more people are living with dementia, unless services develop as the population does.

Bibliography


# CHARNWOOD TOGETHER
## HEALTH & WELL BEING PARTNERSHIP REPORT

**Date 1st July 2013**

**Chair:** Cllr Pauline Ranson  
**Supporting Officer:** Zoe Griffiths

### Overarching Aims

**S02** - To promote health and well being by ensuring that residents have access to health care, local parks, green spaces and the natural environment, the countryside and facilities for sport and recreational and creative and community activities.

### Update

**Key Highlights**

- **April 2012** - £217,000 secured from Leicestershire County Council to deliver a fully integrated sport and physical activity plan for residents of Charnwood.
- During 2012/13 Charnwood Borough Council’s Sport & Active Recreation Services in partnership with local organisations/agencies delivered over 70 sport and physical activity programmes within priority neighbourhoods targeting inactive residents.
- During 2012/13 a total of 162,410 attendances on sport and physical activity projects were recorded.
- In February 2013 the Sport & Active Recreation Team submitted an integrated sport and physical activity commissioning plan for 2013/14. Leicestershire County Council and Public Health have allocated a total of £261,005 for Charnwood’s Sport and physical Activity Commissioning Plan for 2013-14. The plan was signed off by Leicestershire Together in March 2013.
• This continuation in funding will ensure that the Sport & Active Recreation team can continue to provide support to organisations, groups, projects and individuals to develop sport and physical activity opportunities locally.
• In addition, £35,000 has been secured from the Children’s Centre Programme to deliver physical activity programmes for 0-4s and their families living within the Surestart children’s centre reach areas.
• Charnwood Borough Council has been invited to join the Leicestershire Tobacco Free Alliance Steering Group.
• In partnership with Tobacco-Free Leicestershire and Rutland Charnwood Borough Council are contributing to the delivery of the Charnwood Tobacco Control Action Plan 2013-14.
• Integration of the Children and Families Partnerships Health focused delivery group.
• Citizens Advice Bureau has joined the partnership.

Key Issues

• Health and Well Being Partnership continues to struggle with mental health service engagement. However the group are currently investigating ways to resolve this and are potentially looking at setting up a speed dating event with local GP’s and mental health providers.
• All three working sub groups of the partnership do not currently have full representation from key organisations.
• Delivery on key actions is currently limited to several partners; however more partners have become engaged including Health Improvement team and Citizens Advice Bureau.
### Priority Aim 1: Reducing the Prevalence of Obesity in Children and Adults

#### Progress
- **Charnwood’s Sport and Physical Activity Commissioning Plan currently being delivered.**
- **A total of 70 projects delivered in 2012/13, including physical activity, diet and nutrition programmes for young people and their families.**
- **Currently delivering 2013/14 Sport and Physical Activity Commissioning Plan.**

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<thead>
<tr>
<th>Key Actions</th>
<th>Lead Agency</th>
<th>Key Partners</th>
<th>Time Scales</th>
<th>Outcome Target</th>
<th>Performance Measure</th>
<th>Progress Update</th>
<th>RAG Status</th>
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<tbody>
<tr>
<td>To deliver the Sport and physical activity commissioning Plan for 2012/13.</td>
<td>CBC</td>
<td>CBC, CSP, NHS, Schools, CVS, Youth Services, partnership for children &amp; Families</td>
<td>2012/13</td>
<td>Increase sport &amp; physical activity and reduce obesity levels for residents of Charnwood</td>
<td>Number of attendances, value for Money, SROI, number of residents physically active</td>
<td>6 Month update (Q1 &amp; Q2) – total attendances on projects 40,692 over 36 projects. 9 month update - Q1, Q2 &amp; Q3) total attendances on 53 projects - 570,731 12 month update – Q1-Q4 162,410 attendances over 70 projects. Action plan delivered. Now delivering 2013/14 Sport &amp; Physical Activity Commissioning Plan. To date a total of 283,992 attendances have been achieved in Q1. Please note this includes leisure centre visits across the borough.</td>
<td>Green</td>
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<tr>
<td>To re-establish Charnwood Sport &amp; Active Recreation Alliance into a more effective delivery group.</td>
<td>CBC</td>
<td>CBC, Schools, Lboro Uni, Lboro College, Youth Services, NHS, CVS, Police, LCC</td>
<td>Dec 2012</td>
<td>To work in partnership with key organisations with a vested interest in sport to increase sport</td>
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Charnwood Sport & Active Recreation AGM held 20th June 2013. Chair and vice chair successfully appointed.

Charnwood Sport & Active Recreation Draft Action Plan for
To secure funding for sport and physical activity beyond 2012/13.

March 2013 - total of £261,005 secured from LCC and Public Health to deliver S&PA Commissioning Plan for 2013/14

Number of attendances
Annual PI - 50,000 attendances

2013-14 submitted to the group and signed off by Leics. & Rutland County Sports Partnership

The group now has key representation from Loughborough University and Loughborough College

Priority Aim 2 Improving Physical activity in Children and adults

Progress

- Key sport and physical activity programmes deliver to children and adults as part of Charnwood’s Sport & Physical Activity Commissioning Plan including, Family Lifestyle Clubs - physical activity, diet and nutrition programmes for families, physical activity sessions for 0-4 years, sport sessions for young people at risk of ASB, sessions in partnership with Youth Shelter and Loughborough Foyer, GP Referral and cardiac rehab programmes, seated exercise in sheltered accommodation, Guided Walks programme, Sportivate - project for 16-25 year olds, free swimming to under 16’s, sport leadership courses for vulnerable teenagers and disability sport sessions.
• **Active People Survey 6 published 6th December 2012** - The survey reported an increase in the number of adults throughout Charnwood participating in at least four sessions of moderate intensity of sport and physical activity in a 28 day period for at least 30 minutes from 33.7% to 42.8%.

• **National Child Measurement Programme (NCMP) data for 2012** indicates a reduction in child obesity levels in Charnwood for both reception and year 6. In 2008/9 obesity levels were 9.4% for reception and 18.8% for year 6 compared to 8.7% and 16.7% in 2012.

• **2013 NCMP data due in August 2013.**

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<tbody>
<tr>
<td>To continue to deliver the Sport &amp; Physical Activity Commissioning Plan for 2013/14 and monitor progress on a quarterly basis.</td>
<td>CBC</td>
<td>CBC, CSP, Schools, NHS, CVS, Youth Services, Police, Lboro College, Lboro Uni, LCC</td>
<td>2012/2013</td>
<td>Increase sport &amp; physical activity for residents of Charnwood Prevalence of obesity is reduced To work in partnership with key organisations with a vested interest in sport to increase sport and physical opportunities locally</td>
<td>Number of attendances, value for Money, SROI, number of residents physically active 12 month action plan delivered, quarterly report produced detailing progress</td>
<td>2012/13 - A total of 162,410 attendances achieved against a target of 50,000 attendances Currently delivering 2013/14 commissioning plan, on track. Annual PI - 50,000 attendances. Q1 to date achieved 283,992 attendances.</td>
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Priority Aim 3 Reducing the prevalence of smoking

**Progress**

- **Establishment of Charnwood Tobacco Control Group**
- **GP Practices** have received information on patients being referred into stop smoking services and how they are performing against targets to improve GP Referral into stop smoking.
- **The Public Health lead for Charnwood** is meeting with Stop Smoking Services to review how this when in the New Year.
- **For 2013/14 - Charnwood Borough Council** has been invited to join the Leicestershire Tobacco Free Alliance Steering Group.
- **In partnership with Tobacco-Free Leicestershire and Rutland** Charnwood Borough Council are contributing to the delivery of the Charnwood Tobacco Control Action Plan 2013-14.

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<tr>
<td>To deliver the Charnwood Tobacco Control Group 12 month action plan</td>
<td>Public Health</td>
<td>Public Health, CBC, Work places, Stop Smoking Service, Schools</td>
<td>2013/2014</td>
<td>Number of 4 week quitters Smoking prevalence Smoking in pregnancy</td>
<td>Number of referrals made by GPs to stop smoking services Number of school engaged onto tobacco free young persons programme</td>
<td>Group have met for the first time in August 2012. Action plan produced, priorities identified. Currently working with GP practices and Healthy Schools team are engaged with Charnwood Schools.</td>
<td>Green</td>
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<tr>
<td>Meeting between CBC Officers and Tobacco-free Leicestershire &amp; Rutland (TLR)</td>
<td>Zoe Griffiths &amp; Aaron Bohannon</td>
<td>Public Health CBC LCC TLR</td>
<td>Charnwood attendance of the TLR</td>
<td>Attendance of meetings</td>
<td>New round of meetings taking place for new year</td>
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**RAG Status**

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Priority Aim 4 Improving mental health and wellbeing in Charnwood

- Several attempts have been made to get a working group together on mental health and wellbeing. However, due to the capacity of the predominantly voluntary sector attendees this has proved difficult. Therefore, we have surveyed other districts in Charnwood and discussed with the Leicestershire Mental Health lead to find out what best practice on mental health and wellbeing in the county is.

- From these discussions we propose the following actions and way forward. These will be proposed at the next Health and Wellbeing Partnership meeting and a verbal update on progress and comments given at the Board following this meeting.

- It is proposed to run a speed dating mental health event inviting both GP practices and voluntary mental health service providers - October 2013.

- The Public Health lead for Charnwood is currently developing a mental health profile for Charnwood to inform this group and also looking at meeting with voluntary groups to map local services.

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</thead>
<tbody>
<tr>
<td>Proposal for Speed dating event to introduce CCG’s to voluntary sector mental wellbeing organisations</td>
<td>CBC</td>
<td>Anyone working in wellbeing / mental health</td>
<td>October 2013</td>
<td>An established network/awareness</td>
<td>Increased referrals to VCS</td>
<td>Keep the date email to be sent by 25th July</td>
<td>Amber</td>
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<tr>
<td>A directory of these voluntary services compiled and disseminated to practices.</td>
<td></td>
<td>Anyone working in wellbeing / mental health</td>
<td>2013</td>
<td>Directory produced Examples from Hinckley &amp; Bosworth &amp; Blaby</td>
<td>Not yet established</td>
<td>Not yet established. No funding available</td>
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16
Recommendations

That all members take note of the updated information and ensure that the information is passed onto the relevant people in their organisations.

General Information

- Partnership Membership

Councillor P. Ranson (Chair) (Charnwood Borough Council)
Dr J. Vincent (Vice-chair) (Charnwood Borough Council appointed representative)
Ms M. Arnold (West Leics Clinical Commissioning Group)
Ms K. Packham (Public Health LCC)
Mr W. Blanche (Charnwood Borough Council)
Ms N. Deblasio (Leicestershire LINK)
Ms C. Eastell (NHS LCR Stop Smoking Service)
Ms. L. Evans (LCC Communities and Well-being)
Ms V. Graham (Charnwood Borough Council)
Ms Z. Griffiths (Charnwood Borough Council)
Councillor L. Harper-Davies (Charnwood Borough Council)
Councillor S. Shergill (Charnwood Borough Council)
Ms E. Warren (West Leics Clinical Commissioning Group)
Ms N. Wells (Loughborough College)
Ms H. Wootton (Home-Start Charnwood and Charnwood VSF)
Councillor T. Barkley (Charnwood Borough Council)
Ms R. Bruce (West Leics Clinical Commissioning Group)
Prof. M. Lewis (Loughborough University – Sport Exercise and Health Sciences)
Councillor B. Newton (Charnwood Borough Council)

• Next Meeting Dates

Further meetings of the Partnership in the Council Year 2013/14 are noted as follows, all at 6pm

6th August 2013
1st October 2013
17th December 2013
Charnwood Together  
Health & Wellbeing Partnership  
Date: 25th July 2013  

Report of:  
Organisation  

Charnwood Borough Council – Sport & Active Recreation Team  

Introduction:  

This report is to provide a summary of information regarding the work of Charnwood Borough Council’s Sport & Active Recreation Team.  

Summary of activities/issues:  

In February 2013 the Sport & Active Recreation Team submitted an integrated sport and physical activity commissioning plan to Leicestershire County Council and Public Health. The plan has been approved and a total of £261,005 has been allocated to Charnwood Borough Council for a 12-month period 1st April 2013 - 31st March 2014. This continuation in funding ensures that the Sport & Active recreation team can continue to provide support to organisations, groups, projects and individuals to develop sport and physical activity projects which are targeted and benefit the residents and workforce of Charnwood.  

In addition, £35,000 has been secured from the Children’s Centre Programme to deliver physical activity programmes for 0-4s and their families living within the Surestart children’s centre reach areas.  

Following the completion of Q1 a number of Key sport and physical activity programmes have commenced delivery to children and adults including, Family Lifestyle Clubs - physical activity, diet and nutrition programmes for families, physical activity sessions for 0-4 years, sport sessions for young people at risk of ASB, sessions in partnership with Youth Shelter and Loughborough Foyer, GP Referral and cardiac rehab programmes, seated exercise in sheltered accommodation, Guided Walks programme, Sportivate - project for 16-25 year olds, free swimming to under 16’s, sport leadership courses for vulnerable teenagers and disability sport sessions. To date there have been 14143 on programmes delivered which have been funded through the sport and physical activity commissioning plan.  

The Culture and Sport Chief Officers Partnership (CSCOPS) has made available a funding pot of £60,000 for seven district councils within Leicestershire County. The funding is to support the delivery of swimming based activity for 18 months September 2013 to March 2015.  

CSCOPS requires the funding to be utilised to deliver Swimming activities targeting families within the “Supporting Leicestershire Families” programme; with a primary aim to sustain lifelong participation by families leading to improved health and social outcomes.
Charnwood Borough Council in partnership with Fusion Lifestyle have submitted an application have submitted a project proposal totalling £13866 to deliver free swimming sessions, aqua aerobics classes, swimming lessons and lifeguard qualifications.

**Recommendations:**
That all members of the H&W Partnership take note of the updated information and ensure that the information is passed onto the relevant people in their organisations.

**Officer Name:** Will Blanche  
**Role:** Senior Active Recreation Development Officer  
**Contact Details:** 01509 634966
Report of:

**Organisation:** National Centre for Sport and Exercise Medicine – East Midlands

**Introduction:**

This report is to provide a summary of information regarding the work of National Centre for Sport and Exercise Medicine- East Midlands (NCSEM- EM).

**Summary of activities/issues:**

- The building project status remains green. Photographic updates can be seen monthly on the NCSEM-EM web site: [http://www.lboro.ac.uk/research/ncsem-em/](http://www.lboro.ac.uk/research/ncsem-em/)

- The themed activity groups continue to explore and develop proposals for NCSEM-EM future activity linking the local and national vision of education, research and health translation. Themed Activity Groups containing representation from all the partners are Physical Activity in Disease Prevention, Exercise in Chronic Disease, Sports Injuries and Musculoskeletal Health and Mental Health and Wellbeing

**Recommendations:**

That all members of the H&W Partnership take note of the updated information and ensure that the information is passed onto the relevant people in their organisations.

**Officer Name:** Dr. David Stensel  
**Role:** Reader in Exercise Metabolism, Associate Dean (Enterprise), School of Sport, Exercise and health Sciences, Loughborough University  
**Contact Details:** D.J.Stensel@lboro.ac.uk
Charnwood Together
Health & Wellbeing Partnership
Date 30th July 2013

Organisation

Report of: Sure Start Children’s Centre Programme, Charnwood

Introduction:

Charnwood Children’s Centre Programme has recently provided information to the Health & Wellbeing Partnership relating to identified Key Performance Indicators for Sure Start Programmes, Needs Analysis for the 0 – 5 population across Charnwood, Breastfeeding Rates including sustained breastfeeding at 6 – 8 weeks and budget forecast for the Children’s Centres health outcomes for 2013/14. Updated breastfeeding rates at the end of Quarter 1 (April, May June) have been circulated separately to members. Each quarter, commissioned services provide case studies which demonstrate outcomes for families. Please find below selected case studies for Quarter 1 from the Healthy Lifestyles project (CBC & LNDS) and Homestart. The aim is for partners to see for themselves the difference the work of the Charnwood Children’s Centre Programme makes to families.

Charnwood Borough Council Healthy Lifestyles Project

Case Study 1

Reason for referral
Reduce the risk of obesity
Reduce chances of isolation

Previously had been on a CP plan

Proposed outcome to prevent escalation of support again to social care
Develop hand/eye co-ordination

Family vulnerabilities are
Physical development/ co-ordination
Impact of bereavement on parenting capacity
Setting boundaries and limits
Establishing routines
Lone parents
Play and simulation
Skills/knowledge of parents
Worklessness
Benefit issues

Interventions
On my first session, mum would sit on the chairs at the side of the room and the daughter would not join in the session. Both mum and child were proving difficult to engage in activities. Mum did attend every session and there was a gradual improvement. On one occasion mum was worried about money and didn’t know what to do, it was clear she had concerns and upset. I approached Sally (FOW) who spoke with mum while I looked after
daughter. After getting mums consent I put a referral through as I felt that the mum would benefit from regular contact and support from Sally (FOW) who put her in contact with CAB. This highlights excellent practice in that quick response to issues identified and fastracked to appropriate support.

Impact Measurement
Mum confidently leads her daughter during sessions. Child concentration levels and improvement in behaviour. The bond seems stronger and interaction between each other has improved showing increase attachment. An increase shown by parenting capacity.

Progression
Mum needs to continue to build and strengthen their relationship. Regular activity will help child to burn off excess energy and help to improve her concentration and listening skills. School readiness is also a focus and parents 4life can be a healthy progression route encouraging healthy lifestyles and eating.

Evidence
Mum said she has seen big improvement since first session in that child is jumping and moving around more consistently. Child has become more familiar with the structure of the session and confident tp join in and interact with activities and showing enthusiasm. Mum is also looking forward to groups.

Overview
I have enjoyed working with this family and continue to see improvements with regular support and help. By including simple rules and boundaries, child has increased their levels of concentration and clear child thrives on positive praise.
The progress made so far has strengthened the bond and interaction between mother and child and creating a positive impact for the child.

LNDS Healthy Lifestyles Project
Family referred to Parents 4 Life by Physical activity following expression of need on healthy eating and further physical activity ideas for her family

Interventions:
Parent accessed an 8 week Parents 4 Life course where she gained support on healthy eating and physical activity for her family in order to support her in making changes to lead a healthier lifestyle. No safeguarding or safety concerns.

Impact Measurement:
Following attendance at the Parents 4 Life course the parent increased her confidence in preparing healthy food by an increment of 9 and her intent to make changes to her food choices by choices by an increment of 3. Her nutritional knowledge was also enhanced she learnt about a balanced diet, portion sizes, healthy recipes, healthy snacks, healthy lunchboxes and food labelling. Her nutritional knowledge increased by an increment of 2.5.

Progression
From Week 1 to Week 8 parent flourished in confidence from learning about healthy recipes to making healthier food at home. She invented a healthy vegetable burger and took
time to write out her recipe to discuss at the group. The recipe was then disseminated to the rest of the participants to encourage them with their healthier eating also.

The parent is also undertaking an NVQ course and using the information she learnt from Parents 4 life and the handouts as part of her evidence folder to demonstrate her learning and understanding of nutrition.

The family are now confident to continue independently. Parent put in allot of effort into her personal journey folder which she took notes from the session and used for collecting all her resources and child’s healthy eating and physical activity journey. Really pleased with the effort she put into the course.

The parent reported the following after the course: I have learnt about healthy eating and physical activity. We are eating healthier and doing more physical activity.

**Homestart Mums in Mind Project**

**Background**

Mum (not working), dad (full-time work in Army), daughter aged 9m at time of referral. Living in Army accommodation, recently moved from overseas. Mum experiencing post natal illness and poor attachment with daughter. Mum very reluctant to get in touch with Army Welfare as she believed it would have a detrimental effect on her husband’s career. She is from an Army family and he parents are currently in living overseas. Not much emotional support from her parents but do offer practical help. The family are rural isolated, there are developmental concerns for the child, gap in parenting knowledge and emotional anxiety for Mum.

Mum identified her depression at around 4–5 months following baby’s birth – attachment issues mum said ‘I don’t like her’ at initial home visit. Said baby was ‘grumpy’ and did not smile at her.

**Interventions**

Mum attended MUMS IN MIND course (1) 2013/14

She received one home visit at the beginning of the course and self evaluated at the end.

Safeguarding - none apart from being aware of her attachment problems – which were addressed openly by mum and supported by the group member and facilitators.

HV facilitator contacted mum’s HV with request for FOW referral and HV intervention with regard to further support around her attachment issues.

**Impact Measurement**

- Mum now feels the relationship between herself and her child has improved and she feels closer to her – this is evidenced by the interaction observed at the crèche and by some of the things mum has described – she touches her more affectionately, talks face to face more and seems to get more pleasure from being with her.
• Mum feels more confident in meeting the emotional and behavioural needs of her baby, which has led to an increase in her confidence as a mum.
• Mum has made some new friends from the group and has reduced her feelings of isolation – said she would not have left the house so regularly if it had not been to attend the group. The group plans to meet regularly and this mum intends to meet up with the others.
• Mum was informed that she could approach the family welfare without prejudicing her husband’s career and was even advised to consider a transfer of housing onto the base – she said she would discuss it with her husband, but did not want me to contact the Welfare on her behalf.
• Mum has realised she might benefit from seeking advice about counselling from her GP.
• Mum has achieved a 33% increase in her ability to cope as indicated by MESH scores.

Quote from Parent:-

I would have been so much more isolated here in my Army house as I know no one in the area and sometimes it is really hard to get to know the other wives. The house is great but it is so far away from base that there are no services here and the village is quite isolated too. If it had not been for getting out to the group each week, I would have stayed at home and not ventured out at all. Now I know the other mums and I enjoy being with them, I have a good reason to get out and about and will continue to do so when the group finishes – I wish it could go on forever!

I found that being able to offload each week and share my thoughts and feelings with the others, was so beneficial – helped me put my mind in order as best I could!

I enjoy being with my little girl more now too, she smiles more often and I don’t get so ratty with her – she is such a little sweety too at times, and so clever! Look what she can do! (shows me how she can walk/run about the room without support)

Evaluation

Mum also realized she may need further support from her GP, maybe counselling.

Mum needed a lot of support around bonding with her baby. She received positive feedback each week from the crèche ladies about how well behaved and bright she was, about the things she had done and achieved in that time – and mum began to feel proud of her and began to show her off more. Her attachment grew gradually but there is still a way to go. Mum was not keen to have support directly from Sure Start but said she would look into other groups that she could access herself.

Officer Name: Sarah Wood
Role: Locality Partnership Co-ordinator
Contact Details: sarah.wood@charnwood.gov.uk
Charnwood Together
Health & Wellbeing Partnership

Report of: The Bridge Organisation

Introduction:
This report is to provide a summary of information regarding the work of the Bridge organisation.

The Bridge

Summary of activities/issues:

Reaching Peoples Consortium bid for homeless discharge funding. The objective is to improve health outcomes and reduce unnecessary hospital stays for vulnerable homeless people and reducing readmissions to hospital and improved health outcomes for homeless people.

Charnwood Borough Council is refreshing its homelessness strategy with a key focus on preventing homelessness.

Recommendations:
That all members of the H&W Partnership take note of the updated information and ensure that the information is passed onto the relevant people in their organisations.

Officer Name: Helen Howson
Role: Housing Services Manager
Contact Details: 260500
Charnwood Together
Health & Wellbeing Partnership
Date 15th July 2013

Report of:
Organisation
NHS Stop Smoking Service

Introduction:
This report is to provide a summary of information regarding the work of the NHS Stop Smoking Service.

Summary of activities/issues:
Development work in Birstall via libraries – Setting up a drop in Clinic in the library starting on 12th September – every Thursday for 6 weeks between 2-4pm. Shortfall in Birstall/Thurmaston of clients accessing the service – there is a lot of potential here. In terms of surgeries – Birstall Medical centre is on track – we have a specialist delivering the service there and the Medical centre has always been on board with mail outs. However at Greengate surgery we have not has as many clients accessing the service. They have a practice nurse who offers the service. We have offered a pilot scheme to try texting all patients registered as smokers. It would be ideal if we could do this for September to coincide with the launch of the service at the Birstall library. Meeting with the practice manager in August to discuss this.

Have missed out on contacting Schools in the area to help promote this to staff and parents as its now the summer break, have sent out emails, unsure if will get any response before the drop in starts.

Recommendations:
That all members of the H&W Partnership take note of the updated information and ensure that the information is passed onto the relevant people in their organisations.
Anyone in Birstall to refer people to the New drop in clinic at Birstall library (starting 12th Sept – every Thursday 2-4pm as appropriate. If anyone has any contacts in schools in this area that can be contacted before September with regards to promoting the drop in please forward to me.

Officer Name: Zahida Niazi
Role: Smoking Cessation Specialist )Charnwood locality)
Contact Details: zahida.niazi@leicspart.nhs.uk 07500037837