

**Forest of Dean Health Forum
West Dean Centre, Bream
Tuesday 5th February 2019 - 7.00-9.00pm**

Minutes

Present:

Linda Vaughan – Secretary

Jim Spiers – Treasurer

Rikki Lane – HLS Glos

Jackie Jenkins – GCS

Lynn Sterry – Cinderford T/C

Mary Thurston – Friends LDH

Hilary Bowen – 2Gether Governor

Caroline Smith – CCG

Albert Weager – Chair

Doug Battersby

Alex Bluett – HLS Glos

Neil Moffat – GCS

Roger Sterry – Cinderford T/C

Chrissie Johnson – Public

Mary Matthews – Bream Ladies

Welcome and Introductions.

Speaker: Rikki Lane and Alex Bluett – Healthy Lifestyles Service

Rikki began by explaining the role of the Healthy Lifestyles Service in helping people to:

stop smoking, cut down on alcohol, lose weight, get moving. This is done by offering different levels of support and signposting to relevant organisations.

The overall aim is: ***Being your best for you and your loved ones***

Smoking: Aim is for people to quit in 4 weeks but have support for 12 weeks. Help is in the form of Nicotine Replacement Patches, Gum, Lozenges or Champix. Champix assessments are carried out by the HLS team but it has to be prescribed by the GP. This service is quite unique to Gloucestershire and very few counties are providing this kind of support. Age range 12+.

Alcohol: People are asked about their consumption and if they score over 16 they may be referred to a specialist service. It is important to identify those with an alcohol habit that could reduce their quality of life and potentially their health, and those who are alcoholic dependent and who will need specialist help. Age range 16+

Weight management: There are various schemes depending on your BMI and your co-morbidities and is generally offered for a BMI of 30-40 but if over 40 with 2 or more co-morbidities you would be eligible for Slimming World. A BMI of 50+ would need the 3 tier weight management service with referral to a Dietician. People living in a “deprived area” may be entitled to extra help. The plan would be to lose about 5% of body weight and to encourage portion control etc. with the aim of improving health and wellbeing.

Exercise: The exercise scheme provides motivation to increase activity and can give reduced rates at leisure centres or gyms. People can be signposted to the Exercise referral scheme run by the Council or to other schemes that target long-term health conditions such as heart conditions, pulmonary, diabetes. chronic pain, anxiety etc.

Summary:

The service is tailored to individual circumstances and targets. People from deprived areas may get additional financial help. The service has an arrangement with local gyms to have reduced rates. They work closely with the District Council and the Exercise Referral Scheme, Social prescribing, Slimming World, and Mental Health Services. The clients can usually be seen in a venue of their choice and a time to suit. The service provides motivation, support and signposting.

Contact details: Tel 0800 122 3788 www.hlsghos.org

Free online self-help portal and link up with other people like you: Bestyoughos.org

1. **Apologies:** Peggy Jordan, Cheryl Haswell, Julie Burlow, Penny Mail, Gary Deighton, Des Gorman

2. Matters Arising from minutes of December 2018

- a. The Focus Group looking at the provision of local services has not yet been back to meet the NHS but Albert will contact them to arrange a date.
- b. We have not been notified about the extension of the GDASS pilot.
- c. We have requested an update on the merger of Care Services and 2Gether Trusts.

3. News Updates and correspondence

- Carers Gloucestershire will no longer provide statutory funded contract services for unpaid Carers in Gloucestershire. Contract awarded to PeoplePlus after a public tender worth £1.77million per year for up to five years.
- Healthwatch Gloucestershire survey on Mental Health. Has been emailed to members.
<https://www.smartsurvey.co.uk/s/mentalhealthgloucs/>
- Funding for community hospital infrastructure - letter from Mental and Social Healthcare - has been emailed to members.
- MacMillan Cancer Support Community Engagement - draft proposals.
- Temporary Change in Radiology Service in Gloucestershire. The information has been emailed to members.
- Albert is going to GRH to see the Urgent care facility including the ED pathway and the Acute Medical Initial Assessment Unit.
- The Cell Salvage System in the Blood Transfusion Service is not doing as well as other Trusts. Albert will contact Debra Lee the Chief Executive.

4. Chair's report - attached

5. Treasurers Report - Balance as at 23rd December 2018 - £1041.10
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Income: Grant of £575.00 from West Dean

Expenses : **£180.00 Website Administration (annual fee)**
 £120.00 Website Security Update (single one-off payment)

6. Members Reports and Questions

Albert will check that the Cross Border patients have been made aware of the Health Lifestyles Service.

7. Future meetings:

March: Caroline Smith to give information on the NHS Long Term Plan and its impact in Gloucestershire including the new hospital. Healthwatch have been asked if they would like to attend as well.

April: Jackie Jenkins from Care Services to talk about “Complex Care at Home”

Chair’s Report to the Forest of Dean Health Forum Feb.5th. 2019

Not very much to report over the last two months.

- Attended a meeting of the Blood Transfusion Committee.
- The December and January meetings of the A&E Delivery Board were cancelled because of winter pressures.
- Attended the Forest ILB meeting at Great Oaks on Jan.9th.
- Participated in a follow up ‘Future Care In the Forest’ at Great Oaks, Jan.30th.

The message from these is that the future will see considerable changes to the nature and provision of local health and social care. There will be a period of consultation.

- Attended a meeting of the County Council’s Health and Social Care Committee on Jan.15th.

Albert Weager Chair 050219