

CAMBRIDGE LOCAL HEALTH PARTNERSHIP

10 September 2015

1.00 - 2.40 pm

Present: Councillors Johnson & Moore: Cambridge City Council

Alan Smith: Cambridgeshire Citizens Advice Bureau

Jamie Butcher: Riverside ECHG

Holly Gilbert: Public Health, Cambridgeshire County Council

Dr Joy Sharma: Cambridge System (CATCH and Cam Health LCGs)

Karen Begg: Health Watch Cambridgeshire

Mark Pears: Riverside ECHG

Mark Freeman: Cambridge CCVS

Dr. Rachel Harmer: CAM Health

Sally Salisbury: Cambridgeshire Citizens Advice Bureau

Graham Saint: Strategy Officer, Cambridge City Council

Frances Swann: Support Housing Manager, Cambridge City Council

Yvonne O' Donnell: Environmental Health Manager, Cambridge City Council

Claire Tunnicliffe: Committee Manager, Cambridge City Council

FOR THE INFORMATION OF THE COUNCIL

15/19/CLHP Apologies

Apologies were received from Antoinette Jackson, Councillor Price, Dr Liz Robin, Mike Hay & Dr Cathy Bennett.

15/20/CLHP Public Questions

There were no public questions.

15/21/CLHP Minutes and Matters Arising

The minutes of the meeting held on 25 June 2015 were approved and signed as a correct record.

15/22/CLHP Presentation: Cambridgeshire Public Mental Health Strategy

Holly Gilbert, Public Health Manager - Mental Health & Community Safety, Cambridgeshire County Council gave a presentation on the Public Mental Health Strategy for Cambridgeshire. At any one time at least one person in six was experiencing a mental health condition, which had huge financial impact as there was a cost to the individual, society and the economy.

The strategy looked at mental health promotion and prevention activity, taking a multi-agency approach with the public and voluntary and private sectors. The work had highlighted the need for additional central government support.

Members were advised there were plans to make the most of opportunities across county services to promote mental health and prevent mental illness, for example through education. An anti-bully toolkit had been developed that would help support schools to improve their approach to mental health in young people.

The strategy would look at mental health promotion and prevention activity across three broad themes:

- i. A life course approach to promoting mental health
- ii. Developing a wider environment that supports mental health
- iii. Physical and mental health

The themes would cover the following areas:

- i. Promotion of Children & Young People
- ii. Social Isolation & Loneliness
- iii. Mental Health & Work
- iv. Mental Health Promotion in the Community
- v. Mental Health of People with Long Term Conditions
- vi. Physical Health of people with Mental Illness

A further report outlining progress will be brought back to the Partnership at a future date.

Members discussed several projects that had been or were in the process of being undertaken. Reference was made to the HealthWatch Cambridgeshire's Ely's School Project and a County website developed around mental health that could be linked to other associated sites, which would go live next year.

Many factors that could contribute and / or impact on mental issues were also discussed, such as use of alcohol, individuals who were isolated, lack of exercise, whether the same services were available to those individuals who lived outside of a City. Another factor discussed was that of debt and the introduction of Universal Credit

With the introduction of Universal Credit being paid directly to the individual an additional pressure could be put on young people or vulnerable individuals who had no experience of money management.

The Chair asked what strategies were in place to assist with the issue.

Cambridge Citizens Advice Bureau advised that there was a dedicated team to deal with debt management and all individuals would be offered budget help at the point of a claim. There is also a financial inclusion worker employed by the City Council for tenants.

It was queried if a directory of services available could be produced but it was acknowledged information quickly changed and a printed format would quickly go out of date.

Members were reminded of the Mental Health First Aid (MHFA), 2 day training and nationally recognised and certificated course which were available; details could be found at the following link <http://www.mindincambs.org.uk/Services/Workplace>.

The Chair thanked Holly for her presentation, who agreed to send out a Powerpoint version, including self-harm, it's prevention and treatment, for members.

Committee Manager's note: A copy of the self-harm presentation can be viewed at the link below:

<http://democracy.cambridge.gov.uk/ieListDocuments.aspx?CId=347&MId=2901&Ver=4>

15/23/CLHP Presentation: Mental Health Community Support and Prevention

Jamie Butcher and Mark Pears from Riverside ECHG (a registered social housing provider) gave a presentation on the support their service offers for

adults in Cambridge with mental health issues who required assistance to help maintain their accommodation.

Members were informed of 'The Victoria' project which accommodated up to thirty homeless people many of whom had either addiction, mental health issues or both. The individuals were in the process of tackling their problems to help take ownership of their situation and to start make positive changes. A separate project 'The Spring's' was also mentioned, which accommodated men and women who were committed to learning new skills and keen to get into employment.

Jamie and Mark explained that the key to the service was having a personalised focus with a positive coaching approach, when working with individuals, concentrating on their strengths and identifying the goals they wanted to achieve. Through this approach the individual was able to push for the changes that they want and have the tools to prevent falling back into negative habits.

Individuals were referred to the service through outside agencies such as Jimmy's, the Police or Housing Associations.

Members discussed information sharing and how fundamentally important it was, but also how difficult it is to find the complete history of one individual from one source of information. Therefore it was vital to build strong working relationships all the organisations concerned.

15/24/CLHP Presentation: World Mental Health Day 10 October 2015

Suzanne Goff, Strategy Officer, Cambridge City Council presented a report outlining the details of the City Council's preparations for World Mental Health Day on 10 October 2015, and highlighted a range of the key policies and strategies that the Council had been working towards which would help address environment risk factors for poor mental health.

The report referred to the Council's aims to raise awareness across different organisations, groups and communities during the week and also to facilitate discussions and action about mental health issues. As part of the week the City Council would be offering additional training and support to the Council staff on mental health awareness and a variety of activities for staff and the public had been planned.

Suzanne concluded that she would welcome any interest from Members of the Partnership who wished to take part or would like to put on an event.

15/25/CLHP Updates

15/26/CLHP Health and Wellbeing Board (HWB)

Alan Smith, Cambridge Citizen Advice Bureau provided an updated on the East Barnwell GP Surgery Outreach Advice Project.

The project is overseen by a steering group, which included representation from the City Council, County Council public health team and the East Barnwell Surgery and had been running for four months.

The main area that had been identified for advice in the project was welfare benefits, with a third of the clients being referred to the project for this issue. It had been recognised that there is an issue with individuals under claiming what they are entitled to. Other issues were health related community care and housing as the largest areas followed by debt, education, consumer, relationships and employment. The trend had changed from the first report when the main advice had been for Housing.

Alan concluded that the partnership was going from strength to strength. Enquiries had been received to ask if this partnership working could also take place in other GP surgeries, which would be dependent on funding.

Yvonne O'Donnell, Environmental Health Manager, Cambridge City Council advised that the City Council had identified that there was a need for a Hoarder's Policy. It would be a multi-agency approach working with such agencies as the fire service. All agencies were working towards the completion of a policy which would be brought back to a future meeting.

15/26/CLHPa Ongoing Work

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15/27/CLHP Date of Next Meeting

12 November 2015, Committee Room 1, The Guildhall, 12.00pm,

The meeting ended at 2.40 pm

CHAIR