

Our Place, Our Health BN2 5 Health Forum

12.03.2024, 10.30-12.30

St Cuthmans, Whitehawk, BN2 5HE

Who Attended?

Apologies
Frances Sulikosky (Speak Out)
Matthew Moores (NHS Long Term Conditions Lead)
Collette Stapleton (Primary Care lead for the Carers Centre)
Steve Castellari (Engagement lead for The Carers Centre)
Rikto Dean (BHCC Healthy Lifestyles team)
Anne Glow (Resident, Due East, and Many more!)
Lucy Mitchell (Wellsbourne Healthcare CiC)
Janet (Whitehawk Family Hub)

Attendees
Hannah Sherman (Equalities Manager, TDC)
Claire Burchell (East Community Development Lead, TDC)
Isla O'Brien (Health engagement worker, TDC)
Anita Doherty (Ageing well participation lead, TDC)
Sara Fernee (Community Development Worker, TDC)
Paul Ellingford (Resident & Member of 50+ Group)
Evie Martin (Resident & Park Life lead)
Fran Hamilton (Brighton & Hove Council, Dementia services)
Dave Blythe (Resident & member of 50+ Group)
Michael Buckley (Resident & Diabetes peer support group)
Ryan Edwards (Active for Life, Healthy Lifestyles)
Zena Rose (Resident)
Matthew Jarvis (Macmillan Horizon Centre)
Kate Darach (East & Central PCN)
Amanda Rapley (East & Central PCN)
Sam Hart (Brighton natural health foundation)
Tammmy McCann (Brighton natural health foundation)
Chris Al-Shabba (Resident, Due East, 50+ Group)
Natalie Bluhm (Wellsbourne Healthcare CiC, Director)
Caitlin O'Connor (East & Central PCN, Patient Engagement)
Adam Fazakerley (East & Central PCN, Director)
Yasmin Kapadia (Local Resident, Eco Therapist)
Davina Delaszlo (Public Health, Dementia)
Karen Broady (Local Resident)
Debra Mallard (Learning & Participation Adviser, Varndean)
Martin Lavender (Local resident, 50+ Group)
Carole Francis (Local resident, 50+ Group)
Roy Hayward (Local resident, 50+ Group)
Gill Hayward (Local resident, 50+ Group)



Our Place, Our Health
BN2 5 Health Forum

Tuesday 12th March
10.30-12.30

St Cuthman's
Whitehawk, BN2 5HE

FREE LUNCH
INDIAN HEAD MASSAGE TASTERS

We are residents and health providers working together to address and improve local health issues, learn about what support is available, and work towards a healthier neighbourhood.

For more information, contact:
islaobrien@trustdevcom.org.uk / 07361534754

Trust for Developing Communities

WHAT'S ON IN BN2 THIS

Corinne (Local resident)
Councillor Gill Williams (Local Councillor)

Recap from Previous Meeting

2 key things happened at the last meeting:

- 1) The health forum voted to join the Primary Care Network (PCN) with the BN2 5 Health forum so this is about us working together as services, health practitioners and residents to take the health priorities forward in Whitehawk, Bristol Estate and Manor Farm.
- 2) Started refreshing health priorities-Refresh of the health priorities in local community alongside the ICT (NHS Integrated Care Teams) health priorities and the NAP (East Brighton Neighbourhood Action Plan)

Agenda Item	Details & Actions (actions in red)
<p>Introductions and Updates</p>	<ul style="list-style-type: none"> • Hannah TDC – whole of April will be around bowel cancer awareness month – ACTION FORUM: if anyone has a group or event we can promote this at, get in touch • Cllr Williams – go for a lung health check – stage 1 lung cancer was found and currently receiving treatment. Can't stress the importance of getting a health check at any age. • Matt – MacMillan Horizon Centre – support for people and their loved ones with diagnosis of cancer and cancer journeys – holds a once a month drop-in at Walter May House poster here: Macmillan poster on social media • Davina – Public health Age and Dementia Specialist with BHCC supporting a once a month Dementia support group at Kingfisher Court Community space in North Whitehawk • Ryan Edwards – BHCC Healthy lifestyles team Manager – support for people with losing weight, increasing physical activities – low cost activities are shared with the community. Take Part festival in June and holding early conversations to hold an event as part of that in Whitehawk. • Natalie – Wellsbourne – we have a weekly wellbeing garden group on Wednesdays and people are free to come and take part. Also run the Wellsbourne Worry Tree café drop in Mondays poster here: Wellsbourne Healthcare CIC page Contact to find out more: wellsbourne garden group facebook and contact community@wellsbournehealthcare.org.uk • Dr Adam Fazakerley - Clinical lead East and Central PCN – Wants to understand modern medicine and address the real causes of health problems and improve people's health outcomes by looking at different ways of managing health. PCN Website here: https://ecb.pcn.gpweb.org.uk/our-primary-care-network & PCN Calender of FREE health and wellbeing events here: PCN FREE health activities to join

- **Anita TDC** (The Trust for Developing Communities) – TDC Ageing well participation worker and older peoples worker in East Brighton supporting 50+ groups and activities to form and run independently within community settings Ageing well directory here: [Ageing well directory of Citywide 50+ services & activities](#)
- **Sara** – TDC Community Development Worker – working in Whitehawk and supporting groups to grow capacity in the area which includes various volunteer groups and activities to form and develop. Currently working on art engagement in community spaces in May with East My Space steering group and supporting healthy neighbourhood (HNF) funded groups locally.
- **Debra Mallard** – Varndean College community learning – Free dance taster session next week at The Manor Gym poster here: [Dance into Fitness poster FREE 19th March at Manor Gym](#) – finalised the community learning programme after Easter – new singing group, batik classes starting (at St Davids Hall) & art class at The Manor and digital skills at Whitehawk Library. New Bursary with Due East for anyone who may need support to help pay for any adult education offers. Will share link when the brochure is ready.
- **Michael** – Resident and member of the forum – Also has a cancer diagnosis and is being supported by MacMillan and can't speak highly enough of the service support he has been receiving.
- **Gill and Roy**- residents – over 50's group members – the group have built our lives back up after serious illness.
- **Martin** – resident & member crew club and 50's group – likes to walk and get good exercise for his health and wellbeing
- **Chris El Shabba** – resident & chair of Due East – member of 50's group and bingo group. Due East produce the **ACTION ALL: local Due East Newsletter and copy for the next Spring edition deadline is April 8th and is specifically health themed. Contact feedbackdueeast@gmail.com if you want to put something health related in.** Link to the Whats on in BN2 5 Activity Directory in East here: [Whats on in BN2 5 Activity Directory](#)
- **Tammy** – resident & works with Health foundation and offering yoga sessions locally
- **Yasmin** – Bristol estate resident – hoping to offer some eco-based health activities
- **Karen** –Bristol Estate resident interested in Art offers & a green gym development
- **Evie** – resident of north Whitehawk, part of Parklife green spaces group and currently working with other services to consult on a skatepark initiative locally link to social media: <https://www.facebook.com/BHParkLife>
- **Isla** – TDC supporting health engagement and youth work with children and young people aged 11+ working. Currently

	<p>developing some youth work with Wellsbourne healthcare and partnership work with the Whitehawk Family Hub.</p> <ul style="list-style-type: none"> • Claire Burchell- TDC East Community Development Manager for any information on activities, forums, spaces, places and groups TDC are supporting in East Brighton contact claireburchell@trustdevcom.org.uk 07809 829734
<p>Dementia team Public Health (Davina)</p>	<p>High percentage of dementia in the East area and ways to work in partnership to improve Brighton and Hove dementia care.</p> <ul style="list-style-type: none"> • 8 different areas in the strategy in BHCC to improve people’s lived experiences. We want to involve people in the conversation – been running a session in Hove for the last 1.5 years as a monthly peer support group. How to live well with Dementia. Fran Hamilton is our dementia specialist who guides the work. • The group came to a natural end – lots of actions came out of the group including a dementia tool kit and falls prevention guide. TDC supported the group to move into Kingfisher Court in North Whitehawk – 2nd Friday of every month have a couple of members. Please could you share it with your networks so we can grow the group. Link to Dementia poster Here: Dementia poster on Social media • BHCC Councillors also want to support the Dementia work. It is an administration priority to build this local BHCC strategy. We need around 8 people to take part in the sessions at North Whitehawk. ACTION Natalie: Wellsbourne healthcare CIC to support you promote the group and can cascade the information and also visit the Wellsbourne Worry Tree group on Mondays 1,30pm at Walter May House. • Hoping to do some filming to raise awareness of dementia with journeys. • Training offers FREE - Age and Dementia friendly training – 3 hours – FREE cascade. Tackling ageism – 1 hour Free – Act without Limits – WED 21st March - Jubilee Library and Ruthie Glasier – launch of the podcast will be at Jubilee Library – stories from people with dementia contact Davina for more info Davina.DeLaszlo@brighton-hove.gov.uk • Dementia leaflet created with colleagues – too many leaflets were overwhelming – so this leaflet is free and is a one stop shop information for both professionals and residents link attached.

Setting our principles of working together

Patient Participation Groups engage patients in their own healthcare to see what would improve their health at a community setting. Using community assets in a different way to aid system change. We do this by involving patients in their GP surgeries as focus groups to see what works well and what doesn't. Working together the Health forum and the PCN might be able to find the solutions together. We discussed the questions below in small groups to see how that might work in small groups.

- **How do we want to work together?**
- **What can we offer/support each other with?**
- **What do we want to achieve as a partnership?**

Feedback from discussions:

Community-Led

- Local empowerment
- Build on community spirit (from pandemic)
- Realising value of community residents and volunteers

Co-ordination

- Support each other's events/work to avoid duplication.
- Pool resources for local events.

Information sharing/ Networking

- Greater awareness and understanding of services and accessible community offers.
- Feeding back lived experience of health conditions (e.g. diabetes)
- A chance for other opportunities to grow from the forum.

Communication

- Making it easy to find local info
- Connecting people to community spaces- not internet based.
- Honesty from all
- Use simple language so that everyone can feel included.
- We are all people- avoid using jargon e.g. acronyms and words like 'stakeholders'.

Collaboration/ Connection

- Working as effectively as possible as a group
- Support the expansion and development of health & well-being related activities in the community

- Realise value of all our different skill sets

Community building

- Building trust and faith in local services (council, police, health)
- Maximising use of local community spaces- including outdoors!
- Removing 'us' and 'them' barriers.

Improving accessibility of services

- More advocates to support access to services
- A space to feedback on things that need improving.

Actions:

- Learning set to figure out problems/barriers within this forum
- invite reps from Housing, Police, Fire rescue, Possibility people to next meeting



<p>Community Prioritising</p>	<p>In order to refresh the group’s priorities moving forward, people were invited to vote on the community health priorities that spoke to them the most. Each person got 7 sticky dots to vote with. Priorities were taken from previous health forum discussions and the Neighbourhood action plan.</p> <p>Priorities voted on:</p> <ul style="list-style-type: none"> • Mental Health – 30 Votes • Social Isolation – 24 votes • Improved co-ordination and communication around health services – 19 votes • Building blocks for good health (Housing) – 15 votes • More diverse, accessible and inclusive activities – 15 votes • Early Cancer Diagnosis (note to include other chronic conditions) -15 votes • Chronic pain- 14 votes • Affordable activities to support healthy lifestyles for young people and families- 14 votes • Support for cost of living crisis- 14 votes • Diabetes – 8 Votes • More activities for older people- 5 votes
<p>Widening the reach of the Health Forum</p>	<p>Due to partnership with the PCN, there is an interest in widening the reach of the forum to people who are registered with the 5 GP surgeries that are covered by the PCN.</p> <p>Forum agreed to change the name of the forum from ‘BN25 Health forum’ to ‘East Brighton/ Area Health Forum’ to be more inclusive to all.</p> <p>Group also agreed to move to quarterly meetings as the forum gets bigger and more logistical to organise!</p> <p>Lunch and networking 12.30-1pm food provided by the East and Central PCN and East Brighton Food Co-Operative.</p>

To sign up to the East Area Networking group and I.O platform please follow link to join group here which covers Whitehawk, Bristol Estate, Manor Farm & Craven Vale: eastareanetworking+subscribe@groups.io and/or Central which covers Central, Queens Park Estate, Tarner, Eastern Road and Phoenix: centralareanetworking+subscribe@groups.io

If you need this information in larger format, spoken word, hard copy, or need translations please contact us on website: <https://www.trustdevcom.org.uk/> Telephone: 01273 234 769

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