

Our Place, Our Health BN2 5 Health Forum

13.11.2023

Purpose:

- Address priorities from the neighbourhood action plan (e.g. Healthy eating on low income budgets, Mental Health, affordable activities to support healthy lifestyles).
- Take priorities forward to bring in the right services and supported solutions along with accountability.
- Share key health messages to people in the community.
- Ultimately reduce health inequalities in the city.

Who Attended?

Apologies
Sara Fernee (Community Development Worker, TDC)
Debra Mallard (Learning and Participation Advisor, Varndean)

Attendees
Hannah Sherman (Equalities Manager, TDC)
Adam Fazakerley (Clinical Lead, East & Central PCN)
Rhys Rogers (Physiotherapist)
Yasmin Kapadia (Resident & Eco-Therapist)
Chiara Santin (Eco therapist)
Claire Burchell (Community Development Lead, East, TDC)
Dave (Resident & 50+ Group)
Martin (Resident & 50+ Group)
Clare (Resident & Diabetes peer support group)
Steve Castellari (Engagement lead for The Carers Centre)
Collette (Primary Care lead for the Carers Centre)
Lydia Glover (Patient engagement lead for East & Central PCN)
Colin (Resident & 50+ Group)
Michael Buckley (Resident & Diabetes peer support group)
Val (Resident at Robert Lodge & 50+ Group)
Anita Doherty (Older people's engagement lead)
Paul (Resident at Craven Vale & 50+ Group)
Anne Glow (Resident & Due East)
Chris El Shabba (Robert Lodge Resident & Due East)
Claire Chappel (BHCC Healthy Lifestyles team)
Rikto Dean (BHCC Healthy Lifestyles team)
Peter (Resident)
Isla O'brien (Health Engagement Worker, TDC)

Actions from Previous Meeting	
<p>Make next session a PCN special where we can talk about how we add value to each others work.</p>	<p>Done!</p>
Agenda Item	Details & Actions (actions in red)
<p>Introductions and welcome</p>	<p>Very quick 10 second intro:</p> <ul style="list-style-type: none"> • Name. • Role/ Where you are you are from. <p>See table above</p>
<p>PCN: What is it and what does it do?</p> <p>Including a Qi-Gong taster session with Rhys! (see more photos below)</p>	<p>Lydia Glover & Adam Fazakerley (East & Central PCN)</p> <p>A Primary Care Network (PCN) is group of 9 GP practices and what they can achieve as a collective in East and Central Brighton. Work around Clinical OT and frailty, health and wellbeing and health coaches who support in informal ways within the community settings. They offer BP (blood pressure) outreach and free community sessions including gentle exercise, arts. More holistic support offers.</p> <p>It's a new government initiative so they want to link in more to offer community and health practices together in the same way as TDC works with</p>



community groups to bring different strands together.

TDC is supporting the PCN to bring the links together. What do residents want in the community. A new PPG group is hoping to form next year. Lydia shared the PCN calendar of activities and contacts for different GP surgeries.

Social media links here to cascade with Health forum networks : [PCN Facebook page](#) and [PCN Website](#) and calendar of events [Calender of PCN free activities in East and Central](#)

PCN Care-Co-ordinators – might be able to help support patients to get to events/activities.

East Brighton already has a Directory Here: Google document [Directory Whats on in BN TwoFive](#) also attached a PDF copy for ease of access. And if anyone wants to add something when its updated email : bn2five@gmail.com

How can the health forum and PCN add value to each other’s work?

Group Updates

Sara Fernee: A couple of local opportunities to share there – there is a Winter solstice workshop at Belta on Nov 21st and also a new regularly fortnightly sewing club at Belta on Tuesdays. (poster attached – great for social connection!) There are also free art workshops happening at Whitehawk Library every Thursday morning 10.30-12.30 with East Side Print.

Debra Mallard: We have a bit of funding to run some taster sessions so was interested in seeing if there was anything health based that we could put on or if there are any health related courses that would go down well in the area.

Qi-Gong – Tuesdays 12-1 and GP 1-2pm at East Brighton Park – looking to arrange a session at Walter May House and relocating in the bad weather to a local community space. With Rhys, holistic and gentle artforms, low impact, accessible movement – helps blood flow and mobility. Poster attached.

Diabetic support group – 1st Wed of the Month and 8 week course coming up in January through to March held at Robert Lodge, ask TDC Claire for any other information.

Vaccination offer updates: HERE is holding a Vaccine drop-in offer at Whitehawk Family hub on the 18th and 26th 10-2pm – call the freephone number 0300 303 8060 to book on and a drop-in MVU (mobile vaccination Unit) on 28th November at Whitehawk Library and hub.

Eco-therapy sessions x 3 is FREE and walk once a month in Woodingdean 1st Friday of the month contact Chiara (Chiara Santin rainbow.communityprojects@gmail.com) family based activities Posters attached. Need more funding to do 1 to 1 work and therapy in a safe space to bridge accessing other community groups. Supporting access to ethnically minoritized groups.

Crew Club – hold a walking group every month on Mondays generally website here: [Crew club website](#)

Carers Hub – unpaid carers rights day 23rd November -event at the Leonardo Hotel (by Brighton station) come along to find out about Tai chi, meditation both in community's and online. BHCC Carer friendly strategy. Online session in December as well as a postal survey. Q: is there respite care A: a few hours of immediate respite for people to go to appointments and groups including some transport offer Link to website here: [Brighton and Hove Carers Centre Website](#)

Health engagement – Whitehawk Family hub event and promoting breast cancer awareness month.

East Healthy Neighbourhood Funding (NHF) – 23 projects were supported with a broad health focus across Whitehawk, Bristol Estate, Manor Farm, Craven Vale and Woodingdean by 3 separate community panels. A family event with the Flying seagulls Circus x 2 events at top park and Robert Lodge. Health checks with NHS App both online and 40-75 years old were also supported.

Health Feedback to be fed back to PCN: Broadway Surgery is not be accessible to patients – Wellsbourne patients **ACTION:** Need GP's to come to the health

	<p>forum to find solutions to problems. (could we have a guest speaker?)</p>
<p>Next Session</p>	<ul style="list-style-type: none">• January 2024• Focus around action planning for the next year- setting some intentions for action from the group.• We will revisit the neighbourhood action plan to make sure priorities are still the right ones.• TDC will put together all dates for coming year and update health forum poster.

Photos from Qi Gong Taster session

