

# Our Place, Our Health BN2 5 Health Forum

## Robert Lodge Community Rooms

**22.01.2024**

### 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.

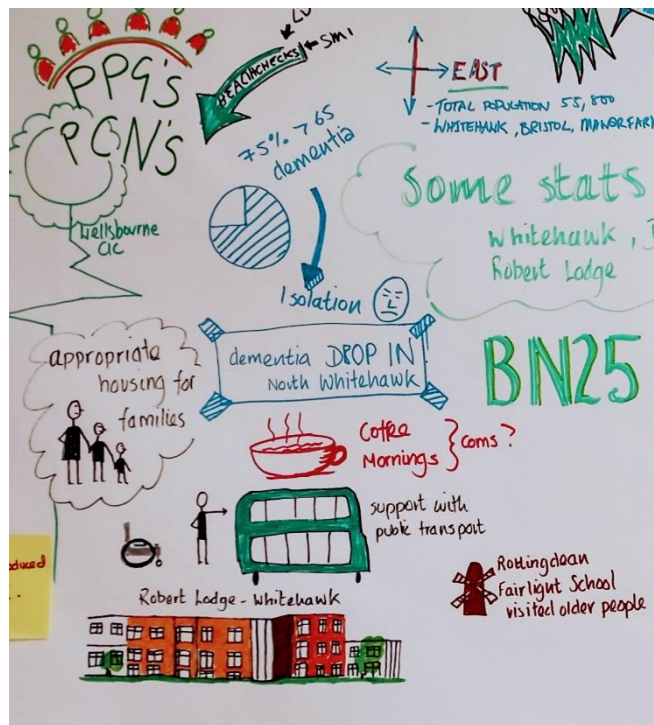
### Who Attended?

Apologies
Sara Fernee (Community Development Worker, TDC)
Frances Sulikosky (Speak Out East)
Matthew Moores (NHS Long Term Conditions Lead)

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)
Collette Stapleton (Primary Care lead for the Carers Centre)
Steve Castellari (Engagement lead for The Carers Centre)
Paul Ellingford (Resident & Member of 50+ Group)
Anne Glow (Resident, Due East, and Many more!)
Evie Martin (Resident & Park Life lead)
Fran Hamilton (Brighton & Hove Council, Dementia services)
Rikto Dean (BHCC Healthy Lifestyles team)
Dave Blythe (Resident & member of 50+ Group)
Michael Buckley (Resident & Diabetes peer support group)
Ryan Edwards (Active for Life, Healthy Lifestyles)
Zena (Resident)
Matt Jarvis (Macmillan Horizon Centre)
Alanna McIntyre (Resident & member of 50+ Group)
Muna Chapman (Mind)
Kate Darach (East & Central PCN)

Amanda Rapley (East & Central PCN)
Sam Hart (Brighton natural health foundation)
Tammmy McCarn (Brighton natural health foundation)
Alison Waters (NHS Sussex ICB)
Katie Chipping (NHS Sussex ICB)
Chris Al-Shabbah (Resident, Due East, 50+ Group)
Lucy Mitchell (Wellsbourne Healthcare CiC)

Actions from Previous Meeting	
<p><b>Health Feedback to be fed back to PCN:</b>  Broadway Surgery is not be accessible to patients – Wellsbourne patients  <b>ACTION:</b> Need GP’s to come to the health forum to find solutions to problems. (could we have a guest speaker?)</p>	<p>PCN Have approached TDC to ask if we would be willing to merge our health forum with their new PPG. Wouldn’t have to do anything differently, but will ensure GP representation at forum meetings. It will also ensure promotion to community. Only thing is that we would need to widen the forum area to accommodate 5 GP surgeries. Do we agree this?</p> <p><b>VOTE:</b> The group voted unanimously to merge with the PPG’s in East and work more collaboratively going forward.</p>
Agenda Item	Details & Actions (actions in red)
<p><b>Welcome- reminder of why we are here, intros and updates (15 mins)</b></p>	<p>Intro by Hannah and group invited to speak briefly in round robin to share why they were present and what activities they were offering. Introduction to ICT health commissioners who would be doing an Info graphic data capture illustration exercise throughout the meeting to capture local health conversations. This would be shared with the group at the next meeting.</p>



**Housekeeping:** pictures would be taken during the session, so anyone who did not want to take part in this, to let Claire or other workers know.

**Rikto** – Have new leaflets for stop smoking . Free vape for the first 4 weeks of your quit

**Ryan**- Weight management in the city – take part festival in June

**Chris** -Revamping Robert Lodge community rooms.

**Matt** – Monthly sessions in Walter May for people affected by cancer. Feb session will be Indian head massage. Macmillan

volunteer will be stationed at st Cuthmans from the 1<sup>st</sup> of feb  
**Fran** - Occupational therapist hoping to help people dealing with dementia

**Carers centre – Steve and Collete**- Big day for carers – celebration happening in June

**Kate / Amanda**- Patient participation group – updating people about what the PCN do.

**Isla**- HPV Vaccination Campaign for cervical cancer prevention week (take posters and leaflets)

Community Insight  
(Claire 30mins)

**What is an ICT (Integrated Care Teams) Vision “Joining up (integrating) health, social care and health related services across local communities in a way that best meets the needs of the local population, improves quality of services and reduces inequalities”**

Headlines from East ICT data insight packs – EAST being larger ward area than just Whitehawk, Manor Farm, Bristol Estate and Craven Vale

- Populous in Whitehawk, BS, MF and CVCA 14,010 wider populous EAST 55,800k
- 94% living in deprived area in the top 10% of England – EAST is the top ICT neighbourhood 2.2% higher than England average, but the least populated.
- Higher than Sussex average of people living with learning difficulties, additional needs and mental health conditions
- But with lower than average rates of take up of health checks and care processes for diabetes
- 18.7% aged 60+ and 16% of young people in poverty
- 66.8% aged 65+ estimated to have received a diagnosis of dementia
- 1 in 5 adults in east are living with one/or more disability (20.4%)
- Estimated population 1 in 8 from the LBGTQ+ and 1 in 4 from minority communities
- An increase in population ages 50-59 years (35.1%) but a decrease in 0-9 and 30-49 years
- Self-harm in ages 10-24 years higher than Sussex average

Information gathered from Community Insights, East Sussex data, Brighton and Hove Strategic needs assessment, Census ONS and Public Health.

Excerpt of needs identified from Health inclusion report Our Communities our health

- Appropriate healthcare that reflects local need
- An enhanced role for pharmacists
- Increased provision of physical activities
- Condition based groups around diabetes, heart health, mental health and chronic pain were identified by surveys and focus groups.

**Top life limiting conditions ICT priorities** are

\*Cardiovascular, Cancer, Lower back pain, diabetes, respiratory diseases

**Current BN2 5 health forum priorities** (set Autumn 2022 before cost of living winter 22) being refreshed, cost of living crisis, mental health and lessening isolation, chronic pain, communication of information, co-production and collaboration of community and health services to improve accessibility and inclusivity.

**Refreshed NAP priorities health and wellbeing for All priorities** improved insight, co-ordination and communication about health services. More activities for older people. More diverse, accessible and inclusive activities. More affordable activities for children, young people and families.

**How do these priorities align with each other?**

- ICT & BN2 5 - Cancer, Diabetes, Chronic pain (would include all the priorities including lower back pain), information access and cost of living support (mental health being a priority and lessening isolation)
- NAP – broad range of health and wellbeing activities needed across all age ranges particularly older people and children and families which diverse, accessible and inclusive. With improved communication in community setting.

**How has the Community progressed what's already happening and ongoing from BN2 5 priorities set in Autumn 22**

- **Communication:** BN2 5 health forum, Due East, Craven Vale and Belta Health Newsletter is being planned with interviews with local people about their lived experiences of cancer journeys and living well with other conditions as well as service support and locally led activities.
- **Communications of activities** in East more widely accessible and partner orgs cascading each other's services is improving and practitioners are seeing the value of the EAST O.I platform, area networking and subscribing/joining.
- **The PCN** is offering free varied health and wellbeing activities and being more widely taken up as the information is cascaded more widely.
- **HNF panels** held focus groups and widened the health criteria for their small grants application process e.g Due East added criteria of projects that improve diabetes support and cancer support.
- **NAP** reflects Community priorities and BN2 5 Activity directory was produced with local groups and providers and health related information was co-designed with the health forum and other groups
- **Belta** received a lottery bid to increase its impact around the Cost of living and is continues to co-design and collaborate with residents, local groups and spaces
  - **New offers** have come into east including Macmillan cancer support, Dementia

services are starting in February in North Whitehawk, a Programme of activities for all age ranges are being planned at Robert Lodge and the same is hoped for Kingfisher rooms.

### **Group discussion**

Group invited to look at the information shared and add anything that is relevant and discuss how the Health Forum, Community NAP refresh and ICT data aligned and where gaps might be existing. Group was surprised at the Dementia percentage (Claire did reflect back that this was the wider East area ward but was a large percentage and we should reflect on what services could be brought in to support). Another resident wanted to pick up on the ways older people, particularly in sheltered housing schemes felt unheard by services that run the schemes and had negative experiences of being bullied or intimidated into staying quiet if their opinion was not wanted.

### **Already available groups and activities known about**

- Diabetes Peer group
- Worry Tree café drop-in
- Blood pressure and health check offers
- Healthy Lifestyles Team group and one to one support
- Horizon Centre and monthly drop-ins
- Wellsbourne Garden Group
- The Manor Gym and St Cuthmans
- More food offers available
- 50+ group
- Mindfulness and meditation offers

### **Gaps identified:**

- Older people's health conditions going undiagnosed
- Dementia services

### **Services the group identified still need to get involved**

- Housing and the connection to poor housing means poor health – more accountability
- Police services as issues like bullying/stalking/abusive behaviours has a knock on effect to mental health and wellbeing
- Possibility People with 1 in 5 living with disability
- Lack of face to face GP appointments and no accessible dentist
- Other emergency services like Ambulance and Fire service
- Public transport accessibility



- Gentle Yoga taster with Tammy
- Short talk from Mind & some coping techniques with Muna



BN25 Information pack Jan24.pdf

**Beat the January Blues  
(30 mins)**



**Next Meeting**

**Tuesday 12<sup>th</sup> March- 10.30-12.30**

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](mailto:eastareanetworking+subscribe@groups.io) and/or Central which covers Central, Queens Park Estate, Tarner, Eastern Road and Phoenix: [centralareanetworking+subscribe@groups.io](mailto:centralareanetworking+subscribe@groups.io)



 Trust for Developing Communities

 WHAT'S ON IN BN2 Five

**BEAT THE JANUARY BLUES!**

WITH GENTLE YOGA TASTER SESSION AND TALKS FROM MIND

**MONDAY 22ND JANUARY 11.30-13.00**

ROBERT LODGE COMMUNITY ROOMS  
WHITEHAWK RD, BN2 5FG

**OUR PLACE, OUR HEALTH  
BN2 5 HEALTH FORUM**

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: [lslobrien@trustdevcom.org.uk](mailto:lslobrien@trustdevcom.org.uk) or on 07361534754