

Your Community, Your Voice

Record of Meeting and Actions

5:30 pm, Wednesday, 14 August 2013

Held at: Christ Church, Dumbleton Avenue

Who was there:

Councillor Michael Cooke

Councillor Wayne Naylor

INFORMATION SHARING – ‘INFORMATION FAIR’ SESSION

Information from the following was available to the public:-

- Police
- Ward Councillors and General Information

At the conclusion of this informal session members of the public were invited to take their seats and take part in the formal session of the meeting.

14. ELECTION OF CHAIR

Councillor Cooke was elected as Chair for the meeting.

15. WELCOME

The Chair welcomed residents to the meeting and explained that the theme for the meeting was Health.

This was one of the main themes identified in the Ward Strategy, but it had been found that needs varied across the Ward. Agencies and residents therefore had been invited to this meeting to discuss health issues in Rowley Fields.

16. APOLOGIES FOR ABSENCE

Apologies for absence were received from Councillor Glover, who was absent due to ill health.

17. DECLARATIONS OF INTEREST

There were no declarations of interest.

18. MINUTES OF PREVIOUS MEETING

The minutes of the meeting held on 11 June 2013 were agreed as a correct record.

19. HEALTH STANDARDS IN ROWLEY FIELDS

Mr John Allen, Secretary of the Friends of Woodville Unit, addressed the meeting, explaining that this was a secure Unit for people with various conditions, including dementia. This condition affected not only those with it, but those around them as well, as its progress could be slowed down, but not stopped. However, it was important to let people visit residents in units such as this, to enable family and other ties to be maintained.

John Allen thanked the Community Meeting for a grant of £300 that had given to the Friends of Woodville Unit. This enabled an entertainment to be put on for residents and their relatives, to break the monotony of life in the unit. It had been very successful, helping residents, carers and relatives.

Philip Parkinson, the Acting Chair of Healthwatch, explained that Healthwatch had replaced the Leicester Local Involvement Network as the organisation that ensured that service users' views were recognised. As such, its success depended on the extent to which it could get information on people's experiences of services, both good and bad. Leaflets were available giving the contact details for Healthwatch.

The Ward Members then gave a presentation on "Improving Health for Braunstone", which showed the type of approach that could be taken in developing a health strategy for Rowley Fields. A copy of this presentation is attached at the end of these minutes for information.

During the presentation, particular attention was drawn to the following points:-

- The Braunstone Health Strategy had been developed through co-ordinating as many different practitioners as possible. During this process, contact had been made with 31 different practitioners in Braunstone;
- Deprivation, poverty and lifestyle factors affected health and these were all significant in Braunstone;
- The aim of the health strategies was to help improve the quality of life and life expectancy for people in the Ward;
- Strategies for health improvement had led to things such as the provision of fitness equipment in the Ward;
- The Ward Councillors would welcome feedback on people's experiences of health care in the area. This could include things such as experiences of the Merridale Medical Centre, or lifestyle factors such as poor bus links to the city centre or health care and little access to food, (for example, as there were no supermarkets in the Ward);
- There currently were two Surestart centres in the Ward, but they operated differently. The one in Braunstone tended to have children go to it, but the one in Rowley Fields did more outreach work, visiting people's homes and other premises. Information on the health priorities of the Braunstone Children's Centre was tabled at the meeting and is attached at the end of these minutes for information;
- Isolation and loneliness also affected health, but these could be overcome through things such as befriending services;
- Some people did not know how to cook simple, nutritious meals. Work could be done to rectify this, such as providing cookery classes;

- Setting benchmarks would help indicate where there had been improvements. Some changes had already happened, such as the installation of a telephone landline and better access to appointments at the medical centre in Braunstone;
- Consideration could be given to using the Ward Community Budget to help finance work being done in support of a health strategy for Rowley Fields. This could include funding groups such as allotment societies or hobby clubs.

Arthur Manger, from the Manor House Neighbourhood Centre, advised the meeting that a food bank was run from the Centre. Approximately 26 people currently were helped by this, but if anyone was aware of other people in need they were welcome to pass on the details to the Centre. The food bank was run by the Mosaic Church. It was open once a fortnight, but food could be available in between in an emergency.

In addition, a Tuesday Lunch Club met at the Manor House. A charge of £3.50 was made for a high quality meal. It was closed over the summer, but re-opened on Tuesday 3 September. Other activities also were held there, such as painting classes for pensioners, which the Centre was trying to promote, so it was hoped that as many residents as possible would use its facilities.

On behalf of residents, the Chair congratulated Arthur Manger and his colleagues for keeping the Manor House Neighbourhood Centre open and for sustaining it.

Residents welcomed the information on activities available at the Centre, but suggested that use of these could be improved if there was a transport system, such as a minibus, to help people get there and to other facilities in the Ward.

Representatives of Christ Church explained that the Church was trying to raise its profile. Work already was done with the Near Neighbours scheme, but it wanted to offer its premises and volunteers to help more in the community. The Church would be staging a barbecue on Saturday 7 September, to start this process.

The meeting also noted that it was hoped to use land by the Braunstone Skills Centre to create a link with the young people using that Centre. Vegetables were being grown there and there would be a Taster Session from 10.00 am to 1.00 pm on Saturday 7 September. As well as growing the vegetables, it was hoped that work also could be done to show how they could be used.

Residents commented that the Merridale Medical Centre now had a landline telephone instead of the previous number, which had been expensive to call. The Centre also was developing its appointments system and there was a survey available inside the surgery, which patients were encouraged to fill in. However, some people were not happy with the appointments system. For example, people could only telephone on the day that they wanted an appointment, or go to the Centre for one, but this needed to be before 8.00 am to be successful, which was not always possible.

In contrast to this, residents generally found that access to Hockley Farm Medical Practice was very good. In addition, the practice nurses were very good, although it was recognised that some people would rather see a doctor than a nurse.

Philip Parkinson noted these concerns and suggested that residents could see if the Centre had a Patients' Practice Group, as many medical centres were establishing these.

It was noted that the Leicester Mercury often reported that Accident and Emergency provision was not very good. However, "misuse" of the services often reflected the poor access available to other medical professionals at certain times, such as weekends. It was recognised that there had been incremental changes to the Accident and Emergency services, but people waiting for elective surgery often had their operations delayed due to emergency cases.

It was noted that a new system had been introduced in the Accident and Emergency service at the Leicester Royal Infirmary, under which an assessment would be made of patients walking in to the department to see what their most appropriate treatment should be. For example, they could be told to see their GP, or could have things such as a bad cut treated straight away. Feedback on how this service was operating would be welcomed by Healthwatch.

Concern was expressed that there was only one stoma nurse in the Ward, so they could be difficult to reach if people did not drive.

Some residents advised the meeting of the good care they had received through the National Health Service, (for example, from paramedics through to the systems operated at certain hospitals).

Philip Parkinson invited residents in the Ward to attend an event at the Brite Centre on Thursday 26 September 2013 to share experiences of health services. The event would run from 10.00 am until lunch time.

20. CITY WARDEN

This item was deferred, as the City Warden was unable to be present.

21. POLICE ISSUES UPDATE

PC Darren Cramp introduced himself to the meeting and apologised for not being able to attend previous meetings.

He advised that:-

- There had been very few burglaries or robberies in the Ward during the last 100 days;
- Cyber-crime was a new area of crime that was being experienced, but the Police were not used to it yet at a local level. Residents were warned that, if bank

details were requested, they should not be given out over the phone or electronically;

- Satellite navigation systems in cars and cycles were being targeted, particularly as burglary rates improved, although the frequency of this varied across the Ward;
- People using mobile phones in the street needed to be aware of the risks of doing so, as in some parts of the Ward they were being snatched; and
- The Police had had some good results lately. For example, arrests had been made very recently regarding a robbery and a stolen motorbike.

Residents reported that:-

- Problems arising from noise and open air drinking had been reported to the Police and had been dealt with very well;
- Items had been stolen from outside some properties. PC Cramp advised that, in this situation, the 101 telephone number should be used to report them;
- Telephone credit card scams were happening. If anyone received a call from someone who asked them to call back, they should put the phone down and call the 101 service, or the Police on 0116 777 7777; and
- Problems had been experienced with groups of young people in parts of the Ward. PC Cramp advised that work was being done in relation to this.

In conclusion, PC Cramp asked that people continue to let the Police know of any problems as they arose. In addition to telephone and e-mail access, officers could be contacted at Braunstone Park Police Station from Monday to Friday. Even if the Police could not respond immediately to reports, they would be looked at as soon as possible.

22. WARD COMMUNITY BUDGET

i) Grant Applications for Consideration

The following applications for grants were considered:-

- **Food in the Community – Pilot Project**

AGREED:

- a) That this application be deferred pending the result of an application for Lottery funding by other agencies for a similar project; and
- b) That consideration be given to how the applicant can be involved in the project noted under (a) above.

- **Iri Ji (New Year) Festival 2013**

AGREED:

That this application would not be supported, as the benefit to the Ward had not been demonstrated.

- **Schools Tennis**

AGREED:

That consideration of this application be deferred to enable further discussions to be held with the applicant.

- **World War 2 Interpretation Board for Braunstone Park**

Anita Robinson, Parks Officer, advised the meeting that an event would be held shortly to remember the contribution made in World War 2 by the American 82nd Airborne Division, which had been based in Braunstone Park.

The memorial stone that had been moved to the walled garden would be returned to its original position by the Park entrance before this, but it was also hoped that an information board, explaining the Division's contribution could be put up before the event.

The Information Board would stand on two pillars and be covered. The total cost of it would be £1,800, but a grant of £1,500 had been requested.

AGREED:

That a grant of £1,500 to Anita Robinson (Parks Officer) towards the cost of a World War 2 Interpretation Board for Braunstone Park be supported.

- **Think Ahead Plus**

In view of the importance of providing support to young people with maths, the meeting supported this item.

AGREED:

That a grant of £490 to the Maths Club towards the cost of providing extra maths tuition and coaching at the Oak Centre, Bendbow Rise be supported.

- **Studs FC**

AGREED:

That consideration of this application be deferred to enable further discussions to be held with the applicant.

ii) **2013/14 Community Meeting Budget**

The Chair reported that, following the decisions recorded above, approximately £12,000 remained in the Ward Community Budget for 2013/14.

23. COUNCILLORS' UPDATE

a) Improvements to Great Central Way

It was noted that the Council soon would be making improvements to the Great Central Way, especially to the surface. No information was available on how this would affect access routes.

b) Rowley Fields Allotment Society Open Day

An Open Day would be held on Sunday 18 August at the Society's site in Meredith Road. This would include cooking demonstrations by chefs from the Curve, using produce from allotments.

c) Braunstone Hall

It was noted that the Council was considering the terms and conditions under which the lease of the Hall could be passed on to a third party.

It also was noted that the location of the proposed marquee had changed. It now would be placed at the side of the house and discreet parking would be available under the trees.

24. ANY OTHER BUSINESS

a) Next Meeting

It was noted that the next Braunstone Park and Rowley Fields Community Meeting currently was scheduled for 15 October 2013, but this needed to change, due to clashes with other events. The meeting therefore would be held at 5.30 pm on Tuesday 8 October.

The meeting would be held at Cort Crescent Community Centre.

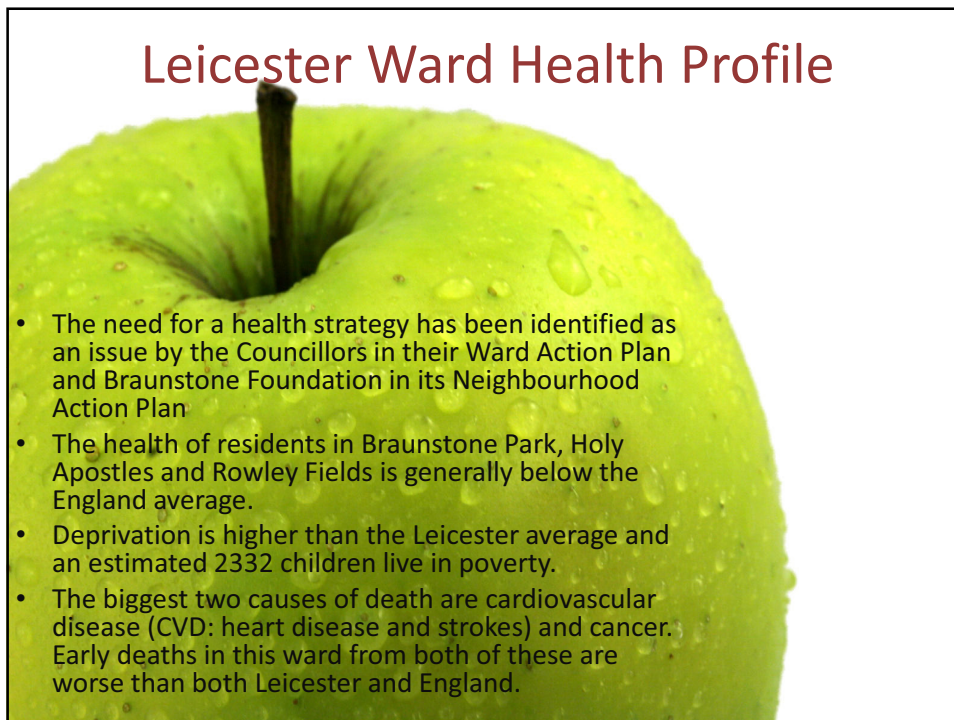
b) Rancliffe Crescent Allotment Society

Councillor Naylor thanked everyone at the Rancliffe Crescent Allotment Society for the visit he had recently made there.

It was hoped that link work could be carried out with the Society in the future.

25. CLOSE OF MEETING

The meeting closed at 7.40 pm




Leicester Ward Health Profile

- Birth rates are higher than in England.
- Teenage conception rates, rates of smoking during pregnancy and initiation of breastfeeding are all worse than England average.
- Of lifestyle factors which impact on health, levels of smoking, obesity, healthy eating, drinking alcohol and physical activity are all worse than Leicester overall.
- Local Ward Councillors have identified public health as a key priority for the three areas that make up the ward neighbourhoods, along with potential resources to invest in improving the area.

Themes from Survey

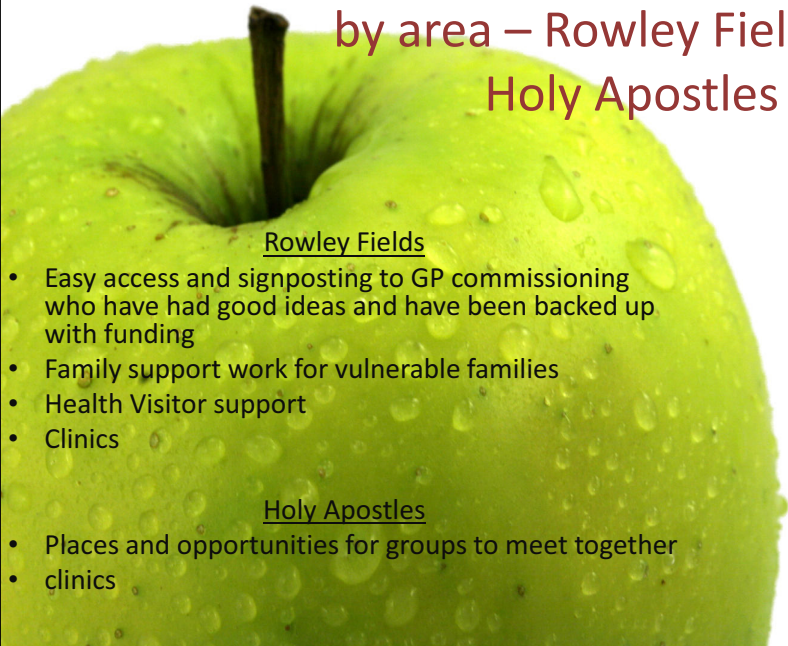
Work better together	Partner services involvement	Leadership and Co-ordination	Achievements of Day
Sharing information	Clear joint strategy	Increase stakeholders	Practical action plan
Marketing services	Map provision and include voluntary and community sector offer and services	Start a group that addresses this and identifies resources, allocates funding for precise services	Form strategic group
Increased awareness and engagement in residents own health	Joint funding and commissioning of services that address local needs	A mechanism to meet and check plans and outcomes that make improvements to health	Insight in to others challenges and delivery
Consistent clear guidance on services available	Less bureaucracy and more delivery	Stronger co-ordination and sharing of what is already happening	Get health stakeholders closer together
		A local plan which is owned by community	A commitment to joint working

Strategies for improvement by area - Braunstone

- 
- Health Visitor support
 - Clinics
 - More play
 - Fitness equipment on park
 - Residents work through B-Inspired
 - New health centres
 - Choices for contraception which helped young patients
 - City wide Leicester Sports Partnership Trust Strategy
 - Lack of care support due to reduction in funding
 - Infant Health Strategy
 - Holistic services at Children's centre
 - Giving better information to residents/patients


Strategies for improvement by area – Rowley Fields and Holy Apostles

Rowley Fields

- 
- Easy access and signposting to GP commissioning who have had good ideas and have been backed up with funding
 - Family support work for vulnerable families
 - Health Visitor support
 - Clinics

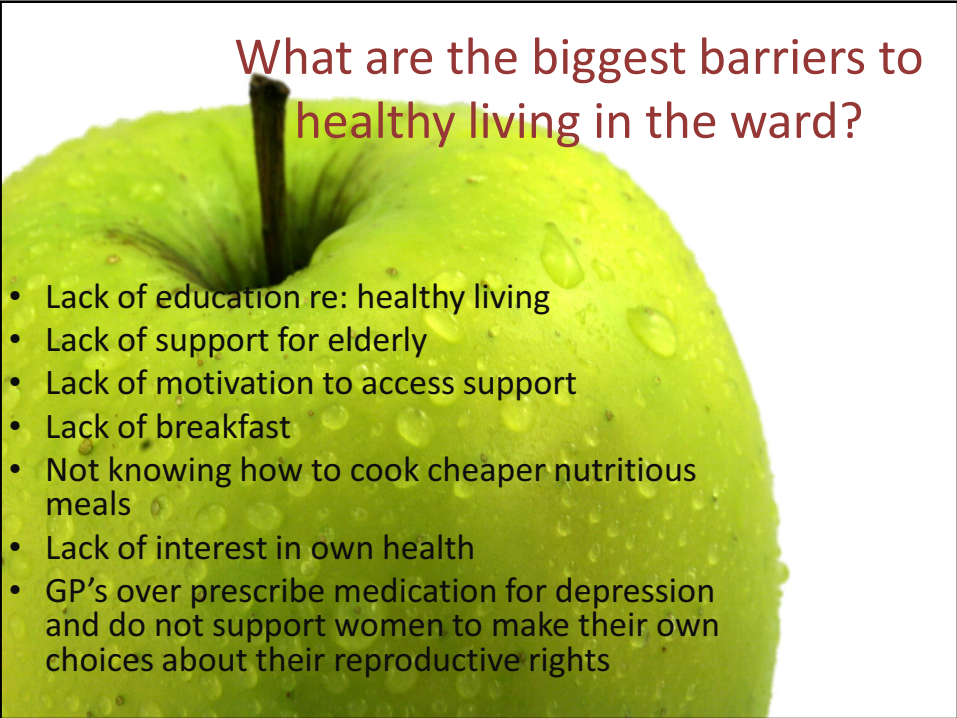
Holy Apostles

- Places and opportunities for groups to meet together
- clinics



What are the biggest barriers to healthy living in the ward?

- Limited access to health care
- Lack of knowledge re mental health support
- Cultural norms
- Poverty
- Low aspirations
- Lack of employment opportunities
- Lack of energy to change
- Reduction in number of projects offering free sports advice, nutrition etc.
- Lack of affordable shopping like Aldi and Lidl
- Poor adult education re: healthy lifestyle



What are the biggest barriers to healthy living in the ward?

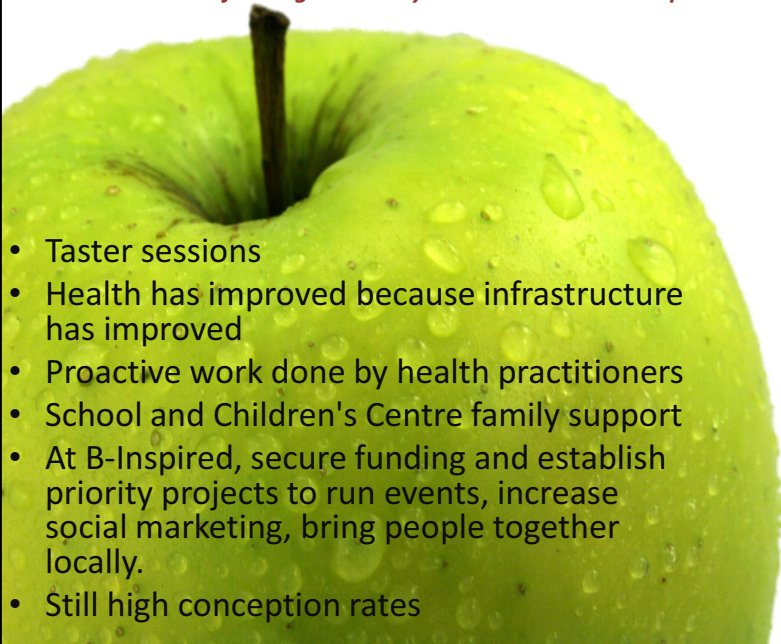
- Lack of education re: healthy living
- Lack of support for elderly
- Lack of motivation to access support
- Lack of breakfast
- Not knowing how to cook cheaper nutritious meals
- Lack of interest in own health
- GP's over prescribe medication for depression and do not support women to make their own choices about their reproductive rights

Over ten years ago we saw the last intensive research in the area prior to the New Deal funding. How do you think health has improved since then?

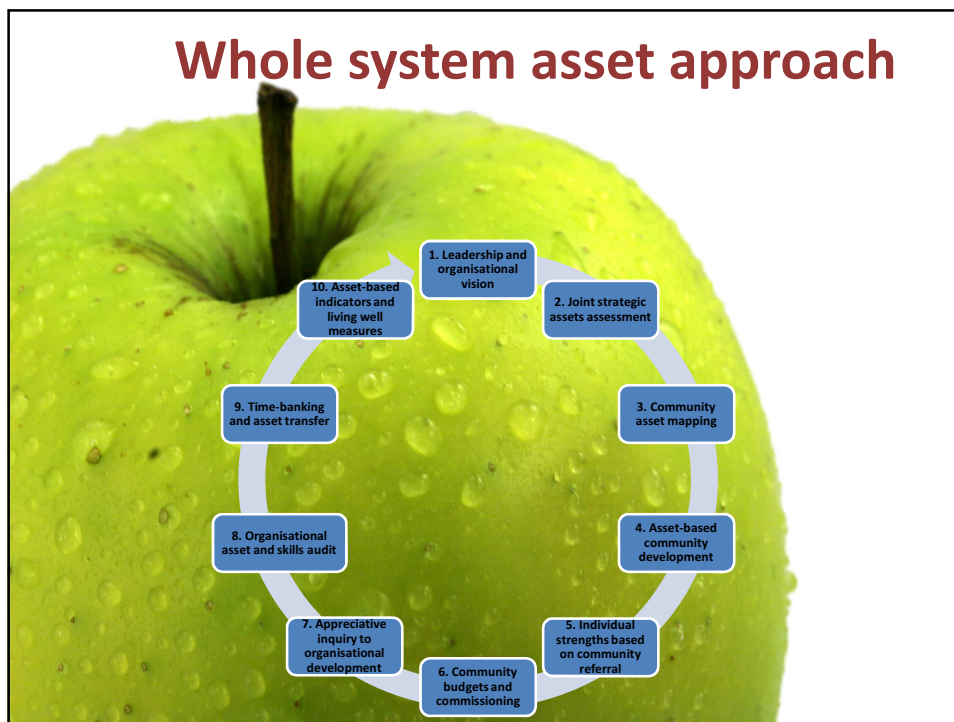


- Increased awareness of health issues
- Increased awareness about smoking being detrimental to health
- Housing improvements impacts on health
- Access to FAB
- Fitness opportunities at Leisure Centres
- New Leisure and Medical Centres – better facilities at centres
- Increased referral routes to specialist services

Over ten years ago we saw the last intensive research in the area prior to the New Deal funding. How do you think health has improved since then?



- Taster sessions
- Health has improved because infrastructure has improved
- Proactive work done by health practitioners
- School and Children's Centre family support
- At B-Inspired, secure funding and establish priority projects to run events, increase social marketing, bring people together locally.
- Still high conception rates



What information do we want to achieve today?

1. MAPPING EXERCISE

Provide all the information in one place, which we add to and are committed to maintain

This local information is something the Strategy Group will seek to access funding to continue in the future.

3. VIEW OF WHERE YOU THINK WE ARE ON WHOLE SYSTEM APPROACH

2. SHOWCASE EVENT

The opportunity to learn about what is available for sharing resources is crucial. This event will enable providers to work together and learn about services in Braunstone and across Leicester in order to increase access of services for Braunstone residents.

This will build up the knowledge, the "social capital" of local services.

4. FOCUS ON BUILD UP OF SOCIAL CAPITAL



Strategic Board

- Experience of Raising Attainment Group initiated at B-Inspired. Expect this to model the same structure, developing a partnership approach to a thematic issue of positive health and wellbeing in Braunstone.
- The Strategic Board will have representation from organisations across Braunstone, including health services, community services and voluntary organisations.

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Health priorities 2013

Braunstone Children's Centre

What are we doing?

Improvement to public health has to be led by communities rather than centrally directed. Our work is about taking action early, focussed on prevention and building community resilience .

Early intervention is an enabling model helping people to help themselves, for us helping families to make the best choices to protect and enhance the health of their children and themselves. ***Making basic health education part of the core offer to families with young children.***

As a service we are well aware of the marked health inequalities between the rich and poorest in our society. With ever increasing budget pressures we are focussed not on spending more but ensuring what we do spend makes the greatest impact on those who need it the most.

What does this mean?

Using every scrap of information to build up a real time picture of health and the issues that matter *here* in this community.

Considering; ***what do we know, what do we think we know, what does research say, what does data show.***

Then using this to ask the question; ***what are the actions we can take, individually and collectively with partners that have the greatest potential to make a real and sustainable difference to the health of children living in Braunstone today.***

Then working really hard and really creatively to make sure we evidence the outcome of our efforts.

Be Healthy Targets 2012 / 13

- **Increase % of mothers initiating breastfeeding - 50.2%**
- **Increase % of mothers breastfeeding at 6-8 weeks - 28.1%**
- **Healthy weight in reception aged children - 76.4%**
- Reduce % in the under 18 conception rate
- Reduce the number per thousand of babies with a very low birth weight (less than 1.5Kg) and reduce % of babies with low birth weight (less than 2.5Kg)
- Increase early access for women to maternity services
- Improved personal, social and emotional development and relationships
- Stopping smoking
- **Stop smoking in pregnancy - 35.5%**

These are the targets given by the LA and government as a focus for Children's Centre services. The targets in red are those highlighted for additional resources for the coming year

What our data shows

- **TARGET : Increase % of mothers initiating breastfeeding**
- **50.2% of women locally initiate breastfeeding, the England average is 74.3% higher than this in more affluent and diverse areas of Leicester**
- *Research identifies breastfeeding as a key resilience factor in mitigating poor health outcomes for children*

- **TARGET : Increase % of mothers breastfeeding at 6-8 weeks**
- **28.1% locally England average 44.7% of women continue to breastfeed beyond 6 – 8 weeks.**
- *Research identifies breastfeeding as a key resilience factor in mitigating poor health outcomes for children*

Data

- **TARGET : Stop smoking in pregnancy**
- **35.5% of women locally continued to smoke during pregnancy.**
- *Research: Smoking in pregnancy causes adverse outcomes including, increased risk of miscarriage, foetal growth restriction and perinatal death.*

- **TARGET : Healthy weight in reception aged children**
- **76.4% of children locally are measured as within the healthy weight profile**
76% of children in England fall within this range. However 10.7% of children locally were measured as obese.
- *Research indicates a rising tide of obesity which has significant long term negative implications on overall health. Children obese in reception are 5 times more likely to become obese adults than children presenting within healthy weight measures*

What's working

Early access to maternity services is high, this is a huge **resilience factor** in **supporting healthy pregnancy**.

Infant mortality, which research demonstrates has a **correlation to maternity services access** is so low it is **measured as 0** in the latest data available.

This is a downward trend.

Under 18 conception has been **reducing for the last 4 years**. For wider public health such as immunisation programmes, childhood screening things are also slowly changing for the better.

Social Issues: We recognise *an enabling model helping people to help themselves*. For us recognition of non-medical causes of ill health, social isolation, worklessness have been pushed down the agenda as fuel and food poverty have become long term crisis issues on a scale and pace which has taken us all by surprise.

Who we are

Core partners

The children's centre co-locates multiple professionals across different disciplines supporting partnership working through shared planning and delivery of services. Effective data sharing has helped understand the health of the community and assess impact and outcomes. Currently we have:

- Parents
- Community Nursery Nurses
- Midwives
- Midwifery support workers
- Health Visitors
- Supporting families staff

We also have support from Speech and Language service, Occupational health, special needs teaching services, stop smoking pregnancy advisor and a local health advisor.

Working collectively provides a far more accessible service for families and has proved both popular and effective.

Uptake of services by our catchment off 1000 + children per year is consistently above 95%

What we do

We analyse the community carefully trying to establish children and families vulnerable to underachieving / poor health outcomes being a significant part of this. So families with a child or adult with a disability, workless households, children in need of statutory services, families with domestic abuse etc. are all actively encouraged to access services at the earliest opportunity.

Examples of services delivered:

- Adult learning - health
- Early Support service
- Health Visiting
- Family support and home visiting
- Health trainer
- Special needs teaching support
- Cooking on a budget type services
- Drop in health clinics
- Family advice sessions
- Ante natal and post natal clinics
- Smoke free homes
- STOP smoking support

Conclusions

Life in Braunstone today:

We may be told we are all in this together but we know life for some families in Braunstone is definitely getting harder. Despite our collective best efforts there is real hardship which is impacting significantly on the health and life chances of our children.

Despite all of this Braunstone remains a place of optimism for many a place they would choose to live, if, they had a choice. Changing health outcomes for the better is a slow process *literally a life's work* before we know if the choices made have made the difference.

Working together offers the best chance to make the most difference the issues are too entrenched and too vast for any one service to cure.

Our service focuses on the needs of young children from conception to 5 years. These children sit in families, extended families and the community. Working together offers the best chance to identify;

what are the actions we can take, individually and collectively with partners that have the greatest potential to make a real and sustainable difference to the health of children living in Braunstone today.