



HEALTH AND WELLBEING BOARD

MINUTES of the Health and Wellbeing Board held on Thursday 16 November 2023 at 10.00 am at Ground floor meeting rooms, 160 Tooley Street, London SE1 2QH

PRESENT:

Dr Nancy Kuchemann (Vice-Chair)
Councillor Evelyn Akoto
Councillor Jasmine Ali
Councillor Maria Linforth-Hall
Anood Al-Samerai
Sarah Austin
Peter Babudu
Cassie Buchanan
Sangeeta Leahy
Althea Loderick
Alasdair Smith
Martin Wilkinson
Genette Laws attending in place of David Quirke Thornton

OFFICER

Chris Williamson – Head of Health & Wellbeing

SUPPORT:

Maria Lugangira – Principle Constitutional Officers

1. WELCOME AND INTRODUCTIONS

The vice-chair welcomed everyone to the meeting.

2. APOLOGIES

Apologies for absence were received from;

- Councillor Kieron Williams
- Sheona St Hilaire
- David Quirke-Thornton

3. CONFIRMATION OF VOTING MEMBERS

Those listed as present were confirmed as the voting members.

4. NOTIFICATION OF ANY ITEMS OF BUSINESS WHICH THE CHAIR DEEMS URGENT

There were none.

5. DISCLOSURE OF INTERESTS AND DISPENSATIONS

There were none.

6. MINUTES

RESOLVED - That the minutes of the meeting held on 20 July 2023 and extraordinary meeting on 3 August 2023, were approved as a correct record of the meeting.

7. PUBLIC QUESTION TIME (15 MINUTES)

From: Liliana Hera Calle, Co-Ordinator of Right To Food Southwark.

Question:

Malnutrition among older people and meals on wheels services

Background

This week, 6th- 12th November is the Malnutrition Task Force's National Awareness Week which is focusing on malnutrition among older people.

Right To Food Southwark contributed by holding a community lunch to discuss malnutrition among older people in Southwark and examining the best way to tackle this from a local perspective.

We heard that only two days of insufficient eating can lead to malnutrition. In Southwark, with one in three people over 60 living in income deprivation there will be thousands of older people at risk of, or living with malnutrition.

A third of people in England aged over 65 years are at risk of malnutrition when admitted to hospital. This rises to 50% of older people living in care homes. 70% of people weigh less on discharge from hospital. This translates to hundreds of Southwark's citizens.

We discussed many issues relating to aging in today's society that can lead to people eating less: lack of income, loneliness, social isolation, physical and mental wellbeing.

Most people who are malnourished live in working class communities but we find they are often not the people who come to community for help. Some feel shame of poverty and take pride in not asking for help.

We asked what one action could the Council take in order to tackle malnutrition among older people in Southwark?

The answer was: re-establish Meals on Wheels.

We are aware that this public service ended in 2018. We are aware that since then poverty has increased and the size of our older population is growing.

We ask the Health and Well Being Board:

1. Was an impact assessment carried out in 2018?
2. How does the Council monitor levels of hunger and malnutrition among older people?
3. Is the Council getting data from our hospitals?
4. Do you agree that Meals on Wheels service is needed or how are our older citizens coping?
5. If you agree, will you fund the re-establishment of a meals on wheels service?

Response:

The contract for Meals on Wheels was with a company called Apetitito ended October 2017.

The decision to end the contract with the provider was mutual. There was insufficient demand for the service and it was no longer financially viable for the provider to deliver the service at a reasonable cost. The unit cost of meals at the time would have been over £16 per meal at 2017 prices.

Demand for meals on wheels had reduced due the larger supermarkets and some small stores offering deliveries. The increasing range of readymade meals available on the market, which include low salt, low fat, gluten free, vegetarian, vegan and culturally specific options.

The service was replaced by:

- Wiltshire Farm Foods, an independently sourced food delivery.
- (Food to You) Shopping service arranged by Age UK.
- Increased Care provision to allow light meals to be prepared and served.
- Provision of microwaves and other gadgets, to support meal preparation.
- The provision of freshly cooked meals in our day services (that had previously been heating up meals, delivered by Apetitito).

Following the cessation contract, all service users who had been in receipt of meals on wheels from Apetitito were reviewed. The reviews indicated that their nutritional needs were successfully met, with alternative provision and arrangements as noted above.

We have social work teams based at both Kings and Guys and St Thomas' hospitals who support discharges from hospital. The team are able to access notes on a person's admission, including London Ambulance Service reports and any other medical assessments undertaken during their admission. This allows the team to

assess the care and support needs of the person. Any issues relating to malnutrition are usually in the context of a medical condition, as an indicator of fragility or self-neglect and low appetite.

Adult Social Care has no evidence to indicate that Meals on Wheels should be re-procured to support older adults who are Care Act Eligible, as the above services are able to support the need as appropriate.

Liliana Hera Calle, thanked the officers for their response and at the invitation of the chair followed up with a comment about community groups who have tenants association halls and provide meals. She suggested that perhaps this could be something the council could consider in of *terms of community* kitchens where older people who didn't want anything formal or could not afford Wiltshire Farm Foods, etc could turn up (where supported in their communities) without their finance being impacted.

8. UPDATE ON THE COMMUNITY HEALTH AMBASSADOR PROGRAMME

The Board considered the report and presentation, presented by Ginette Hogan – Public Health, supported by Isabel Hester from Healthwatch. The Board also heard from 2 health ambassadors Saidat and Franklin who explained their roles and involvement with the programme.

The aim of the programme is to address inequalities in access to information and services by creating a pool of trained and trusted volunteers that support their communities. The ambassadors also work to ensure that their communities' needs are communicated to statutory services via Healthwatch Southwark, Community Southwark and Public Health.

The programme has expanded in size and scope since it was first established. Since the programme's inception, 277 people have signed up and 148 are currently registered. Ambassadors have been actively engaged in a wide range of health and wellbeing priorities, including mental health, cancer screening, cost of living support, Long-Covid, and a range of vaccination programmes. Ambassadors have sent out on average 45 messages to their communities on monthly basis through direct messaging, social media posts, face-to-face conversations, handing out leaflets, and more.

One of the principles of the programme is to invest in the skills and knowledge development of volunteer ambassadors through a comprehensive training. This has included courses on:

- Adult and Youth Mental Health First Aid
- Adult and Adolescent Suicide First Aid
- Making Every Contact Count
- Level 2 Understanding Health Improvement
- Long-COVID

- Vaccination programmes

The Board thanked Saidat and Franklin for coming to address the Board and sharing their experiences.

RESOLVED - That the Health and Wellbeing Board;

1. Noted the update on the Community Health Ambassador Programme.
2. Supports the continued work of the Community Health Ambassador Programme.

9. PREVENTING SUICIDES IN SOUTHWARK - OUR STRATEGY AND ACTION PLAN 2023-2028

The Board considered the draft Preventing Suicides in Southwark Strategy which set out the current picture of suicides within the borough and outlines Southwark's approach to suicide prevention.

The Action Plan set out what will be delivered across the borough over the next 5 years to reduce the risk of suicide, attempted suicide and self-harm in Southwark.

RESOLVED – That the Southwark Health and Wellbeing Board;

1. Noted the findings within the draft “*Preventing Suicides in Southwark. Our strategy and action plan 2023-2028*” report (Appendices 1 to 3).
2. Approved and formally adopt the draft “*Preventing Suicides in Southwark. Our strategy and action plan 2023-2028*” report (Appendices 1 to 3).
3. Will receive an annual report outlining progress against the ‘*Preventing Suicide in Southwark*’ strategy and action plan.

10. HEALTHWATCH SOUTHWARK PRESENTATION AND ACCESS TO HEALTH AND SOCIAL CARE SERVICES FOR LATIN AMERICAN COMMUNITIES IN SOUTHWARK REPORT

The Board received a presentation from Anood Al-Samerai – Chair Community Southwark and Rumanjeet Kallar, Community Southwark. The Board also heard from Patricia a Health ambassador. Patricia explained to the Board her role in working as an ambassador supporting the Latin American community in Southwark.

The purpose of Healthwatch Southwark is to connect people to power so that they can make improvements in health and social care, especially for people who have been historically underrepresented.

The report also set out Healthwatch Southwark priority actions in order to help achieve the above – these are;

1. **Build and maintain relationships with communities** which have historically been under-represented in decision-making (e.g. BAME, disabled). This should be done through community outreach, such as going to and organising events, and through social media.
2. **Use the powers and position of Healthwatch** to make sure the voices of under-represented individuals and groups are heard by Health and Social Care providers.
3. **Present evidence** with communities through written reports, videos, focus groups, campaigns, and events.
4. **Give individuals and groups the information they need** about how to access services and engage with providers.
5. **Have a well-supported team** with efficient processes committed to working with the communities we serve.

To help ensure that Latin American communities in Southwark are included in studies on health inequalities, Healthwatch aims to;

- Develop relationships.
- Provide a platform.
- Find out the issues and share them
- Help Latin American communities develop direct links to influence services.

The Board thanked Patricia for coming to address the Board and sharing her experience.

RESOLVED – That the Health & Wellbeing Board noted the Healthwatch report on Access to Health and Social Care services for Latin American Communities in Southwark

11. JOINT HEALTH AND WELLBEING STRATEGY PROGRESS REPORT

The Board considered the report, which was presented by the Head of Health & Wellbeing. The report set out the five 'Drive' areas that are the focus of the strategy delivery:

- Drive 1 – A whole-family approach to giving children the best start in life
- Drive 2 – Healthy employment across the health and wellbeing economy and good health for working age adults
- Drive 3 – Early identification and support to stay well
- Drive 4 – Strong and connected communities
- Drive 5 – Integration of health and social care

He explained to the Board that for each of the above areas there a series of accompanying actions. The Public Health team work with partners across the system to gather updates for each of the actions.

With regards to proposed focus areas for future meetings, the following was raised;

- The apprentice levy - how is it being maximized
- Progress updates - can they be rag rated to see what is track and what isn't
- On the Improving Mental Health in Schools (IMHARS) programme a deep dive would be useful, i.e looking into (i) prevention (ii) looking more at clinical side e.g how long waiting lists.
- More detail on partnership working

RESOLVED – That the Southwark Health and Wellbeing Board

4. Noted progress against actions contained within the Joint Health and Wellbeing Strategy and areas that may require further development and focus.
5. Agreed areas which they would like to receive specific updates on at future meetings.
6. Agreed to receive an annual progress report, with twice yearly monitoring by Partnership Southwark Delivery Executive of actions within their remit.

12. BETTER CARE FUND UPDATE

The Board considered the report, which was present by the Acting Place Executive Lead, Southwark. The report set out the requirements around monitoring and delivery of the Better Care Fund (BFC) Plan 2023-2025

RESOLVED – That the Health and Wellbeing Board;

1. Noted the letter of agreement received from NHSE approving the Southwark 2023 – 2025 Better Care Fund (BCF) Plan (appendix 1 of the report).
2. Approved the Better Care Fund monitoring template for Q2 returned to NHSE, as required in the monitoring conditions (appendix 2 of the report).

Meeting ended at 12.00 pm

CHAIR:

DATED: