

North West Valuing People Group meeting minutes

January
10

2022

Held on 10 January 2022
from 10:30am to 12:30pm
using Zoom video

Green Social Prescribing – Jack Smith



If you would like a copy of Jack's presentation on
Green Social Prescribing, please email:
ldcommunications@surreycc.gov.uk



Jack Smith is a Green Social Prescribing Officer with
Surrey County Council; his team have a project running
on behalf of Surrey Heartlands ICS in Surrey. The
project is funded by NHS England but also Government
Partnership bodies. The project is also funding six other
sites that are trying to embed green social prescribing.



Green Social Prescribing's aim is to support people's mental health. The COVID-19 impact assessment found that several communities were affected more than others in the pandemic. Other aims include establishing points within the Mental Health pathways where green social prescribing can be offered. Also, that the health benefits of nature are embedded in Surrey's environmental strategy.



The project is running for two years; however, the team would like to see people using more green spaces for years in the future. The team are looking into training, spreading awareness and connections, and looking into self-referral/self-care opportunities. The team would also like to hold an evaluation group.

There are three key issues that the team are up against: connectivity, access, and quality.



The team want to codesign with the local community. There are challenges since the pandemic with people's mental health in terms of green social prescribing, such as parks closed, routines being disrupted, social isolation. The team ran a community engagement survey which has now concluded, they will be sharing their next steps with their networks.

Questions and Answers

Question 1: Karen from Dramatize asked is there a way to advertise green spaces that already exist?

Answer: Jack said that the team are trying to build up awareness and connection – the team want to make people more aware and advertise anywhere that they can. If there are any places like this, please email: GSP@surreycc.gov.uk and the team can look at ways to support and advertise.

Question 2: Helen Hunt, Chair asked whether there is a directory of social prescribing projects that are accessible?

Answer: Jack said that there are lots of directories, which can be confusing. The team are trying to avoid creating another one at this point in time. The team are going through the directories to make it less confusing, so once this is done, they will get in touch with the wider network to share what is available.

Question 3: Helen Hunt, Chair said that there are links with organisations such as national trust and surrey wildlife. Is the team at early stages in trying to work with these organisations about this type of activity? How do the team see this progressing? Some of the locations are lovely however transport and accessibility can be an issue.

Answer: Jack said that they have tried to position themselves as a match making service between the mental health sector and the green sector. In the green social prescribing world they have good ideas but they are now trying to make it happen by putting people in touch with organisations such as Wildlife Trust with the support from the programme and help them overcome barriers such as transport.

Question 4: Carinder said that transport is an issue and they don't always have wheelchair accessibility.

Answer: Jack said that it is important to consider accessibility when it comes to green spaces – this also includes changing places, toilets etc. The sights are lovely, but people need to be able to get there and ensure there are accessible facilities whilst visiting.

Short Breaks – Mary Hendrick



If you would like a copy of Mary's presentation on Short Breaks, please email:

ldcommunications@surreycc.gov.uk



Mary attended the Valuing People Groups to outline the current options, the demand and discuss how Surrey County Council want to look at doing things differently and widening options for Short Breaks. Also, to discuss challenges and keys to success, and understanding how short breaks can provide a break to carers and build on strengths of the individuals.



The definition of short breaks means any support that enables someone to have a break from their responsibilities of caring.

There is a range of different breaks to ensure the breaks are responsive to people using the service and ensure it is reliable. Eligibility for short breaks is determined by a Surrey County Councils carer's assessment, in line with Care Act.



Surrey County Council currently have seven registered services where people can have an overnight break. However, those services were built a long time ago and are not all built for services that we have got today. There is a lot of younger people with a physical disability that are coming through from transition and we want to ensure they are offered a break.



Surrey Choices offer a flexi-break service to operate at the weekends if people need extra support. Surrey County Council are currently looking at people that live with family carers, to see what the demand will be.



When looking at short breaks, people fed back that they want to do things that everyone else can do e.g. going to the cinema or go out with friend, which is how the universal offer was developed.

Mary said that they are not getting rid of residential overnight stays but want to ensure there is enough of an offer so that everyone can do what they would like to do.

Surrey County Council want to:



- Ensure that there is good information out there so that carers know what choice is available.
- Look at age appropriate activities
- Make sure that there is a good relationship between carers/users and those that provide a service.
- Make plans for people to move on.
- Work in Partnership and link with the Carers Strategy.



If you know anyone who is struggling to have a break, please contact the Learning Disability Duty team or Transition Team. You can also email our Learning Disability Communications inbox and we will ensure you are signposted to get the support that you need:

ldcommunications@surreycc.gov.uk

Staying Safe for Winter – Primary Care Liaison Nurses



If you would like a copy of the presentation on Staying Safe for Winter, please email:

ldcommunications@surreycc.gov.uk



The Primary Liaison Nurses aim is to improve health outcomes and reduce health inequalities for people with a learning disability.



During the Winter the temperature drops, which can affect our health and we can be at risk of becoming unwell. You can also be at risk if you have a health condition or are over the age of 65. Being cold can increase blood pressure which means it can be hard to fight infections.



In terms of the flu/Covid-19, you need to ensure that you have your vaccine to keep well. The flu can lead to other illness' and getting the COVID-19 vaccination can ensure that you do not get very unwell. If anyone is having trouble accessing the vaccine, please get in touch.



Good hand hygiene reduces the risk of spreading viruses. Wash hands for at least 20 seconds with warm water and soap, please do this when you arrive home and before eating and drinking.



You can access your GP if you are unwell and have chat over the phone or via zoom. If you are concerned phone 111.

When you visit services, you may notice health colleagues may wear a mask, gloves, or apron to protect themselves.



In terms of mental health, we have all had to change the way we have been living over the last couple of years, which can take a toll on our mental health, people can also feel lower in the winter months. It is important to understand that everyone feels down and low from time to time, this is normal however it is important that you share and tell someone. If you have been feeling like this for a while, reach out to your GP – they may suggest medicine or to talk to a therapist who will talk to you and give you tools to support you.



To stay safe, keep warm – wear warm clothes, keep your house heated, close your windows at night when it's very cold and try to keep active indoors. You may need someone to check your heater/boiler and cooker to ensure they are safe.



If you are taking medication, ensure that you have a good supply and that you understand how to take your medication. Ensure that you have enough medication before any bank holidays etc.



There is easy read information available, please view the slides for more information on this.



Mary Hendrick, Senior Commissioning Manager said that we have previously had 10 Today attend our Valuing People Groups. The 10 Today Supported Living Programme is around some chair exercises everyone can do from home. They are on [YouTube](#) and also have a radio station. You can also tune into their [radio station online](#).

Questions and Answers

Question 1: Llinos John, Elmbridge Community Link said that she is worried the new symptoms are not being publicised, we have been trying to explain to customers that cold symptoms can also be COVID-19.

Answer: Katie said that they must be careful as everyone is different. Locally there has been a shortage of testing kits and we do not want people thinking that just because they have a sniffle that they have COVID-19. It is good to share news of new symptoms but need to make it quite generic and best to leave it to the experts. If you are worried, try and do a LFT and check the guidance.

Update on Supported Living Accommodation – Mary Hendrick



If you would like a copy of Mary's presentation on the update on supported living accommodation please email: ldcommunications@surreycc.gov.uk



Mary attended the Valuing People Groups to update on the work regarding Surrey County Council's independent living designs for accommodation.

The accommodation and care support strategy will enable eligible residents to access the right health and social care at the right time.



Supported Living is where a person is provided with accommodation alongside a care and support package, but there is a clear separation between the two – the support provider and accommodation provider are separate organisations and the individual has a separate agreement with each. Part of this work is to enable people to develop daily living skills. Supported Living comes in a range of different ways such as: self-contained accommodation, shared housing and shared lives etc and people rent or sometimes buy the accommodation.



Please see the film within the slide pack. This film is a sample of what the accommodation will look like, the floor plans are more detailed.



All future accommodation meets building regulations and has been designed to achieve a greener future ambition. We have talked to families and people about what they want things to look like and tried to meet their needs.



If there are any meetings or groups you think Mary could attend that would be beneficial for us to attend and to share ideas, please contact:

ldcommunications@surreycc.gov.uk

Questions and Answers

Question 1: Leanda asked how many apartments are going to be built?

Answer: Helen, Chair said that this depends on planning, they are currently seeking planning permission. There have been 3 sites identified where they can build about fifty units of accommodation, however this may change due to consultation and planning. Equally land and property colleagues are looking for additional sites. We know that we have targets to build more supported independent living in Surrey.

Question 2: Laurence Oats, Healthwatch said sharing these ideas with existing providers is good as the further this information and ideas are spread, the better.

Answer: Mary said that the team held a session with providers before Christmas to talk about ideas as they have designed things so that we can hear good suggestions about lay-outs etc. Occupational Therapist are working with providers who are designing properties. We are also looking at technology. We are visiting and talking to people with Autism who have moved into homes designed in the last few years and see how they have worked. When we get to the next stage where we are starting to build the apartments, we will get those that will be living there more involved.



If you would like to read the latest minutes from our [Learning Disability Partnership Board](#), please visit our [Learning Disability and Autism Hub](#).