

South West Valuing People Group meeting minutes

January
19

2022

Held on 27 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, as well as focusing on supporting people's mental health, is to establish 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: Ian Penfold, Carer said that you mentioned COVID-19 Community Impact Assessment, is this done in each region or national?

Answer: Jack confirmed that this is just Surrey based.

Question 2: Chris Esson, Senior Commissioning Manager asked how people access the project?

Answer: Jack said that it is not the case of accessing the project however that they are going to try and use resources to support others to implement people to use their green spaces and promote mental health.

Accessing green spaces will be different depending on the service.

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

Questions and Answers

Question 1: Sarah from Healthwatch said that it is complex and difficult for carers to access types of health, and even funding. Carers must know short breaks are available to navigate them. Is there a plan to simplify this process?

Answer: Mary said that communication is being fed back so that we can ensure carers know and understand the process. We are developing a brokerage team in Surrey who manage and process referrals – part of the work is that they will be sourcing short breaks. We will be able to provide practitioners with a pack so that when they do their assessment, they can have the relevant conversation.

Question 2: Julie Wadham, Surrey Heartlands said that it may be a good idea to do a seven-minute briefing for GP's to get them to understand the referral process.

Answer: Mary said that she would be happy to do something like this when we have a menu of options.



Action: Tom/Julie to link up outside of the meeting regarding this.

Question 3: Chris Esson, Senior Commissioning Manager said that a future directory on available services would be good. Chris asked about services outside of Surrey.

Answer: Mary said that they are looking into this, if someone is having a break outside of Surrey, we would look at accessing home based care providers that are in that area.

Question 4: Tony Hall asked about how we incorporate those with a learning disability and autism?

Answer: Mary said that we are mapping out demand and need. We are talking to groups to find out people's experiences. We will ensure we have a good policy in place and a pathway that people can work through to access breaks. This is the start of the journey, the services we have now will continue.

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: David Muir asked whether there are liaison nurses within Frimley Trust and Royal Surrey?

Answer: Dawn said that within their team they have primary liaison and acute liaison nurses.



Action: Dawn to share the contact details of the nurses in the main hospitals. Imogen to share with the group.

Question 2: Sarah, Healthwatch asked how easy is it to get this information in easy read?

Answer: Dawn said that they are able to make their own easy-read information, if you are unable to find information online regarding this. However, Dawn said

that a good website that they recommend is:

www.easyhealth.org

Question 3: Ian Penfold, Carer asked about Annual Health checks being paused.

Answer: We are aware that in the January 24th Weekly Information Update, related to Primary Care that Annual Health Checks were being paused to focus on vaccination efforts.

We can now confirm that this was and is not the case for Learning Disability and Serious Mental Illness Annual Health Checks. Delivery has been ongoing throughout January and will continue.

If you have not had your Learning Disability Annual Health check within the last 12 months, please contact your GP to get booked in.

The Primary Care Liaison team are happy to take referrals from individuals with LD their families or carers who have tried to organise/access/attend AHCs and have had difficulty. You should use the form attached and send to rxx.primaryliaisonld@nhs.net

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: Ian Penfold, Carer asked whether they conform with the building rights support framework?

Answer: Mary confirmed that they do conform with this framework.

Question 2: Ian Penfold, Carer asked about finance for tenants.

Answer: Mary said that tenants will have their own individual tenancy's and apply for housing.

Question 3: Ian Penfold, Carer asked whether there will be a team to support tenants?

Answer: Mary said that care and support will be commissioned separately to meet the individual needs.

Question 4: Ian Penfold, Carer asked will there be parking spaces?

Answer: Mary said yes, and there will also be charging points.

Question 5: Ian Penfold, Carer asked if people can pick their support provider?

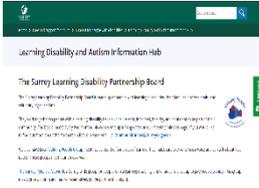
Answer: Mary said that the work is work ongoing about care and support and how people can access this. Tom said that people should be able to make a choice, but it is not unlimited and sometimes schemes need core support providers.

Question 6: Sarah, Healthwatch Surrey asked who will be responsible for the maintenance and cleaning of the shared spaces?

Answer: Mary said that this will be looked at as part of the rent charge. There will be an expectation also for the individuals living in the accommodation to work as a team to keep the apartment clean/tidy.

Question 7: Sarah at Frimley CCG asked where the accommodation will be?

Answer: Mary said that they have site plans but are unable to share these yet. Once we are able to share these plans, we will.



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