

Health Network Event

Tuesday 8 October 2019
Parbold Village Hall



This West Lancs Health Network Event was attended by 106 people from 50 organisations, including representatives from the public, private and voluntary sector. There were 21 information stands for delegates to browse and plenty of opportunities for networking.

Greg Mitten, Chief Officer for West Lancashire Council for Voluntary Service, opened the event and welcomed everyone to Parbold Village Hall. Greg welcomed everyone to the event and thanked the volunteers who run the village hall.

He then introduced the first speaker – Jackie Moran, from the West Lancashire Clinical Commissioning Group (CCG) who gave an introduction to the new West Lancashire Partnership (Multispecialty Community Partnership - MCP). She explained that under the NHS Long Term Plan, CCGs must work in partnership with other agencies, including the voluntary, community, faith and social enterprise (VCFSE) sector. She also explained that work would be carried out in three neighbourhood areas across West Lancashire:

Ormskirk / Aughton
Skelmersdale / Upholland
Burscough & the Northern Parishes.

She explained that the focus is on integration and innovation in out of hospital health, wellbeing and care and that partnership working will be crucial with pooling services, reducing duplication and providing the right services in the right neighbourhoods for the right people.

She also emphasised that they must address the wider determinants of health.

There were several questions from the delegates including what the future of Southport & Ormskirk Hospital is likely to be and about the running of the MCP.

There was also some discussion about the importance of partnership working within West Lancs.

Chris Lee, Public Health Specialist with Lancashire County Council, followed Jackie with a presentation on behaviour change and began by posing some questions – ‘How do we work together? How do we make every contact count?’

He acknowledged that encouraging healthy behaviours and influencing behaviour change is complex with many different factors impacting on this. He talked about nudging behaviour and, again, stressed the importance of the wider determinants of health. He stated that it is possible to influence behaviour change but the factors behind the behaviour and the issues that are influencing it are crucial.

Chris also talked about resilience and said that different factors will influence this. He gave the example of a leisure centre being three bus rides away – this will be a big influence on people not going. He stressed that it is important to focus on what matters to people.

He did, however, state that, though a top down approach can be useful, for example, legislation around using seat belts or the smoking ban has led to huge changes in people’s health, working with a community and individuals is essential to bring about long term changes.

There was some discussion around the word ‘resilience’ and working at grassroots level and the importance of community development.

Some of those VCFSE organisations who received funding from the last round of the CCG VCFSE Investment gave updates of their projects. These included:

Next Steps Children and Family Disability Support Project - Paul White, An Inclusive Future (AIF)

This project offers advice, guidance and support to families with one or more disabled children. AIF were also funded to develop a network for disability organisations within West Lancs.

Simply Well, Simply Being a Friend - Neil Farnsworth, Applecast

Applecast were funded to develop a volunteer buddying scheme for people with low level mental health. The volunteers themselves benefit as they are older people, perhaps suffering from loneliness.

Creative Wellbeing for All – Maureen Fazal, The Sewing Rooms

The Sewing Rooms were funded to provide therapeutic creative sessions with families that covers the 5 ways to wellbeing.

Connected Counselling – Paula Kearns, The Birchwood Centre

This is a partnership of three services (The Birchwood Centre, Yewdale Counselling and The Bereavement Counselling Service to provide a connected counselling service and social support for vulnerable individuals.

Canoeing Progress - John Lechmere, Upholland Scout Group

Upholland scouts were funded £500 to train young adults as canoe leaders so that more young people can learn canoeing and engage young people in adventurous activities.

Wellbeing café / Computer Drop in - Cynthia Dereli, Burscough Community Hub

The café offers refreshments, company and information about health to isolated people in Burscough.

The Hub also offers a free computer drop in sessions run by volunteers.

Outreach Pilot Project – Paul McConnell, SWLICAN

This pilot project offered welfare rights advice to disabled people following requests by people having to travel hours from the northern parishes for advice. Over 100 people were helped and an outreach session is now being held in Burscough.

Following a networking lunch, Sarah Clubb, Katy Thornton and Clare Compton from The National Lottery Community Fund described the different funding streams available from The National Lottery Community Fund. These include Awards for All and Reaching Communities.

Greg then outlined the funding that has been made available for the West Lancs VCFSE sector for 2019/20 from the West Lancs CCG. The breakdown is:

Budget Line	Total Amount
£20,000 per PCN for partnership projects – from £10,000 up to a maximum of £20,000 (Funding Application A)	£60,000
Individual Grant Proposals – from £1,000 to £10,000 (Funding Application B)	£20,000
Small Funding Pot - up to £1,000 per grant (Funding Application C)	£10,000
Contingency fund (e.g. training, technical support, events)	£2,500
CVS Management Fee	£7,500
Total	£100,000

The deadlines are as follows:

Small Funding Pot (Funding Application C) - **20 November 2019**

Partnership project funding (Funding Application A) - **4 December 2019**

Individual Grant Proposals (Funding Application B) - **4 December 2019**.

Greg also explained that the Eric Wright Foundation Small Pots fund is also available. This is aimed at helping small, mainly volunteer led, voluntary & community groups, small charities (with an income of less than £30,000 per year) and other types of not for

profit organisation with grants of up to £500 for projects that support the following priorities:

- The elderly
- Health
- Education and training
- Carers
- Youth

The presentations are available to view on the CVS website – <http://www.wlcvs.org>

Feedback

The event received some very positive feedback - 91% of attendees thought that the length of the event was sufficient to cover content.

96% of those attending agreed that the event provided them with new information and 88% that the information was relevant to their organisation.

97% believed that the displays were informative with over 91% picking up materials which will be of interest/use to them.

Comments included:

"We need to build connectivity. There are so many good services - we just need to know about them to support and access them."

"Very helpful - thank you."

"Informative event - good networking opportunity. Thank you."

"Great to hear about local projects. This brings the process to life and provides info where people can refer into."

"Some speakers too long."

Suggestions included:

"More time for networking would be appreciated."

"Very useful events which I believe should be held more frequently."