



West Lancashire Health Network event, 16th January 2013

Hearts and Minds

- An Overview of Mental Health and Wellbeing
- A look at the Dementia Consultation in Lancashire
- A Community Assets Approach to Supporting Mental Health and Wellbeing
- Heart Health in West Lancs
- Benefits of Physical Exercise and Impact on Weight and Heart Health
- NHS Health Checks
- Chain of Survival Partnership

West Lancs CVS hosted its winter Health Network event at Edge Hill University on Wednesday 16 January 2013. The attendance of 75 individuals working within the VCFS and public and private sectors across Lancashire, along with 42 organisations, ensured good participation.

Partners

West Lancs CVS and the Health Network worked in partnership with West Lancashire Clinical Commissioning Group, NHS Central Lancashire Primary Care Trust, and Sporting Edge at Edge Hill University, the North West Ambulance Service, the Skelmersdale Community Food Initiative and Help Direct as well as the West Lancashire Defibrillator Campaign, to present specific health information as well as conduct workshops.

Aims and Content

The morning session examined mental health and wellbeing whilst the afternoon session looked at heart health and cardiovascular disease.

The event was opened by Greg Mitten, West Lancs CVS's chief officer, who acknowledged that the West Lancs Clinical Commissioning Group had recognised the value of the VCFS and confirmed its intention to work with the charitable, community and faith sector. The rollover of PCT contracts into the next financial year was an important and positive start as was the CCG recognition of the essential role the VCFS have to play in improving the health and wellbeing of the West Lancashire community.

The event started with a short film about community food growing, produced by students at Edge Hill University. The film demonstrated how an allotment was a great example of a community asset while movingly portraying one of the unexpected benefits of allotment life - improving the mental health and wellbeing of some of the residents who tended it. The creation of the allotments had helped some of its users combat



depression as well as encouraging them to become more physically active. One user revealed: ***“It helps you to get back to you. It was a stepping stone to coming back into society. It has been more of a medicine than anything else...I'd be lost without my allotment.”***

For further information about community food growing, visit <http://www.wlcvcs.org/index.php/services/community-gardening>

An overview of mental health and wellbeing

Jo Worswick, deputy chief officer for the CCG, *right*, went on to summarise the current situation within mental health and dementia services in West Lancashire – one of the CCG's key priorities.

A review had revealed more people were going into hospital with mental health conditions and once they were admitted, they were staying in longer.

With dementia, the review had picked up that fewer people were being reported with the condition, which appeared to indicate there were undiagnosed sufferers. Research was showing that the elderly population was expected to increase which meant demand for services would also increase.

Jo acknowledged there was a range of voluntary, community, and faith organisation available which could provide some of the services but that referrers and providers might not be aware what was available. She hoped the asset mapping exercise would tease out that information.



Dementia Consultation in West Lancashire

Janice Horrocks, consultant, *right*, discussed the dementia consultation process which has just taken place in Lancashire.

People with dementia had complex needs - they often had physical health problems too which resulted in hospital admissions.

So dementia wards needed to change – a different kind of environment was necessary with wards with enclosed, covered, safe 'wander gardens'. The dementia consultation process centres around two options – both totalling £15m. The details are outlined in the document - **'your chance to have your say on how the service changes may affect you'** – read it at

<http://www.lancashirementalhealth.co.uk/consultation-dec2012/NHS-dementia-consultation.pdf>



Asset Mapping and Mental Health

Ismail Karolia, operations manager at West Lancs CVS, and Tony Roberts, a mental health specialist at NHS Central Lancashire, examined a community assets approach towards mental health and wellbeing. Attendees were split into groups, *below*, and asked to carry out an asset mapping exercise. The results are available in the attached document.



Heart health in West Lancs

The afternoon session looked at heart/cardiovascular disease and the state of heart health in West Lancashire.

There is a higher prevalence of cardiovascular disease in West Lancs than the rest of the country and a higher rate of hypertension.

It is one of the CCG's priorities which is now looking to redesign the pathway for people with heart failure as well as redesigning the cardiac rehabilitation service.

Benefits of physical exercise and impact on health

The positive benefits of physical exercise and impact on weight and heart health was discussed by Rob Stewart, *right*, fitness manager from Edge Hill University's Sporting Edge Facility.

Sporting Edge takes referrals from physiotherapists as well as patients with cardiovascular complaints – it had taken 152 individual referrals this way so far, with clients using the facilities at Sporting Edge.

The programmes at Sporting Edge are individualised for each person and staff are familiar with working clients with all kinds of needs.

The delegates were told that just 15 minutes of exercise carried out most days, would increase life expectancy by four years. Blood pressure is also lowered for up to 22 hours after exercise.



NHS Health Checks

Nikki Hennessey, public health associate, explained the NHS Health Checks programme.

The checks have been operating for three years and are a preventative measure.

Patients can request a check at their doctor's surgery if they have not already been invited to have a check. The checks are carried out between the ages of 40 and 74 and look at cholesterol levels, measure blood pressure and look at kidney function as well as checking for diabetes.

Chain of Survival

Cheryl Pickstock, *right*, from North West Ambulance Service outlined the Chain of Survival partnership.

The key was early intervention – contacting emergency services quickly, early CPR, early defibrillation to restart a heart and then advanced cardiovascular life support by a medic to stabilise the patient. Statistics showed that bystander/community intervention following the above system meant that 50 percent of these patients were transferred to hospital with a pulse. More than 1,000 automated external defibrillators have been installed in public places and more are planned.

Free sessions teaching people simple life-saving skills are available. Visit chain.survival@nwas.nhs.uk or <http://www.bhf.org.uk> or at <http://www.nwas-responders.info/cos.php>



Workshops

Three workshops then followed – a defibrillator workshop with Sue Murrin-Bailey from West Lancashire Defibrillator Campaign; a healthy eating session by Skelmersdale Community Food Initiative, *below*, and a bracing walk led by Lisa Kirby from Help Direct and Janet Hurst from Age UK, *right*.



Feedback

The event had 75 attendees from 42 organisations. From the 21 evaluations returned, 100 percent agreed or strongly agreed that the event had provided them with new information. 100 percent also agreed or strongly agreed that the information that had been provided was relevant to their organisations or themselves. 16 organisations had information stands.

A selection of comments made:

‘Excellent and well-organised event.’

‘Good linking of services, venue very comfortable and welcoming. Great viewing exhibition.’

‘Having a variety of guest speakers on different topics and styles was interesting.’

Visit <http://www.wlcvs.org/index.php/health-links-a-information>

Thanks to Edge Hill University for the use of its facilities

Mapping of Mental Health & Wellbeing Services in West Lancashire

The collage consists of several overlapping sheets of paper with handwritten notes in various colors (black, red, blue, green). The notes are organized into lists and sections, often with small drawings or icons.

- Top Left:** "ASSETS", "Cultural Assets", "ASSETS" (with a drawing of a person at a computer).
- Top Middle:** "COMMUNITY DEVELOPMENT CENTRE", "EDUCATION", "RECREATION", "HILL UNIVERSITY", "WOODS IN SCEN", "KIRKSTOWN PARK", "BURNINGHAM", "CARTON", "MIDNIGHT", "FOLLOWING", "SOCIETY".
- Top Right:** "WEST LANCASHIRE COLLEGE", "ADULT", "BRIDGE CLUBS", "Community".
- Middle Left:** "FORUMS", "Networking Groups", "e.g. Net", "TEERING -> ENJOY", "IMPROVED WELL-BEING", "RELEASE RIGHTS", "SAs - taking learning", "ants/charitable funding", "Full Education - West/Leam", "Debt Advice - soon to launch", "B - soon to open in Con", "our 2ndry + Prim sch", "Lancs Challenge".
- Middle Right:** "Spiritual Healing Groups", "Religious groups / Youth Groups", "Art groups / Therapy", "Craft clubs - quite a few", "Int - Matter", "Photography clubs", "Singing groups", "Swimming clubs", "Genealogy", "Local History groups", "Lib / natural history groups", "Library / Reading groups", "Hobby - car club", "Chess club", "Talent", "Home - housing", "Charity", "Dance", "Singing", "Cooking", "Art".
- Bottom Left:** "Local employment", "Local schools", "Local clubs", "Local groups", "Local activities", "Local services", "Local facilities", "Local support", "Local advice", "Local information", "Local resources", "Local contacts", "Local networks", "Local partnerships", "Local collaborations", "Local alliances", "Local coalitions", "Local consortiums", "Local joint ventures", "Local partnerships", "Local alliances", "Local coalitions", "Local consortiums", "Local joint ventures".
- Bottom Middle:** "WEST LANCASHIRE COLLEGE", "SOCIETY", "MARTIN ROAD", "SEASON TALK", "WEST LANCASHIRE CENTRE", "DIVERSITY", "CIVIC HILL", "CHapel GALLERY".
- Bottom Right:** "MENTAL HEALTH", "MENTAL WELLBEING", "MENTAL HEALTH SERVICES", "MENTAL HEALTH SUPPORT", "MENTAL HEALTH PROMOTION", "MENTAL HEALTH PREVENTION", "MENTAL HEALTH RECOVERY", "MENTAL HEALTH RESILIENCE", "MENTAL HEALTH STRENGTH", "MENTAL HEALTH HOPE", "MENTAL HEALTH COURAGE", "MENTAL HEALTH BRAVERY", "MENTAL HEALTH KINDNESS", "MENTAL HEALTH COMPASSION", "MENTAL HEALTH EMPATHY", "MENTAL HEALTH TOLERANCE", "MENTAL HEALTH PATIENCE", "MENTAL HEALTH HUMILITY", "MENTAL HEALTH GRACE", "MENTAL HEALTH MERCY", "MENTAL HEALTH LOVE", "MENTAL HEALTH JOY", "MENTAL HEALTH PEACE", "MENTAL HEALTH HAPPINESS", "MENTAL HEALTH WELLNESS", "MENTAL HEALTH FLOURISHING".

Mental Health and Wellbeing asset mapping workshop

Ismail Karolia of West Lancs West Lancs CVS, and Tony Roberts, Mental Health Specialist with NHS Central Lancashire explained the assets based approach - where the gifts, skills and talents in a community are connected with the assets and resources already available e.g. community buildings, parks, halls and open spaces etc in order to create community connection and activity.

Attendees were split into groups to carry out a mapping exercise recording their combined knowledge of local assets and resources supporting mental health and well being in West Lancs under the headings:

- **Cultural**
- **Economic**
- **Individual**
- **Collective**
- **Institutional**
- **Physical**



The following pages show the results of the mapping exercise from each group for each of the areas. There are four stages to using asset based approaches, Plan, Map, Mobilise and Review.

After mapping the next steps would be to

- Create links between existing services and groups to develop better accessibility and referral systems for users
- Identify a common aim for groups and services to work towards, which they are passionate enough to act upon and which will impact on their aims as an organisation.
- Mobilise groups and organisations to work using asset based approaches within their service delivery
- Mobilise communities through identifying their assets and motivations and building upon them.
- Review the impact and outcomes achieved





