

# Fareham and Gosport Voluntary Sector Health Forum

**1.00-2.00pm**  
**Thursday 24 March 2022**



# Programme for today...



- Welcome and Introductions – **Angela Gill** (Facilitator – CF/GVA)
- **Kay Hallsworth**, Chief Executive Officer Gosport Voluntary Action
- **Janie Millerchip**, Transformation Project Lead Working in Gosport - Hampshire, Southampton & Isle of Wight CCG
- **Alan Horsburgh**, Transformation Manager Working in South East Hampshire, Hampshire, Southampton & Isle of Wight CCG
- **Angela Huntington**, Fareham Local Solutions Project Caseworker, Citizens Advice Fareham
- **Dates of 2022 Fareham & Gosport VS Health Forums**
- **Close of the Health Forum**



# Kay Hallsworth

Chief Executive Officer, Gosport Voluntary Action

**Community & Voluntary Sector Update**

[chiefofficer@gva.org.uk](mailto:chiefofficer@gva.org.uk)



## Community First/Gosport Voluntary Action Update

- **Digital Inclusion Support Service – Digital Champions to support digital access to health and wellbeing & capacity building for organisations in Fareham and Gosport**
- **Community First Members Event and AGM – Tue 29 March, 10.30-11.30am ‘Tackling the Cost of Living’ – Guest Speaker Alison Talbot**
- **‘Cost of Living’ Event - Gosport Discovery Centre, 10am-12pm Saturday 26 March (Citizens Advice, Gosport Food Partnership, British Gas...)**
- **Rescheduled Health and Wellbeing Event – July 2022 Details TBC**
- **Hampshire Mental Health and Wellbeing Partnership - update**
- **Ukrainian Forum Meeting – Wed 30 March, 10.30-12pm GVA/Virtual**

**Janie Millerchip**

**Transformation Project Lead Working in Gosport -  
Hampshire, Southampton & Isle of Wight CCG**

**CCG & PCN Update**

**[Janie.Millerchip@nhs.net](mailto:Janie.Millerchip@nhs.net)**



**Alan Horsburgh**

**Transformation Manager**

**Working in South East Hampshire, Hampshire,  
Southampton & Isle of Wight CCG**

**[alan.horsburgh@nhs.net](mailto:alan.horsburgh@nhs.net)**



# No Wrong Door, Community Mental Health Transformation Programme 2020 – 2024



Your Community Supporting Your Recovery; Your Care, Support and Treatment

Organisations across Hampshire and the Isle of Wight are working together to make care for people needing help with their mental health simpler, smarter and more integrated.



When you need help with your mental health, there are many places you can go in your community for help.

With the **No Wrong Door** programme, whether you approach your GP, local charities, voluntary groups, council or NHS helplines, you will be helped to access the support that you need.



Wherever you initially reached out to, if you need ongoing help, you will be diagnosed, treated and cared for by a team of people from all these different organisations working together to give you joined up support.



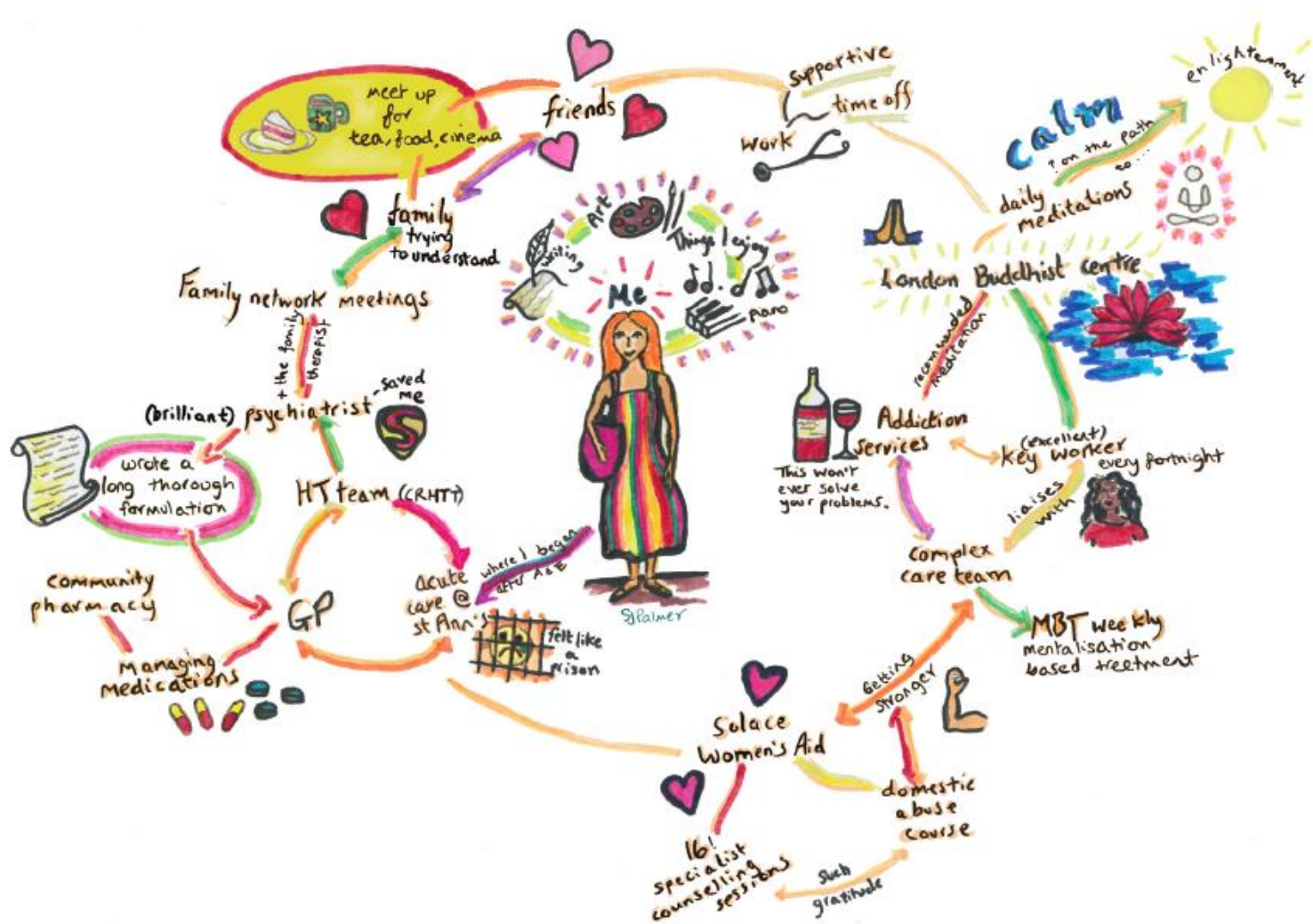
If you need more intensive support, this may be provided in specialised hubs or centres. With organisations working together, the care provided will be much smoother and more comprehensive.



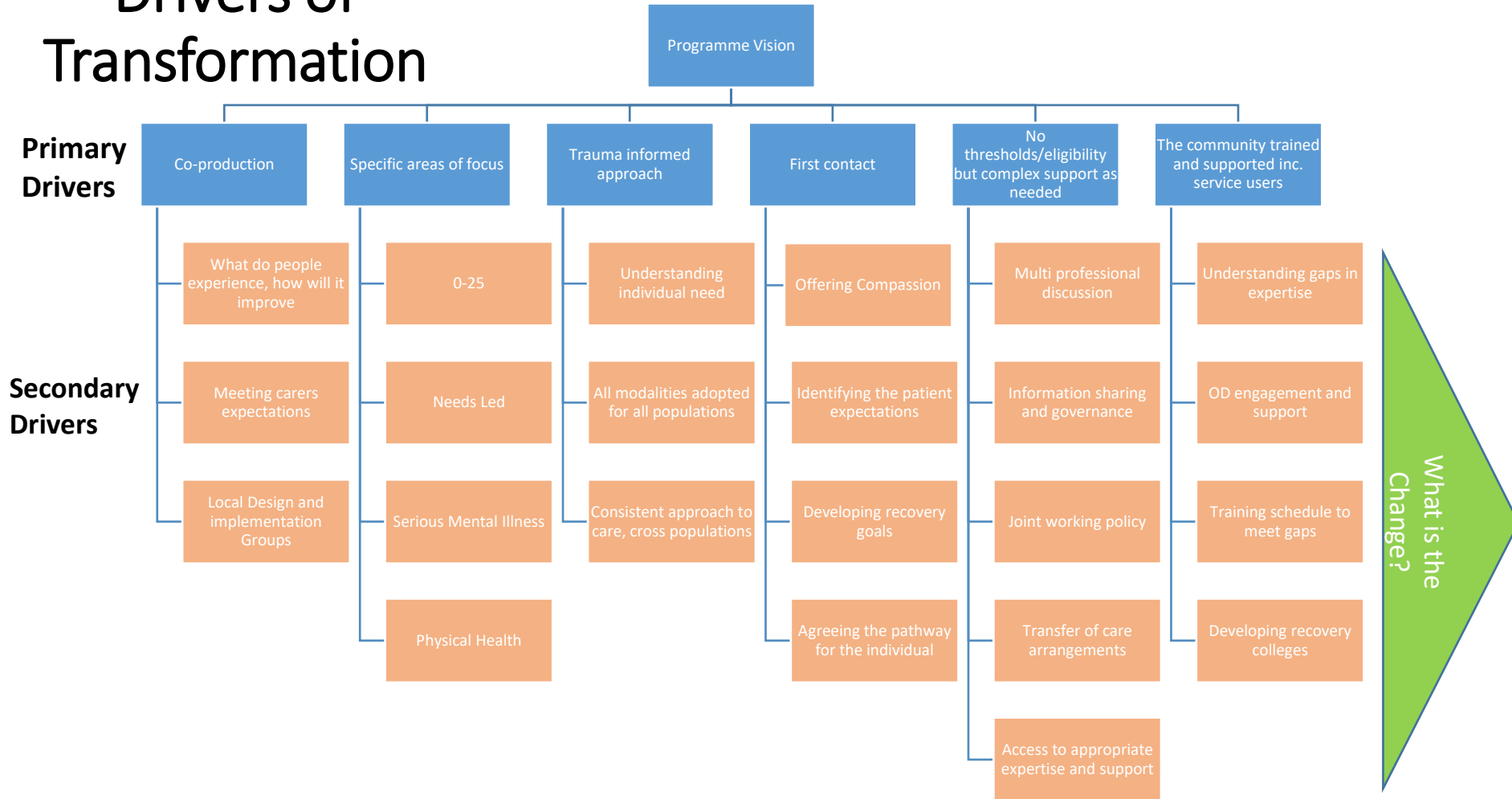
When you feel more able to self-manage your condition, you'll be supported through this transition with a care plan designed together by you and your team. You will receive ongoing support, as required by your care plan, for as long as you need it.







# Drivers of Transformation



# Fareham & Gosport Primary Care Networks

Year 1 - 2021/22

Gosport West

Year 2 - 2022/23

Gosport  
Central

Coastal

Fareham &  
Portchester

Sovereign

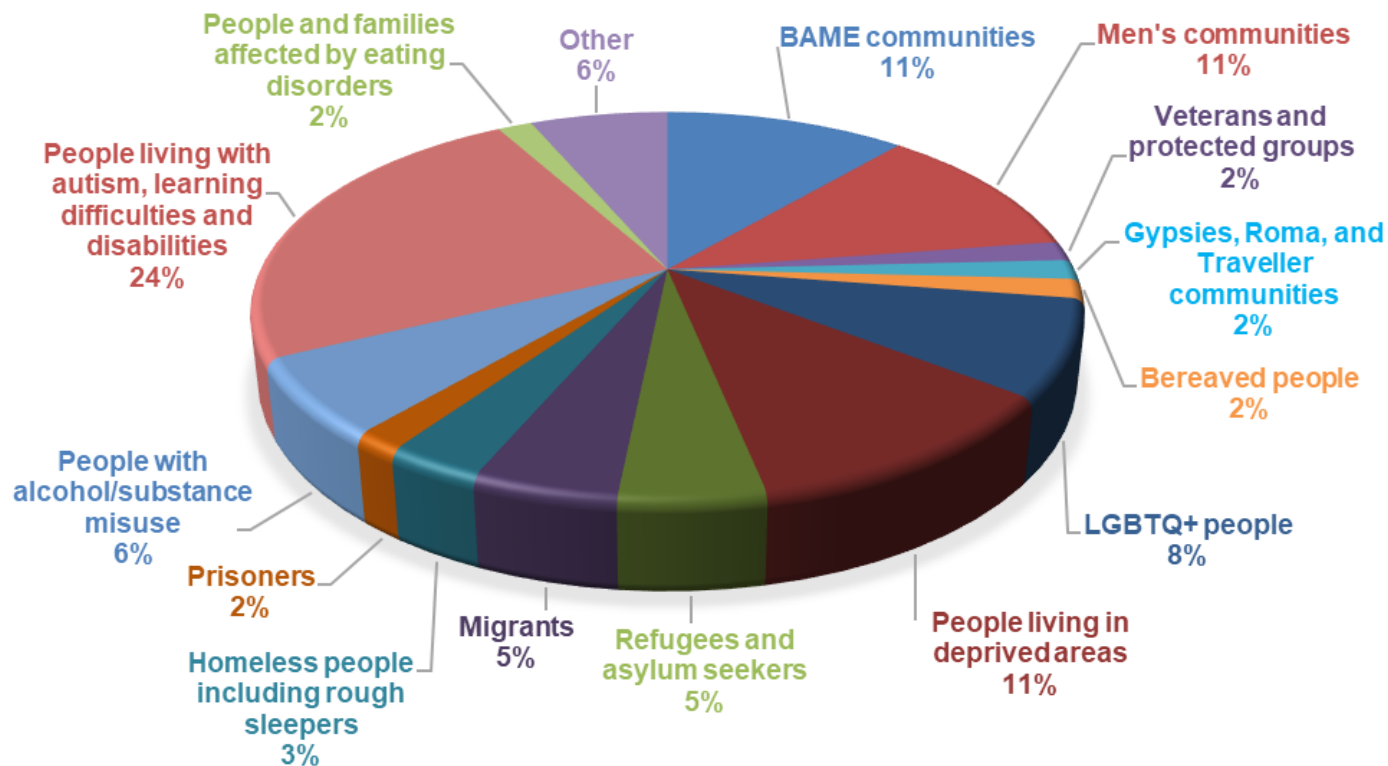
# Advancing Mental Health Equalities (AMHE) Grants 2021/22

- Grants scheme for community and voluntary sector organisations
- Maximum funding of £8,000 each to deliver a project, programme, or activity to
  - advance mental health equalities
  - support better mental health outcomes for underrepresented groups in the local area
- The learning from the grant scheme will help improve our understanding of access, outcome, or experiences of mental health services for underrepresented groups



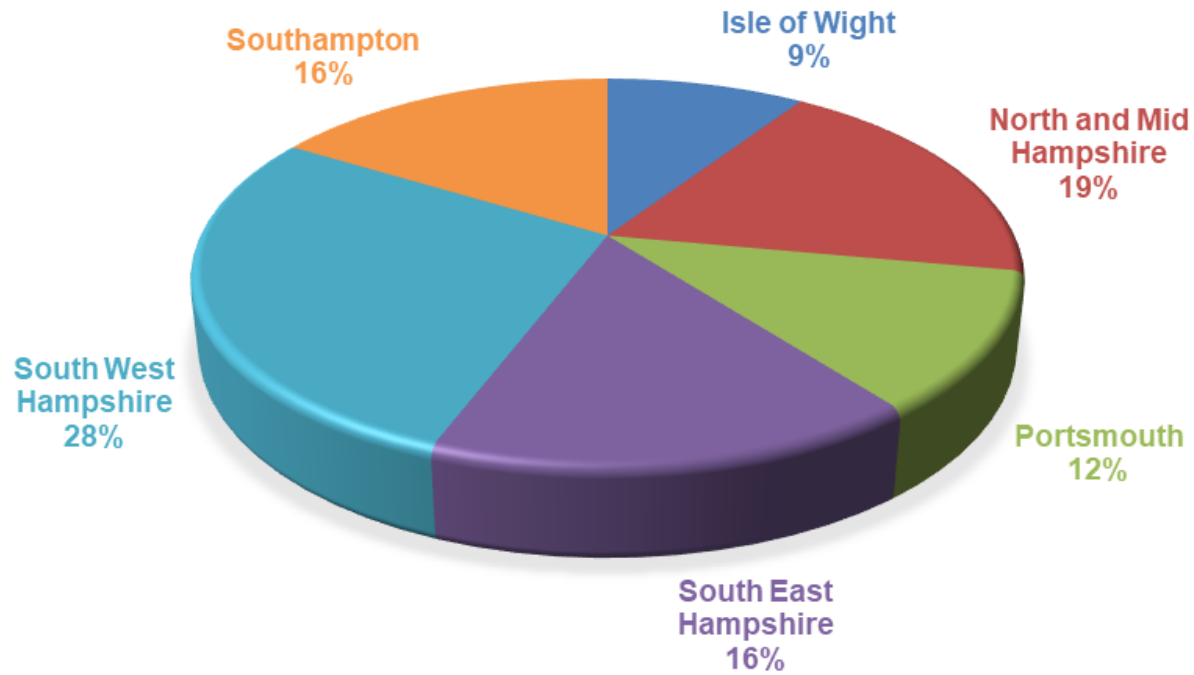


## SUMMARY OF COMMUNITIES OF INTEREST REPRESENTED IN GRANTS





### SUMMARY OF AREAS COVERED BY GRANTS





Organisation	Project summary	Community of interest
Autek CIC	Producing a video documentary, called "What's my Anxiety" that looks at anxiety from across the disability spectrum to highlight key differences and insights that both help beneficiaries and professionals.	People living with autism, learning difficulties and disabilities
Breathe and Recover	12-month online yoga project for people with disabilities. Sessions will be adapted to offer appropriate yoga breathwork, posture, and mindset training, and offer the chance for participants to have peer to peer support within the session. Sessions will be live, last an hour, and run by either by a male or female teacher.	People living with autism, learning difficulties and disabilities Other (dementia)
Choices Advocacy	121 sessions with people to share their experience of Mental health services to help shape these as part of this transformation work. Referrals would come from mental health services and participants would be supported in accessing appropriate support. Participants would be provided with wellness recovery plans or health action plans.	People living with autism, learning difficulties and disabilities
Blue Apple Theatre	Expansion of the outreach programme to address health inequalities for people living with autism, learning difficulties and disabilities. Regular theatre and dance activities will be provided which address: communication and social skills, challenging behaviours and increasing confidence.	People living with autism, learning difficulties and disabilities
Footprints Project	Mental health drop-in sessions and mentoring for prisoners and ex-offenders being released into the community. Support in accessing community mental health services.	Prisoners
Fluid Motion Theatre Company	Bring communities and people back together after COVID-19 through theatre to promote recovery, build resilience, improve positive health and wellbeing. Hold theatre-based workshops which helps people understand what makes them happy and how to create positive environments for themselves and others. Creation of a self-care pack for participants filled with coping strategies, skills and ideas on how to thrive.	People living in deprived areas Men's communities BAME communities People with alcohol/substance misuse





**Angela Huntington**

**Fareham Local Solutions Project Caseworker**

**Citizens Advice Fareham**

**[angela.huntington@citafareham.org](mailto:angela.huntington@citafareham.org)**





- ✓ **Thank you** to all who have supported &/or attended today's HF
- ✓ The recording will be saved on CF & GVA's webpages by **Thur 31 March**
- ✓ **Date of next Fareham & Gosport VS Health Forums/HWB Event 2022...**
  - **Wed 11 May 1-2pm, HWB Event in July TBC, Wed 5 October F2F?**
- **Please feedback** via Chat or email - including re future HF theme/ideas. Health related items are circulated by Jackie Hartless (interim) monthly
- ✓ **Finally**, if you aren't a VS Health Forum member or know of a local health organisation that would like to join, please **email:-**  
**[Jackie.hartless@cfirst.org.uk](mailto:Jackie.hartless@cfirst.org.uk)** Thank you & have a **Happy, Healthy Spring!**

# Contact Details...

**GVA** Martin Snape House, Pavilion Way, Gosport, PO12 1FG



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# Contact Details...



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