



Fareham and Gosport Voluntary Sector Health Forum

Networking and Market Place Health Forum

10.30am-12.30pm, Wednesday 13 September 2023

Gateway Church, The Kings Centre, 171-173 West St, Fareham, PO9 1UN



Hampshire and Isle of Wight



Programme for today...

- Welcome, Housekeeping and Agenda – **Angela Gill**, Community First & GVA Health Forum Facilitator
- **Tim Houghton**, Chief Executive, **Community First**
- **Neil Cotton**, Community Involvement Officer, **Hampshire, Southampton & Isle of Wight Integrated Care Board (ICB)**
- **Valerie Rossiter**, Chair, **Fareham & Gosport District Branch, Parkinson's UK**
- **Theresa Pratt**, CEO, **Blue Lamp Trust**
- **Health Forum Members** - '1 Minute Updates'
- **Dates of 2023-24** Fareham and Gosport Voluntary Sector Health Forums
- Networking/Market Stalls/Lunch...
- **Close** of the Health Forum

A large, colorful 'WELCOME' sign is held up by several hands. The letters are in various colors: W (red), E (green), L (yellow), C (blue), O (purple), M (pink), E (light blue). The hands holding the sign are of various skin tones and are positioned at the bottom of the frame.

Tim Houghton

Chief Executive, Community First

Community & Voluntary Sector Update

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Health Forum Logo Launch!



Community & Voluntary Sector...

- Update on **HIVCA** <https://actionhampshire.org.uk/get-involved/networks-and-forums/hivca/> Clinical Leaders Forum in SE Hampshire
- **National Academy for Social Prescribing** <https://socialprescribingacademy.org.uk/> SE Thriving Communities Programme ending in September

Mental Health and Wellbeing

- **Suicide Prevention Day** 10th September and **World Mental Health Day** 10th October. Resources include;
 - <https://www.zerosuicidealliance.com/training> - 20 mins can save a life
 - <https://www.southernhealth.nhs.uk/help-crisis>
 - HCC's Mental Health Awareness Toolkit Links...

Adults' Health and Care

- **Live Longer Better** - online briefing for VCSE and District partners on 19th September 12 noon - 1pm
<https://www.hants.gov.uk/socialcareandhealth/publichealth/livelongerbetter>
- Partners' Newsletter <https://www.hants.gov.uk/business/businessnewslettersignup> and new pro forma for VCSE groups to contact HCC Adult Services <https://forms.office.com/e/WPNNFdAH6X>



Community & Voluntary Sector...

- **Independent Living Conference** on 16th November - at the start of disability history month and to celebrate 40 years of independent living in Hampshire
<https://www.hants.gov.uk/socialcareandhealth/adultsocialcare/coproduction/independentlivingconference>
- **Safeguarding** and ongoing training <https://www.hampshiresab.org.uk/professionals-area/learning-development/> and <https://www.hampshiresab.org.uk/wp-content/uploads/Multi-Agency-Safeguarding-Training-Programme-2023-2024-2.pdf>
- **Household Support Grant** round 2 now open. Community Grants targeting those most in need. Fareham allocation £64k with £50k remaining. Gosport allocation £100k with £72k remaining. For more info <https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/connectforcommunities/communitygrants-overview/communitygrants>
- **NHS Responders scheme** - expanded to cover social care volunteers <https://nhscarevolunteerresponders.org/> but remember we have local volunteers and systems in place to recruit and mobilise volunteers <https://www.volunteerfirst.co.uk/> and <https://www.gva.org.uk/>



Update

Community First...

- **Long Covid** – on 2nd October 2023 the Long Term Covid Peer Support group will meet at Community First's office in West Street, Fareham, 12 – 2pm
- **Cardiac Support Club** - on Monday 18th September 2023 the Cardiac peer support group will meet between 12 - 2pm at Community First's office in West Street, Fareham
- **Community First Fareham Community Showcase Event** - Saturday 30th September. Community First now have over 60 local organisations exhibiting at the event, which is amazing! 10am - 2pm at Fareham Leisure Centre, in the main Hall. For more information contact:- <https://www.cfirst.org.uk/community-development/fareham-community-showcase/>
- Our **Digital Champions** are always happy to help if anyone needs a little support to do things online, just let us know, and of course we are always looking for volunteers to train up as champions as well. For more information please see:- <https://www.cfirst.org.uk/community-development/fareham-community-showcase/>
- **HIU** – Lucy Green (Wellbeing Coordinator) is working at Queen Alexandra hospital - to provide non-medical, specialist targeted support/interventions for individuals that have complex needs that are not being addressed on discharge. Contact details:- lucy.green@cfirst.org.uk



Gosport Voluntary Action (GVA)

- Core20PLUS5 - progressing well re Hypertension Case-Finding/Surveys and Surgery Pod Reviews...
- Sreya (GVA's Health Coordinator) is currently working from overseas, so her hours may be slightly misaligned from our UK hours but she will respond and try to attend meetings as normal online



Gosport Voluntary Action (GVA)

- GVA's National Institute for Health & Care Research (NIHR) funded research is looking at the **Impact of Health Inequalities on Anti-Social Behaviour in young people** is underway. Draft questionnaires have gone out for comment
- Gosport's new **Health Stakeholder Network** - met for the first time last week, it was very successful and is looking at delivering a strategic cross-department message on health
- **Ukrainian Hub** - very successful community event organised by Bridge to Unity in Havant for Gosport and Fareham Ukraine Families on Ukrainian National Day. Thank you to all involved and to Hampshire County Council for the funding
- Angela Gould (GVA's Health Project Manager) now attends most health-related meetings - GVA are looking at the long-term funding of that post



Gosport Voluntary Action (GVA)

- **Close Encounters (NLCF)** - referral pathways have been re-established and it continues to deliver - volunteers as always, are the hardest thing to find. This is what 'Alan' says about GVA's CE volunteer befriending...



Alan: *"I wish I was 24, I'd have asked Bethany to marry me! I look forward to seeing her and hearing from her when she calls. She's brilliant, she's stuck with me all the way through the virus. It's been a pleasure knowing her. It's ignited my passion of the Royal Navy, I go onto the Internet and look up all the places that I've been to and all the ships I've served on. Bethany's my friend, I feel like she's family, I say a prayer for Bethany each night to keep her safe."*



Neil Cotton

Community Involvement Officer

Hampshire, Southampton & IoW, Integrated Care Board (ICB)

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Hampshire ICB Update



Fareham Update

- Met with the local GP Clinical Leads
- We have £5k fund to spend on engagement locally to work with the population re what health initiatives would be beneficial?
- Have put in a bid for £100k for COMF funding, which is for Vaccine inequalities money, with the view to support access to vaccines and wider health across Hampshire, but Fareham will be a focus area for part of this funding (along with Andover, Basingstoke, Havant and Gosport). This is being worked up with Hampshire County Council



Gosport Update

- **Gosport Health Network** - held its inaugural meeting last Monday. This new network is a merging between the former Health & Wellbeing Partnership (GBC led) with Gosport Primary Care Network's Stakeholder Board. The Network received a presentation on the health of Gosport and will be shortly agreeing mutual priorities to improve health and tackle health deprivation across the area
- **New Neighbourhood Model of Care** - the ICB is working with a range of other health services, Gosport PCN, the LA, SCAS and Portsmouth Hospitals Trust. The purpose of this collaboration is to identify and provide new ways of working to manage demand and ensure that services are used for maximum benefit. So far, two clear work streams are emerging and these will be considered further next week
- **Willow Incredible Garden** - this project continues to grow and all of our volunteers have been actively harvesting all of the produce they have grown. Plans are underway to develop the next phase of the Garden which will see us developing an outdoor learning space and start work on the Heart of the Surgery Garden which will provide an area for enjoying some time out in a contemplative, sensory space. Anyone is welcome to come and get involved, please contact Emma Kemp, Volunteer Co-Ordinator for further details at: hello@loveoutdoors.org.uk



ICB Update

The ICB continues to undergo a restructure, which has led to a change in staff locally.

- The team will continue to support projects in neighbourhoods
- The neighbourhoods that we are working in is increasing with the reduction in team size
- Cam Todd has moved into a wider system population health role
- Focus will be on areas of highest deprivation (so Havant, Fareham and Gosport remain a priority)

Valerie Rossiter

Chair

Fareham & District Branch, Parkinson's UK

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Theresa Pratt

CEO

Blue Lamp Trust

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**THE BLUE
LAMP TRUST**



The Blue Lamp Trust Structure

The Bobby Scheme and Cyber Bobby Scheme

helping the elderly, vulnerable and victims of domestic abuse

Supported by

Blue Lamp Trust (Services) Ltd



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Bobby Scheme

- Delivered by 5 fitters (4 in Hampshire, 1 on IoW)
- The service is available to anyone who is vulnerable due to:
 - Circumstance e.g. domestic abuse, hate crime, dementia, serious health condition (18+)
 - Physical or Mental disability (18+)
 - Victim or repeat victim of crime (18+)
 - Age (over 65)



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What does a Safety and Security check involve?

- Practical security and safety advice
 - Fit security equipment
- Fire safety check
 - Fit smoke alarms
- Gas safety advice
 - Fit Carbon Monoxide detectors
- Advice on crime prevention
- The service is free



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What can we provide?

Free of charge we can fit a range of security measures based on the findings of the survey. Items such as

- Door chains
- Spy holes
- Extra locks and bolts
- Window alarms
- New locks



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Keys safes and Ring Doorbells

- Supra C500 Key Safe
- Police accredited(Secured by design) key safe
- Easy to use and robust
- £75 for the supply and fitting
- Guaranteed for 5 year

- Ring 2nd generation Video Doorbell
- Police accredited(Secured by design)
- £90 for supply and fit
- Guaranteed for 1 year



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What does a Cyber Bobby visit involve?



- Delivered by 3 volunteers in Hampshire
- How to create strong passwords and keep them safe
- Making sure your email account is secure
- How to check your privacy settings
- How to update your devices and turn on automatic updates
- Advice on backing up your devices
- How to recognise scam emails and text messages
- Actions to stay safe online while browsing and shopping
- How to report issues
- Signposting to other advice
- The service is free



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Impact

- Bobby Scheme and Cyber Bobby Scheme
 - Crime prevention
 - Practical support for victims of crime
 - Reassurance for the elderly and vulnerable



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Impact of the Bobby Scheme



Situation

A couple, victims of burglary in Gosport
Wife very upset, feeling very insecure



What we did

Full safe and secure check
Fitted new locks and window alarms
Left advice leaflets



Impact

“if wasn't for the work you guys done to help, my wife would have had us move house!. You have allowed her the freedom to feel secure in our home. Thank you” “very needed and deserving Trust”



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Impact of the Bobby Scheme



Situation

Mother and daughter both victims of domestic abuse. Perpetrator threatened to burn the house



What we did

Fitted new locks and window and door alarms. Blanked off the letterbox and fitted external letter box



Impact

Perpetrator tried to set fire to the front door during the night. Window and door alarms woke mother and daughter who were able to exit to safety through the back door



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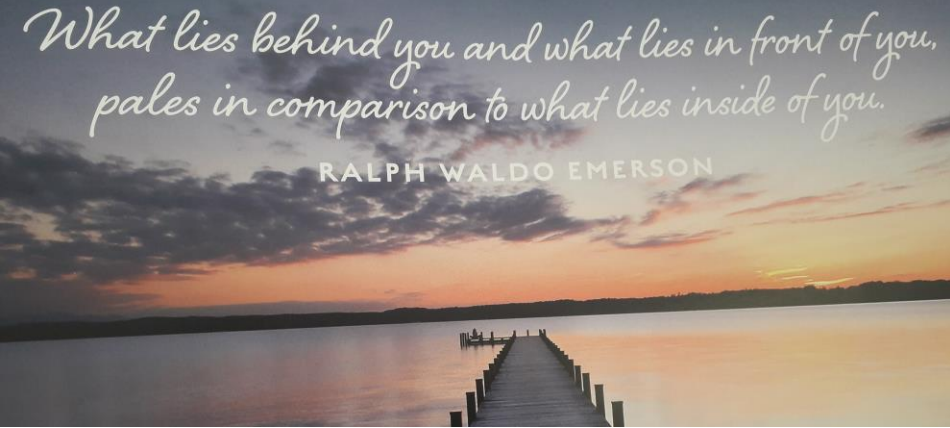
How to Refer

- Bobby@bluelamptrust.org.uk
- Referral form on our website
<https://bluelamptrust.org.uk/referralform/>
- Phone 0300 777 0157



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RALPH WALDO EMERSON

Thank
You

**Community First**
making life better for everyone

- ❖ **Thank you** to presenters, those on Market Stalls and all who have supported &/or attended today's (f2f) Voluntary Sector Health Forum
- ✓ The HF PowerPoint will be on Community First's and GVA's webpages in a week's time
- **Dates** of 2023-24 Fareham and Gosport Voluntary Sector Health Forums...
 - **Thursday 30 November, 1-2pm (Webinar)**
 - **Tuesday 6 February 2024, 1-2pm (Webinar)**
- **Please feedback** - including re future Health Forum theme or presenter ideas
- Health & Wellbeing related **items** will be **circulated** electronically 4-6 weekly, by Jane Bray
- **Finally**, if you know of a local health organisation/representative that might like to join, please ask them to email Jane Bray:- healthforums@cfirst.org.uk
- ❖ Enjoy the Networking, Market Stalls, your lunch and have a **Happy, Healthy Autumn!**



Community First Fareham

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Gosport Voluntary Action

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