

NOTTINGHAM CITY COUNCIL

HEALTH SCRUTINY PANEL

MINUTES of the meeting held at Loxley House on 25 SEPTEMBER 2013 from 1.30 pm to 2.58 pm

- ✓ Councillor Ginny Klein (Chair)
 - Councillor Thulani Molife (Vice-Chair)
 - ✓ Councillor Mohammad Aslam (minutes 24 to 27)
 - Councillor Merlita Bryan
 - ✓ Councillor Azad Choudhry
 - ✓ Councillor Eileen Morley
 - Councillor Brian Parbutt
 - ✓ Councillor Wendy Smith
 - ✓ Councillor Timothy Spencer (minutes 25 to 27)
 - Councillor Steph Williams
- ✓ indicates present at meeting

Colleagues, partners and others in attendance:

Helen Morledge - Change Maker Volunteer

Jennifer Burton	-	Health Promotion Development Manager)	
Mandy Clarkson	-	Speciality Registrar)	
Alex Hawley	-	Specialist Registrar)	Public Health
Caroline Hird	-	Consultant)	
Lynne McNiven	-	Consultant)	
Jane Garrard	-	Overview and Scrutiny Review Co-ordinator)	Resources
Laura Wilson	-	Constitutional Services Officer)	

21 CHANGE IN PANEL MEMBERSHIP

RESOLVED to note that Councillor Georgina Culley has been replaced by Councillor Eileen Morley.

22 APOLOGIES FOR ABSENCE

Councillor Merlita Bryan - personal
Councillor Thulani Molife - ill
Councillor Brian Parbutt - personal
Councillor Steph Williams - personal

23 DECLARATIONS OF INTERESTS

None.

24 MINUTES

The Panel confirmed the minutes of the meeting held on 24 July 2013 as a correct record and they were signed by the Chair.

25 CHANGE MAKER PROGRAMME

The Panel considered the report of the Head of Democratic Services on the role and work of the Change Maker Programme in Nottingham in relation to cancer and cardiovascular disease awareness.

Jennifer Burton, Health Promotion Development Manager, and Helen Morledge, Change Maker Volunteer, presented the Panel with the following information:

- (a) Nottingham is now ranked the 20th most deprived local authority in England. It used to be the 13th so some improvement has been made;
- (b) there is a 10 year gap in the life expectancy of citizens living in the most affluent and deprived areas of the City;
- (c) cancer and cardiovascular disease are the two biggest killers in Nottingham and, of the 2,362 deaths in 2009, cardiovascular disease accounted for 32% of them. Approximately 1,100 people are diagnosed with cancer in Nottingham each year and around 640 people die;
- (d) there are significant differences between life expectancies across the wards. The average life expectancy for males in Nottingham is 73.5 compared with the English national average of 76.9. The worst average city average in England is 72.5 and the best is 82.2;
- (e) the Change Makers' ethos is 'people are not the problem, they are the solution' and they are 3 teams of over 70 local volunteers that cover the north, south and central localities across the City, supported by the Council's Health Promotion Team. The volunteers are from diverse backgrounds and there are 45 actively engaged in the programme;
- (f) the Change Makers focus on promoting the symptoms of lung, bowel, breast and prostate cancer, heart attack, stroke, diabetes and life style risk factors;
- (g) the volunteers are a valuable resource who, between April 2012 and April 2013, gave 2,458 hours which amounts to £15,510 if a salary was being paid;
- (h) all volunteers participate in a structured training programme before they work in the community;
- (i) the Change Makers are unique to Nottingham and are the only group who raise awareness of cancer and cardiovascular disease signs and symptoms. They do a lot of work across the City such as supporting weeks of action, performing a drama titled 'If in doubt, check it out', carrying out mystery shopper exercises with local pharmacies, etc;
- (j) early presentation of symptoms helps save lives and this is the main focus of work by volunteers. The Change Makers' work will soon be expanding to also cover key health issues and Public Health policy areas such as MMR (measles, mumps and rubella), TB (tuberculosis), children, young people and mental health;
- (k) the Change Makers and Public Health will firmly embed themselves within the Council structure and develop a volunteer accreditation programme and a structured volunteer work placement programme.

In response to questions and comments from the Panel, Jennifer Burton and Helen Morledge provided the following additional information:

- (l) the volunteers range from age 17 to age 80 and are recruited through adverts on the radio, events and word of mouth from existing volunteers;
- (m) as well as the structured training programme, there is an introduction programme, one to one support, training with partners and all volunteers are CRB checked. There is a Health Promotion budget of £50,000 to support the Change Maker Programme;
- (n) the volunteers carry information on NHS Health Checks with them so that they can signpost people to GPs and raise awareness of the service;
- (o) the Health Promotion Team work with the Clinical Commissioning Group and other partners in the City to try and co-ordinate health promotion events. The team is also developing a Health Promotion Strategy for the City.

RESOLVED to note the information provided.

26 NOTTINGHAM ADULT MENTAL HEALTH AND WELLBEING STRATEGY

The Panel considered the report of the Head of Democratic Services introducing the draft Nottingham Adult Mental Health and Wellbeing Strategy.

Mandy Clarkson, Speciality Registrar, Public Health, presented the Panel with the following information:

- (a) one in four people will encounter mental health problems at some stage in life. Rates are higher in cities and Nottingham is estimated to have a high rate of adults with mental health problems;
- (b) some of the work covered by the Strategy is already being done, but needs to be captured centrally, and mental health needs to be embedded throughout all of the Council's work. The integration of Public Health in the Council will help promote this;
- (c) work on the Strategy has been ongoing for some time but it is now at the final draft stage. The Strategy sits across Nottingham City Council, Nottingham City Clinical Commissioning Group, Nottinghamshire Healthcare Trust, health and wellbeing partners, third sector and voluntary sector services, and other partners and communities;
- (d) the aims of the Strategy for adults are:
 - improvements in mental wellbeing;
 - fewer people suffering from mental health problems;
 - fewer people suffering disability due to mental health conditions;
 - communities taking their own actions to foster positive mental health and mental wellbeing;
- (e) the next steps include:

- 6 weeks of public and stakeholder consultation;
 - a forum and workshop at the end of November to address how to make the Strategy work for the City;
 - developing an action plan based on the outcomes of the consultation and areas identified at the workshop;
- (f) the overarching consultation question will be ‘do the strategic priorities cover the issues that are relevant to improving mental health and wellbeing for all adult citizens in Nottingham?’
- (g) the questions for each strategic priority will be:
- ‘do you think that the key work areas include the right actions to achieve this strategic priority? Can you suggest other actions which would make a difference?’
 - ‘thinking about all organisations who provide services (public, private, voluntary and community groups) what role can specific (please name) organisations play in helping to achieve the aims of this priority?’

In response to questions and comments from the Panel, Mandy Clarkson and Caroline Hird, Public Health Consultant, provided the following additional information:

- (h) if the consultation identifies that more localised services are needed then work can be done with the Clinical Commissioning Group to address this;
- (i) work will be done with the Nottinghamshire Healthcare NHS Trust to identify who is accessing services and specific research will look at the BME groups that are finding it difficult to access services;
- (j) colleagues in Public Health work closely with colleagues in Early Intervention to ensure services carry over from childhood to adult hood, but transition is always a risk area;
- (k) there is a need in the future to link the work on adult mental health with the Child and Adolescent Mental Health Services, but it is a large piece of work that will take a significant amount of time;
- (l) the current economy and welfare reform will have an impact on the figures for mental health;
- (m) there is still a stigma attached to mental health issues but it’s hoped that this will improve with the work that is being done to support people with mental health issues;
- (n) reducing loneliness and isolation is a key driver in reducing depression in communities.

RESOLVED to request that the comments of the Panel are considered as part of the consultation on development of the Nottingham Adult Mental Health and Wellbeing Strategy.

27 WORK PROGRAMME

Jane Garrard, Overview and Scrutiny Review Co-ordinator, presented the report of the Head of Democratic Services, outlining the Panel's work programme for the remainder of the municipal year. The Chair suggested that the Panel look at the Council's new responsibilities in relation to the NHS Health Check programme, the rates of Health Check offer and take up in the City, compared with nationally and how effectiveness of the programme is monitored and assessed.

RESOLVED to add consideration of the NHS Health Check programme to the work programme.