

**Priority One:**

**Increase options for support housing to enable older people to live independently for longer.**

**Key Facts:**

In Washington 1132 residents over 65 are receiving nursing, community based or residential care services.

We know that there is an emerging older person population but in Washington it is still low in the 85+ age group in comparison to the rest of the City. Around 23,000 residents have tele-care equipment across the City.

**Current Services:**

An Accommodation with Support Needs Analysis was compiled in January 2009. This is a leading document which pulls together information the Council has available relating to older people; learning disabilities and mental wellness, into one place. Sunderland City Council agreed that more evidence gathering was required to establish the actual needs of people with disabilities or a vulnerability living in our City, and how this impacted on their housing provision i.e whether they required purpose built supported accommodation or whether they could be supported to live independently at home with a support package and telecare.

An Older Person Needs and Aspirations Study has been compiled and will be sent out to 1200 people in the city. Sunderland City Council are aiming to gain feedback relating to people's housing needs and aspirations; their current or expected care requirements; whether they require adaptations / aids in their homes to help them to live independently for longer and whether they require any energy efficiency measures in their home e.g. loft insulation, cavity wall insulation etc. In addition Sunderland City Council are compiling the evidence relating to people living in the City with mental health; learning disabilities and physical disabilities. Once all of this information is assessed it will be compiled into a Housing Strategy for Accommodation with Care during 2010.

A care management and assessment project provides advice, information and support about how people can receive the help they would like in daily living.

Gentoo have 35 schemes providing core and cluster support to people in the City: Washington contracts are based at Peacehaven Court and Roseberry Court. In terms of sheltered schemes, core and cluster arrangements are currently based at Hambleton Road, Lambton; Brancepeth Road, Oxclose, and Knoulberry Road Blackfell.

Gentoo also have 37 units in Washington which are leased to other support agencies who provide direct independent support for individuals (from agencies like NECA, WWIN, Norcare, Social Services etc)

Woodridge Gardens extra care housing scheme is located on Oxclose Road, Columbia. It comprises 39 two bedroom apartments of mixed tenure, a restaurant, lounge, activity area, therapy room, hairdressers and guest room. The scheme is being developed in a partnership between Housing 21; SCC and developers Frank Haslam Milan. The building started on site in November 2008 and is due to complete December 2009. Extra care is available to people over the age of 55 with a need for supported or more appropriate housing and have a need for personal care. The Council's website is fully updated with the extra care information:- [www.sunderland.gov.uk/extra](http://www.sunderland.gov.uk/extra) care

There is also a booklet 'A Guide to Extra Care' which is available upon request from Sunderland City Council.

**Actions:**

Lead: Health, Housing and Adult Services from Sunderland City Council  
 Keep Area Committee up to date with the Older Person Need and Aspiration Study and Housing Strategy for Accommodation with Care 2010.

Lead: Area Committee, with support from Health, Housing and Adult Services  
 Committee members to visit Woodridge Gardens Extra Care scheme after 20 November 09.

**Priority Two:**

**Increase one to one support around personal care and raise awareness of the support available in accessing GP's, Carers, resources and equipment etc. to encourage independent living**

**Current Services:**

Provider Name	Sheltered Scheme	Client Group	Beds
<b>Anchor Trust</b>	<b>Whiteladies Close</b>	<b>Older people</b>	<b>48</b>
<b>Gentoo</b>	<b>Knoulberry Road</b>	<b>Older people</b>	<b>35</b>
<b>Gentoo</b>	<b>Lambton Village Centre</b>	<b>Older people</b>	<b>27</b>
<b>Gentoo</b>	<b>Peacehaven Court</b>	<b>Older people</b>	<b>27</b>
<b>Gentoo</b>	<b>Roseberry Court</b>	<b>Older people</b>	<b>32</b>
			<b>169</b>
Provider Name	Supported Accommodation	Client Group	Beds
<b>Adult Direct Care</b>	<b>23 Lumley Close</b>	<b>Learning Disabilities</b>	<b>4</b>
<b>Adult Direct Care</b>	<b>52 Lumley Close</b>	<b>Learning Disabilities</b>	<b>4</b>
<b>Adult Direct Care</b>	<b>Coach Road</b>	<b>Learning Disabilities</b>	<b>6</b>
<i>Adult Direct Care</i>	<i>Outreach Support Service</i>	<i>Learning Disabilities</i>	<i>50</i>
<b>Adult Direct Care</b>	<b>Striding Edge</b>	<b>Learning Disabilities</b>	<b>4</b>
			<b>68</b>
ProviderName	Service	ClientGroup	units
<i>Adult Direct Care</i>	<i>Community Care Alarm Service</i>	<i>Older people</i>	<i>22800</i>
<i>Housing Services</i>	<i>Sunderland Home Improvement Agency Service</i>	<i>Older people</i>	<i>2431</i>
			<b>25231</b>

**Key:**

Bold = fully based in Washington including contracted numbers of units per day and provider/client group  
 Italic = will work into Washington as part of the total city approach

## **Raising awareness of support available to carers, access GP's or receive equipment, etc.**

### **Key Facts:**

Who is a Carer? You are a carer if you look after a family member, friend or neighbour who is unable to manage alone because they have a long-term illness, disability or are frail.

Carers provide unpaid care and support involving personal care (washing, bathing, dressing, feeding etc.), cooking, housework, shopping, listening and much more.

- Carers can be male or female
- Carers can be any age (including children looking after an ill or disabled parent, brother or sister)
- Carers can come from any ethnic, religious or racial background
- Carers can be in part-time or full-time employment

Many people do not recognise themselves as carers. They are husbands, wives, sons, daughters, parents, relatives, friends or neighbours doing what needs to be done to maintain the quality of life for those they are looking after. They may not realise that support is available to help them in their caring role.

One in three people will become a carer at some point in their lives. There are more carers in Sunderland than the national average and more provide care for over 50 hours a week

### **Current Services:**

Sunderland City Council's Health, Housing and Adult Services provide a range of services to adults with a social care need and their carers, following an assessment of need. These services are provided citywide and include:

- Home care
- Day care
- Short breaks
- Equipment
- Supported accommodation
- Residential Care
- Intermediate Care
- Advice on welfare rights
- Direct payments
- Support at home through assistive technology
- Companionship Scheme
- Carers Emergency Scheme

A health provision is being pursued to be provided from Woodridge Gardens Extra Care scheme which, if agreed, will be available to residents living in Woodridge Gardens and those in the local community. There are some planning issues to resolve around additional parking requirements, however, if this is resolved it is likely that a Medical Group will be operational from December 2009 at Woodridge Gardens. Furthermore, the extra care scheme provides a therapy room which enables visiting practitioners to provide local services including, for example chiropody; optician services; community matron provision; flu jabs; complimentary therapies.

The Care Team based at Woodridge Gardens provides both inreach and outreach care provision which means that they will provide tailored care packages as required to those people living in Woodridge Gardens but will also provide services to people living in the surrounding locality.

Library Services have advised that they will provide library services to Woodridge Gardens from their local library at the Town Centre. This will ensure that people living at the extra care scheme are able to access various reading materials.

Sunderland Carers' Centre provides

- Information and advice
- Support and a listening ear
- Support at meetings with health, social services and other agencies
- Carers support groups where carers can meet others in similar situations
- Courses on a range of caring-related subjects
- Social activities to give carers a break
- Newsletter every two months
- Complementary therapies
- Support and activities for young carers
- Opportunities to influence service development

**Carers Groups for Carers of People with Learning Disabilities In Touch Group** This group is for carers of adults with learning disabilities. It meets on the 4th Tuesday of each month at Washington Multi-Purpose Centre, Ayton Road, Crowther Industrial Estate, Oxclose, Washington NE38 0AB, 10.30am – 12 noon.

**Washington Mental Health Carers Group**

This group is for carers of people with mental health problems. It meets on the last Friday of each month, 1.30 – 3.30pm.

**The Galleries Day Unit Carers Group**

It currently meeting temporarily at the Fire and Rescue Service training centre at Barmston Mere, as there usually venue is currently being refurbished. This group is for carers of older people. It meets on the 1st Tuesday of each month, 1.30 – 3pm.

The Carers' Centre has a designated Development Worker for the Washington area who can do home visits or meet carers at a place of their choice in Washington. Help with transport is available to enable carers from Washington to attend specialist carers groups and training courses elsewhere in the city. Any further information ring Sunderland Carers Centre Tel: 0191 567 3232.

**Digital Challenge:** Doctors appointments and repeat prescriptions can be obtained from some GPs online. Libraries can help facility this process via access to IT suites

### **Gaps/Needs:**

- Older people - Floating support, especially aimed at the home owner.
- Mental health - Core and Cluster scheme and floating support for those with mental health and housing needs as there are at present no schemes covering this area.
- Physical disability - Core Housing support scheme and this will be addressed in the long term accommodation plan.
- 1-2-1 support offered should be delivered, where possible, by the same person, to help with consistency and continuity
- Advice needs to be more locally focussed - more relevant to what is generally available for each community/village.
- Lack of recognition and understanding of the role of carers and the support available to them.

- Introduce a Community Notice Board - positioned in village centres. To include contact details for GP's, locality and opening hours for Chemists, and hours/services available at Washington Primary Care Trust. Could provide updated information about pertinent health issues e.g. swine flu.

**Actions:**

Lead: Area Committee

Committee is requested to note further detailed information on each scheme within Health, Housing and Adult Services containing 2 review reports per scheme:-

- Quality rating
- Value for money
- Outcomes for service users
- Future recommendations per scheme

Lead: Sunderland Carers Centre:

- All GPs will receive specific carer training to develop an understanding of the role of carers and recognise and respond to carer's individual needs.

Lead: Sunderland Carers Centre and Area Newsletter:

- Raise awareness at a local level about who is a carer, what they do and the support available to them.

**Proposals:**

**Review**

Area Committee to receive a further report on the "Personalisation Agenda" in relation to encouraging independent living

Lead: Health Housing and Adult Services

Committee is also requested to note the content of the report.

**Priority Four: Strongly link preventative services and primary care.**

**Key Facts:**

Sunderland's unique Wellness Service has developed within the city with the primary aim to improve individual's health and well-being through the provision of physical activity opportunities, lifestyle advice and education within Wellness Centres and in the local community.

The key principles of the Wellness Service is to shift the balance from treatment services to preventative measures and provide Wellness opportunities either as an alternative or support for treatment. As a result of a fully engaged scenario with a range of key partners the service reaches and impacts on the individuals that are most in need and subsequently is contributing to reducing the inequalities that are so prevalent within Sunderland.

The pattern of health deprivation in the Washington area is largely consistent with the overall pattern of deprivation. None of the wards in this area are among the 20% in Sunderland with the lowest life expectancy, with the South of the area is among the 20% with the highest life expectancy. There are particularly disadvantaged areas within the Washington North ward. In relation to child health, the breastfeeding rate is high in the South of the area. Diet among children, as measured by estimates of the proportion of children eating three portions of fruit and vegetables each day, is poor in Washington West ward.

Mortality rates due to heart disease are not of concern when compared with the Sunderland as a whole, with rates in Central and East Washington being significantly lower than the average for Sunderland. There are marked variations in mortality due to cancer however, with rates being particularly high in Central and East Washington wards, but significantly low in Washington North and Washington South. In the South of this area, the estimated prevalence of smoking is among the lowest of all Sunderland wards. The proportion of the population self-reporting a limiting long-term illness is significantly lower than the Sunderland rate in all five Washington wards.

Using the Children in Need census definition 2007, Children in Need indicates those children who are looked after within the Local Authority, supported families or independently, as well as those on the child protection register. There are 482 children living in Washington classed as being a child in need when using the above definition, which equates to around 20% of the total number of children in Sunderland. Of those children, 19 (or 13%) of those children are registered on the child protection register.

Washington South is the only ward that was below the North East and Sunderland averages, and only slightly higher than the national rate. Conception rates in Washington East were in line with the Sunderland and North East averages (ie high), yet Washington West was higher than this again. It is notable that Washington North is significantly higher than Sunderland and North East averages using this information.

### **Current Services:**

Preventative - Wellness Centre

One component of the Wellness Service is the city wide network of co-located facilities and programmes. These Wellness Centres, equipped with the latest Technogym equipment, offer opportunities for all residents to participate in programmes of physical activity, as well as receive support specifically designed around their needs. Three exist in Washington: Washington Leisure Centre; Biddicks Sports College and the Millennium Centre at Concord.

Preventative - Community classes for those over 50's

Exercise classes for people over 50 began in September 2008. Classes are tailored to the needs of individuals and include both seated and standing exercise. The classes improve mobility, balance and co-ordination which decrease the likelihood of falls and increase ability to continue to live independently into old age.

Preventative - Mums on the move (MOTM)

The Mums on the move programme is designed to provide safe, suitable exercise for new mothers. An appropriately qualified instructor leads a session in which new mothers attend, complete with their pushchairs and child. Sessions take place outdoors and promote improved social and mental well-being for the mother, and also physical activity suitable to the participant's physical condition.

Preventative - Wellness on 2 Wheels (WO2W)

The Wellness Service received funding from STPCT to increase physical activity opportunities for its employees over the summers of 2008 and 2009. We have offered employees the opportunity to take part in supervised, free of charge bike rides. The Wellness on 2 Wheels Summer Cycling Programme was viewed as a safe and fun way to introduce participation in physical activity. Bikes, helmets and equipment were provided for all employees who took part and staff also had the opportunity to take along their own bike if they preferred.

Preventative - Wellness.....its a walk in the park

The Wellness Service is in the process of developing, producing and marketing a citywide walking programme. The programme will involve developing a number of 'way marked' routes in

10 city parks, two in each of the city's five areas. Dependent on the size of the park, routes will typically be 1, 2 or 3 miles in distance and will be suitable for walkers, runners, wheelchair users and pushchairs. Washington parks involve Princess Anne Park and James Steel Park. It is anticipated that these walks will be complete and promoted by Autumn 2009

#### Preventative - Free Swimming

Sport and Leisure provide an affordable pricing policy for Sunderland City Council leisure facilities ensuring affordable opportunities exist for all. Free swimming available at Washington for those under 16 and those over 60 at various times.

#### Targeted Intervention - Weight Management Programme

In April 2008 Sunderland Wellness Service was successfully commissioned to review, recruit, re-launch, manage and deliver the new Sunderland Exercise Referral and Weight Management Programme. This programme is an innovative example of an exercise referral system that has evolved out of necessity to meet the health challenges of a diverse city, and ensures that people at risk are identified sooner, and referred onto the appropriate support pathway.

To enable expansion a further 10 dedicated staff were appointed into Sunderland Wellness Service as Wellness Exercise Referral Consultants. To ensure the appropriate teams of individuals were delivering the weight management strand of the programme, City Hospital Dietetic Department were also commissioned by STPCT to expand their team of Dieticians and Community Nutritionists to deliver the educational components. Success of this programme to date includes 100% compliance from all the cities GP practices, over 125 GP's and Practice Nurses refer patients.

#### Targeted Intervention – Maternity Programme

From September 2009, a maternity lifestyle exercise specialist will promote the benefits of physical activity, nutrition and assist with improved lifestyle choices for pre and post natal women and their families within Sunderland. The role of the post holder will be to address specific lifestyle factors with families of new born children which put them at risk of poorer health. The programme will target and offer support to families (mother, partner and siblings) who are pregnant and up to one year after delivery.

#### Targeted Intervention – Workforce and Health and Well being Project

For the next 18 months the Exercise Referral programme is a part of the City Councils Workforce Health and Wellbeing programme. This initial research pilot has been designed to test the effectiveness of targeting a certain group of employees working within Sunderland City Council. This project is being funded by the NHS in partnership with: Sunderland City Council Occupational Health Unit; Gateshead Council Occupational Health Unit and South of Tyne and Wear Primary Care Trust (Public Health Department).

The TPCT agreed to fund this project to find out whether employees would attend Health & Lifestyle Assessment and additional support if they had the backing of their employer. The Occupational Health Nurse refers the eligible employees to the referral programme

Other general work areas include Beacon for reducing health inequalities; Sunderland Wellness Guides and Sunderland Active Project.

#### Woodridge Gardens

Provision of independent living at Woodridge Gardens Extra Care Scheme and links for other people living in the local community to the scheme to access activities and events provided at the scheme. As mentioned previously, it is anticipated that a health provision will be available at the scheme which will compliment the care service provided and visiting health services. It is anticipated that fall prevention amongst older people can be prevented by providing chiropody

and optician services from the extra care scheme, alongside easy access to health provision; flu jabs and potentially other complimentary therapies. The extra care setting provides opportunities for social inclusion; healthy eating and involvement in activities which all provide some element of preventative support.

#### SAFC Foundation

Provide Family Learning (FL) preventative projects promoting healthy lifestyle etc. 3 projects per year take place (each project last 10 weeks). Each project consists of 1 two hour session that takes place each week (excluding school holidays). Each course has an average of 18 participants (8 adults and 10 young people). The 2 of FL projects are located at the Washington Millennium centre and one school based.

The Foundation also provide a Football Friday Youth club- preventative project working with young people looking at reducing risk taking behaviour and raising awareness of physical and sexual health. 1 two hour session takes place every week year round. Each session has an average of 30 young people per session.

#### Washington Mind:

Provides a range of mental health services for adults aged 16 and over experiencing or at risk of developing mental ill health or emotional distress. Current services include talking therapies; counselling, psychotherapy, cognitive behavioural therapy (CBT) and computerised CBT. Therapeutic and alternative group work. Community advocacy, Drop-ins and complimentary therapy. A new targeted service for 16 to 25 year olds was recently established alongside a text service. Mental health awareness raising sessions are provided at community events and for schools, colleges and employers.

#### Bridge Women's Project

Provide support services for Women in Washington: Confidential Listening Services, Embrace (bereavement support); creative expressions group to help with women experiencing stress and low moods; Mature friends, informal support groups for 55+; Drop In Friendship Groups; Health checks and Mini MOTs; Chat 'n' Craft sessions; holistic therapies; Chair based exercise; dance classes; walking group; easyline session and a massive educational programme.

#### Gaps/Needs:

More locally focused projects; take the issues you want to address to the residents. Health issues tend to be promoted in Health Centres and doctors surgeries and need to be promoted more generally.

Road shows or healthy bus, promoting preventative services, to travel around villages. Or at least have a prominent display in public areas - e.g. Galleries Shopping Centre, Bus Interchanges.

Waiting times for therapy relating to mental illness/health are too long. There is a clear need to engaging with hard to reach groups and reduce stigma attached to mental ill health

#### Use of Alcohol

A recent healthy equity audit and work carried out as part of the regional Consultation on alcohol as well as the TPCT Residents survey has demonstrated hot spots across the city for excessive consumption of alcohol- looking at adverse impact on health rather than the antisocial behaviour aspect. This excessive consumption is against a background of the whole City having a poor profile in relation to alcohol indicators. This research is being further analysed to deliver locally focused information and Washington area is being identified as a site for specific action.

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## Mental health

The Centre for Public Mental Health at Durham University produced a profile of individuals identified in the primary care trust boundaries with neurotic disorders. Using this analysis, we have been able to determine that Washington North is the only area in line with the City average for neurotic disorders, all other Washington wards fall below this level. It is also worth noting that all Washington Wards fall below the city average for depression.

The TPCT has engaged with a range of partners in the Washington area, Council, schools, primary care and third sector to deliver interventions which sustain and promote healthy lives. To deliver sustainable health improvement, strategically we need to focus on those core causes of poor health and maximise local people's opportunities to benefit.

Being completely strategic about health improvement and knowing what we do with regard to the Washington Profile the areas that need a different steer/emphasis relate to smoking, obesity, and alcohol (relating to early mortality and inequalities in life expectancy) and emotional health and wellbeing (for both children, young people and adults) with sexual health (Chlamydia and teenage conception) principally for people aged under 25 years as further areas.

SAFC Foundation: There is a current gap in funding for the Football Friday 'Kickz' youth provision operating out of Washington Millennium Centre in Concord. SAFC Foundation has recently employed a member of staff to increase the number of nights Kickz operates to three nights per week after consultation and encouragement from partners including the Police and local young people; however the sustainability of this provision is under threat if funding is not secured.' £15K, this funding would pay the salary of the additional worker for 12 months – from March 2010 to March 2011. In doing this, there would be an increase of positive diversionary youth activity provision from the current one night per week to three nights per week – 48 weeks of the year, an additional 96 sessions (total of 144 sessions). This would also provide the opportunity of Foundation securing further funding to secure sustainability of the project. A representative of SAFC Foundation will be present at the meeting should you have any further questions about the project.

### **Actions:**

Lead: Area Committee.

Raise awareness about the Active Bus present throughout the year at Washington Galleries and other venues, on a 12 week timetable within Washington engaging with the community to support those who are not sufficiently active and signposting them to activities or support services if required. Opportunities on bus for individual to be 'check and tested' provided with baseline data encouraged to re visit in 12 weeks time to see improvements.

Lead: Sunderland City Council, Wellness Services

A number of projects to be delivered engaging with individuals within this geographic area ensuring opportunities are effectively communicated to them and where appropriate provision is created. Develop and deliver a core offer which connects communities with sport and physical activity opportunities which includes wellness, swimming, play and sport.

### **Proposals:**

Lead: Area Committee. Allocation of SIB/SIP: Committee is requested to agree the provision of £15,000 to enable the continuation of the project between March 2010 to March 2011.

Lead: Area Committee. To consider the Washington Profile with regards to health improvement and refresh the priorities under the theme to take account of the need to emphasise smoking, obesity and alcohol, relating to early mortality and inequalities in life

expectancy and emotional health and well being for both children, young people and adults in the Washington area.