

At a meeting of the HEALTH AND WELL-BEING REVIEW COMMITTEE held in the CIVIC CENTRE, SUNDERLAND on WEDNESDAY, 11TH MARCH, 2009 at 5.30 p.m.

Present:-

Councillor N. Wright in the Chair

Councillors A. Hall, Old, Shattock, D. Richardson, D. Smith and A. Wilson

Also in attendance:-

Councillor R.D. Tate

Nonnie Crawford	-	Director of Public Health
Sharman Cummings	-	Northumberland, Tyne and Wear NHS Trust
Graham King	-	Head of Performance, Commissioning and Change Sunderland Council
Sharon Lowes	-	Development Manager, Integrated Services, Sunderland Council
Jacqui Reeves	-	Washington Mind
Ben Seale	-	Safer Sunderland Partnership, NHS South of Tyne and Wear

Welcome and Introductions

The Chairman welcomed everyone to the Committee and invited all those present to introduce themselves.

Apologies for Absence

Apologies for absence were submitted on behalf of Councillors Chamberlin, Fletcher, Francis, Leadbitter and I Richardson.

Apologies were also received on behalf of Carol Harries and Russell Patton.

Minutes of the Last Meeting

1. RESOLVED that the minutes of the meeting held on 11th February, 2009 (copy circulated) be confirmed and signed as a correct record.

The following matters arising were raised.

The Chairman advised that she had met with Rhiannon Hood, Assistant City Solicitor, to consider best practice for Co-opted Members to Overview and Scrutiny Committees within other local authorities. It was hoped that the agreed Co-opted Members could be formally invited to join the Committee for the commencement of the new municipal year.

With reference to the established Task and Finish Working Group to consider home care provision in the private sector, the Chairman advised that members of the Group would be undertaking a visit to various home care organisations on Monday, 16th March.

The Chairman advised that the official opening of the Section 136 facility had taken place on 24th February. The Chairman had attended and commented that the facility was excellent. The investment and careful planning that had gone into the facility was a definite and much welcomed improvement to psychiatric services within Sunderland for users, carers and staff.

In response to a question from Councillor D. Richardson regarding refurbishment of the East and West Willows at Cherry Knowle, Ms. Sharman Cummings advised that the works were still on track and the Committee would be kept informed of progress.

Declarations of Interest

There were no declarations of interest.

Cabinet Report – Councillor Call for Action Guidance

The Chief Executive and City Solicitor submitted a report (copy circulated) on the draft guidance relating to the new powers for Councillors designed to help them solve problems in their wards.

(For copy report – see original minutes).

Nigel Cummings, Review Co-ordinator, presented the report and gave a synopsis of the draft guidance and examples of a Councillor Call for Action.

Members welcomed the new powers, specifically the provision of giving Members the opportunity to ask for discussions at Scrutiny Committees on issues where local problems had arisen and where other methods of resolution had been exhausted.

The Chairman commented that the ability for Members to make decisions at a ward level and bring real improvement to their local area was a positive step.

2. RESOLVED that the contents of the Councillor Call for Action Guidance be endorsed.

Positive Approach to Mental Health and Wellbeing in Sunderland – Sunderland TPCT

The Director of Public Health submitted a report (copy circulated) to give a presentation to identify to Members a number of areas where action was required by all partners locally to deliver improved mental health and wellbeing across the City.

(For copy report – see original minutes).

The Chairman welcomed Nonnie Crawford, Director of Public Health, to the Committee and invited her to give a PowerPoint presentation to the Committee.

(For copy presentation – see original minutes).

Dr. Crawford highlighted the following issues:

- Poor mental health contributes significantly to overall health inequalities:
 - Mental health problems were estimated to be the commonest cause of premature death.
 - WHO (2005) attributed 31.7% of all years lived with disability to mental health problems.
 - In 2002, the WHO calculated that 26.1% of the total burden of disease in the UK was attributed to mental illness (including suicide) – compared with 17.2% for cardiovascular disease and 15.5% for cancer.
- The wider costs of mental health problems were estimated to cost the Country £77 billion a year, mainly due to people with stress related and mental health problems being unable to work.
- The Vision: Shifting focus from illness to well-being:
 - Mental health more than absence of mental illness.
 - Shift from treatment to providing greater focus on promoting wellbeing in the whole population and early intervention for high risk groups.
 - Positive mental health is a key asset which benefits physical health, educational outcomes, families, community safety and the economy.

Key messages from the following approaches were highlighted:

- Ensure a positive start in life.
- Build resilience and a safe secure base.
- Integrate physical and mental health and wellbeing.
- Develop sustainable connected communities.
- Promoting meaning and purpose.

Councillor D. Smith referred to the statistic that 10% of children have mental health problems and enquired about the scope of the figure.

Dr. Crawford advised that

- Children's mental health conditions could range from depression to autism. Over the last 15 years there had been greater clarity and analysis of symptoms into types of disorder.
- Within the 10% statistic there would be 2 or 3% of children that would be languishing.
- Dr. Crawford stated that often childhood dysfunctional problems had been 'managed' through coping strategies, but the causes had not been treated, which could manifest into behavioural problems later in the child's life.

Councillor A. Hall thanked Dr. Crawford for the very thought provoking presentation and commented that the term 'happiness' was not one that was often associated with the health agenda and instead tended to be linked with leisure. However, collective happiness was something all partners strived for within the wellbeing agenda.

Dr. Crawford referred to the British Economist, Richard Layard, and his research into 'happiness'. He concluded that once a certain economic level was reached there was not a corresponding incremental increase in happiness.

Dr. Crawford advised that locality working was an extremely effective way to understand that health needs of the local community and services needed to be responsive. Moreover, while these services should be excellent there also needed to be a strong focus on prevention.

Sharman Cummings, NTW NHS Trust, advised that wellbeing clinics had been established by the Trust, and they looked to treat an individual's health from the physical aspect too.

Councillor Shattock referred to childhood mental health and asked how early problems in a person's life could be prevented from carrying on to adulthood. She questioned what the role of schools/teachers was in this issue.

Dr. Crawford advised that

- The Director of Children's Services would be best placed to answer the question.
- The Children's Services Health Lead, Janette Sherratt, would be able to provide Members with an overview of the Social and Emotional Aspects of Learning (SEAL) curriculum which had the aim of providing a structured framework and resource for teaching social, emotional and behavioural skills as a whole school approach for all pupils.
- Work was also being carried out into addressing childhood poverty, universal services to help children and the need to recognise when children were languishing.

Councillor Shattock questioned whether a child with mental health problems was more likely to be a victim of bullying.

Dr. Crawford agreed to find the information out.

Jaqui Reeves, Washington Mind, advised that when she had worked within the CAMHS Team of Children's Services, the "Happy in Our Heads" report undertook consultation with vulnerable children and young people in Sunderland to find out their views with regard to the accessibility of services. A key finding from the survey was that children preferred to access services outside of the school setting.

Dr. Crawford suggested that Children's Centres had a key role to play in improving outcomes for all young children ensuring families have access to age appropriate services throughout childhood.

Councillor A. Hall asked what was being done to identify and help children who have parents with mental health problems.

Dr. Crawford advised that

- These cases were not consistently targeted but identification was improving. A secrecy culture still surrounded adult mental health which made identifying children in these families more difficult.
- Asking the right questions and recording which adults were parents in Adult Services and which children have parents with mental health problems in Children's Services was very important.

Ailsa Martin, Director of Sunderland Carers Centre, advised that the Centre was the lead on a successful bid for a share of Extended Pathfinders for Young Carers Project. The pilot would aim to identify at an early stage children at risk and reduce the impacts of parents' problems on children's life chances. Ms. Martin advised that the project was very much in its infancy, however, NTW NHS Trust and City

Hospitals had been very supportive and the Mental Health Social Work Team were very positive in their engagement.

Dr. Crawford reiterated the need to target the people on the 'languishing' side of the spectrum and change their functioning to 'flourishing'. There were challenges still to be met around involvement and engagement.

The Chairman gave a personal example of an individual's mental health having vastly improved through the support of a mentor. By encouraging the individual to engage in social activity and "not change the world, but change her world", the individual was able to achieve productive change in their mental health, both in how they felt and how they lived their life. The Chairman stated that new ways of working which were helpful and supportive in achieving better mental health must be addressed. The Chairman advised that there could be further work for Members of the Committee in considering mental health status in Sunderland, particularly with regard to the barriers for people 'flourishing' within the City and ways to identify those people who were 'languishing'.

Dr. Crawford suggested that it would be useful for all Directorates, including NHS South of Tyne and Wear to address the Committee and give a presentation relating to their priorities for mental health and wellbeing in the City.

The Chairman having thanked Dr. Crawford for her presentation, it was:-

3. RESOLVED that:
 - i) the contents of the presentation be received and noted;
 - ii) the Directors of Health Housing and Adult Services, Children's Services, Community and Cultural Services, Development and Regeneration and a representative from NHS South of Tyne and Wear are invited to give a presentation on the individual Directorate's approaches to promoting public health and wellbeing in the City.

Service Developments in Alcohol Misuse – NHS South of Tyne and Wear

The City Solicitor submitted a report (copy circulated) to inform Members of the enhancement in services to tackle ill health issues brought about through alcohol misuse across Sunderland, South Tyneside and Gateshead.

(For copy report – see original minutes).

The Chairman welcomed Ben Seale, South of Tyne and Wear NHS Trust, and invited him to give his presentation.

Mr. Seale advised the Committee that the main objectives to the service enhancements were:-

- Delivery of high quality and accessible treatment to residents.

- Better outcomes for those suffering with alcohol problems.
- Early detection of alcohol issues via screening and brief interventions.
- Intensive work with offenders that have alcohol issues to contribute to the reduction of crime and disorder.

The Chairman commented that it was pleasing to see that £2.5 million was being allocated to Sunderland to enhance services.

Councillor Richardson stated that intervention through the probation service was very important.

Dr. Crawford advised that it needed to be borne in mind that there was a hidden story to binge drinking that was not linked to the night time economy. A lot of sustained and harmful drinking occurred in adults in their own home.

Councillor Shattock stated that there needed to be more clarity regarding units of alcohol, particularly given the prevalence of people drinking in their own homes where quantities would be unmeasured. Supermarkets selling alcohol cheaply could also contribute to binge drinking.

Councillor A. Wilson commented on the culture of alcohol consumption and the difficulties of re-educating adults about the dangers of alcohol. Perhaps a more effective approach would be an education programme targeted at children about the dangers of excessive alcohol consumption to deter them from binge drinking.

The Chairman thanked Mr. Seale for his presentation.

4. RESOLVED that the contents of the presentation are noted and Mr. Seale is invited back to a future Committee to give feedback on service developments.

Update on Policy Review Recommendations – ‘Quality Commissioning for Vulnerable Adults’

The Director of Health, Housing and Adult Services submitted a report (copy circulated) to update the Committee on progress against the policy review recommendations from the Quality Commissioning for Vulnerable Adults Policy Review 2007/08.

(For copy report – see original minutes).

The Chairman welcomed Graham King, Head of Performance, Commissioning and Change.

The Committee agreed to take each recommendation in turn to consider progress to date and sign off completed recommendations where appropriate.

Recommendation 1: Effective methods of comprehensively communicating the Council's vision.

In light of the Directorate's 15 year plan and 3 year delivery plan, it was agreed to sign off the recommendation.

Recommendation 2: Revise methods of consultation.

Mr. King advised that 2 posts had been appointed to strengthen how the Directorate undertakes consultation. It was agreed to sign off the recommendation.

Recommendation 3: Implementing a feedback mechanism.

As the process for feedback was still under review, the recommendation was ongoing.

Recommendation 4: Starting Point database.

As work continued to be proactively undertaken in relation to Starting Point it was agreed to sign off the recommendation.

Recommendation 5: Review existing internal communication arrangements in Health, Housing and Adult Services.

As changes had been made to existing internal arrangements it was agreed to sign off the recommendations.

Recommendation 6: Develop the strategic needs assessment.

It was agreed that this work was ongoing.

Recommendation 7: Implementing more formal partnership arrangements.

It was agreed that this work was ongoing.

Recommendation 8: Embed principles of 'Independence, Choice and Risk'.

As a Strategic Commissioning Framework Group had been established to take forward the recommendation, it was agreed to sign it off.

Recommendation 9: Support smaller third sector organisations to build capacity.

It was agreed that this work was ongoing.

Recommendation 10:) Direct payments and
Recommendation 11:) individualised
Recommendation 12:) budgets

It was agreed that this work was ongoing.

Recommendation 13: Knowledge of the voluntary sector.

As work was under review, it was agreed that this work was ongoing.

Recommendation 14: Skills and competencies for providing support.

Mr. King advised that service specifications were being developed to ensure they reflect the outcomes expected for individuals, which sets out for providers the expectations of the staffing, physical environment and activities to be provided. Members agreed to sign off the recommendation on the condition that the Committee was kept up to date with progress.

Recommendation 15: Formal encouragement for external organisations.

The recommendation was ongoing and Mr. King suggested that the Tyne and Wear Care Alliance give a short presentation to a future committee in relation to quality assurance. This was agreed by Members.

Recommendation 16: Role of the service area in the procurement process.

The appointment of a new Procurement Manager and the development of the 3 year delivery plan had provided the Directorate with opportunity to review the whole procurement process. Members agreed to sign off the recommendation.

Recommendation 17:) Procurement
Recommendation 18:) training

Members agreed to sign off the recommendations.

Members agreed that the three Care Management and Assessment Recommendations were ongoing.

Ailsa Martin, Carers Centre, made reference to carers' assessments and advised that there needed to be a willingness on the part of carers to undertake an assessment.

The Chairman thanked Mr. King for his report and commended the people who had been involved in the progress of the recommendations; clearly a vast deal of work had been carried out.

5. RESOLVED that:-

- i) Members note the progress made against the recommendations and sign off the recommendations agreed above;
- ii) the Tyne and Wear Care Alliance be invited to a future Committee to give a short presentation on quality assurance of providers.

Dementia Care in Sunderland – First Draft

The City Solicitor submitted a report (copy circulated) to provide Members of the Committee with the first draft report from the evidence gathered in relation to this year's policy review on dementia.

(For copy report – see original minutes).

Nigel Cummings, Review Co-ordinator, presented the report advising that the report provides in detail, the evidence, research and conclusions drawn throughout the review process and Members were asked to comment on it for relevance, clarity and accuracy.

The Chairman informed the Committee that the Expert Jury Day had gone well and had been a very humbling experience.

The Chairman and Vice Chairman would be meeting with Nigel Cummings and facilitators of the expert jury event, Sharon Lowes and Ann Dingwall, to consider recommendations. Other Members were also welcome to attend.

6. RESOLVED that:-
- i) Members provide comments on the draft report to Nigel Cummings; and
 - ii) Members consider themes and issues for the recommendations to be included in the Policy Review Report.
 - iii) The final report is presented to the Health and Wellbeing Review Committee at its April 2009 Committee.

Work Programme 2008/09

The City Solicitor submitted a report (copy circulated) to provide for Members' information the current Work Programme for the Committee's work during the 2008/09 Council year.

(For copy report – see original minutes).

7. RESOLVED that the contents of the report be received and noted.

The Chairman thanked all those present for their attendance and closed the meeting.

(Signed) N. WRIGHT,
Chairman.