

**TONBRIDGE AND MALLING  
HEALTH ACTION TEAM**

**MINUTES**

**Wed 26<sup>th</sup> February 2014  
14:00-16:00**

**Present:**

Jane Heeley	Chief Environmental Health Officer, TMBC
Heidi Ward	Healthy Living Co-ordinator, TMBC
Anthony Garnet	Licensing & Community Safety Manager
Martin Guyton	Chief Executive TMLT
Alison Finch	Safer & Stronger Communities Manager TMBC
Linda Hibbs	Private Sector Housing Manager
Satnam Kaur	Chief Housing Officer
Kas Hardy	KCC Public Health Specialist
Sarah Padfield	Health Improvement Assistant
Glen Page	Family Focus
Jeni Ashmore	Leisure Services
Jill Roberts	CEO MIND Sevenoaks
Karen Leslie	Home Improvement Agency

**Actions****1. Apologies, welcome and introductions**

The meeting was chaired by Jane Heeley and apologies were sent from Mark Raymond & Stephen Greg.

**2. Minutes and actions of previous meeting**

- Kallie Hayburn will provide CCG representation on the group.
- LH and KH agreed to link together about the winter deaths
- JH confirmed that the Health inequalities update postponed from the last meeting would be given at this meeting

JH  
KH/LH

**3. 'Time to Change' – Sevenoaks area Mind – Jill Roberts**

Jill Roberts gave a presentation on Sevenoaks Mind and 'Time to Change'. Sevenoaks Mind is affiliated to National Mind but are run and funded independently at a local level. They are 3 years into a 5 year plan; development was needed in both Sevenoaks and Tonbridge but it was felt that it was difficult to focus on both areas at the same time so the first 3 years of the plan was to develop Sevenoaks. This phase of the plan is now coming to an end, and the second phase is to develop in Tonbridge with key aims being to support mental health, building stronger communities and to overcome stigma and discrimination around issues to do with mental health. This is timely as Platform 51 is closing down and Sevenoaks Mind are taking on

some of their services - Harmony group and the Jasmine group (commissioned by TMBC). Keeping the same people delivering the programmes. At Platform 51 these services were only open to women, however now Mind is providing these programmes will now be available for men. It is planned to also offer support groups, arts and crafts, sports, gardening, one to one sessions in Tonbridge.

Jill then updated the group on the 'Time to change' programme explaining that it is national programme/movement running Kent wide. The purpose is to break down stigma on mental health issues in partnership between Rethink and Mind. 41 people with mental health problems have been recruited as volunteer ambassadors aimed at attending events and sharing their experience of suffering from mental health problems. The aim is to raise awareness of mental health issues so that more support can be given and there is less reliance on mental health services. Data collection is by means of an evaluation tool (questionnaire) which contributes towards national targets.

#### **Actions**

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|---|----------------|
| • Jill agreed to link in with HW to let her know what's going on locally.   | JR/HW<br>JR/MG |
| • Jill and Martin to liaise about physical activity sessions in Tonbridge.  | JR/HW          |
| • Jill and HW agreed to liaise regarding a Weight Management Programme at Sevenoaks Mind.   | JR/HW<br>JR    |
| • HW to put Jill in touch with RBLI as a contact  | HW             |
| • MG and AF agreed to liaise with Jill regarding front line training for staff.   | MG<br>AF       |
| • Linda agreed to liaise with Jill with regard to linking in with training and what TMBC housing can offer with broader training. |                |

#### **4 Troubled Families Agenda – Glen Page**

The Troubled Families Agenda is a 3 year national initiative focussed on improving the life chances of Kent's most disadvantaged families. The criteria for inclusion are based on three main elements; reducing the number of school exclusion/absences, reducing crime/Anti-social Behaviour and improving work readiness.

Families need to meet 2 out of 3 of the following criteria to be eligible for the initiative;

- Children not attending school/been excluded, schools have concern about child/children.
- family members involved in crime or anti social behaviour
- No adult in the family working.

In year 1 there were 74 families were invited onto the programme and this year the target is 75 families but so far 43 families have been enrolled. Although this is similar to other areas, they are presently looking into East Kent model as they have a higher success rate.

Glen asked that if anybody that knows of a potential family for the programme please refer as they are slightly short on numbers.

Linda to nominate potential families for programme from her contacts. LH

## 5. Kent integrated adolescence support service (KIASS) – Overview

Glen Page updated the group on behalf of Akua Agyepona who sent her apologies but was hoping to attend the next HAT meeting. Glen briefly explained that KIASS aimed to deliver better integrated working through a new integrated multi-disciplinary and multi agency service model operating as part of the new Preventative Services Directorate within KCC. KCC staff will be integrated into one team as part of this transformation process (Youth services, Youth offending services) The development of KIASS will lead to integrated pathways into and across services. HW

The aim of the service is to deliver early and effective interventions for young people to prevent situations escalating into situations such as children going into care or committing crime.

## 6. Health update TMBC

### Health inequalities Action Plan update

JH gave an update on the Health Inequalities Action Plan for TMBC. JH explained that the plan was aimed at systematically addressing health and wellbeing outcomes and inequalities in Tonbridge & Malling by aiming to reduce the gap in life expectancy between those living in the most deprived areas and those living in the more affluent areas of T&M.

The plan follows the life course and is split into six chapters, to mirror the Kent Plan. All the Council's services are involved in its delivery in a co-ordinated way and to monitor ur progress with the plan an Officer Study Group has been established, the first meeting is due on 19<sup>th</sup> March.

It was agreed that the Health Inequalities Plan should be put onto the Council's website. HW

HW gave an update on the latest family weight management programmes that are running – LEAP – Learn Eat and Play is a Family weight management programmes that aims to help families with an unhealthy weight to make behaviour and lifestyle changes. HW

JA to link with HW about getting children from play schemes into the LEAP programme. JA

With regards to the Health Improvement programmes 2014/15 HW explained that JH and HW would be meeting with KH shortly to confirm commissioning intentions for 2014/15. HW explained that a proposal template had been developed to support those being commissioned to deliver programmes to ensure that there was a clear focus on the aims objectives and budget outlines for the programmes they were wishing to deliver. HW also explained that they would also ensure that clear Service Level Agreements were put in place this year to ensure that delivery specifications were clear.

With regard to the TMBC priority to support businesses to have healthy workplaces, Jane Heeley and Anthony Garnett agreed to liaise about taxi driver health. AG/JH

## 7 Meeting update

CCG – JH explained that the CCGs were keen to know about the role of districts in supporting mental health initiatives, Community Safety Partnerships and that this had been deferred to the next meeting. JH explained that WKCCG had set up a range of Task & Finish groups; JH attending the Smoking one and HW attending the Childhood Obesity and Mental Health Task Group. These groups were coming to an end with reports being pulled together. JH is to report on findings on Smoking Task and Finish Group. HW reported that the Childhood Obesity Task & Finish group was likely to continue so that regular reports could be fed into the CCG. JH

## 8 AOB

Karen Leslie updated on the Winter Warmth Programme. This programme is funded by KCC and Enterprise and there is a criteria that the owner, tenant must be over 65 and diagnosed with a health condition to qualify. This has been problematic because GPs want to charge for diagnoses. Once the person qualifies The Home Improvement Agency provides a home assessment and puts them in contact with initiatives for home improvement such as ECO. KL explained that ECO (Energy Compliant Obligation) is a government initiative, whereby energy companies support those in fuel poverty with energy efficiency improvement such as insulation. Unfortunately the funding was being reduced

KH attended a 6 ways to well being information day organised by Ivan Rudd. KH explained that Kent Sheds project is now running and the contract went to Groundwork. KH also explained there was funding for projects around Gurkers and agreed to email the contact to Heidi. KH also spoke about available funding (KCC business portal) - funding (35k per district) for creative arts and wellbeing.

Jill Roberts also requested that outreach venues for one to one counselling are needed. AF mentioned the St James's Centre in East

Malling could be a potential venue. HW also mentioned that there are several Children's centres across the borough that could also be used. JA to look into Tonbridge hub as a potential venue – unsure as to whether this venue is just available for adolescences.