

Healthwatch Kingston Board Meeting (Part A)	Date: Wednesday 29 th May 2019
Report Title: Projects and Outreach Officer	Author: Scott Bacon (SBA) Projects and Outreach Officer (Learning Disabilities)
PART A Agenda Item: 10	Appendix: No

FOR DISCUSSION AND/OR DECISION
The purpose of this report is to update the HWK Board on recent and planned Projects and Outreach.

All Ages Learning Disability Partnership Board

We held a partnership board meeting on April 30th.

The two groups doing project work (Communication and Health and Wellbeing) have organised their second meetings.

The communications group have invited Achieving for Children to talk about the Local Offer and Staywell/Kingston Voluntary Action to talk about Connected Kingston. This meeting will take place on 21st May 2019.

The Health and Wellbeing group will meet again on 29th May 2019.

Community Event

The first community event is being held at Kingston Hospital on 17th July. The event will focus on promoting the partnership board as well as healthcare providers in Kingston.

The event will be an opportunity to get more members involved in the board and also get the community’s views on chosen issues regarding health care in Kingston.

Outreach Work

I have met with Grace Over at Achieving for Children to see if there is any support she can give to outreach work at schools and also to ensure that we are not duplicating discussions at schools. She is unable to support on a regular basis but we will meet every other month to ensure that her work for AFC and the partnership board work are not duplicating.

The second forum at Orchard Hill was postponed twice due to staff shortages. A new date is being organised.

The second forum at Bedelsford was also cancelled due to staff shortages. The school would like to discuss mental health in the next meeting which is still to be arranged.

Dysart school have linked in with KCIL (Kingston Centre for Independent Living) through initial contact made by Healthwatch and will review the new surface being laid outside Kingston train station. Dysart have expressed further links with KCILs access group which reviews physical access in Kingston.

I have expressed my concern with the schools that I need to be careful I am not spending too much time on supporting the schools link with KCIL and other groups as it's not my role. However, it does support the work of the All Age Learning Disability Partnership Board while maintaining regular and positive contact with schools and other organisations.

Kingston Hospital

The 15 Step Challenge with students from SEN schools will take place in September. Representatives from Orchard Hill, Dysart and Bedelsford will support this. An exact date is to be confirmed but will be late September to allow the schools to return after summer holidays.

We are a part of the Acute Care Learning Disability Collaborative which is reviewing acute care at Kingston Hospital for people with Learning Disabilities. The next meeting is the 11th June.

Learning Disability Task Group

healthwatch
Kingston upon Thames
Are looking for people to be part of the
Learning Disabilities Task Group



The group is for people with learning disabilities and/or their families and carers
We review local health and care with the people who are using the services.

Our first meeting is:

Tuesday 25th June 2019

2.00pm - 4.30pm (with breaks)

Kingston Quaker Centre, Fairfield East,
Kingston, KT1 2PT

To find out more and get involved
Contact Scott Bacon on
0203 326 1255
scott@healthwatchkingston.org.uk



The first date for the task group has been confirmed for Tuesday 25th June 2019. There has already been suggestions of the first agenda being Acute Care at Kingston Hospital. But this will be up to the group.

We will also use the All Age Learning Disability Partnership Community Event as an opportunity to recruit new members and also use their views to steer our first piece of work.

Staff Recruitment

The Learning Disabilities Support Officer position is being promoted.

We worked with Involve on the job description and person specification for the Learning Disabilities Support Officer to ensure it was easy to read and made sense. This (checking your paperwork and recruitment process) complies with becoming a disability confident employer.

Youth Out Loud! (YOL!)



The launch event for YOL! happened at Heatham House on 8th April. It was well attended and the professionals were very impressed by the young people's knowledge as well as the work they had already done (launch video and 15 steps challenge).

The young people have expressed an interest in doing more reviews as well as making the next video. So we will be working with partners to make YOL! as interesting as possible

A meeting was held on 13th May with key stakeholders to discuss the next video which will be about mental health and self-harm. The exact content of the video will be up to the members of YOL!

We met with Candice from YMCA to discuss how the young people can use social media responsibly as well as how we plan to use social media for YOL! One of the suggestions to raise our profile is a selfie challenge. Taking a selfie doing something or being somewhere that helps you relax and maintain good mental health.

Linked to the aims of Healthwatch and also what the young people want to do at YOL! there have been meetings arranged with off the record (drop in counselling in Richmond), Sarah Freeman at Wolverton Clinic at Kingston Hospital (sexual health) and we have Annika Clark (clinical psychologist and professional lead for early help and wellbeing at SWLSTG) coming to speak about Self harm on 17th June.

YOL! has joined with the Kingston and Richmond Youth Council to bolster numbers especially at exam time where the young people are struggling to make commitments outside of school. We held our first joint meeting on 20th May and discussed the Start Well part of the Kingston and Richmond Health and Care Plans. There were 6 young people all engaged raising very interesting points around cuts to 'non' health care providers and the knock on effect such as the Rose Theatre has had funding cut which could lead to closure and losing the sense of community and positive mental health that comes from being involved with the theatre. Also the focus on obesity yet school lunches (secondary schools) are very unhealthy and the healthy options inside and outside of school are more expensive and often unappealing.

Mental Health First Aid Training

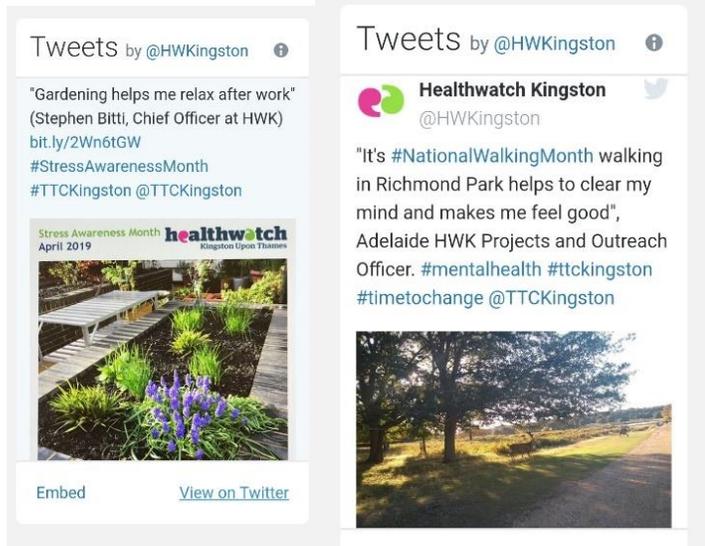
I have attended Youth Mental Health First Aid. It was the full two-day course so I can support a young person in crisis or spot signs before it reaches this point.

From the training I learnt one of the biggest things we can do is to help reduce the stigma so people feel more confident to speak out and seek help. This is one of the aims of Healthwatch and we have recently discussed increasing our social media output as part of our time to change employers pledge.

Myself and Stephen will attend the Adult Mental Health First Aid training in June.

Social Media

We discussed linking our social media output to national events. Most recently Stephen and Adelaide tweeted from Healthwatch Kingston's twitter page about stress awareness month and walking month.



Sending out tweets like this increases the profile of Healthwatch Kingston, normalises the conversation about maintaining good mental health and personalises us as staff. We also plan to continue to send out things we do to maintain good mental health, whether there is a current theme or not.

The next awareness campaigns we will tag into are all in June. Healthy eating week (10th - 14th), Men's Health week (10th - 16th) and Fathers mental health day (17th).

After these the next one is September 10th - Suicide Prevention Day. As you can see there is a need to fill in gaps to keep the conversation going and maintain regular output on social media.

Mental Health Task Group

Initial contact has been made with CAMHS to present to the Mental Health Task Group on the 16th June. There has been no reply so far and this will be chased next week (29th May).

An invitation to the initial meeting with stakeholders will be sent out this week with a deadline in a fortnight. This meeting will take place in late June or early July.