

**Forest of Dean Health Forum
West Dean Centre, Bream
Tuesday 2nd July 2019 - 7.00-9.00pm**

Minutes

Present:

**Albert Weager - Chair
Jim Spiers - Treasurer
Chrissie Johnson - Public
Peggy Jordan -Public
John Simister - Coleford TC**

**Linda Vaughan - Secretary
Hilary Bowen - 2G Governor
Ruth Wadley - Newent TC
Di Martin - FODDC/Cinderford TC
Gary Deighton - FODDC**

Welcome and Introductions.

**Speaker: Gary Deighton
Healthy Lifestyle Coordinator
Community Wellbeing Service Forest of Dean**

Gary explained that he has been the Health Delivery Lead for the Forest of Dean District Council for 6 years, originally running the exercise referral scheme which supported GPs, Physio, Cardiac and Respiratory Rehab, falls etc. This started as a pilot in 2014 and was extended in 2015 to include the Community Wellbeing Service which is linked with the NHS Long Term Plan, giving Health and Social support to people over the age of 16, either via the GP, community nurse, physio or self-referral. The Community Wellbeing Service is accessed through a District Hub based within the Community Engagement Team at the Forest of Dean District Council.

The Service employs 5 or 6 people with 2 community agents. People can be seen at a regular time at the GP surgery or in some cases in their own home to find out what the main concerns are and how to address them. The service is person centred and tries to establish the best way to prevent and manage chronic conditions by asking people what is important to them and how they feel they could best address their problems. The Forest of Dean Healthy Lifestyles Exercise Referral Scheme and the Gloucestershire Healthy Lifestyles Schemes work alongside each other: both signposting to the appropriate service:

The GP Referral Pathway:

- Exercise on Referral
- Falls Prevention
- Cardiac Rehabilitation
- Respiratory Rehabilitation
- Weight Management
- Cancer Rehabilitation
- Pilates and Back Care
- Health Walks and Parkrun
- Community Wellbeing Service and Social Prescribing

Our Commissioners are looking at data to see what is working well and where there is room for improvement.

Contact details: Telephone 01594 812447 Website www.fdean.gov.uk

A copy of Gary's presentation and a timetable for classes will be sent out to members.

Apologies: Cheryl Haswell, Lynn Sterry, Roger Sterry, Ingrid Barker, Paul Roberts, Jackie Jenkins, Arin Spencer, Claire Vaughan, Anwen Thomas, Gaynor Raine, Dog Battersby.

1. Matters Arising from minutes of June 2019 -Nil

2. News Updates and correspondence

- There is a breathe-easy group at Great Oaks
- It was suggested that Parish Magazines could do an article on the Forum.

3. Chair's report - attached.

Albert reported that the transfusion service is asking for more machines for cell salvage.

The National Association of Patients Annual Conference looking for:

- consistent quality of outcomes
- collaboration
- data gathering
- patient centred care
- good leadership
- assessment of technology

The Integrated Locality Partnership is in its infancy but has already had an impact on Complex Care at Home and GP extended hours.

4. Members Reports and questions

5. Treasurers Report - £912.14

6. Future meetings:

At our September meeting we will have speakers from Great Oaks Hospice, Maggies and Charlie's who all provide cancer support and therapy for patients, families and carers.

Chair's Report to Forest of Dean Health Forum 020719

- 0406 attended Blood Transfusion Committee meeting.

- 1506 attended National Association of Patients meeting at Chase Hotel, Brockworth.
- 1906 attended ILP at Great Oaks.
- 2506 unable to attend A&E Delivery Board due to extreme weather (torrential rain)..

Albert Weager chair 020719