

**NCoA 12/16**

###### **NORFOLK COUNCIL ON AGEING**

## **Minutes of the Norfolk Council on Ageing Meeting held at 10.30am on Tuesday 19 July 2016 in the Training Room,**

## **Great House Training Centre, Age UK Norfolk,**

## **300 St Faith’s Road, Old Catton, Norwich, Norfolk NR6 7BJ**

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| **Members Present:** | Helen Jones (Chair of Age UK Norfolk), Bett Barrett (Vice-President of Age UK Norfolk), John Bracey (Broadland Older People’s Partnership), David Button (Age UK Norwich), Chris Carter (NIC [Norfolk Independent Care]), Margaret Drury (Age Concern North Norfolk), Dr Peter Forster (Vice-President of Age UK Norfolk), Susan Fraser (Co-opted Member/Trustee of Age UK Norfolk), Colin Futter (Norfolk County Council Unison Branch [Retired Members Section]), Linda Heanue (Breckland Older People’s Forum) proxy for Lynda Turner, Dr Derek Land (Civil Service Pensioners Alliance [Norfolk] / Norfolk Carers Support), Anne Loveday (The Great Hospital), Jonathan Moore (Equal Lives), Chris Mowle (Co-opted Member/Trustee of Age UK Norfolk), Graham Robinson (Co-opted Member/Trustee of Age UK Norfolk), Dr Charlotte Salter (Norwich Medical School, UEA), Paul Slyfield (Treasurer of Age UK Norfolk), Cllr Sue Whitaker (Norfolk County Council Adult Social Care Committee), Carole Williams (Co-opted Member) and Jean Wilson (Norfolk Federation of Women’s Institutes) |
| **In Attendance:** | Cassandra Andrews (Age UK Norfolk), Anne Bunting (The Norfolk and Norwich Association for the Blind), Nick Clarke (Norfolk County Council), Ryan Hughes (Norfolk County Council), Mary Ledgard, Hilary MacDonald (Chief Executive of Age UK Norfolk), Lin Mathews (Age UK Norfolk), Paula Skelton (Age UK Norfolk) – minute taker, Peter Walker and Dr Ailsa Welch (UEA) |
| **Apologies:** **\*Denotes voting member** | Stephen Burke\* (co-opted member/Trustee of Age UK Norfolk), Stephen Drake\* (co-opted member/Trustee of Age UK Norfolk), Jayne Evans\* (co-opted member/Trustee of Age UK Norfolk), Margaret Hardingham\* (Vice-President of Age UK Norfolk), Joyce Hopwood\* (Norwich Older People’s Forum), Karen Knights (Age UK Norfolk), Derrick Maddeys\* (Age UK Norfolk), Eamon McGrath (Age UK Norfolk), Emily Millington-Smith\* MBE (President of Age UK Norfolk), Pamela Redwood (EXTEND), Fiona Routledge\* (Independence Matters), Sue Watkinson\* (James Paget University Hospitals NHS Foundation Trust) and Pat Wilson\* (Norfolk and Norwich Pensioners Association / Norfolk Older People’s Forum) |

The Chair welcomed everyone to the meeting including Linda Heanue who was attending her first meeting of the Norfolk Council on Ageing (NCoA). The Chair read out a number of items relating to housekeeping.

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|  |  | **Action** |
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| **1.** | **Minutes of the Norfolk Council on Ageing Meeting held on Tuesday 19 April 2016 (NCoA 08/16)** |  |
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|  | The minutes of the Norfolk Council on Ageing (NCoA) meeting held on 19 April 2016 had been circulated prior to the meeting.  The minutes were agreed as a correct record and signed by the Chair. |  |
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| **2.** | **Matters Arising** |  |
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|  | **2.1 NHS Walk In Centre, Norwich** |  |
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|  | The Chair reminded members that this item related to a lack of parking at the NHS Walk In Centre in Norwich. This item had been raised by Jack Sadler at the NCoA meeting held on 19 January 2016. The Chief Executive agreed to ask Mr McGrath to contact Mr Sadler for an update and report back to the meeting.  Dr Land suggested that where a member was due to report on an item to the meeting and they were unable to attend, a written report was presented. | HM/EM |
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| **3.** | **Norfolk Older People’s Strategic Partnership Board** |  |
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|  | **Verbal Report from NCoA Representatives (The NCoA Representatives are: David Button, Dr Derek Land and Carole Williams)** |  |
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|  | Mr Button reported on the most recent meeting of the Norfolk Older People’s Strategic Partnership (NOPSP) Board. Items covered at the meeting included:   * Norfolk Arts and Wellbeing Programme 2013-2016 and the benefits that art brings to older people. * An update on the Board’s 2016 priorities. Mr Button said that if members wanted a copy this could be obtained by contacting Ann Taylor who provided administrative support to the Board. * An introduction by Chief Inspector Amanda Ellis to a new resource pack for dementia friendly employers in Norfolk.   The Chair commented on the Health and Wellbeing Board’s focus on mental health and said that the wellbeing work of the NOPSP Board fitted in well with this.  It was agreed that Mr Button would make available further information about the meeting, and contact details where appropriate, which would be available from Ms Skelton. | DB |
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| **4.** | **Board of Trustees Report to the NCoA** |  |
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|  | **4.1 Ten-Minute Update: Dr Ailsa Welch, Reader in Nutrition and   Epidemiology, Norwich Medical School, UEA: *Nutrition and   Healthy Ageing of Muscle and Bones*** |  |
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|  | Dr Welch introduced herself and thanked the Chair for the opportunity to attend today’s meeting.  Dr Welch gave a verbal commentary on her presentation which is attached to these minutes.  Dr Welch responded to a number of questions and comments:   * A forthcoming report on recommended dosage of Vitamin D. * Obtaining the correct nutrient levels from a vegetarian diet. * The importance of exercise for people who were less mobile. * Guidelines on recommended daily/weekly alcohol intake. |  |
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|  | **4.2 Board of Trustees Report (NCoA 10/16)** |  |
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|  | A report prepared by the Chief Executive on behalf of the Board of Trustees had been circulated prior to the meeting.  In response to a query from Mrs Williams, the Chief Executive reported that eight responses had been received to the appeal about volunteering for Age UK Norfolk. |  |
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| **5.** | **Health and Wellbeing Board (NCoA Representative is Joyce Hopwood)** |  |
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|  | The Chair reported that Mrs Hopwood was unable to attend today’s NCoA meeting and Cllr Whitaker reported in her absence on:   * The Better Care Fund which protects the provision of adult social care. Cllr Whitaker reported that Norfolk County Council (NCC) would have to make up £6M this year. She said the withdrawal of the Norfolk Swift Response Service had been voted against. Cllr Whitaker reported that funding remained a challenge and was being discussed the following day at an NCC meeting. * Health and social care integrated budgeting. * The Norfolk and Waveney Sustainability and Transformation Plan which covered Norfolk and Waveney. * The announcement by national Government for plans on health and social care integration by 2020. * Plans around devolution to Norfolk and Suffolk and the requirement to elect a Mayor. The closing date on the consultation was 19 August 2016. |  |
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| **6.** | **Presentation: Nick Clarke, Locality Development Manager, Public Health, Norfolk County Council** |  |
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|  | The Chair introduced Mr Clarke and his colleague, Ryan Hughes.  Mr Clarke started by explaining what areas public health covered:   * Health promotion. * Surveillance. * Monitoring. * Analysis. * Outbreaks. * Epidemics. * Disease Prevention. * Communication. * Risk. * Research.   Mr Clarke reported that public health had moved from the NHS into NCC in 2013 as part of the Social Care Act. He said that public health routinely incorporated work with the Adult Social Services Department.  Mr Clarke reported that public health would be publishing its strategy in October 2016 and working groups were already progressing the strategy. A copy of the Public Health Strategic Framework was circulated to members. Mr Clarke said the four key elements of the strategy were to:   * Promote. * Protect. * Provide. * Work in partnership.   Mr Clarke provided a case study where public health had been able to support a widower, by partners, including from the voluntary sector, working to provide a variety of support to him.  Mr Clarke reported on the work of the Health and Wellbeing Board:   * The local Health and Wellbeing Board is working to transform services for older people; * Helping to ensure that care is co-ordinated around the full range of an individual’s needs (rather than around single diseases); and * Prioritising the promotion of prevention and maintaining independence.   Mr Clarke reported on a range of achievements by public health including:   * A reduction in the number of adults who smoked and subsequent health benefits, including the financial benefits for health and care services. * Delivering Dementia Friends sessions. * Inoculations programme of teenage girls for the HPV virus. * HIV and chlamydia testing. * Provision of contraception and subsequent reduction in teenage pregnancies. * Delivery of NHS Health Checks and the subsequent diagnosis of conditions such as high blood pressure and diabetes. * Approximately 750 fewer injuries per year as a result of falls in older people than would have been expected. This was likely to have prevented 200 hip fractures. * The number of drug users successfully completing treatment. * 320 vulnerable people participated in the Joy of Food cookery courses during 2015, helping them to increase their cooking skills and confidence. * Promoting the benefits of breastfeeding to new mothers. * 33,000 people had registered to participate in Norfolk park runs.   At this point, Mr Hughes, from the Active Norfolk, NCC project, reported on the UEA Research Project:   * Guided by ‘Sport England’ S.E.F. * Reducing the prevalence of inactivity amongst residents of sheltered housing who were classified as inactive. * Improving functional status and reducing fall risk amongst participants. * Reducing time spent sitting amongst participants. * Improving wellbeing, increasing social interaction and reducing loneliness. * Cost effectiveness, measured in terms of the changes in Quality Adjusted Life Years (QALYs).   Mr Hughes reported on progress to date:   * Currently delivered interventions in 18 sites. * 180 residents have taken part in delivery sessions. * Positive feedback – most people said that the activities had made a difference to them. * The most common comment was about improved social wellbeing, ‘*Social side, created a community atmosphere, as people engaged who wouldn't have been expected to*.’ * Fun, enjoyment and having something to do were also frequently mentioned, ‘*The company, it was a good laugh’* * Physical Benefits, competitive nature, reason to leave their flat, increased movement, sense of achievement. * Due to begin delivering interventions within Norwich City Council Sheltered Housing sites in July.   Mr Hughes reported on two case studies who had been supported by the project.  Mr Hughes reported on the Mobile Me project:   * Residents of Palgrave House and De Carle House introduced to short mat bowls through Active Norfolk’s bowls pilot. * Play every Monday for two hours at alternate venues. * Playing for over one year. * Become part of the culture at both schemes, and had helped develop a social network amongst residents. * Betty Price memorial match between residents of De Carle House and Palgrave House. * Residents talked about a sense of pride from the day for themselves and Betty.   The Chair thanked Mr Clarke and Mr Hughes for their presentations and wished them well in the future. |  |
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| **7.** | **Any Other Business** |  |
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|  | **7.1 2016 Annual General Meeting** |  |
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|  | The Chair reported that Age UK Norfolk’s 2016 AGM would commence at 2.00pm on Tuesday 13 September at South Green Park, Mattishall, with lunch available from 12.30pm. |  |
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|  | **7.2 Age UK Norfolk Staff** |  |
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|  | The Chair introduced a new member of Age UK Norfolk’s staff, Cassandra Andrews, HR Senior Adviser. |  |
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| **8.** | **Date of the Next Norfolk Council on Ageing Meeting:** Subject to confirmation at the 2016 AGM, at 10.30am on Tuesday 25 October 2016 at Great House Training Centre, Age UK Norfolk, 300 St Faith’s Road, Old Catton, Norwich, Norfolk NR6 7BJ. |  |
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| There being no further business, the Chair closed the meeting at 12.20pm. Signed ……………………………………………………  Position …………………….…………………………….  Date ………………………………….………………….. | |  |
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| **Circulation:** | |  |
| NCoA Members  NCoA Non-Members  Age UK Norfolk Website | |  |

Enc:

Dr Welch’s Presentation