

**Hastings Community Network**

**‘Taking Stock’**

**9th July 2021**

**Zoom**

***One of eight Locality Networks supporting community resilience across East Sussex***

Carole Dixon (HCN Chair) opened the event, welcoming everyone and thanking them for taking part. Everyone introduced themselves saying which organisation they were from.

Steve Manwaring (Director HVA) set the scene, explaining that the reason for the event was to update people about previous HCN events and what had happened locally since those events took place and the work that has been taking place around Digital Inclusion.

**Previous Events**

* Social Prescribing – 25th January 2019
* Aging Well – 17th July 2019
* Loneliness & Isolation – 21st January 2020
* Digital Inclusion work done over 2020/21

***The event was well attended with 43 participants from local organisations across the voluntary, community and statutory sectors.***

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| **ORGANISATION** | **ORGANISATION** | **ORGANISATION** |
| **Lets Get Working-SCDA**  **Home Instead Senior Care-**  **Bexhill & Hastings**  **Dance Hastings**  **Public Health**  **Nationwide**  **CAB**  **Groundwork**  **Age UK**  **East Sussex CCG**  **HOWCH**  **FSN**  **Culture Shift**  **Association of Carers** | **HARC**  **Rother Voluntary Action**  **East Sussex Community Voice/Healthwatch East Sussex**  **Community Connectors/Southdown**  **Education Futures Trust**  **Hastings HEART**  **ESCC**  **ESRA**  **Seaview**  **Gig Buddies/Stay Up Late**  **Care for the Carers** | **ETC Sussex**  **Hastings & St Leonards Dementia Action Alliance**  **Hastings Quakers/Transition Town Hastings & St Leonards**  **HCN Executive**  **Collaborate CIC**  **East Sussex Healthcare NHS Trust**  **MIND**  **Hastings & St Leonards Seniors Forum**  **Artsonprescription**  **St Michaels Hospice**  **Diversity Resource International** |

***9 Facilitators from 8 different local organisations gave presentations, with slides (attached).***

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| **Presentations** | **Facilitators** |
| **Digital Inclusion**   * Collaborative Work Between CAB & Seaview & The Digital Inclusion Programme in Hastings   **Older People**   * FOTOP, Central Hall * Isabel Blackman Centre * Age Friendly Community Status   **Loneliness & Isolation**   * Community Wellbeing: Connected People & Places (Developing Systems Approach) * Collaborate CIC * Young People   **Social Prescribing**   * Briefing on the Current NHS Social Prescribing Programme * Local Update from Community Connectors/Southdown * Population Health Management | Zhiqian Huang (CAB), Dave Perry (Seaview)  Steve Manwaring (HVA)  Steve Hare (Age UK)  Debby Anderson (HVA)  David Bishop (Public Health)  Lewis Haines (Collaborate)  Su Barnicoat (MiH, HVA)  Stuart Ramsbottom (NHS)  Caroline Castle (Southdown)  Tracey Rose (FSN) |

***Overview of Presentations***

* **Digital Inclusion**

**Zhiqian Huang**

* Update on the Digital Inclusion Programme; device distribution and digital skills training in partnership with Tech Resort.
* The Universal Access Capability Programme which enables clients to use digital services without bandwidth.
* Work with the private and public sector to improve digital inclusion for vulnerable people in society.
* **Older People**

**FOTOP (Friends of the Old People) Building & Central Hall** – **Steve Manwaring**

* HVA are asked to intervene to ensure that the assets of the FOTOP building are protected and used
* Central Hall is leased from HBC
* The Aging Well event at Central Hall consulted organisations and individuals on what it could/should be used for
* The space at Central Hall is used by support groups and vaccinations during the pandemic

**Isabel Blackman Centre – Steve Hare**

* Remembering where we came from
* How we got here – timeline
* Where we are now – a community space, delivering services to people in need, used by older people across the town
* The strategy is: to save the Isabel Blackman Centre, to achieve the Age Friendly Community Status for Hastings and provide services and activities in Central Hall
* IBC – In Perpetuity is formed

**Age Friendly Community Status – Debby Anderson**

* The Age Friendly Conference took place in 2019.
* As HVA is involved in the Age Friendly Volunteer Project they became aware of other projects
* Hastings has become an Age Friendly Community as a legacy of the volunteering work
* HBC cast a motion to begin the process in December 2020.
* Over the next two years there will be engagement of the local stakeholders with lots of activities
* We will be consulting with older people to capture their views about activities and opportunities and to work with us on co-designing services in Hastings
* There will be the opportunity to achieve an Age Friendly Accreditation for your own business or charity which leads into an Age Friendly Charter for Hastings
* **Loneliness & Isolation**

**Community Wellbeing: Connected People & Places (Developing a Systems Approach – David Bishop & Lewis Haines**

* Public Health and Collaborate are working together to develop a systems approach to tackle loneliness and isolation
* Collaborate are a social change agency helping to tackle complex social challenges
* The aim of the work is to understand the impact of loneliness on residents in East Sussex, identify future opportunities and approaches to mitigate the worse effects
* Their role will be to facilitate the co-creation of a more connected East Sussex and to develop relationships, behaviours and connections that last
* They will build on existing assets and address gaps
* Collaborate will support the project until February/March 2022

**Young People – Su Barnicoat & Hastings Youth Council**

* A young person from the Hastings Youth Council gave a powerful snapshot view of loneliness from a young persons point of view.
* Joining a community group can be a positive experience for a young person but then some will still go home to an empty home
* Some young people like being alone, they can find social interaction exhausting. Others can feel anxious and isolated when alone
* Young people can still feel isolated when part of a community group. Strong friendships can be built within groups
* Some young people are dealing with other issues like homelessness, domestic violence and mental health issues, they can find volunteering either too difficult or a welcome distraction
* Young people don’t always know how to go about volunteering for a charity
* More intergenerational activities are needed
* People need to feel that they can trust organisations to support them when they are volunteering
* The right balance needs to be struck between gaining experience and being used as ‘free labour’

**Mental Health – Jacy Kilvert**

* Covid - isolation and poor mental health
* More people recognising that being isolated and not being able to connect to people and activities they find supportive has affected their mental health.
* Connections and connecting into meaningful activities is so valuable for mental wellbeing
* Mindful walk and talks – very supportive during lockdown – connecting with nature
* Taking it slowly and creating safe spaces for people to re-connect to places, people and activities they enjoy.
* Wellbeing project and breathing space Jacy Kilvert and Men’s Mental Health project – Hannah Richards.
* What next – suggestions for groups or wellbeing activities
* **Social Prescribing**

**The NHS Social Prescribing Programme – Stuart Ramsbottom**

* Explained the background of Social Prescribing (SP)
* SP empowers people to take control of their own health and wellbeing
* Provides advice and connects people with the appropriate community based services
* Evidence base shows positive outcomes for peoples health and wellbeing
* Contributes to reducing health inequalities by addressing ‘wider determinants of health’ eg. Benefits and debt advice and engagement in physical activities
* SP works well for people with long term health conditions like mental health issues, loneliness and for people with complex needs
* The NHS long term plan set out the commitment to develop SP in general practice in the UK as part of the Integrated Care System (ICS). The Sussex ICS will take over the commissioning responsibilities from the CCG.
* The work to develop SP led to a commitment to embark on a 2yr project in 2019 to create an East Sussex Pathway commissioned by the CCG. The project is now finished with a proposed new integrated SP Pathway supported by Link Workers, Health & Wellbeing Coaches and Personalised Care Co-ordinators working within the Primary Care system
* The SP Link Workers have the time and capacity to work with individuals, supporting them in a holistic way
* The Hastings Community Hub supports SP
* The next steps for SP are being looked at by the CCG; some of the recommendations are: The setting up of a Provider Forum and to have a local SP event in the future

**Update from Community Connectors/Southdown – Caroline Castle**

* 90% of Dr’s appointments are about social issues that cannot be addressed with medication
* Community Connectors identify a client’s needs for their health and wellbeing, connect them to activities, services and groups in the local community and support and encourage clients to use them
* A ‘Buddy Support’ service supports clients doing activities at home
* How they support clients; phone/video calls. We have reached more clients that would not usually engage in a face to face meeting. Going forward we will carry on using all forms of access; digital and face to face
* There is not a lot of difference between Community Connectors and Link Workers (PCN); they provide extra provision.
* Showed a rundown of the Impact Report for October/December 2020

**Population Health Management – Tracey Rose**

* Population Health Management (PHM) is part of the NHS Plan to improve physical and mental health outcomes, promote wellbeing and reduce health inequalities
* The aims are to give everyone the best start in life with prevention programmes, helping people to age well
* Give people control over their own health and care
* Continue making use of digital technology
* Develop local strategies using local community assets
* An Integrated Care System gives people joined up support across all the services. Work collaboratively across the sectors to provide services jointly
* Look at things that impact on health and wellbeing, causing issues
* Develop referral pathways
* The Primary Care Network is piloting the PHM Project. Part of the project is looking at a small cohort of patients with asthma.

***There was time after each presentation for people to ask questions or make any comments***

***The Zoom Chat function was used during the event and many people used it to share information and contact details.***

***PowerPoint slides used in the presentations can be found on the HVA website alongside this report by following the link:*** [***www.hastingsvoluntaryaction.org.uk/news***](http://www.hastingsvoluntaryaction.org.uk/news)

**Close – Steve Manwaring**

Steve Manwaring closed the event by thanking Kim Kelly for her help to organise the event and to the speakers for their presentations. He also spoke about the priorities of the HCN which came from asking people at a workshop; ‘What Should the HCN Do?’

The three priorities they suggested were:

1. Celebrate the amazing people, projects and assets which make up this community
2. Provide connections between people, ideas and projects
3. Narrow the gap between people who plan the services and the people that receive them.

***This event demonstrates that those aims are strong and exhibited in an interesting session with positive outcomes.***

**The next HCN event is an Open Mic Session and will take place on Tuesday 5th October**

***To book yourself a place at this event to speak about your work or your organisation, please follow the link:***

[www.hastingsvoluntaryaction.org.uk](http://www.hastingsvoluntaryaction.org.uk)

Positive feedback was received as a result of the event with participants reporting that they had welcomed the opportunity to speak about their work and share information. Many had made new connections and will be following up on conversations had today.

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| **Good informative**  **event and**  **well organised** |

**Very interested to find out about the developments regarding facilities for older people and making Hastings an age friendly town.**

**A good update from previous events**

**A really well organised event covering a diverse range of subjects**