

Long Term Condition – Task and Finish Group

Tuesday, 25th September 2012

Present: - Councillors E. A. Richmond and S. Richmond.

External Officers: - Mark Jones, Specialist Services Manager and Carol Robinson, Service Integration Manager/AHP lead, County Durham and Darlington NHS Foundation Trust.

Internal Officers: - Mike Crawshaw, Head of Cultural Services and Abbie Metcalfe, Democratic Officer.

The draft report produced by Ken Ross was tabled at the meeting and Members and Officer were invited to comment. It was suggested that the Officers from Foundation Trust be sent the report electronically to input their comments and circulate within their internal Groups.

Members were keen to receive a report on the progress made by Officers to utilise facilities at the Dolphin Centre as a one stop shop to provide health checks and advice on long term conditions.

Members were informed that Diabetes Education Programme will be running at the Dolphin Centre on 8th December 2012. This would be a one day course of the DESMOND Programme for newly diagnosed Type 2 diabetics. Patient feedback will be gathered and if people are happy with the facilities at the Dolphin Centre, courses would continue to be run there, which would enable courses to be run across three venues improving accessibility issues. Members were delighted and keen for other services/programmes to be offered at the Dolphin Centre as soon as possible.

It was noted that Cardiac Rehabilitation is the next service currently being considered to be moved to the Dolphin Centre as it already is offered at Eastbourne Sports Complex. Pulmonary rehabilitation is already established in the Dolphin Centre and the service is being piloted by the Shadow Clinical Commissioning Group (CCG) to established future commissioning intentions and whether the service is sustainable and shows positive outcomes for patients.

Mr Crawshaw reported that by transferring services to the Dolphin Centre there were no associated cost implications as services are already being offered in other venues, such as Eastbourne Sports Complex. He reassured Members that staff are supportive of more services being integrated into the Dolphin Centre and they are fully committed to the vision of the Dolphin Centre becoming a hub of health and physical activities. He believes that the activities being brought in the Dolphin Centre would only enhance the very successful One Life Programme that has been running for a number of years. This is the biggest scheme that the Dolphin Centre runs and rehabilitation services only supplements that, with the aim being to encourage a continuation of leisure activity after successfully completing a Programme. Mr Crawshaw shared his vision of the Dolphin Centre becoming a walk in facility for people to access appropriate health and leisure services that suits their individual needs, this would include access to support and education as well as physical activity programmes. This would be a long term vision

and more discussion would be needed with Public Health and the Shadow CCG to pursue this and to form a firm strategic partnership to commit to delivering such services.

Mr Jones commented that the attraction for the Trust to use facilities at the Dolphin Centre is it not a clinical building and suggested there was an opportunity to move some outpatient appointments. Positive feedback from patients will support future service moves. Discussion ensued about also using the Dolphin Centre for User Forums and encouraging them to socialise in the Dolphin Centre Café, for example rather than holding meetings at the Hospital, this might also encourage more people to attend.

Mr Crawshaw acknowledged that the Dolphin Centre is a high area of discretionary spending for the Council and as a result consideration on future services is very much linked with health improvements and health promotion. Healthy Lifestyle Programmes are currently run at the Dolphin Centre such as smoking cessation; healthy eating; etc and the aim is to build on this. Members were interested in the MIND Programme (Mind, Exercise, Nutrition and Do it), which is focused on nine families over a ten week period. The families are educated about healthy eating, physical activity and active travel. The families are referred by local Health Practitioners and tend to focus on obese children. There are two sessions a week over ten weeks and weight and BMI reading are taken and monitored over the course of the Programme and the intention is to change the mind set and instil healthy living into everyday family life. It was noted that one in four children are obese and it is hoped that this targeted intervention will assist in reducing this figure, as currently it is suggested that if improvements aren't made, the figure will raise to one in three. It was noted that Public Health are very keen to promote and build on healthy living, exercise programmes, healthy eating etc. and health programmes as a result of long term conditions.

Mr Jones reported that the Trust are keen to provide a Directory of Services advertising where services are delivered and what are being delivered, this would support collaborative engagement and avoid duplication of existing services. It was hoped that Public Health coming into the Local Authority would assist in reducing duplication and ensure closer working.

It was acknowledged that the Economy is pushing all organisations to work together to provide high quality services and ultimately drive costs down, as all organisations are struggling to achieve efficiencies and work on reduced budgets. Introducing competition into procurement processes also drives costs down but Officers stated that often local Trusts provide, working with the Local Authority, a wraparound services to achieve the best outcomes, which is not always a cheap option. However, it was noted that local organisations can develop and deliver good outcomes and for some small local services it is appropriate to procure such a service and the market needs such a mixed economy. Discussion ensued about around the differences of private contractors providing a service to the letter of the service agreement, in comparison to local public providers offering an integrated service, which would provide an overall experience for the patient.

Focus returned to the draft report and how this should be moved forward. It was acknowledged that there has been an agreement in principle and it was an appropriate time to get support from the necessary Directors, Groups and Boards to progress this

further. There was an agreement that the report needed to reflect the long terms aspirations as well as detail the short terms gains. It was suggested that an Appendix to the report could detail the services available at the Dolphin Centre prior to the Group meetings, what is being delivered to date and what the future vision is. Everyone present agreed that the meetings had been very beneficial and hoped that the momentum could be sustained and that everyone continues to push forward with commissioning long terms services for the Dolphin Centre.

Actions:-

- That the Democratic Officer sends the draft report to Officers from the Foundation Trust for their input and circulation around their internal Groups.
- That an Officer from the Shadow CCG and Ken Ross be invited to the next meeting of the Group.
- That the Democratic Officer liaises with Officers about adding an Appendix to the report as detailed above.
- That work continues to use space in the Dolphin Centre to promote Long Term Conditions on rolling programme and drop in centre.
- That services and clinics that are able to be moved to the Dolphin Centre as quickly as possible to continue as not to lose momentum.
- That a further meeting of the Group be arranged in three months' time.
- That Officers be thanked for attending the meeting.