

NOTES OF HEALTH & WELLBEING BOARD DEVELOPMENT SESSION

6th JANUARY 2016

Cancer Vanguard

Professor Kathy Pritchard-Jones updated the Board on the current Cancer Vanguard project running at University College Hospital.

The London Cancer and NHSE New Models of Care Cancer Vanguard were explained:

- Established in 2011, London Cancer is the integrated cancer system serves the 3.2 million population of North East and Central London and West Essex.
- It is dedicated to improving the health outcomes and experience of people with cancer and supporting partners to provide expert, compassionate care for every patient.
- The work aims to tackle the challenges of late diagnosis of cancer, too much variation in practice across fragmented care pathways and improving patient experience.
- The aim of the cancer vanguard is to address the following gaps:
 - Health & Wellbeing gap
 - Care and quality gap
 - Funding gap

These will be underpinned by:

- Early diagnosis
- Centre for cancer outcomes
- London Cancer
- National Health New Models Programme

Feedback from the Board:

- With regard to breast cancer and public involvement, it was confirmed that there is big patient involvement and support scheme supported by McMillan. A full time project manager has been appointed to lead on patient involvement and widen participation.
- Recognition that many Londoners do not go to their GP's, thus late diagnosis is seen. With the new London Cancer referral pathways, GP's get to know patients well and some CCG's encourage GP's to write up case reports which were recommended for Enfield.

- Cancer Vanguard is keen to form partnerships to work with local trusts, thus reducing the risk of late diagnosis.

HEALTH & WELLBEING STRATEGY PERFORMANCE REPORT

Miho Yoshizaki (Health Intelligence Manager) provided a report and relevant information in respect of the Health & Wellbeing Strategy Performance and asked the Board to comment on the usefulness of the report and feedback on any amendments that are required.

Feedback from the Board:

- Suggested frequency of reporting to be every 6 months (therefore 2 per year).
- Tooth decay and obesity to be linked.
- Map out outcomes on sugar
- A comments box is recommended on Appendix 1 to include timeframe and the strategy should be shown separately.
- From a recent consultation, the indicators should be included for the Board.

AGREED:

- Two reports per year to be completed, one to be more detailed and the other an interim report.
- The current report to be updated to include comments made and then sent to DMTs and Corporate Directors for further comments. Thereafter re-circulated and format adopted.

LONDON SPORTS ENFIELD

Femina Makkar (London Sports) and Jess Khanom, Acting Head of Sport and Leisure Facilities attended to provide a shared understanding and approach to physical activity for health.

- London Sport is the County Sport Partnership (CSP) for London. They are networks of local agencies committed to working together to increase participation in sport and physical activity. There are 44 CSP's across the country.
- CSP's work closely with local authorities, Public Health England, GLA, NGBs, Schools, leisure sector and others.
- Aim is to get one million Londoners active by 2020.
- Recommended physical activity in early years (5s) should be at least 3 hours spread throughout the day. All 5-18 year olds should engage in moderate to

vigorous physical activity for at least 60 minutes or more every day. All adults (19-64 year olds and 65+ years) should aim to be active daily, adding up to 2.5 hours over a space of 5 days.

- Physical inactivity directly contributes to one in six deaths in the UK. Young people are not achieving Chief Medical Officers recommended amount of physical activity.
- A National Framework: Everybody Active, Every Day has been devised.
- Prevention is the initial important factor to be tackled.
- Good progress has been made in Enfield, with the Enfield Active and Creative Strategy (2015-2020); health trainer service; healthy weight strategy; health awareness training for staff, sugar campaign and many more.
- Physical activity is essential for health and reduced the risk of many preventable diseases and conditions from cancer to depression.

Enfield are one of 17 Local Authorities nationally selected to be part of the Chief Leisure Officers Association and Sport England (CLOA) National commissioning project. The project aims to strengthen the strategic position of sport and physical activity, supporting officers to engage more effectively in the commissioning environment, ensuring sport and physical activity is a strategic partner helping meet the Council's wider objectives. As part of this process we have an allocated consultant, Deb Watson (who is the Chief Leisure Officers Association/Sport England Commissioning Expert), who has interviewed key senior officers and members including the CCG chair and deputy chief officer, Enfield Council Chief Executive, DPH and many others. The Council will be taking the findings from this work to schedule an action plan for key areas to focus on in terms of physical activity for health.

Feedback from the Board:

- Suggestion made to put poster on physical activity up on railway stations.
- A walking meeting was suggested.
- You Tube video called "Twenty three and a half hours" was recommended to be seen by all.
- A walk every lunchtime was recommended daily in the workplace.
- Organised yoga and walks in local parks current in some parks within the Borough. This is not costly and often run by park users and Friends of the Park groups on a voluntary basis.
- Suggestion received to engage with Heads of Schools with the view to encourage children to provide support to their older family members. This can be

linked to School Forum work currently being done and London Sport to be invited to a future School Forum meeting.

- Schools to be encouraged to do the daily mile and London Sport is campaigning for the London Mile and resources can be given by London Sport.

FORWARD PLAN FOR THE BOARD

The draft forward plan/work programme for formal board meetings and development sessions was submitted for comment.

AGREED:

More details were requested on each item and objectives to be made clearer. The work programmes to be updated and re-circulated for agreement at the full Board meeting on 11th February 2016.