

## South & Central Community Champion Network Meeting

Wednesday 24<sup>th</sup> January 2024

### **Zoom meeting themed:**

NHS Mersey Care – Podiatry and Diabetes services

Select Training - overview

### **Chair**

Barbara Rouse (BR)      Healthwatch Sefton Bootle Locality Rep

### **Attendees**

Maurice Byrne	Healthwatch Sefton Maghull Locality Rep
Jan Comer (JC)	People First Merseyside
Lesley Curran (LC)	People First Merseyside
Simon Walker (SW)	People First Merseyside
Nicola Hall (NH)	People First Merseyside
Paul Bullen (PB)	People First Merseyside
Michelle Rossiter (MR)	Home from Home
Bob Wilkinson (BW)	The Samaritans
Jerryann Blaney (JB)	Expect Ltd (Bowersdale Resource Centre)
Amy McMillan (AMc)	Sefton CVS Community Connector
Jenny White (JW)	Galloways Society for the Blind
Steven Garney (SG)	May Logan Health Centre
Sarah Davidson (SD)	Kindfulness Coffee Club
Sara Westall (SW)	Anchor Housing

### **Healthwatch staff member(s)**

Wendy Andersen (WA)	Engagement & Participation Manager
Mandy Williams (MW)	Signposting & Information Officer

## **Guest Speaker (s)**

Joanne Wormald (JW)	Select Training
Emma Greenwood-Chong (EGC)	NHS Mersey Care Foundation Trust
Karen Robinson (KR)	NHS Mersey Care Foundation Trust
Timothy Caslake (TC)	NHS Mersey Care Foundation Trust
Diane Wright (DW)	NHS Mersey Care Foundation Trust
Salim Jaffer (SJ)	NHS Mersey Care Foundation Trust
Jane Elliott (JE)	Localities Manager NHS Cheshire & Merseyside

## **Apologies**

Sharifa Begum-Miah(SBM)	Bootle Life Rooms
Debbie Kelly (DK)	May Logan Health Centre
Peter Davies (PD)	Liverpool & Sefton Age Concern
Caroline Hesketh (CH)	Sefton Carers Centre

## **1. Introductions & Housekeeping**

BR welcomed all members and guest speakers to the Community Champion network zoom meeting.

Topics planned for today's meeting:

WA updated members that the planned update re: NHS Primary Care Extended Access was cancelled by the South Sefton Primary Care Network and informed members that a separate session will be planned to engage with Community Champion Network members and the wider membership in the near future.

JE updated members that Chris Preston who would have been presenting today works for South Sefton Primary Care Network and works on the Respiratory Hub. JE stated that Chris would have been updating on the Respiratory Hub and its success in seeing patients on the day referred by their GP and also about the Extended Access service which patients can book appointments in advance.

Other topics today included:

- Select Training – to talk to us about what they offer and training opportunities
- NHS Mersey Care Foundation Trust – to tell us about diabetes and podiatry services.

The last south and central Community Champion network meeting was held November 2023. At this meeting we heard from:

- Sefton Council re: The Bootle New Strand Regeneration
- Sefton CVS, Alicia Watson re: Cheshire and Merseyside Cancer Alliance project.
- Community Champion Network members – we heard from each of you about your services and activities.

Housekeeping was covered and BR introduced the guest speakers.

## **2. Code of Conduct / Declarations of Interest**

BR informed everyone that the Healthwatch Sefton Code of Conduct had been circulated and all members should have signed and returned this. During this meeting all members were informed that they were to abide by the Code of Conduct and Kindness and Respect Guidelines.

BR asked if there were any declarations of interest.

No declarations of interest were declared.

## **3. NHS Mersey Care Foundation Trust – Diabetes and Podiatry services**

KR introduced herself and thanked members for being invited along to provide an update. KR informed members that both Emma (EGC) and Diane (DW) were specialist diabetes nurses who would talk us through today's presentation.

The presentation included information:

- Sefton Diabetes Team offers a service to the residents of Sefton who are aged 18 years and over
- Aim to provide quality care for people with diabetes close to where they live
- Work with other community health care professionals

- Offer a number of services for people with diabetes including:
  - Drop in clinic (south Sefton only)
  - Face to Face clinics across venues (north and south Sefton)
  - Telephone clinics
  - Home visits for housebound patients
- The Diabetes team offers an education programme for people with Type 2 diabetes.

Details on how to book on the educational programme are included in the presentation which will be shared with all south Sefton Community Champion members.

**Question / Comment:** SW asked if Mersey Care had information materials in easy read for diabetes?

**Answer:** Yes, we do. Diabetes UK have easy read booklets on Type 1 and Type 2 diabetes.

**Action:** LC stated that People First Merseyside will look at the information and feedback. WA to send email to People First Merseyside as a reminder. Sent 6.2.24

**Question / Comment:** SD from the Kindfulness Coffee Club explained that they have residents attending their services who have diabetes. SD went on to say that people with diabetes tell them that they find it hard to get seen in podiatry. SD asked how do people get referred onto the diabetes education programme? Where are they held? Can it be arranged for one to be held at the Kindfulness Coffee Club?

**Answer:** EGC responded to say that details of the education programme and contact details are on the slides. In the past Litherland Town Hall has been used to deliver the education programme. EGC informed SD to contact her re: the possibility of holding an education programme at their centre.

**Action:** WA to share presentation with all members. SD to email EGC to enquire about the possibility of the diabetes programme being held at the Kindfulness Coffee Club. WA to follow up.

Podiatry update –

SJ and TC introduced themselves and apologised they had no prepared presentation as they had just been asked to come to the meeting. SJ explained that podiatry was a large service under Mersey Care and covered south Sefton, Southport & Formby, Liverpool and mid Mersey. This was all under one umbrella.

SJ stated that residents can self refer to podiatry services or can have a referral from a medical practitioner. Services offered include clinic appointments, domiciliary appointments, biomechanical appointments and ulcer clinics. The podiatry services across the areas are similar with different appointment systems. South Sefton functions more or less the same as Southport and Formby. Podiatry team leaders meet every 2 weeks. SJ explained that recruitment across the whole of the NHS was difficult.

SJ and TC asked if members had any questions.

No further questions were asked and BR thanked Mersey Care team members for attending today and providing the updates.

#### **4. Select Training**

JW introduced herself to members and informed us that she had already been working with some members including The May Logan, Kindfulness Coffee Club and is delivering training next week to Expect, The Bowersdale Resource Centre.

JW informed members about the Free Level 1 Awareness of First Aid for Mental Health, this is a Level 1 National Qualification and also spoke about mini Medics – Mental Health Training for Children.

**Question / Comment:** SW stated that residents at Anchor Housing would be interested.

**Answer:** JW stated she would be happy to visit and talk further about the opportunities. **Action:** [WA to exchange emails and help organise a visit.](#)

No further questions were asked. BR thanked JW for attending and sharing information on the training.

## **5. Community Champion updates**

BR asked for each member to provide an update on their services and activities.

**Healthwatch Sefton Maghull Locality Representative** – MB reported that some things locally were starting to improve. MB felt there still seemed to be a resistance for people to see any other professional than a GP and that a campaign was needed to support communication to residents. MB stated that he had spoken with two local pharmacists who are concerned that they do not have the funding or staff to deal with additional services.

**Sefton CVS south Sefton Community Connector** – AMc reported that the Strand By Me was moving to an upstairs premises and this would be completed over the next couple of weeks.

**Home from Home** – MR informed members that she supports adults with early first stages of dementia. Small groups of up to 6 residents are invited into her home and trips out are also organised. BR asked how Home from Home was funded? MR stated they are a not for profit organisation and that fundraising will start soon for a minibus.

**Healthwatch Sefton Signposting & Information service** - MW reported that she had completed a ring around for Sefton dentists and the website was updated. At present there is a small provision for children.

**Bowersdale Resource Centre** – JB informed members that JW from Select Training was coming to the Bowersdale to deliver training next week. JB also stated that she had met with Alicia Watson (who previously presented) and that they will work together to jointly part fund a project at the centre - Healthy exercise can reduce risk of cancer and help with mental health. Up and coming – is a valentine's party and a trip to Blackpool.

**People First Merseyside** – PB informed us all that People First Merseyside had a visit to Bootle Strand to look at the plans for the redevelopment. People First Merseyside members were able to give their ideas re: signage and wording. Members thought the Strand would start charging for the toilets, but it will remain free, and they will also be setting up a rest room where babies can be changed. LC informed members that everyone was invited to their open day and that WA was visiting tomorrow.

**May Logan Health Centre** – SG provided an update on the nursery that closed at the end of the last school year. They are currently looking at a lottery bid and speaking to other local services to identify any gaps in services. There is a survey and SG stated he would share the link with WA for circulation.

**Anchor Housing** – SW informed members that they are very interested to find out what local services there are in the community and would appreciate any posters or information to share with residents. **Action:** WA to email out to the network with a request for information to be shared.

**Bootle YMCA** – BR reported that the Bootle YMCA closed and is now operating out of Safe Generation. BR informed members she is the new Healthwatch Sefton Bootle Locality Rep and she would welcome invites to visit groups.

## **6. Healthwatch Sefton updates**

- Healthwatch Sefton Thank you event – WA reported that it was great to see everyone at the event and had received positive feedback from attendees.
- Review of our Healthwatch Sefton Community Champion policies – the new policies will be shared with you all.
- <https://healthwatchsefton.co.uk/news/your-views-are-needed-for-sefton-all-age-carers-consultation-now-open/> - I have also re-circulated this last week.
- Outreach and visits – Thanks to everyone who has provided me with the opportunity to come out and please get in touch if you would like me to visit any of your groups.

## **7. Emerging Health or Social Care themes raised and to be taken to Steering Group to be noted:**

Identified during this meeting:

- None identified.

## **8. Community Champion network notes for approval**

The notes from the meeting held in November 2023 were previously circulated to all members for comments or amendments. No amendments were received.

**9. Information exchange/ Any Other Business**

None recorded.

**Date and Time of Next Meeting:**

**10.00 am Wednesday 27<sup>th</sup> March 2024.**

**Via Zoom**