

ADULT SOCIAL CARE AND SERVICES SCRUTINY PANEL

A meeting of the Adult Social Care and Services Scrutiny Panel was held on 16 September 2020.

PRESENT: Councillors S Hill, J Platt, G Purvis, J A Walker and T Higgins(As Substitute)

OFFICERS: R Bedford, K Bainbridge, S Blood, S Hydon , D Johnson, C Lunn and E Scollay

APOLOGIES FOR ABSENCE Councillor D Jones, Councillor D Rooney, Councillor G Wilson, Councillor J Goodchild.

DECLARATIONS OF INTERESTS

None declared

1 MINUTES FROM THE MEETING HELD ON 29 JULY 2020

The meetings of the meeting held on 29 July 2020 were read and accepted as a true record.

AGREED- That the minutes be approved

2 INTEGRATION OF HEALTH AND SOCIAL CARE - VERBAL UPDATE

The Chair welcomed the Director of Adult Social Care and Health Integration to the meeting. The Director outlined that in terms of health integration, for the past 6 months Covid-19 had dominated Adult social care and will continue to do so until the level of infection decreases.

The Director outlined that one of the key strands of work being undertaken within Adult Social Care was focussing on mental health. It was evident that there were increasing levels of social isolation caused by Covid 19 and there has been an increase of cases of post- traumatic stress disorder (PTSD) and those suffering from neurological impacts due to either having Covid or seeing the effects of a loved one with the disease.

Tees Esk and Wear Valley have estimated a 5 year demand on mental health services caused by the impact of Covid-19. by Covid 19. The Director outlined that at the last meeting of the Joint Health and Wellbeing Board, the Board considered how the a whole system approach could work together to meet additional demand on mental health services and it was proposed that a Wellbeing Network be established. The Director outlined that he would provide further updates on the Wellbeing Network at future meetings of the panel.

Following on from the Director's update, a number of questions were posed. The first was in relation to mental health services and how these can be addressed. In response, the Director outlined that there is an increasing demand on services, and the Mental Health Trust was committed to looking at a longer term plan for accommodating the demand. However at present, the Panel were advised to refer any residents struggling with mental health issues to their GP.

A panel member also queried testing, in particular the length of time to receive a test and distance to a testing centre. The Director outlined that testing was an issue, however this was Countrywide. The Health Protection Board and Strategic co-ordinating group (Teesside) discussed this regularly however the demand on testing was out of their control. The Director also did advise that these groups would discuss additional local restrictions if they felt positive testing was Covid -19 was on the increase. The Democratic Services Officer also advised the Panel that the Chief Executive would be updating the Overview and Scrutiny Board at its next meeting on Covid-19 in Middlesbrough and would discuss testing.

A panel member also referred to the discussion at the last meeting in relation to day centres and whether these were reopening. In response, the Director outlined that day centres would be reopening towards the end of September, and contact had been made with those families who use the centres. Opening would be done under Covid-19 guidance and opening of the centres would very much be determined on the level of infection across the town.

The level of suicide rates in Middlesbrough was also queried and the Director outlined he would provide a written response to the Panel following the meeting.

The Director was thanked for his contribution and asked to convey his thanks for his teams for the excellent work within the service area during the pandemic.

AGREED- that the update be noted.

3 **PHYSICAL ACTIVITY FOR OLDER PEOPLE (AGED 65+)- EFFECT OF COVID 19**

The Chair welcomed Scott Lloyd, Advanced Public Health Practitioner to the meeting, Scott Hydon, Sport and Client Relationship Manager, Robin Bedford, Health and Physical Activity Development Manager and Kelly Bainbridge, Better Care Fund Project Manager to the meeting.

The Chair invited the officers to speak in turn to update the Panel in relation to what the services have been doing during the pandemic to support physical activity for older people.

Scott Lloyd, Advanced Public Health Practitioner, advised that services to promote physical activity for older people have been adapted during the pandemic, which have included the following:

1. During the pandemic, a booklet was developed by colleagues in Sheffield containing exercises for older people to do at home. The booklet was well received by older people in Sheffield, which resulted in Public Health England publishing the booklet nationally. Middlesbrough Council was issued with 5,000 to be distributed evenly between older people in Middlesbrough and Redcar and Cleveland who do not have/wish to have a computer/phone. The booklet has also been made available online.
2. The Panel were advised that at the beginning of the pandemic there were a number of requests for digital content from the team, however a strategic decision was made filming would be difficult. It was therefore agreed that quality assured material would be used and circulated and the team developed an online resource with this.
3. The Public Health South Tees, Health Development team created a 30 day physical activity challenge which was distributed and made digitally available.
4. The team continued to do support calls to the most vulnerable older people with regard to physical activity.
5. During the summer months when restrictions were eased, the team worked with partners to create their own exercise videos. Mandy Groves, one of the team created a 15 Minute Tai Chi session. The video was uploaded on the 'You've Got This' facebook page and received 195,999 views. The exercise was designed to help prevent falls as well as increasing core strength. The team also uploaded a 'step exercise' using stairs at home which received 73,000 views. The officer outlined that in terms of moving forward, the team were in discussion with Corporate Colleagues to purchase /use high quality filming equipment. A Panel member queried whether there was breakdown of analysis of views and the officer outlined this would be circulated after the meeting.
6. You're Got This (YGT) Team have continued their work with older people. YGT was working with Middlesbrough Voluntary Development Agency (MVDA) and Redcar and Cleveland Voluntary Development Agency (RCVDA) to invite applications to its small grants programme from local individuals, charities, community groups and organisations across Middlesbrough and Redcar and Cleveland that supports the vision to help the least active become more active whilst recognising the limitations of Covid-19 and social distancing. The fund was currently open to bids and information could be found at the following:
<https://mvda.info/news/new-your-active-living-fund-help-south-tees-people-more-active>. A member queried where YGT are advertised and in response, the officer outlined that they have public facing pages on Facebook and Instagram and a Facebook and Linkdin account for professions.

7. The Public Health South Tees, Health Development Team were also exploring digital content to appear on Channel 7 (virgin media 159)- a local TV channel called Teesside TV. The Older peoples Academy in Newcastle had recently funding content to appear on 'Made in Tyne and Wear' which was also shared on Teesside TV.
8. Separate to You've Got This, Sports England have developed a fund to address three key areas: Digital exclusion, Significant Changes due to the pandemic and mental wellbeing. Emma McInnes and Age UK have recently put forward a bid to address digital exclusion by producing content to appear of Teesside TV. The bid was submitted to Sports England and passed the first stage and the team are now waiting to hear if the bid has been approved.

Scott Hydon, Sport and Client Relationship Manager provided the Panel would an update on the current situation on the leisure centres.

He advised that the Leisure Centres closed on 20 March 2020 in line with Government guidance, however since began reopening the centres in phases.

1. Golf club reopened in June 2020
2. Leisure centres (gyms) reopened on 1 August 2020, including outside sports activities
3. Swimming pools reopened on 22 August 2020

There has been a reasonably strong return, Everyone Active, operated by Sports and Leisure Management Ltd (SML) expected a 50% capacity raising to 70%, which was a projection made by Sports England. 50% was a baseline taking into account social distancing and confidence of the service users.

SLM have strict measures in place to ensure centres are Covid Safe, these include hand sanitation stations throughout the buildings, clear entrance and exit signs and well as signs for social distancing. They also have strategic risk assessments in place.

Sports clubs are beginning to be integrated back into leisure centres, however their return has depended on guidance supplied by their governing bodies.

Given the current circumstances, the Panel were assured that the return was very positive. All facilities were open and the Council felt SML were opening facilities to exceptional standards.

A Panel member asked what the centres were doing to promote gym use? In response, the officer outlined that service users had to book a time slot, which was a 50 minutes gym session, which allowed 10 minutes for exit and sanitising. The officer outlined that for example, the Toffee Club (over 50's men's youth club) has returned and others have been given opportunities to return if they wish to do so.

There was also a discussion surrounding the costing model for Everyone Active and whether there was a concessionary rate for over 60's. In response, the officer outlined that SML set their prices across the Board and that prior to the pandemic, gym membership was in excess of £30 per month. Since reopening, gym membership was £20 per month for the first 3 months and £26.75 thereafter. There were no concessions as SML felt their prices were competitive to other gyms. The officer however did advise that there may be an opportunities for the Team to work with SLM to identify funding to offer concessions of some kind.

In terms of rehab programmes, Robin Bedford, Health and Physical Activity Development Manager advised the Panel that face to face delivery of sessions ceased during the pandemic and have not been reintroduced as clients tend to be the most vulnerable. The team have extended their digital offer and provide telephone support.

It is paramount to return to face to face deliver to support mental health, however the team are conscious many of Middlesbrough's residents may be shielding and therefore it was a blank slate at present.

The team have also been supporting the wider offer to Middlesbrough residents by delivering

healthy start vitamins and delivering prescriptions to the most vulnerable.

The Chair lastly invited Kelly Bainbridge, Better Care Fund Manager to the meeting to provide an overview of the Falls Prevention Strategy.

The officer outlined that over the past 3 years, a Falls Prevention Strategy has been developed. The strategy came about after an increase in older people falling and being referred to falls prevention from the Trust. This strategy was a multi-tiered alliance across the Health Trust, Health, Council and voluntary organisations and partners. They have developed an online tool to help prevent falls in the home. The tool was live however would go publically live on 24 September 2020.

The officer demonstrated the tool, advising that consultation had taken place with older people to devise the brand- Steady on your feet. The tool contains a host of resources, including a self- assessment tool which can be shared with health professions, family members, exercise sheets and exercise videos (from the You've got This Team), with the underlying aim of keeping older people active to prevent falls. The team have worked closely with the You've Got This Team and Ageing better. The system allowed to collect analysis of those accessing the site.

The team was busy developing train a trainer with the falls team, so that those who were showing the tool were able to provide assistance to older people. There is very much a message that falls was every bodies business. There is a strong communication and engagement strategy in place as it was important especially during Covid to remain active and prevent falls, which would in turn prevent hospital admissions.

The officer also outlined that there were also leaflets and a paper based version of Steady on your feet for those older people who did not have access to a computer/ did not wish to go digital.

The Panel queried whether the website could be shared and the officer advised it could be after its launch on 24 September 2020. It was suggested by a member that leaflets regarding Steady on your feet could be displayed in Council buildings and community hubs post -covid to promote the toolkit and should be shared with local Councillors and partners.

The officer also advised that they were currently producing stickers for businesses to display to show they were falls prevention trained as they had received number of queries from companying concerned about customers who had fallen in their presence. There was some safeguarding issues to overcome, however it was hoped these would be rolled out in the near future.

The Chair thanked all the officers in attendance for their presentations and information. Following this, the panel had a discussion regarding the next steps of the review. It was agreed that the information received at the meeting would be incorporated within the draft final report and external organisations e.g. Age UK Teesside to provide a written update on services since the outbreak of Covid 19. The draft final report would be submitted to the next meeting of the Panel, along with draft recommendations.

AGREED-

That the information provided be noted.

That the updated information provided be incorporated within the draft final report

That the draft final report, along with draft recommendations be submitted to the October meeting.

4

UPDATE FROM THE OVERVIEW AND SCRUTINY BOARD AND WORK PROGRAMME

The Chair provided a verbal update to the Board on issues discussed at the Overview and Scrutiny Board on 3 September 2020.

The Chair outlined that during the meeting, a Board member had stressed the growing concern of residents of the town suffering from social isolation due to the impact of Covid-19.

The panel had previously carried out a review in relation to this, however it was agreed that at the future meeting, representatives would be invited to provide an update on social isolation measures being put in place to help ease this within our communities.

The panel also discussed the work programme and agreed to relook at the report circulated at the July meeting to see where the panel could make a positive impact.

AGREED- That the update and discussion be noted

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DATE OF NEXT MEETING- WEDNESDAY 14 OCTOBER 2020

The Panel were advised that the next meeting of the panel would take place on Wednesday 14 October 2020.