



## DISTRICT COUNCIL

Despatched: 23.09.14

### **HEALTH LIAISON BOARD**

**01 October 2014 at 2.00 pm**

**Conference Room, Argyle Road, Sevenoaks**

### **AGENDA**

#### **Membership:**

Chairman: Cllr. Mrs. Cook Vice-Chairman: Cllr. Davison  
Cllrs. Mrs. Bosley, Brookbank, Clark, Fittock, Mrs. George and Searles

	<b><u>Pages</u></b>	<b><u>Contact</u></b>
<b>Apologies for Absence</b>		
1. <b>Minutes</b>	(Pages 1 - 6)	
To agree the Minutes of the meeting of the Board held on 9 July 2014, as a correct record		
2. <b>Declarations of Interest</b>		
Any interests not already registered.		
3. <b>Actions From Previous Meeting</b>	(Pages 7 - 8)	
4. <b>Updates from Members</b>		
5. <b>Falls Prevention Pathway</b>	(Pages 9 - 12)	Hayley Brooks Tel: 01732 227272
6. <b>Healthy Weight and Obesity</b>	(Pages 13 - 16)	Hayley Brooks Tel: 01732 227272
7. <b>Health Prevention Annual Report 2013 - 14</b>	(Pages 17 - 32)	Hayley Brooks Tel: 01732 227335
8. <b>Workplan</b>	(Pages 33 - 34)	

#### **EXEMPT ITEMS**

(At the time of preparing this agenda there were no exempt items. During any such items which may arise the meeting is likely NOT to be open to the public.)

To assist in the speedy and efficient despatch of business, Members wishing to obtain factual information on items included on the Agenda are asked to enquire of the appropriate Contact Officer named on a report prior to the day of the meeting.

Should you require a copy of this agenda or any of the reports listed on it in another format

please do not hesitate to contact the Democratic Services Team as set out below.

For any other queries concerning this agenda or the meeting please contact:

**The Democratic Services Team (01732 227241)**

**HEALTH LIAISON BOARD**

Minutes of the meeting held on 9 July 2014 commencing at 2.00 pm

Present: Cllr. Mrs. Cook (Chairman)

Cllr. Davison (Vice Chairman)

Cllrs. Brookbank, Clark, Davison, Fittock, Mrs. George and Searles

Apologies for absence were received from Cllrs. Mrs. Bosley

Cllrs. Mrs. Clark and Mrs. Sargeant were also present.

1. Minutes

Resolved: That the Minutes of the meeting of the Health Liaison Board held on 2 April 2014 be approved and signed by the Chairman as a correct record, subject to the sentence in Minute 35 paragraph 3 being amended to read 'Cllr. Davison informed Members that he had attended a Chair's PPG meeting and would circulate the minutes when they were received'.

2. Declarations of Interest

No additional declarations of interest were made.

3. Actions from the last meeting of the Board

The Chairman advised Members that the Housing Allocations policy would be looked at a future meeting of the Board. The Communities and Business Manager would advise Members on the progress of compilation of Members who sat on Patient Participation Groups.

*Action 1: Communities and Business Manager to inform Members on progress on the collation of a list of Members who sit on Patient Participation Groups.*

4. Referral from Economic and Community Development Advisory Committee

There were none.

5. Presentation on Autism Spectrum

The Board welcomed Katie Skinner from Broomhill Bank School who gave a presentation on Autism Spectrum Disorder (ASD).

In response to questions Members were advised that the waiting lists to be diagnosed with Autism through Children's Adolescent Mental Health Service (CAMHS) varied

## Agenda Item 1

### Health Liaison Board - 9 July 2014

between 2 and 18 months. There had been slight improvements but it was still a frustrating process for parents.

Members were informed that there was no evidence to show that Autism was increasing rather than the way special needs were dealt with was improving as there were changes in diagnosis and better medial support.

There were support groups for parents, many of these were run by voluntary organisations. Some parents felt isolated as their child entered teenage years and into adulthood. In response to a question about whether there may be further increases in diagnoses, Members were informed that there may be some high functioning adults who had not been diagnosed. Asperger syndrome was no longer a diagnosis and practitioners now diagnosed all those affected as ASD but many preferred being classed as having 'Asperger syndrome'. Both were on the same spectrum. Those who had previously been diagnosed with Asperger syndrome would keep that diagnosis.

Members were advised that in September 2014 there would be a new code of practice for Statement of Special Educational Needs (SEN); this would change to Education Health and Care Plans. The changes would mean that some people who have Autism could be in education up to the age of 25 years, but provision and availability varied. Getting into employment was hard as there can be little or no support with the application process.

The Board thanked Katie for the informative presentation. Members felt that it was important to continue to lobby for reduced CAMHS waiting times and to ensure that parents' groups such as the Parents' Consortium were supported.

#### 6. Updates from Members

Councillor Brookbank advised that Kent County Council's Health Overview and Scrutiny Committee (HOSC) had been looking at the service provided by CAMHS and Children's services. There had been a problem with contracts but a report on progress would be brought back to the HOSC in September with an update.

Members noted that services for mental health were improving and time taken for diagnosis was reducing. It was not uncommon for a diagnosis to take up to 2 years. Members discussed whether a representative from CAMHS should be invited to speak to the Committee and agreed that a member of the Clinical Commissioning Group (CCG) should be invited to speak.

It was agreed that the Chief Officer Communities and Business should contact some of the voluntary organisations who work with those with Autism to provide them with information on grants available through the Council.

*Action 2: Chief Officer Communities and Business invite a Member of the CCG to speak to the Board about Mental Health services.*

*Action 3: Chief Officer Communities and Business contact voluntary organisations who work with those with Autism to provide information on grants available through the Council.*

**Health Liaison Board - 9 July 2014**

The Chairman advised that Councillor Searles had to leave early and would provide a written report to be circulated.

Councillor Brookbank advised that a new Health and Wellbeing Strategy would be presented to the next HOSC meeting. He also advised that fewer women were using the maternity services at Crowborough as many were using the facilities at Pembury Hospital.

Councillor Davison informed the Board that there were two main issues discussed at HOSC; the concerns surrounding CAMHS and the processing of contracts but also patient transport services. The system was making progress in comparison to the problems raised last year.

Councillor Mrs. Cook advised that she had attended a West Kent Health and Wellbeing Board meeting who were clarifying their responsibilities and the areas that were covered by the Board. There were concerns that there was a lack of understanding about partnership working. Mental Health was also discussed. She would also be attending a meeting with members of Patient Participation Groups.

The Chief Officer Communities and Business advised that the link to the latest data on health inequalities would be circulated. Interesting figures for the District related the higher than average numbers of hip fractures and emergency admissions. In general data for the District it was better than the national average but in some small areas of the District, statistics were higher than the national average.

*Action 4: Chief Officer Communities and Business circulate the link to the latest data on health inequalities.*

Falls prevention for the Dartford, Gravesham and Swanley Clinical Commissioning Group was a priority. A further report on child obesity would be completed, and the work plan would include items such as demographical changes, increasing older people and immigration.

The Chairman advised Members of concerns raised by a Councillor over ambulance transportation. It was agreed that it would be interesting to hear from the service. Members noted that if they wanted to scrutinise the service, however, then concerns should be raised with the Council's Scrutiny Committee. It was noted that the Council did support community transport with grants but groups found it a challenge to recruit drivers due to increasing pressures.

There was a new Manager for the Children Centres. Councillor Clark had attended a meeting where concerns were raised that there were problems in targeting the right people to benefit from the Children's Centres' work.

#### 7. Mind the Gap monitoring

The Chief Officer Communities and Business presented a report of the end of year monitoring summary of the Sevenoaks District 'Mind the Gap' Health Inequalities Action Plan, monitored by the Health Action Team Partnership. She advised that there were no red targets, however there were some areas that data was missing including some information from GPs.

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### Health Liaison Board - 9 July 2014

In response to questions, the Chief Officer Communities and Business advised that the number of young people attending HOUSE projects was recorded on a day to day basis and not how many times the same individual attended. She also advised that the number of members registered with the Sevenoaks District Seniors Action Forum was an ambitious target but since the report was printed figures had passed the 400 mark. Supporting older people would be looked at by the Board at the December meeting.

The Chief Officer Communities and Business advised that more than one organisation was reporting back on the number of volunteers assisting in KCC libraries as some of them were also registered with volunteering agencies.

Resolved: That the report be noted.

#### 8. Troubled Families - Progress report

The Chief Officer Communities and Business tabled a briefing note from the Project Co-ordinator that went to the Sevenoaks District Strategic Board on 2 July 2014. She informed Members that more families had been identified in excess of the original allocation. There had been some problems with recruitment and the retention of staff as the roles required intensive work with challenging families. Further funding had been secured for additional staff to work with the families. There was a need for recruitment locally and for more administration staff, funding for which was already in place.

#### 9. Work plan

Members discussed the work plan and agreed that as per the Health Inequalities action plan to meet the needs of vulnerable and lower income households it would be a good to visit local food banks as there were lots of misconceptions surrounding them.

It was agreed that the following items be added to the work plan for the following meetings:

1 October 2014

Visit to food banks

3 December 2014

The Care Act

25 February 2015

Mental Health  
CAMHS

29 April 2015

Children's centre progress report

THE MEETING WAS CONCLUDED AT 3.40 PM

CHAIRMAN

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**ACTIONS FROM THE MEETING HELD ON 9.07.14**

Action	Description	Status and last updated	Contact Officer
Action 1	Communities and Business Manager to inform Members on progress on the collation of a list of Members who sit on Patient Participation Groups.	A list was circulated via email on 18 September 2014.	Hayley Brooks/Charlie Sinclair
Action 2	Chief Officer Communities and Business invite a Member of the CCG to speak to the Board about Mental Health Services.	This has been added to the work plan for 25 February 2014.	Lesley Bowles
Action 3	Chief Officer Communities and Business contact voluntary organisations who work with those with Autism to provide information on grants available through the Council.	This will be done as part of the Annual grant publicity. Contact will be made with appropriate organisations at the beginning of October.	Lesley Bowles
Action 4	Chief Officer Communities and Business circulate the link to the latest data on health inequalities.	This was circulated to Members via email.	Lesley Bowles

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## FALLS PREVENTION PATHWAY

### Committee – Health Liaison Board 1 October 2014

Report of Chief Officer Communities & Business

Status: For Consideration

Key Decision: No

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**Executive Summary:** This report sets out the Kent Falls Prevention Pathway and details the work being undertaken by this Council in partnership with Kent County Council as part of the integration of health and social care.

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**This report supports the Key Aim of** reducing health inequalities and improve health and wellbeing for all

**Portfolio Holder** Cllr. Hogarth

**Contact Officer(s)** Hayley Brooks Ext. 7272

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### Recommendation to Health Liaison Board:

Members are asked to note the report

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### Introduction and Background

- 1 Kent and Sevenoaks District has an ageing population, and over the next five years it is anticipated that the Kent population over 65 years will increase by at least 15% (and by more than 20% for >85 years).
- 2 The risk of falling increases with age, particularly in those age 65 and above. Because falls risk in older people is very high (30+% of people aged 65+ and 50% of people aged 80+ fall each year, and 20% of fallers sustain serious injury) there is a high prevalence of falls related injury amongst older people.
- 3 In 2010/11, falls-related hospital admissions cost GP's in Sevenoaks District over £3.2m, with over 1,080 admissions to hospital during this year.
- 4 Since 2008, this Council has been commissioned by Kent County Council's Public Health Team (formerly NHS West Kent) to deliver postural stability classes for older people who are at a high risk of falling or who have already had a fall and are in the recovery stage.
- 5 This Council works closely with GP's, nurses and the Kent Public Health Team to introduce a referral process for health professionals to refer people from across the District into postural stability classes.

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- 6 Members will recall the Sevenoaks District 'Mind the Gap' Health Inequalities Action Plan monitoring on 9 July 2014, the delivery of postural stability classes by this Council form an integral part of this Action Plan.

### **New Integrated Falls Pathway**

- 7 Both health and social care partners are facing unprecedented challenges, and the need to focus on preventative and early measures through joint working has never been greater. A lot of falls especially amongst the older population can be prevented, provided at risk individuals are identified from the first fall, with infrastructure in place to prevent a second fall
- 8 Findings from a scoping exercise in Kent suggest that the current falls prevention pathway across the health and social care system can be better coordinated. The findings also suggest there are currently gaps in the provision of appropriate services which need addressing for effective prevention and management of falls, especially amongst older people.
- 9 Kent County Council health and social care teams in partnership with district council are developing a integrated service for the prevention of falls and factures based on Department of Health recommendations to:
- improve patient outcomes and improve efficiency of care after hip fractures through compliance with core standards
  - respond to a first fracture and prevent the second – through fracture liaison services in acute and primary care settings
  - early intervention to restore independence – through falls care pathways, linking acute and urgent care services to secondary prevention of further falls and injuries
  - prevent frailty, promote bone health and reduce accidents – through encouraging physical activity and healthy lifestyle, and reducing unnecessary environmental hazards

### **Key Implications**

#### Financial

- 10 In 2014/15, Sevenoaks District Council receives £8,160 for postural stability classes as part of the overall £130,741 from Kent County Council for the delivery of health prevention programmes. This Council also receives £2,300 per 12 week programme aimed at older people at high risk of falling.

Legal Implications and Risk Assessment Statement.

11 There are no legal implications relating to this report

Risk	Mitigation
Funding withdrawn for Health Prevention Programmes in 2015/16 resulting in interventions being significantly reduced or no longer running	Alternative external funding may be sourced to deliver postural stability interventions targeted at those of greatest need, depending upon external funding criteria's and availability

Equality Impacts

Consideration of impacts under the Public Sector Equality Duty:		
Question	Answer	Explanation / Evidence
a. Does the decision being made or recommended through this paper have potential to disadvantage or discriminate against different groups in the community?	No	The Action Plan will have a positive impact in reducing health inequalities across the District.
b. Does the decision being made or recommended through this paper have the potential to promote equality of opportunity?	Yes	
c. What steps can be taken to mitigate, reduce, avoid or minimise the impacts identified above?		N/A

**Conclusions**

12 Members are asked to note this report.

**Background Papers:** Sevenoaks District 'Mind the Gap' Health Inequalities Action Plan – Members Portal

**Lesley Bowles**  
**Chief Officer – Communities & Business**

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## SEVENOAKS DISTRICT HEALTHY WEIGHT REPORT

### Committee – Health Liaison Board 1 October 2014

Report of Chief Officer Communities & Business

Status: For Consideration

Key Decision: No

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**Executive Summary:** This report sets out the work being undertaken by this Council in partnership with Kent County Council to reduce the amount of adults and children who are overweight or obese in Sevenoaks District.

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**This report supports the Key Aim of** reducing health inequalities and improve health and wellbeing for all

**Portfolio Holder** Cllr. Hogarth

**Contact Officer(s)** Hayley Brooks Ext. 7272

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### Recommendation to Health Liaison Board:

Members are asked to note the report

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### Introduction and Background

- 1 In line with national statistical data, Kent and Sevenoaks District have an increasing number of people who are overweight and obese which contributes to people developing obesity related diseases including Type 2 diabetes, heart disease, high blood pressure, indigestion and some cancers.
- 2 Obesity can often be tracked from childhood into adulthood, so obese children are more likely to become obese adults. There are stark inequalities in obesity rates between different socioeconomic groups: among children in reception and year 6, the prevalence of obesity in the 10% most deprived groups is approximately double that in the 10% least deprived.
- 3 In 2012, it was estimated that 65.3% of adults in Sevenoaks District are classed as overweight or obese, with a Body Mass Index (BMI) over 25. Of these people, 24% are obese with a BMI over 30 (Kent is 28%). Primary prevention can help to reduce the number of people that fall into the unhealthy weight BMI categories.
- 4 There is a growing concern over the level of obesity amongst school age children. As part of the National Child Measurement Programme (NCMP), pupils are weighed at Reception year and at Year 6. In 2012/13, the NCMP recorded that

## Agenda Item 6

19.6% of children who were measured are overweight at Reception year and 30.6% overweight at Year 6.

- 5 This Council is commissioned by Kent County Council's Public Health Team annually to deliver a range of healthy weight programmes and prevention interventions. Since 2010, this Council has recruited and supported 1,052 people through weight management programmes (Why Weight), with a total weight loss of 2 tonnes. This Council continues to support people for two years to help them achieve their weight loss and behavioural change goals.

### **Healthy Weight Pathway**

- 6 Maintained weight reduction is the aim for people who are already overweight and who are showing signs of weight related conditions. However, the reduction of unhealthy weight requires a whole system approach through the various life stages of individuals.
- 7 Weight loss in overweight and obese individuals can improve physical, psychological and social health. There is good evidence to suggest that a moderate weight loss of 5-10% of body weight in obese individuals is associated with important health benefits, particularly in a reduction in blood pressure and a considerable reduction in the risk of developing Type 2 diabetes and coronary heart disease.
- 8 Sevenoaks District Council in partnership with Kent County Council's and Clinic Commissioning Groups are developing an enhanced Healthy Weight Pathway to ensure there is a whole system approach to healthy weight and prevention services. As part of this work the following recommendations have been made:
  - Ensure that all tiers of the service model can be provided across Kent
  - To ensure that people are identified early on in the Care Pathway and enabled to access local services
  - Ensure all services are integrated into other primary prevention services
  - Review adult weight management and obesity prevention programmes
  - Develop models for providing interventions for obesity prevention
  - Focus on early years and school settings that fosters a healthy environment, and include cooking skills as part of the commissioned programmes for families.
  - The provision of appropriate workplace and workforce health initiatives.
  - Advice to colleagues and the Kent Planners forum on planning permissions for licencing of takeaway outlets near schools.
- 9 It is important that tiered services are holistically delivered with a streamlined and targeted approach between services and providers. These tiers include:



- Tier 1 – community based prevention and early intervention including self care (including Health checks and events co-ordinated by this Council)
- Tier 2 – Community and primary care weight management services (including this Council’s Why Weight programmes)
- Tier 3 – Specialist Multi-disciplinary Team (MDT) weight management services
- Tier 4 – Specialist medical and surgical services (including bariatric surgery)

**Key Implications**

Financial

10 In 2014/15, Sevenoaks District Council receives £62,000 to deliver healthy weight interventions as part of the overall £130,741 from Kent County Council for health prevention programmes.

Legal Implications and Risk Assessment Statement.

11 There are no legal implications relating to this report

Risk	Mitigation
Funding withdrawn for Health Prevention Programmes in 2015/16 resulting in interventions being significantly reduced or no longer running	Alternative external funding may be sourced to deliver healthy weight interventions targeted at those of greatest need, depending upon external funding criteria’s and availability

Equality Impacts

Consideration of impacts under the Public Sector Equality Duty:		
Question	Answer	Explanation / Evidence
a. Does the decision being made or recommended through this paper have potential to disadvantage or discriminate against different groups in the community?	No	The Action Plan will have a positive impact in reducing health inequalities across the District.
b. Does the decision being made or recommended through this paper have the potential to promote equality of opportunity?	Yes	
c. What steps can be taken to mitigate, reduce, avoid or minimise the impacts identified above?		N/A

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### **Conclusions**

12 Members are asked to note this report.

**Background Papers:** Sevenoaks District 'Mind the Gap' Health  
Inequalities Action Plan – Members Portal

**Lesley Bowles**  
**Chief Officer – Communities & Business**

## **SEVENOAKS DISTRICT HEALTH PREVENTION ANNUAL REPORT 2013/14**

### **Committee – Health Liaison Board 1 October 2014**

Report of Chief Officer Communities & Business

Status: For Consideration

Key Decision: No

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**Executive Summary:** This report is the 2013/14 annual report for the health prevention programmes delivered by Sevenoaks District Council. This work is commissioned and funded by Kent County Council's Public Health Team as part of an annual Service Level Agreement.

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**This report supports the Key Aim of** reducing health inequalities and improve health and wellbeing for all

**Portfolio Holder** Cllr. Hogarth

**Contact Officer** Hayley Brooks Ext. 7272

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### **Recommendation to Health Liaison Board:**

Members are asked to note the report

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**Reason for recommendation:** The 2013/14 health prevention annual report summaries the programme achievements and outcomes which contribute to improving the health and wellbeing of residents and form part of the Sevenoaks District Health Inequalities Plan, 'Mind the Gap'.

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### **Introduction and Background**

- 1 For some years, this Council has been commissioned by public health to deliver a range of health prevention programmes as part of its holistic approach to community health and wellbeing. These programmes include weight management for families and adults, mental health awareness, postural stability for older people and NHS Health Checks.
- 2 These programmes are agreed in advance and funding of £130,741 is allocated on an annual basis from Kent County Council's Public Health Team (formerly NHS West Kent). This Council provides quarterly monitoring to Kent County Council to demonstrate outcomes and outputs relating to the participants of these projects.
- 3 The funding provided aims to make healthier choices easier, reduce health inequalities and improve the life expectancy of the population through targeted initiatives to improve health and wellbeing.

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- 4 Members will recall the Sevenoaks District 'Mind the Gap' Health Inequalities Action Plan monitoring on 9 July 2014, these programmes form an integral part of this Action Plan as well as contributing to the Healthy Environment priority in the Community Plan.

### **2013/14 – Annual Report**

- 5 Sevenoaks District Council is responsible for delivering and monitoring programmes. The monitoring data is reported to the Health Action Team partnership and Kent County Council quarterly.
- 6 This Council has a Service Level Agreement with Kent Public Health to deliver programmes to contribute to the following objectives:
- Deliver a virtual healthy living centre to local residents (promotion of healthy eating, exercise, sexual health, substance misuse and stop smoking);
  - Address weight management and obesity;
  - Deliver community development to promote community cohesion;
  - Raise awareness of mental health and wellbeing;
  - Deliver the NHS Health Check Programme.
- 7 During this year, this Council has delivered 733 sessions within the programme schedule with 11,245 attendances recorded at these sessions. These figures include weekly activity sessions such as yoga for over 50's, health walks, weight management sessions, mental health workshops including dementia friends and suicide awareness, and interventions ran by the Community Safety Partnership relating to domestic abuse and substance misuse.
- 8 The report at Appendix A provides further details regarding the project delivery and achievements, the contribution of these projects to the Health Inequalities Plan and provides case studies of personal achievements of participants.

### **Key Implications**

#### Financial

- 9 Sevenoaks District Council receives £130,741 from Kent County Council in 2013/14 for the delivery of health prevention programmes. The same level of funding has been secured for 2014/15.

#### Legal Implications and Risk Assessment Statement.

- 10 There are no legal implications relating to this report

Risk	Mitigation
Funding withdrawn for Health Prevention Programmes in 2015/16 resulting in	Alternative external funding would be sourced to deliver some of the

interventions being significantly reduced or no longer running	interventions targeted at those of greatest need, depending upon external funding criteria's and availability
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Equality Impacts

Consideration of impacts under the Public Sector Equality Duty:		
Question	Answer	Explanation / Evidence
a. Does the decision being made or recommended through this paper have potential to disadvantage or discriminate against different groups in the community?	No	The Action Plan will have a positive impact in reducing health inequalities across the District.
b. Does the decision being made or recommended through this paper have the potential to promote equality of opportunity?	Yes	
c. What steps can be taken to mitigate, reduce, avoid or minimise the impacts identified above?		N/A

**Conclusions**

- 11 Members are asked to note the contents of the 2013/14 Health Prevention Annual Report at Appendix A.

**Appendices**

Appendix A – 2013/14 Health Prevention Annual Report

**Background Papers:**

Sevenoaks District Community Plan

Sevenoaks District 'Mind the Gap' Health Inequalities Action Plan – Members Portal

**Lesley Bowles**

**Chief Officer – Communities & Business**

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# Sevenoaks District Council Health Prevention Annual Report April 2013 – March 2014

## 1. Introduction

Sevenoaks District Council is commissioned annually to deliver a range of health prevention programmes by Kent County Council's Public Health Team. The Sevenoaks locality funding allocation is £130,741 per annum to deliver agreed programmes to contribute to actions with the Sevenoaks District Health Inequalities Action Plan and to improve the health and wellbeing of local residents.

During this year, this Council has delivered 733 individual sessions as part of the programmes with a total of 11,245 attendances at these sessions, with over 408 new people taking part during this year. Case studies to showcase individual achievements, outcomes and the benefits of attending the programmes are detailed from page 9 of this report.

## 2. Health Inequalities Action Plan

The work this Council is commissioned to deliver forms an integral part of the Sevenoaks District Health Inequalities Action Plan, 'Mind the Gap'. The summary below shows the outcomes and outputs achieved and how these contribute to this Action Plan:

Target	How is that measured?	2012/ 2013 Baseline	Target	Year Total	Year End Status	Year End Narrative
Support parents and children to maintain a healthy weight	No. attending Fun, Fit and Active	26	23	23	Green	23 families attended the Fun, Fit and Active Programme, learning about exercise and nutrition
Increase interaction between parents and children including healthy lifestyles and active play	Attendances at Health Promotion Projects run with Children's Centres by SDC	New for 13/14	12	14	Green	Sevenoaks District Council has worked closely with Children's Centres in the District to run the new children's healthy living programme in Edenbridge and Swanley, using their kitchens to teach families about healthy cooking and eating.
Increase referrals for home adaptations and falls prevention pathways to reduce the risk of falls	No. of Chair Based Yoga Projects run by SDC	3	3	3	Green	SDC continues to offer 3 chair based yoga classes. These classes have exceeded their target for the third year running. The target for 13/14 was 2477 and there were 2560 attendances. Additionally SDC have secured funding to continue to develop their postural stability classes
	No. of Health Walks delivered by SDC	8	8	8	Green	SDC currently run 8 health walks with over 110 walkers taking part each week. Work is being done with the Surrey Community Rail Partnership to start a new walk in Chiddingstone
	No. of people attending Yoga, Chair Based exercises and postural stability classes	1500	2477	2560	Green	See 2.2.1

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Target	How is that measured?	2012/2013 Baseline	Target	Year Total	Year End Status	Year End Narrative
Improve early diagnosis of dementia and provide services and activities to support sufferers and carers	Number of Health Checks Undertaken by SDC Health Team	97	200	<b>217</b>	Green	The SDC Healthy Living Team have achieved their target for the second year running, and as a result have had their contract extended into 14/15
Promote sensible drinking and ensure treatment and support services are accessible for all	Number of AUDIT-C's completed	173	330	<b>359</b>	Green	These assessments are carried out as part of the Health Check System and the Why Weight and Get Sorted Programme.
	Number of AUDIT-C's that were follow ups	220	150	<b>151</b>	Green	
Reduce the prevalence of Type 2 diabetes through early detection and prevention	No. of People attending Why Weight and Get Sorted	1752	1100	<b>1160</b>	Green	The SDC Healthy Living Team have achieved this target for the fourth year running, and now has over a thousand people registered on the programme
Deliver activities to promote the benefits of increased physical activity and reduce obesity	No. of people attending SDC Health Walks	5000	4120	<b>5913</b>	Green	The number of attendances on SDC Health Walks exceeded the target of 4120 by 1793. The Hartley health Walk also celebrated its five year anniversary
	No. of Attendances at Up and Running	90	80	<b>81</b>	Green	The Up and Running Programme has had a good year, the highlight of which was a story on the front page of the Independent's website. Recruitment has proved difficult in spite of this.

### 3. Healthy Weight

#### **Adult Weight Management Programmes:**

**Why Weight -** A 12-week adult weight management course run by qualified professionals. Designed for people who are over 18 and have at least two stone to lose. Helps people to understand the relationship between food, exercise and weight control. Each weekly session focuses on a particular healthy eating subject and a 30 minute reintroduction to exercise class.

The Adult Weight Management Programmes have continued to grow during 2013/14 building on the success of previous years. The annual target set for this project is to achieve 230 adults recruited to a 12 week weight management programme. This year we have achieved 251 adults recruited and who completed the programme.

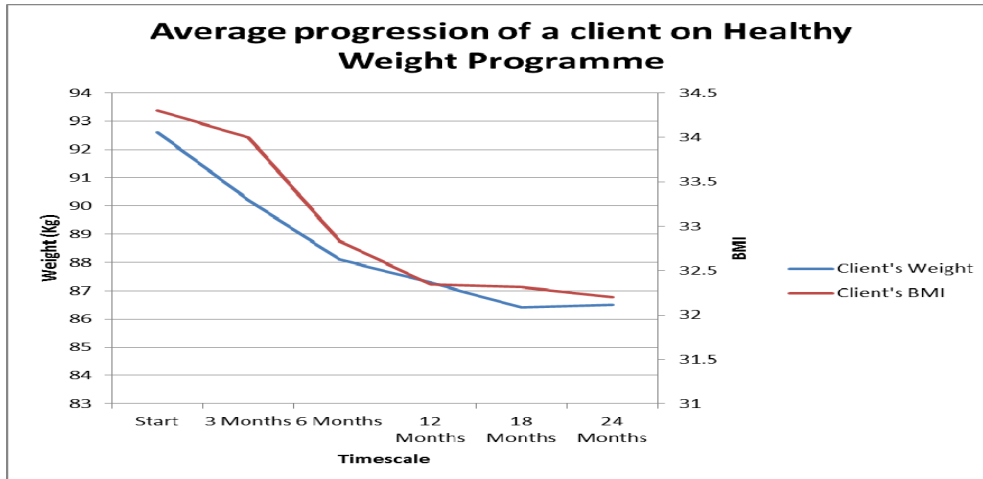
Referrals from a range of health professionals including GP's, nurses and pharmacies, continue to rise from 13% in 2012/13 to 19% in 2013/14, due to our Team working hard to gain the support of our programmes with health professionals.

At the end of this financial year, the data shows that we have gone beyond our target and recruited 251 people with an average attendance per programme of 20 people. As a result of increased referrals, we have seen an improvement in the retention figures of people attending at least 8 sessions, which is considered to be a threshold to sustained lifestyle and behaviour changes.



As part of the programme, each person has their Body Mass Index (BMI) recorded at the start and end of the 12 week programme and then at 6 monthly intervals to record and track their lifestyle changes, weight loss and weight measurement. At Week 1 of the programmes, a total of 70% of people recruited are classed as overweight (BMI: 28-39), and a further 15% classed as obese (BMI: 40+). Chart 1 below demonstrates the average progression of participants of Why Weight over a two year period, including the 12 week programme and follow-up intervals:

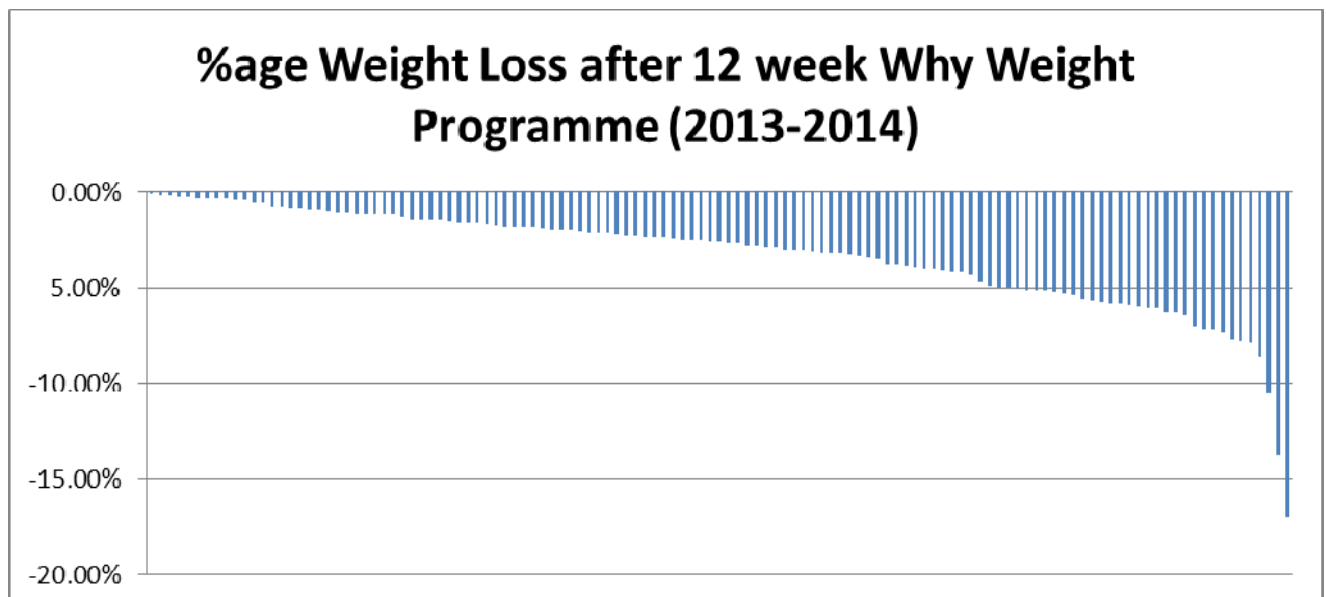
Chart 1:



The remaining 15% had a BMI under 28, however they are referred to the programme as they have co-morbidities (a long term condition including Type 2 Diabetes, Asthma, Joint Problems, Arthritis, Heart Conditions etc) and evidence shows they can also benefit from attending the programme as it educates them on healthy food choices and exercise to help them to manage their condition longer term.

Graph 1.1 indicates the percentage weight loss of people who have taken part in the Why Weight programme at 12 weeks. With a target of 5% weight loss over two years, you can see by the chart that 24% of those listed have already achieved the target during the Why Weight programme and around 40% of the people have lost a sizable amount to be on course to lose 5% soon after.

Graph 1:



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Feedback from the programmes continues to be very positive with many of the participants motivated to achieve longer term goals including signing up for gym membership and getting involved in other activities in their local area.

### Positive changes recorded in lifestyle, exercise and behaviours – Week 1 to 12

Physical Activity: 42.28% of people increased their minutes of moderate or vigorous exercise  
Healthy Eating: 44.72% of people increased their portions of 5-a-day  
Mental Wellbeing: 21.98% of people stated that their mental wellbeing had improved

Each year people who have benefited from the programme volunteer to take part in case studies to share their stories of success and inspire others to follow in their footsteps. Two case studies are at Appendix 1.1 and 1.2.



### In Summary

Since April 2010, we have recruited and supported 1,052 people through Why Weight in the Sevenoaks District with most going on to use our 1:1 on-going support service, Get Sorted, which helps them to continue to maintain their weight loss and achieve their health goals. Of these people, the following overall achievements have been made:

- Over 70% of people evaluated continued to achieve their weight loss goals after two years, with 27% of these achieving a weight loss of 5% or over;
- Total inches lost at waist measurements – 294 inches;
- Total weight loss – 2 tonnes;
- New minutes of exercise – 71,080 mins per week;

### 4. Fun, Fit and Active (Family Weight Management Programme)

Throughout this year we have worked closely with primary schools, school nurses and Kent Community Health NHS Trust to offer fun interactive sessions for pupils and their families to help them achieve healthier options together. We targeted five schools in the District who had not yet achieved the national Healthy School status and worked with them to assist them to achieve it.

The schools we worked with were Edenbridge Primary School, Otford Primary School, Downsvie Primary School, Horizon Primary School and St Mary's Primary School. As part of this work we worked with the Headteachers or specialist Health Coordinators at each school to look at actions they could put in place to develop a healthier environment including; encouraging pupils to get more active, educating on healthier lunches, catering staff offering healthier options, and for parents to understand the benefits of eating healthily for the whole family.

Part of the criteria for a school to receive Healthy School status is to run family programmes that encourage parents and the children from the school to learn more about healthy eating and increase the amount of exercise they do each week. We have run and completed 3 programmes reaching out to 23 families who all have benefited from the experience and adopted healthier options within their family's lifestyle and behaviours.



In addition to the family programmes, we provided training to all staff members at each school about the sensitive subjects around talking about obesity to parents and the children. Staff members found this very useful and were more confident approaching parents if they were concerned about the child's health.

The SDC health team has also facilitated whole school workshops to eight primary schools during the year, educating over 1300 students on healthy eating and also running exercise sessions for the children.

### **5. Health Walks**

We have continued to support eight health walks running across the District, which are led by trained volunteer health walk leaders. We had 5,913 attendances recorded this year, with 126 new first time walkers.

In November 2013, we had the opportunity to celebrate the five year anniversary of the Hartley Health Walk. This was such a fantastic achievement not only for the District Council who help set it up but also to their Health Walk Leader who has dedicated her time and been committed to delivering the walk over this period. At the event we had the pleasure of the Chairman of the Council and the District Council's Cabinet Member for Health who both took part in the walk and offered a few words of congratulations at the celebration dinner. As a result of the day we were able to produce an article (Appendix 2) in our council magazine highlighting the Hartley Health Walk's achievements.

The health walk programme has not only given people the opportunity to socialise and explore their rural surroundings it has helped people improve their fitness and wellbeing. Each year we have had an increased number of people join the health walks as a tool to lose weight and recover from pre-existing injuries or surgery. Early in the year we were able to interview a resident from the West Kingsdown area (Appendix 3) who was willing to share her experience about joining the walk and what she has got from it.



Here are a few comments from participants;

*"I joined the West Kingsdown Health Walk two years ago and since then I've lost about half a stone"*

*"After I retired I felt the need to take up exercise and, after considering my options, I took up walking. It was the cheapest and best form of exercise for me"*

### **6. Yoga Classes for Over 50's**

Three classes continue to run each week with a high number of older people attending at Shoreham, South Darenth and Dunton Green. We had 2,560 recorded attendances this year with 40 new recruits.

Of the sample of people evaluated:

- 70% have a pre-existing medical conditions and stated that their condition has improved as a result of this class
- Most common conditions, of people evaluated, are heart conditions, back pain, cancer, Osteoporosis, Asthma,



## Agenda Item 7

Spinal Stenosis, Knee operation, and joint operation. It has been reported by these individuals that the yoga classes have helped strengthen, relax, and motivate each of them in their recovery.

- 42% feel that their general fitness and mental wellbeing has improved

### 7. Health Checks

During the year we delivered 217 checks to residents of the District who have been identified by health colleagues as the target group (who don't regularly visit their GP). The health check consisted of checking their blood pressure, identifying their BMI, checking their cholesterol levels, smoking status, level of activity, and alcohol consumption.

To target the groups we worked in partnership with Kent County Council's Libraries, Registrations and Archives service to run 8 health check events in local libraries during a 7 month period. Appendix 4 is a copy of the advert we placed in our In-Shape council magazine that filled 97% of the spaces available.

As a result of screening these 217 individuals, the following results were identified:

- 55 people with a BMI above a healthy weight;
- 24 people with high cholesterol;
- 54 people with high blood pressure

All of these people were classified as being at a risk of developing a long term health condition including Type 2 diabetes etc. and received some lifestyle advice, referring to their GP for a follow up test and into our healthy living programmes including Why Weight.



### 8. Up and Running

(Progressive running group for women suffering mild depression or anxiety)

During 2013/14 we ran two 10 week programmes recruiting 13 people and delivering the full 20 sessions.

To help advertise the programme across the District we did an article on both of the facilitators who spoke of the benefits of the running programme and what women should expect from it. (Appendix 5)

At the end of the programmes we asked participants to complete an evaluation form to express how they felt the programme impacted on their mental health, and below is some of the feedback from people taking part:

*"The class is an excellent idea and the combination of talking to others in a similar position whilst also learning to run further in such a beautiful setting and led by two very encouraging and supportive leaders made me feel dramatically better"*

*"Most helpful has been gaining a belief that I can meet new people and the fact that there are people out there who understand depression and anxiety because they experience it too."*

*"Running with the group has had a positive effect on stress and anxiety"*

*"Really enjoyed the course. Good to run with other women and feel safe"*





# David steers health in right direction with Why Weight

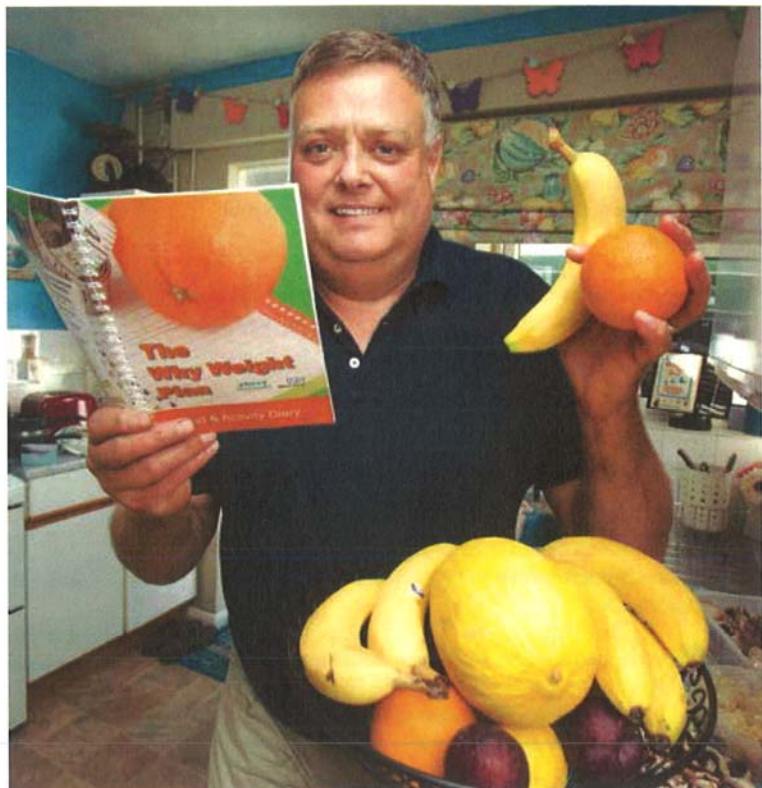
**Lorry driver David Hill has reversed his fortunes after completing our free Why Weight programme.**

**T**he Swanley resident first heard about the scheme last year after seeing an advert in a local newspaper and immediately signed up. David describes the Why Weight classes:

“At the weekly meetings we had a 30 minute activity class and an instructor who taught us a range of exercises. Afterwards there was a session with a nutritionist who gave us advice about healthy eating”.

The programme has had a lasting impact on David, who has lost nearly a stone. He attributes this to putting the breaks on his calorie intake and controlling his food portions: “The key is to use smaller plates at home which cut down the size of your food portions. I now have smaller meals throughout the day rather than one or two bigger meals like I used to”.

David has picked up other good habits such as checking food labels, which indicate the fat, sugar and salt content of food, and starting to exercise more.



Since completing the programme, David feels much more energetic and has taken his exercise routine up a gear, frequently taking his dog for walks around town: “I’m a lot more confident and feel able to take longer and longer walks, something which I couldn’t really do in the past”.

Although the road to healthy living is a long one, the benefits are already visible. He no longer suffers from the painful and aching feet that he used to and his doctor has also given him the green light about his improved blood pressure and cholesterol levels.

David has held a lifelong dream to drive at the Brands Hatch racetrack in West Kingsdown. However, for safety reasons, drivers need to weigh less than 18 stone. He says he’s now on track to reach this long-held ambition as he continues to lose weight thanks to the programme.

The Why Weight programme is organised by us and funded by Kent County Council.

**The next courses begin on the following dates at locations across the District:**

- **Monday 23 September, 6pm to 7.30pm, Edenbridge Leisure Centre**
- **Tuesday 24 September, 6pm to 7.30pm, Sevenoaks Primary School**
- **Wednesday 25 September, 6pm to 7.30pm, White Oak Leisure Centre in Swanley**
- **Friday 27 September, 9.30am to 11am, New Ash Green Sports Centre**

**To book a place, please call us on 01732 227000 or e-mail [healthyliving@sevenoaks.gov.uk](mailto:healthyliving@sevenoaks.gov.uk)**



# How the waist was won

Hartley resident Maris Goddard is looking great since she took part in our 'Why Weight' health programme in September.



**T**he 53 year old Bexley Council worker has lost a staggering three stone and, for the first time ever, even enjoys shopping for ladies' fashion. What's more her healthy habits have rubbed off on her husband who has lost weight as well.

Maris spoke with In Shape about Why Weight and how it's changed her family's life for the better.

"I heard about Why Weight from my GP. I have Type 2 Diabetes and was at the limit of taking oral medication to control my condition. My GP gave me an ultimatum: lose weight to reduce my blood glucose level or begin insulin injections.

"I decided to join the Why Weight 12 week healthy weight programme. Every week we started with 30 minutes of exercise. Combined with weekly weigh ins and advice about healthy eating and a healthy lifestyle, it gave me all the tools I needed to lose weight."

"Prior to Why Weight I'd refused to have scales at home, but I found it helpful to have someone keeping

an eye on me during the weight ins, offering encouragement. The best thing was meeting up with likeminded people to share tips, experience, encouragement and plenty of laughs."

"Since finishing Why Weight, I take daily exercise and follow a healthy diet. For the first time in years I'm in control of my weight. I feel confident and even enjoy clothes shopping, something I've never done before."

"As well as losing three stone, my blood glucose level has reduced and I'm on track to reduce my medication. And, as my husband Colin eats the same as me, he too has lost two stone and is looking great! Now I weigh less than I did when we were married in 1981.

"I even have bathroom scales at home and look forward to weighing myself each week!"

## The next Why Weight courses will begin on these dates and locations across the District.

- **Tuesday 22 April**, 6pm to 7.30pm, Sevenoaks Primary School
- **Thursday 24 April**, 1pm to 2.30pm, Swanley White Oak Leisure Centre
- **Monday 12 May**, 6pm to 7.30pm, Edenbridge Leisure Centre
- **Wednesday 2 July**, 6pm to 7.30pm, Swanley White Oak Leisure Centre
- **Friday 4 July**, 9.30am to 11am, West Kingsdown Community Centre
- **Friday 4 July**, 12 noon to 1.30pm, Sevenoaks Leisure Centre
- **Monday 22 September**, 6pm to 7.30pm, Edenbridge Leisure Centre
- **Tuesday 23 September**, 6pm to 7.30pm, Sevenoaks Primary School
- **Thursday 25 September**, 1pm to 2.30pm, Swanley White Oak Leisure Centre

To book a place, please call us on 01732 227000 or e-mail [healthyliving@sevenoaks.gov.uk](mailto:healthyliving@sevenoaks.gov.uk)

Why Weight is run by Sevenoaks District Council and funded by Kent Public Health



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# Healthy Hartley hikes hit anniversary

Last month saw Hartley Health walk celebrate its five year anniversary with its 260th walk! This successful weekly walk has been running every week whatever the weather and has never been cancelled. This is just one of eight health walks in the District which combined have had a fantastic 8,250 attendees.



Jacqueline Rye pictured with Council Chairman, Cllr Alan Pett, and Cabinet Member for Health, Cllr Roddy Hogarth

**V**olunteer walk leader Jacqueline Rye has covered over 1,000 miles leading walks over the five years and typically guides an average of 32 people on every Hartley walk, although the record attendance is a whopping 79 walkers!

“Walk leader training from Sevenoaks District Council has really helped with all aspects of leading the walks,” says Jacqueline. “As well as learning all the health and safety essentials, I have a better understanding of the health benefits of walking and enjoyed getting to network with other walk leaders from across the District.”

Forty-nine year old Jacqueline has lived in Hartley since 1985 and works in the Library. She has a 15 year old daughter called Catherine and a 19 year old son called William both of whom get involved and help out in

the health walks, with William even building a website.

Jacqueline loves seeing the benefits of health walks first-hand: “It’s why I do it, and I just love seeing the sociable nature of the group and how friendships have formed. As well as the obvious health benefits the social aspect of these walks is really powerful against emotional ailments too, such as depression. Photos are taken on each walk and put on Flickr and Twitter and our website and the odd outing or meal really reinforces the social side of the walks.”

The walks are advertised in the village Library and recommended by local GPs but Jacqueline has her own theory for how they attract newcomers. “We take a different route every week and I’m sure that most new people attend because they see a long line of people walking past their kitchen window and

get curious! We’ve got many regulars who have been with us since the beginning and new blood coming in all the time, so I think this health walk is here to stay!”

Health walks are a free group activity for people who want to do more exercise. They take up to an hour and are between two and three miles long. For every minute you walk, between one-and-a-half to two minutes is added to your life. It builds strong bones, toned muscles and can help to control weight, relieve stress and anxiety whilst reducing the risk of a wide range of illnesses.

**The Hartley health walk leaves every Tuesday from the Library at 10am. For more details on this and to find a walk near you visit [www.sevenoaks.gov.uk/healthwalks](http://www.sevenoaks.gov.uk/healthwalks) or call 01732 277000.**



# Sandra puts her best foot forward with a health walk

**Sixty-three year old Sandra Smith from West Kingsdown is one of the many residents who are taking steps to improve their fitness and wellbeing with a local health walk.**

**O**n her local walk, not only does she rub shoulders with the likes of Robert Redford and Phil Collins (both residents of West Kingsdown and not to be confused with the Hollywood actor and the former Genesis singer and drummer), she gets to socialise with many other locals whilst improving her overall fitness.

The Grandmother of three told In Shape why she joined and what she enjoys most about her local walk. "After I retired I felt the need to take up exercise and, after considering my options, I took up walking. It was the cheapest and best form of exercise for me."

"I joined the West Kingsdown health walk two years ago and since then I've lost about half a stone. I'm convinced that had I not joined, I would have

gained weight. I'm certainly a lot fitter than before and find it much easier to keep up with the grandchildren!"

"The best thing about the walks is not just the health benefits but the opportunity to socialise and meet new people.

"I moved to West Kingsdown seven years ago and it's such a wonderful place. But, like many rural areas, people often get about by car, so meeting others can be a challenge.

"Thanks to the health walk I have made many new friends from the village"

The District's health walks are run by local volunteers who are trained and supported by Sevenoaks District

Council, in partnership with NHS West Kent.

Walks last about one hour and are a great way to start exercising, especially for those recovering from an illness or operation.

You can just turn up at any of the eight walks taking place at:

- Otford – Mondays, starting at Otford Memorial Hall at 10.30am
- Lullingstone Park - Mondays, starting at the Visitor Centre at 2pm
- Hartley – Tuesdays, starting at the Library at 10am
- Swanley – Tuesdays, starting at the Café at White Oak Leisure Centre at 2pm
- New Ash Green – Wednesdays, starting at New Ash Green Library at 10.30am
- West Kingsdown – Wednesdays, starting at the Pavilion Library Car Park at 10.15am
- Edenbridge – Wednesdays, starting at Edenbridge Leisure Centre at 9.30am
- Sevenoaks – Thursdays, starting at Sevenoaks Leisure Centre café at 10.30am



Sandra Smith, left, is fitter and healthier since joining her local health walk

We are currently recruiting volunteer walk leaders for new and existing walks. Full training will be provided.

**If you'd like to know more about your local health walk or starting up a new walk, call us on 01732 227000, e-mail [healthy.living@sevenoaks.gov.uk](mailto:healthy.living@sevenoaks.gov.uk) or visit [www.sevenoaks.gov.uk/health](http://www.sevenoaks.gov.uk/health).**



# Free health MOTs

If you're aged 40 to 74 then you can take advantage of a free Health Check for an overall assessment of your health.

**W**e've teamed up with Kent County Council to offer this service to residents in this age group who have not had a health check in the last five years helping to detect underlying health problems.

Most people are at risk of serious conditions such as coronary heart disease, dementia, kidney disease, stroke and diabetes. But the good news is that these conditions can usually be prevented. The first step is to understand and reduce your level of risk.

Our health checks can tell you there and then of your risk level and, if there's a potential problem, offer you tailored healthy living advice to help you reduce the risk.

Your results will be shared with your GP. They may contact you if they believe you are at risk of developing a serious condition.

Each check takes about half an hour and is taken by a qualified health checker who will ask you some simple questions and take a single drop of blood for testing cholesterol levels.

In the last 18 months we have completed 336 health checks. More than half were referred to their GP for further advice or follow up testing and 56 people were found to be at high risk of developing coronary heart disease.



To find out if you're eligible for a free health check, visit [www.sevenoaks.gov.uk/healthchecks](http://www.sevenoaks.gov.uk/healthchecks)

**Health Checks are extremely popular so places must be booked in advance by calling us on 01732 227000.**

## Secure your vote for the European election

In the coming weeks you'll receive a voter registration form asking you to ensure your vote is in place for next year's European Parliamentary Election on 22 May.

From October, we will be posting out voter registration forms to every residential property in the Sevenoaks District. If you're already on the register of electors, you can confirm your details online, by free phone or by text, all of which save you bringing or sending your form back to us.

The best way to secure your registration is to respond to the form immediately. An early response

saves unnecessary reminders and one of our electoral canvassers knocking on your door.

You can also tell us on your form if you wish to apply to vote by post.

Remember you can only vote if your name appears on the register of electors.

**If you have not received your form by late October, or you have any questions, please e-mail [elreg@sevenoaks.gov.uk](mailto:elreg@sevenoaks.gov.uk) or phone 01732 227000.**







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## Get 'Up and Running' to beat depression

A Sevenoaks-based group that helps women enjoy the benefits of running whilst tackling depression and anxiety is about to celebrate its fourth anniversary.

**E**xercise is a great way to deal with the effects of low mood and anxious feelings. But it can be hard to take up physical activity if you're struggling with a lack of motivation or withdrawal that so often comes with depression.

To help women break this cycle, a group called 'Up and Running' is giving them a chance to learn to run in sympathetic, supportive company. Taking place over ten sessions, they meet at Sevenoaks Leisure Centre and run in the tranquil surroundings of Knole Park. No previous experience of running is necessary.

Shona Campbell, a UK Athletics qualified coach and recent winner of Women's Running magazine's 'Most Inspirational Leader Award', leads the group. She has personal experience of depression so

can empathise with other participants.

Working alongside Shona is Harriet Heal, a clinical psychologist with years of experience working with people suffering from depression.

The group is focussed on running, rather than being a therapy group, and there's no pressure for anyone to talk about anything they don't want to.

Those taking part often comment on the support and companionship they have found through the group and friendships that continue long after the courses have ended.

**Up and Running run three courses each year at the beginning of each school term. To find out more, visit [www.upandrinninginsevenoaks.org.uk](http://www.upandrinninginsevenoaks.org.uk) or call Shona on 07710 279497 or Harriet on 07855 893863.**

Shona and Harriet are helping women beat depression by running

## Get a firm footing with our falls prevention classes

**It's a sad fact that many older people are likely to experience a fall that could result in injury or time spent in hospital. According to the figures, a third of people aged 65 and over will have a fall in any one year and this proportion increases with age.**

**B**ut to help older people at risk of falling to stay on their feet and reduce falls related injuries, we're running special Falls Prevention Classes.

They are suitable if you have experienced a fall, have a fear of falling or suffer from poor posture and balance.

The classes will improve your stability, walking and other movements as well as strengthening the muscles around your hips, knees and ankles and increasing the flexibility of your trunk and lower limbs, all essential to helping you to stay on two feet.

And in the event of a fall, the classes will teach you when and how to get back to your feet without further injury.

Not only can they prevent falls, these classes are fun and a fantastic way to meet and chat to new friends!

The sixty-minute classes are taking place in Edenbridge, Otford, Sevenoaks and Swanley.

**Please e-mail [healthy.living@sevenoaks.gov.uk](mailto:healthy.living@sevenoaks.gov.uk) or call us on 01732 227000 for details of how to join a course near you.**

**Health Liaison Board Work Plan 2014/15**

<b>1 October 2014</b>	<b>3 December 2014</b>	<b>25 February 2015</b>	<b>29 April 2015</b>
Falls prevention presentation– Hayley Brooks  Annual Report 2013/14  Obesity – Hayley Brooks  Visit to food banks	Support older people, to keep them safe, and independent living  Older people action group – priorities – West Kent Housing  The Care Act  Specialist support for alcohol and drug misuse	Mental Health  CAMHS - (Sussex Partnerships)	Children’s centres progress

**Possible future reports:**

- A future report on Autism and Asperger Syndrome once guidance from the Clinical Commissioning Groups are available.

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