

Papers for the Redbridge Voluntary Sector Network

This month: Domestic Violence and Abuse

1 to 2.30pm, Wednesday 11 September 2019

Sandwiches from 12.30pm

York Room, Redbridge Central Library, Clements Rd, Ilford IG1 1EA

Agenda

1. Introduction and apologies
2. Minutes of last meeting, matters arising
3. Reports from voluntary sector representatives
4. Woman's Trust
Woman's Trust provide free therapeutic services (1-2-1 counselling, support groups, self-development workshops) to London-based female survivors of domestic abuse
5. Refuge
Refuge provide local services to victims of gender based violence
6. Any other business
7. Next meeting: 1pm, Wednesday 9 October 2019

More information

If you have any questions, contact Colin Wilson on 020 3874 4135 or at colin@redbridgecvs.net. **Anyone involved with a voluntary or community sector group which is based in Redbridge or which works with Redbridge people is welcome to attend Network meetings – no need to register, just come along.**

Minutes of the Redbridge Voluntary Sector Network 10 July 2019

Present

- Suraiya Kassamally, Age-Link
- Vera Hunt, Redbridge Voluntary Care
- Camille Barker, Redbridge Council
- Ikenna Obianwa, Redbridge Council
- Daniel Woodcroff, Redbridge Council
- Abbas Mirza, Whipps Cross Hospital
- Kate Harrison, One Place East
- Colin Wilson, RedbridgeCVS
- Lynette Jackman, RedbridgeCVS
- Binal Patel, RedbridgeCVS

Introduction

Colin welcomed everyone to the meeting.

Apologies

- Alan Banner, Redbridge Pensioners Forum
- Angela Banner, Redbridge Pensioners Forum
- Ross Diamond, RedbridgeCVS

Minutes of last meeting

The minutes were accepted as an accurate record of the meeting.

Matters arising

No matters arising.

Report from voluntary sector representatives

No one present had attended any meetings as a representative of the local voluntary sector. Colin passed on a message from Ross Diamond, RedbridgeCVS's Chief Executive, that he had not done so either.

Public Health: Ikenna Obianwa, Redbridge Public Health

Ikenna explained why cardiovascular health is a priority for the Redbridge. 20 years ago the most common reason for people dying was cardiovascular health related illness, today deaths related to

cardiovascular health have dropped, but there is still work to be done.

Obesity rates in Redbridge are on the rise and are above average when compared with England.

Ikenna said that carrying out cardiovascular prevention was a priority for the council – for every £1 spent there was a saving of £2.30. There was not only a clear financial benefit, but this could improve residents' health, wellbeing and quality of life.

Redbridge Council currently funds the following services to help with these issues:

- Fit For Fun, a RedbridgeCVS project which provides 20 weeks of free exercise classes for voluntary and community sector groups, groups of families or friends for groups of 10 people or more.
- GP services, which provide an NHS Health Check every 5 years for people aged 40 to 74 years.
- Some pharmacies also offer tests related to cardiovascular health.

Current priorities are raising public awareness for blood pressure, treating and managing people with high atrial fibrillation and working on decreasing cholesterol levels as part of the NHS RightCare CVD Prevention Pathway.

A question was asked in relation to child obesity and the increase of fast food restaurants near schools. Ikenna explained that licensing policies are changing and they are working closely with the licensing authority around smoking, gambling and fast food establishments such as chicken shops. In relation to this, the public health team challenge new licensing applications, so far with success.

A concern was mentioned regarding preventive measures and targeting people from communities that have higher risks of diabetes and heart problems. Ikenna mentioned that the NHS Health Check targets those who fall into these higher risk categories. In order to make people aware of the service, promotional materials and leaflets are being widely distributed and there are online educational programme available for practices.

An attendee queried the restrictions for individuals for the Fit for Fun service, as they themselves have diabetes, however they were told that they need to be part of a group of 10 or more people to use the

service. Ikenna responded by saying it was unfortunate the service could not be more flexible, but resources were unfortunately limited. He asked the person to give him their details and he could see whether there was anything he could do.

Sexual Health in Redbridge – Camille Barker, Public Health

Nationally and in London there has been an increase in sexually transmitted infections. Redbridge has seen similar trends, with a 5 percent increase in England since last year and a 4 percent increase in Redbridge compared to 2017.

Nationally there has been an increase in gonorrhoea, syphilis and most of all chlamydia, and this has been reflected locally as well. On the other hand, infection rates for herpes and genital warts are on the decline.

Public Health are working locally to address this issue and to make people aware of STIs by increased testing in sexual health clinics, online testing, home sampling and by safe sex and using condoms.

Public Health are also:

- Trying to raise awareness by doing health promotion, campaigns and outreach in schools and community settings in Redbridge.
- Increasing screening programmes at pharmacies, GPs, youth centres and through home testing.
- Strengthening partner notification and making sure guidelines are being followed.
- Putting a local Sexual Health Plan in place.
- Looking at at-risk populations to see how they can be effectively targeted for testing, treatment and risk reduction.

Whipps Cross Hospital Redevelopment - Abbas Mirza, Community Engagement Lead

Whipps Cross Hospital is planning a major redevelopment.

43% of the hospital's buildings are older than the NHS and it poses a significant risk to patient safety, accessibility and operational capability. In its current condition the hospital will not be able cope with the demand for its services, as by 2025 the local population will have grown by 18%. Before the redevelopment, the hospital will implement a four-year refurbishment plan to make sure existing wards are fire compliant and provide good patient experience.

Last year the hospital developed a strategic business case for redevelopment and from now until 2020 they will be developing more detailed plans. The estimated cost of the new hospital will be around £300 to 450 million. The completed redevelopment will not only focus on care services but will respond to opportunities for regeneration in the local area. This will benefit local people by bringing jobs, homes and businesses.

Currently there has been a lot of engagement with community groups and local people, and the project has received support from local politicians. A community action group has been formed to make sure local people are informed about the development plans and to hear their ideas about what matters the most to them, so that plans of the new hospital can be developed with their needs in mind.

Whipps Cross Hospital have a Twitter campaign using the hashtag #FutureWhipps for updates on their redevelopment programme. For more information about the programme, and to find out how you can get involved, you can also visit www.bartshealth.nhs.uk/futurewhipps or you can email FutureWhipps.BartsHealth@nhs.net

Any other business

There was no other business.

Next meeting

The next meeting is at 1pm on Wednesday 11 September 2019.

