

**LONDON BOROUGH OF TOWER HAMLETS**

**MINUTES OF THE TOWER HAMLETS HEALTH AND WELLBEING BOARD  
HELD AT 5.00 P.M. ON TUESDAY, 17 NOVEMBER 2015  
MP701, 7TH FLOOR, TOWN HALL, MULBERRY PLACE, 5 CLOVE CRESCENT,  
LONDON, E14 2BG.**

**Members Present:**

- |  |   |
|--|---|
| Councillor Amy Whitelock Gibbs (Chair) | – Deputy Chair / Cabinet Member for Health and Adult Services           |
| Councillor Rachael Saunders            | – (Deputy Mayor and Cabinet Member for Education & Children's Services) |
| Dr Somen Banerjee                      | – (Director of Public Health, LBTH)                                     |
| Debbie Jones                           | – (Interim Corporate Director, Children's Services)                     |
| Cath Scholefield                       | – (Service Head of Adult Social Care, LBTH)(Deputising for Luke Addams) |
| Dr Sam Everington                      | – (Chair, Tower Hamlets Clinical Commissioning Group)                   |
| Jane Milligan                          | – (Chief Officer, Tower Hamlets Clinical Commissioning Group)           |

**Co-opted Members Present:**

- |                   |   |
|-------------------|---|
| Sarah Castro      | – (Poplar HARCA)(Deputising for Steve Stride) |
| Dr Navina Evans   | – (East London and the Foundation Trust)      |
| Carrie Kilpatrick | – Tower Hamlets Clinical Commissioning Group  |
| Monsur Ali        | – (Deputy Young Mayor)                        |
| Rushena Miah      | – (Tower Hamlets Community Voluntary Sector)  |

**Apologies:**

- |                                 |  |
|---------------------------------|--|
| Mayor John Biggs                | - (Chair of the HWBB)                              |
| Councillor Denise Jones         | – (Non –Executive Majority Group Councillor)       |
| Councillor David Edgar (Member) | - (Cabinet Member for Resources)                   |
| Luke Addams                     | – (Interim Director of Adult's Services)           |
| Dr Ian Basnett                  | – (Public Health Director, Barts Health NHS Trust) |
| Karen Breen                     | (Barts NHS Trust)                                  |
| Suzanne Firth                   | – (Tower Hamlets Community Voluntary Sector)       |
| Steve Stride                    | – (Chief Executive, Poplar HARCA)                  |
| DengYan San                     | - (Young Mayor)                                    |

**Officers in Attendance:**

Dianne Barham	- Chief Executive Officer, Healthwatch
Karen Badgery	- Children's Commissioning Manager
Sarah Baker	- Strategy - Partnerships and Performance
Shazia Hussain	- Service Head Culture Learning and Leisure
Chris Lovitt	- Associate Director of Public Health
Tim Madelin	- Senior Public Health Strategist
Justin Morley	- LBTH - Senior Solicitor
Simon Twite	- Senior Public Health Strategist)
Jamal Uddin	- (Strategy Policy & Performance Officer)
Martin Bould	- (Senior Joint Commissioner, Mental Health and Joint Commissioning Team)
Nasima Patel	- Service Head, Childrens Social Care
David Knight	- (Senior Committee Services Officer)

**1. STANDING ITEMS OF BUSINESS**

**1.1 WELCOME**

The Chair informed the Board that tonight's meeting would focus on Young Peoples Mental Health.

**1.2 DECLARATIONS OF DISCLOSABLE PECUNIARY INTERESTS**

There were no declarations of disclosable pecuniary interests.

**1.3 Minutes of the Previous Meeting and Matters Arising**

**RESOLVED –**

That the minutes of the meeting held on 29<sup>th</sup> September 2015 be agreed as a correct record.

**2. ACTIONS UNDER DELEGATED AUTHORITY**

None.

## **2.1 FORWARD PROGRAMME**

The Board heard that as part of the next meeting on 12<sup>th</sup> January, 2016 there would be a workshop to focus upon the development on priorities around the Health and Wellbeing Strategy.

## **3. COMMUNITY INTELLIGENCE: HEALTHWATCH PERSPECTIVE - YOUNG PEOPLES MENTAL HEALTH**

The Board heard that research had been undertaken to survey young people to better understand their awareness levels and attitudes towards mental health, and gather suggestions on how best to tackle issues related to young people and mental health. Healthwatch Youth Panellists received training through the Community Intelligence Bursary process to become peer researchers and undertake the fieldwork research.

It was noted that young people have greater access to their peers so they are in the best position to conduct this research. They had surveyed a total of 237 young people across LBTH aged between 15 and 24 years old. The main points of the discussion on this item are outlined as follows:

The Board noted that:

- More teenage young men had stated that mental health was an important issue to them than men aged over 20 years. Whilst the opposite trend can be seen for female respondents;
- The vast majority of young people were unaware of both the national and local mental health services available to them. Aside from GPs, hospitals, Childline and Talk to Frank, awareness of other services that were presented to respondents was extremely low. The Board therefore felt that regular workshops should be arranged so as to raise awareness of the strategies to challenge stressful situations;
- The biggest factor that may deter them from seeking support after experiencing mental health issues was the stigma (41%) attached to mental health illnesses, and fearing the possible adverse reaction of their loved ones (16%) if they were to discuss mental health issues with them;
- Twenty one percent of those surveyed stated that simply not knowing where to receive support would be a barrier for them in trying to access help;
- Noted that the issues outlined in this report would be addressed through the Child and Adolescent Mental Health Services (CAMHS) Transformation Plan, The Board also wanted to see closer working between Healthwatch and the Children in Care Council;
- Noted that referring to people with 'mental health' often is a barrier to tackling the stigma of mental health and that 'wellbeing' should be more pronounced in our conversations.

- Noted that Sheffield Safeguarding Children Board had produced a video addressing health and well being aimed at providing advice to young people;
- More use should be made of social media to provide advice digitally on where to access services;

As a result of consideration on this report the Board :

**RESOLVED –**

- To promote to young people the need to care for their mental as well as their physical wellbeing (e.g. through working in partnership with the Child and Adolescent Mental Health Services; Healthwatch and the Children in Care Council);
- To work with schools as an access point to empower parents and families to promote good wellbeing for young people; and
- To involve children and young people in co-producing a peer led health and wellbeing campaign to:
  1. Raise awareness of the importance of looking after your physical and mental health;
  2. Tackle the stigma around mental health;
  3. Tackle issues like exam pressure, bullying and family pressures;
  4. Build on existing resources and activities in other areas.

**4. THEME - EARLY YEARS AND MENTAL HEALTH**

**4.1 Emotional Wellbeing in the Early Years and Childhood**

The Board received a report that summarised a new public health work programme that is being developed to support emotional wellbeing during the early years and childhood. It provided a counter-balance to a focus on mental health disorders and highlighted the importance of building a preventive approach that promoted emotional wellbeing which is both important in its own right and can also help to prevent the development of mental disorders in the longer term.

The report also provided a summary of the evidence on key determinants of emotional wellbeing in the early years and childhood and some of the key themes that have been identified from local community and stakeholder engagement. It then provided an overview of public health commissioned services that aim to promote emotional wellbeing in the early years and childhood. The main points of the discussion maybe summarised as follows:

The Board:

- Noted that at the next stage of the Children and Adolescents Mental Health Outcomes Based Commissioning project, work is being undertaken to identify the appropriate outcomes to be introduced into

the contracts for both public health commissioned services. The aim being to promote emotional wellbeing in the early years and childhood and those with a wider focus. In addition, it is being planned that at a later stage of this work to introduce emotional wellbeing measures into a wider range of services for early years, children and young people;

- Heard that a future focus will be on supporting front line staff so as to develop and build upon their existing knowledge and skills to equip them with a sound evidence-base for practice along with skills to enhance psychosocial assessment of prenatal mental health and delivery of active listening approaches. In addition, joint training will be developed for midwives and health visitors, which will then be rolled out more widely to children's centre and social care staff. The programme it was noted will have a strong focus on restorative clinical supervision for staff and on working collaboratively to develop a joined up whole system approach;
- Was informed that bullying at school 'in the previous year' had been experienced by 22% of pupils (Tower Hamlets 2013 Pupil Attitude Survey), of which 26% saying that it occurred at least every week. With more than half of lesbian, gay and bisexual young people (national survey) reporting they had experienced homophobic bullying with over two in five gay pupils attempting or thinking about taking their own life as a direct consequence. Accordingly, a specific programme of work is being developed through the Healthy School Teams and the results of the Survey will be considered by OfSTED;
- Heard about the importance of promoting emotional health and wellbeing; the importance of developing peer support/peer led services; better communication and engagement;
- Noted that schools had been identified as having a key role as a setting for promoting emotional wellbeing with School Nurses being well placed to provide accessible support; advice and onward referral where appropriate;
- Agreed that it would like to receive details of the outcomes of the Pupil Attitude Survey together with more details on the incidences of bullying; and
- Noted that the impact upon families will be measured through the Local Transformation Plan.

As a result of consideration on this report the Board:

**RESOLVED –**

That the Board continue to receive regular updates on the progress of the Public Health Work Programme.

**4.2 Local Transformation Plan for Children and Young People's Mental Health and Wellbeing**

The Board heard that Tower Hamlets has an existing priority to improve the mental health of children and young people, through its Health and Wellbeing Strategy and other local mental health strategies. National guidance has been issued for all CCGs to submit Transformation Plans, based on joint work with partners, and signed off by Health and Wellbeing Boards. The local Transformation Plan is an opportunity to agree local priorities, and provide an additional CCG investment of £521,000 per year.

The priorities the Board noted included prevention, engagement, early intervention, tackling health inequalities, improving links with schools, and strengthening pathways for the most vulnerable children and for those with specialist mental health needs. They are tied together by a shared vision and by a local joint project to improve the outcomes that children, young people and families have said are most important for them. In addition, it was noted that the approval of the plan will endorse these priorities and the associated investment. A summary of the discussion is outlined as follows:

The Board:

- Wanted to see the involvement of young people in any consultation around the Local Transformation Plan and to consider their journey from childhood into adulthood;
- Wished to see how best to engage young people and their families in the delivery of the Plan; and
- Indicated that as this is a publically funded service it is important to identify other organisations with processes resulting in superior performance, with a view to their adoption.

As a result of consideration on this report the Board:

**RESOLVED –**

To approve the Local Transformation Plan for Children and Young People's Mental Health.

**4.3 Update on the development of the Joint Health and Wellbeing Strategy**

The Board received a report that provided an update on the development of the Joint Health and Wellbeing Strategy. It was noted that all Health and Wellbeing Boards have a duty to publish and deliver local health and wellbeing strategies. This strategy will be developed through a partnership approach, consulted on, presented to the CCG Governing Body, HWB and endorsed by the Council's Cabinet.

In addition, it was noted that formal approval of the Health and Wellbeing Strategy and its delivery plans will be sought in July 2016. Once this approval has been given, the Strategy will then be published.

As a result of consideration on this report the Board :

**RESOLVED –**

1. To note that the Health and Wellbeing Strategy (HWS) subgroup has established a Project Management Office (PMO) to project manage the development of the strategy; and
2. To note that a priority setting workshop for HWB members is planned for January and HWB members' availability is needed.

**5. UPDATE ON THE MENTAL HEALTH CHALLENGE**

The Board heard that the Mental Health Challenge is a set of 10 pledges that Local Authorities are asked to commit to in recognition of their role in implementing effective mental health strategy to improve the mental wellbeing of their communities. The Challenge is laid down in recognition of inconsistent approach nationally and is developed seven leading mental health charities.

It was noted that a motion to adopt the challenge had been presented to Cabinet by Cllr Whitelock Gibbs in October of this year, and was accordingly agreed with two additional pledges focusing on awareness training for both elected members and frontline staff so that they can support the local community more effectively.

The Board was advised that the report provided an overview of how well the Council is doing in meeting the 12 pledges of the Challenge, and makes a number of recommendations as to how the Health and Well Being Board (HWBB) and its partners can work together to further embed its principles.

In addition the report outlined the Time to Change Pledge commitment and highlights the support all partners of the HWWB can make in taking their 'time to change' commitment to the next stage.

An outline of the discussion of this report is set out below:  
The Board:

- Noted that a 'Time to Change Employers Forum' is being established to enable local partners across Tower Hamlets who have signed the pledge to come together and discuss the progress being made in this area, looking to share best practice and think about the lessons that can be learned from each other. It will be an opportunity to unpick some of the challenges across the Borough and develop joint activities that reflect the ambitions of Time to Change and Mental Health Challenge;
- Noted that the first meeting will be held on Tuesday 15 December and would be held quarterly thereafter. The Forum would be linked to the Housing Forum and the East London Business Association;
- Noted that going forward consideration would be needed on the involvement of the Police Service in the work of the Forum; and

- Noted that the Third Sector also had an important role to play in the work of the Forum and that this role could be facilitated by the support of the larger partner agencies human resources teams.

As a result of consideration on this report the Board :

**RESOLVED –**

1. To endorse the progress made to date in implementing the key pledges;
2. To commit as individual HWBB member organisations to adopt the Time to Change Pledge; and
3. To support the 'Time to Change Employers Forum' by nominating a key lead from each HWBB member organisation to attend the forum.

**6 ANY OTHER BUSINESS**

**Young Mayor**

The Board noted that following a recent seminar in Youth Parliament, the issue of mental health had featured as one of the top five areas of concern for young people.

As a result of discussions on this issue the Chair Moved and it was:-

**RESOLVED:**

To request colleagues from Mental Health (CCG) to provide information on Mental Health Services across the Borough outlining the support they offer young people.

**The meeting ended at 7.00 p.m.**

**Chair**

**Tower Hamlets Health and Wellbeing Board**