

Hampshire and Isle of Wight.

Julie Kalsi, Health Officer, Crawley Borough Council.

Dr Michele Legg GP, Clinical Lead Dementia, NHS Isle of Wight CGG.

Angela Gill, Programme Facilitator, Hampshire & Isle of Wight Social Prescribing Network and Project Manager, Gosport Voluntary Action. 'Hants & IoW Social Prescribing Update'.

Hannah Griffiths, Project Manager, Independent Arts, 'Inclusivity and open to all' – Independent Arts work on the Isle of Wight.'

Julie Kalsi, Health Officer, Crawley Borough Council

JULIE KALSI is from Crawley Borough Council where she supports Health Partnerships and has been working in Health and Wellbeing for over 15 years. Julie was involved in setting up a Health and Wellbeing Hub in Crawley as well as managing an adult weight management programme for the town. She was in the initial steering group to create a social prescribing programme for the town. Since 2012 she has been involved in supporting the work of Crawley Dementia Alliance and creating a dementia-friendly community. Crawley was awarded a national award in 2014 for this piece of work which has sparked interest from other towns nationally as well as hosting visits and sharing information with delegations from Norway, Canada, Japan and Denmark. Julie also leads on health inequalities and health partnerships. In her spare time Julie continues her interest in promoting 'population health' and is an ambassador for parkrun UK. Julie was the starting point to bring the British Airways Run Gatwick half marathon event to the town in 2018.

The Social Prescribing Network Southeast wholly wants to encourage arts and culture. We offer social prescribing at the point of referral to memory assessment.

As Health Officer for Crawley Borough Council in West Sussex, my role has three key elements, I manage health partnerships, I lead on health inequalities and I chair our DAA and the Dementia Friendly Communities work since 2012, when we were selected of one of the first twelve dementia-friendly communities, as part of the then Prime Minister's challenge on dementia.

From the very beginning it has been essential to us that people affected by dementia are asked and listened to on how we can best support them to ensure they can continue to live well as their dementia progresses. Leisure and culture were the most important things they wanted to include in their lives. Over the past nine years, the people may be different, but the message remains the same.

To us there are three key elements on how we try to achieve that work. People affected by dementia are included in the work that we do. Collaborative working, whether with statutory, clinical or voluntary sector organisations, or business, transport or retail partners. Over the past few years, we have seen the development of formal SP, through CCG and NHS funding, and the recognition that only 20% of a person's health is medical, County Health Rankings: Relationships Between Determinant Factors and Health Outcomes (2016). Meaningful, social activities are essential to supporting a person's health and wellbeing, and no more so than for people affected by dementia.

In addition to my Crawley role, I have been supporting the countywide, West Sussex Joint Dementia Strategy. It is an exciting development that a piece of work around arts and culture have been included in the strategy. We are currently at the beginning of this project, with a focus on mapping arts, culture and heritage sites across the county, whether it is a one room museum, a shepherd's hut cinema, an eleventh-century castle, or a Capability Brown designed garden. We would recommend that they look at developing buddy schemes, using their venues for dementia-friendly events and hosting meaningful activities and digital resources. We shall be letting them know the benefits of being involved with Arts 4 Dementia (A4D).



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Dr Michele Legg GP, Clinical Lead for Dementia, NHS Isle of Wight CCG.

DR MICHELE LEGG GP has been a doctor for 26 years, qualifying from University College London in 1994 and since 2006 as a GP. She is senior partner at her practice leading in business, Quality and Outcomes Framework (QOF) and with a special clinical interest in dementia and frailty. Michelle supported her practice to become one of the first in the country to be accredited as dementia friendly. She has worked for the Isle of Wight CCG for eight years, the last three as clinical chair. As CCG Clinical Director for the Isle of Wight, Michelle is working to support to delivery of high-quality care locally via integrated care teams and across systems.

I have been a GP and interested in dementia for fifteen years. I am Dementia lead of CCG, but now chair CCG for last three years, but still have a clinical interest in dementia. On the Isle of Wight, we have a very high prevalence towards dementia. For at least 15 years our prevalence has been much higher than the mainland, and we have been trying to implement community services to support this.

Our process on the island would be that someone goes to see their GP, they get a base set of bloods tests and blood pressure tests. They are then referred to a consultant psychiatrist who visits that patient at home, and we make sure to copy in family members so that someone else can be there and know about the appointment. If it's a positive diagnosis we often incorporate post diagnosis counselling and a full package of support from a whole spectrum of social input at that point.

About five years ago we looked at dementia on the island and tried to make Isle of Wight dementia friendly. Our buses are dementia friendly, so if you show a card to say you had a memory problem, they help you get off the bus - so that people can be as mobile as possible. We also have dementia friendly GP surgeries and churches, carol concerts. Our Alzheimer's Cafe clinic and encourage pop ups to mimic familiar surroundings, so people feel more comfortable in that environment.

We morphed strategic plans to be more age friendly – this includes a Dementia Friendly Strategy – so that all policy at a higher level, CCG, councils and trusts, has to be dementia friendly. Dementia has to be considered when making policy. It is uplifting when council officers became dementia friendly because environments become dementia friendly, and toilets became dementia friendly – we have encouraged that throughout the hospital on the island and on other offices.

So far, social prescribing has been amazing for people with dementia, and without social prescribing link workers (SPLW) social isolation during COVID19 would have been much more difficult.

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Angela Gill, Hampshire and Isle of Wight Social Prescribing Network

ANGELA GILL, of the Hampshire and Isle of Wight (H&IoW) Social Prescribing Network, has worked for Hampshire County Council for .25 years. She has managed Gosport Discovery Centre and 'Gosport Advice and Information Network' project for Citizens Advice Gosport. Using her community expertise, she is a freelance Community Consultant-portfolio working primarily with charities across H&IoW. Angela is Age Concern Gosport's Chair of Trustees; she manages Gosport Voluntary Action's (GVA) Community Compass Project and supports GVA's Close Encounters social isolation project. She programme-manages and facilitates the H&IoW Social Prescribing Network for Community First and the Fareham & Gosport Health Forum . Angela works with Hampshire, Southampton and Isle of Wight CCG colleagues, programming and facilitating for the Integrated Community of Practice Social Prescribing Network primarily in the S.E. Hants, Fareham & Gosport area.

'Hampshire and Isle of Wight Social Prescribing Update'

I shall highlight three areas today. The Hampshire and Isle of Wight Social Prescribing Network (HSPN) is coordinated by Community First for the Hampshire Council Voluntary Services Network, and supported by Hampshire, Southampton and the Isle of Wight CCG. We usually have four themed network meetings, currently webinars, per year. We share best practice and learning related to social prescribing in health. We identify joint working or funding opportunities and explore techniques to evidence cost effectiveness. We also influence and promote social prescribing regionally and nationally and have over 200 members.

The Close Encounters Project, a three-year National Lottery Community Funded partnership project, aims to tackle social isolation for the 55+ and it has developed a referral system for SCAS call handlers and clinicians. Frequent callers are often due to loneliness. The Close Encounters Project has helped 1,071 people in Gosport and Portsmouth areas since January 2019. During COVID19, 394 activity packs and 980 food parcels were delivered to those in need in 2020.

The GVA's Community Compass Project, was a remote, listening and signposting service, that was delivered by a small team of friendly, trained, dedicated volunteers. Key social issues presenting were depression and anxiety, bereavement, social isolation, carers support, socialising and dementia. This local volunteer delivered project helped 230 people last year enabling them to live independent happier, healthier lives and reducing demand on GP's time. Useful resources are available at: [Social Prescribing - Gosport Voluntary Action \(gva.org.uk\)](https://www.gva.org.uk).

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Hannah Griffiths, Community Engagement Manager, Independent Arts, Isle of Wight.

HANNAH GRIFFITHS, Community Engagement Manager Independent Arts, joined as a project manager in 2015 to lead their community-based arts projects. This has included their ever-popular SingAbout, singing for wellbeing project, trail blazing Anxiety Cafe and Arts Council Funded Time & Tide. Since late 2020 Hannah has added running the new Creative Community Hub to her responsibilities providing a social prescribing hub, gallery and workshop space on the High Street. At the core of all her work is championing arts for all and the benefits of creativity on improving lives and supporting people to come together.

‘Inclusivity and open to all – Independent Arts work on the Isle of Wight.’

The main remit of our charity, Independent Arts, is to improve health and wellbeing and reduce social isolation using the arts and creativity. I should like to focus on one of our projects, and how that works with the social prescribing scheme. The project is our Sing About project, which is a singing for wellbeing project. Initially when we set it up 10 years ago, it was predominantly based on the Singing for the Brain model, but we very quickly learnt that singing benefits everyone, so we made the group much more inclusive.

What would happen is that if you were to take a referral route from the surgery social prescriber, we are very lucky here on the Isle of Wight, we have lots of social prescribing routes, as well as the NHS. We also work with Community Connectors and Navigators, and Care Navigators, who can all refer into our project. If you have had a recent dementia diagnosis and you were referred into SingAbout, you can come to one of six weekly groups, this of course is pre-COVID19, the groups have round about 30-40 participants in each. These include people with dementia, with chronic respiratory problems, recovering from stroke and cancer treatments, with anxiety and depression, and also some participants come along because they really enjoy singing.

We have a wonderful blend of people, and our participants are very much encouraged to co-produce the sessions. When we set up the groups they choose where we meet, they pick what times we meet, and also they get to choose the songs we sing in the sessions as well, there is a little bit of something for everybody. Our practitioners who run the groups are all trained to work with dementia and other long-term conditions, and because there are such wonderful communities within those groups, we actually know each other really well. We do talk about the SingAbout groups as a SingAbout family.

If you come along to your first session, you will be welcomed in by our practitioners and some of our lovely volunteers who help you get settled in the session. You will be able to sing along to your favourite songs, and there are also extra activities to help reduce anxiety, so we do breath work, which strengthens your lungs as well. If your dementia was to progress, we can offer support through our volunteers who can help make sure that you are in the right place at the right time, they can help you find where we are on the word sheets, and make sure that you can get your cups of tea and coffee. We do welcome carers along to our sessions, both family and paid for carers are very welcome to come along and join us!

If you have more of a progressive condition, the people around you know you and understand you, and hopefully that means you can come along and keep singing with us for as long as possible and many of our participants who live with dementia or care for people with dementia do talk about SingAbout being a couple of hours a week where they can have a little bit of normality, which is really lovely for us to hear. If you would like to find any further information, you can contact me.

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