

Winter 2014

Strengthening Local Communities

Newsletter Update

In June 2013 Adult Social Care and Health held a series of workshops across the County in partnership with the three Councils for Voluntary Services (Hastings Voluntary Action (HVA), Rother Voluntary Action (RVA) and 3VA). The workshops were attended by a mix of local organisations, care sector businesses, statutory sector commissioners and operational staff, and provided an opportunity to understand key changes that are happening locally and to work through some of the ideas and tools that could help communities to be strong and resilient.

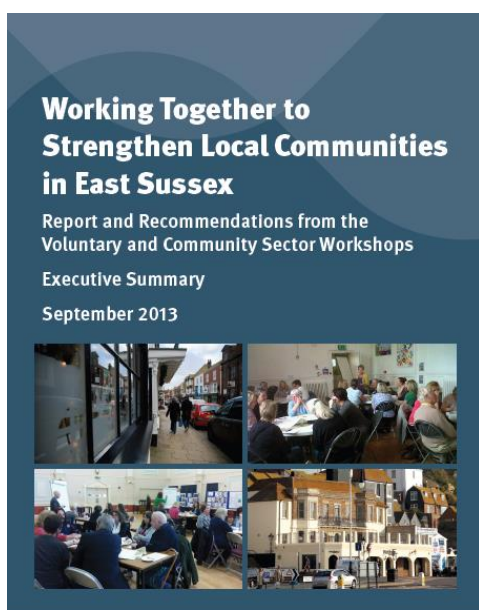
A particular focus was given to responding to older and disabled people with care and support needs living in the community, and also ways of supporting communities to improve their health and wellbeing.

As a result of the discussions that took place, the report from the workshops recommended taking forward action in the following areas:

1. Capturing information about services, support and assets in the community
2. Increasing volunteering and encouraging people to get involved
3. Improving health in local communities
4. Strengthening relationships between local care and support services
5. Encouraging mainstream businesses and services to play apart
6. Helping people to navigate the care and support market.

Follow up workshops took place in November 2013 as well as presentations to key community organisations such as Town and Parish Councils. The outcomes of these meetings and comments received during the consultation period shaped the Strengthening Local Communities programme delivery plan. This delivery plan sets out some initial agreed key actions between January 2014 and March 2015 to build on the strengths that exist in communities in East Sussex, and outlined a number of key projects.

This newsletter provides a brief update on each agreed action/project and the work that has taken place over the last twelve months. On the final page there is also some information about new work where strong links with supportive and active communities will be key – the Care Act and East Sussex Better Together.



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Increasing volunteering and encouraging people to lend a hand

Desired outcome: local communities are confident and equipped to try out new ways of supporting people with higher levels of care and support needs living in their midst

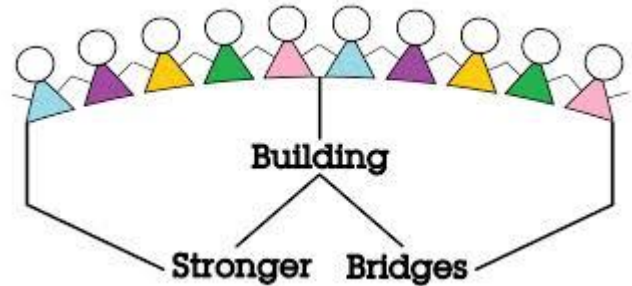
Building Stronger Bridges
 This project is supporting the development of Good Neighbour Schemes across the county, that support older and disabled people with social care and support needs and contribute to preventing social isolation.

Progress

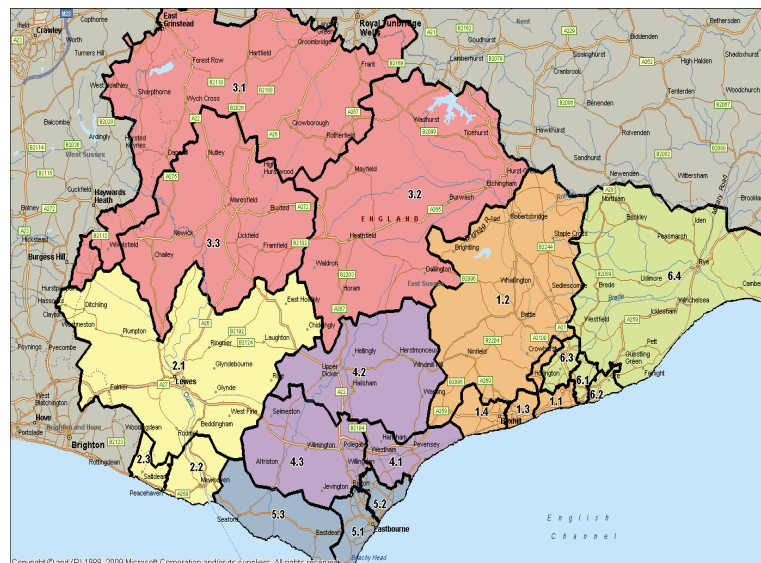
We have developed partnerships with five voluntary organisations across the county to build local networks of Good Neighbour Schemes. These partners are:

- Eastbourne, Hailsham and Seaford (South): **Age Concern Eastbourne.** Contact: **Lisa Gillette (01323 638474)** lisa.gillette@ageconcerneastbourne.co.uk
- Eastbourne, Hailsham and Seaford (North): **Hailsham Trust** Contact: **Tammy Milne (01323 446404 or 07518566880)** tammy@sussexcommunity.org.uk
- Hastings and Rother (West): **Rother Voluntary Action** in partnership with **Hastings Voluntary Action** Contact: **Jan Cutting (01424 217259 or 07866 637 574)** jan.cutting@rva.uk.com or **Tanya Vice (01424 444010)** tanya@hvauk.org
- Hastings and Rother (East): **Rother Voluntary Action** in partnership with **Hastings Voluntary Action** Contact: **Jan Cutting (01424 217259 or 07866 637 574)** jan.cutting@rva.uk.com or **Tanya Vice (01424 444010)** tanya@hvauk.org

- High Weald, Lewes and Havens (North): **Action in Rural Sussex.** Contact **Teresa Gittins (01273 407306 or 07825506652)** Teresa.Gittins@ruralsussex.org.uk
- High Weald, Lewes and Havens (South): **Royal Voluntary Service** Contact: **Nadine Fry** on nadine.fry@royalvoluntaryservice.org.uk



The map below shows the designated areas of the County.

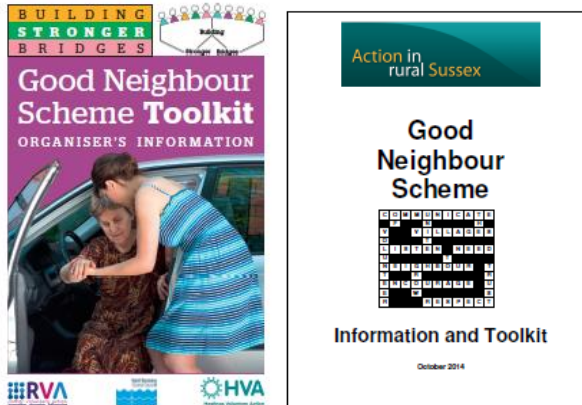


High Weald, Lewes and Havens (South)	Eastbourne, Hailsham and Seaford (South)
High Weald, Lewes and Havens (North)	Eastbourne, Hailsham and Seaford (North)
Hastings and Rother (West)	Hastings and Rother (East)

Work by the partners started in June 2014 and will run to at least 31 May 2015. The initial work involved liaison with Parish

Councils, local churches and other local organisations/groups.

Toolkits for prospective new Good Neighbour Schemes have been produced by our partner organisations, and training is available.



Work has been undertaken to raise awareness of the role of Good Neighbour Schemes with Adult Social Care (ASC) Neighbourhood Support Teams.

As at November 2014, 50 potential Good Neighbour Schemes have been identified across the County.

Contact: For more information: Bianca Byrne on 01273 336656 or bianca.byrne@eastsussex.gov.uk

East Sussex Commissioning Grants Prospectus: recognising the added value of social capital in the East Sussex Commissioning Grants Prospectus

Progress

62 grants were awarded through the Commissioning Grants Prospectus process in 2014. These grants covered the following areas: older people, carers, people with learning disabilities and autism, mental health problems, people with physical disabilities, sensory impairments and long term conditions.

57 organisations took part in the bidding process submitting 127 bids - a total of £10.3m in grants were awarded to 39

organisations, the majority of which utilise volunteers in a wide range of activities including supporting people returning home from hospital, breaks for carers, healthy living, accessing day opportunities and befriending. These grants mainly run for three years.

Contact person Julia Cutty
julia.cutty@eastsussex.gov.uk

Improve health in local communities

Desired outcome: Local organisations and communities support people to lead healthier lifestyles and make better use of community assets

Chances4Change is a pilot project supporting local communities and recruiting volunteer community champions to build on local skills and resources and create new opportunities for increased physical activity, healthier eating and emotional wellbeing at a local level

Progress

Two partners were commissioned by Public Health to lead this work in Eastbourne and Hastings with Big Lottery funding from July 2013; a further three organisations were commissioned more recently to lead pilot projects in the districts, with ESCC funding.



As of October 2014, 77 health champions had been recruited in Eastbourne and Hastings, with a total of 141 local residents benefitting from activities. Examples of activities supported or led by volunteers include a healthy weight support group, health and social clubs for older people, singing sessions for older people, sewing groups, disability cricket and urban cricket sessions, family

fitness and fun sessions, cookery sessions for food bank attendees and a mindfulness health walk.

In the districts each partner will work with 3-5 priority communities. Following a community asset mapping exercise, key partners have been identified. Older people's groups have been particularly interested in getting involved, with the issue of emotional wellbeing and social isolation high on the agenda.

For more information on what is happening in each area please contact the following:

- Hastings: **HVA Contact Su Barnicoat**, su@hvauk.org
- Eastbourne: **3VA Contact Helen Meade** helen.meade@3VA.org.uk or **Jo Leinster**, Jo.Leinster@3va.org.uk
- Weald District: **AirS Contact Teresa Gittins**, Teresa.Gittins@ruralsussex.org.uk
- Lewes District: **SCDA Contact Ian Kedge**, ian@ncda.org.uk
- Rother: **RVA Contact Gina Sanderson**, gina.sanderson@rva.uk.com

Contact for more information about the programme as a whole: Tina Cook, tina.cook@eastsussex.gov.uk

East Sussex Commissioning Grants Prospectus: community involvement in promoting health

Progress

Seven grants were awarded for community involvement in promoting health, two of which were a continuation of existing projects. Organisations receiving grants to work with local communities and support volunteers/community champions were: Action for Change, Action in Rural Sussex, Friends Family and Travellers, Hastings Voluntary Action, Horizons Community Learning CIC, and Sussex Community Development Association.

Contact: Tina Cook
tina.cook@eastsussex.gov.uk

Strengthening relationships between local care and support services, and navigating support

Desired outcome: Adult Social Care (ASC) frontline staff and others working within communities are more aware of community options for support and how to access these.

The Dragons Den: hold local 'Dragon's Den' road show events to showcase services and support to staff undertaking support planning

Progress

Three Dragons Den events were held in Lewes, Eastbourne and Hastings with 60 providers and 52 members of ASC frontline staff attending.

The overall feedback from staff and providers was positive with many agreeing that these events offer a great opportunity to network and meet local providers and representatives, as well as finding out about current developments.



Contact: Zareen Graves on 01273 335653
or zareen.graves@eastsussex.gov.uk

East Sussex 1Space: continue to develop East Sussex 1Space as a searchable online resource directory about services, support and activities in East Sussex.

Progress

East Sussex 1Space is an online directory of care, support and wellbeing services available in East Sussex, launched to the public in November 2012.

It brings together services for adults, children



and families and public health in one place. It contains over 1600 services and support options including free, low cost and community support services. It receives around 3500 hits per month of which 30% are repeat visits.

The website has been upgraded recently to improve the search functionality to give:

- Improved keyword search facility
- Location search which lists the services nearest the search location
- Services ranked to show most recently updated services first.
- As part of the Care Act work is also underway on tools to aid navigation.

Contact: Lucy Tapley

lucy.tapley@eastsussex.gov.uk

Encouraging mainstream business and services to play a part

Desired outcome: older and disabled people with care and support needs are welcomed into mainstream service settings and are included in a wider range of options

Dementia Action Alliance (DAA): The Dementia Action Alliance is a movement with one simple aim: to bring about a society-wide response to dementia. It encourages and

supports communities and organisations across England to take practical actions to enable people to live well with dementia and reduce the risk of costly crisis intervention.

Progress

Bexhill Dementia Action Alliance has led the way as the first DAA in East Sussex with a range of actions and activities including showing the film “The Best Exotic Marigold Hotel for the Elderly and the Beautiful” at the De La Warr Pavillion during Dementia Awareness Week to raise funds and local awareness.

Eastbourne DAA was established in July, and the Hastings and St Leonards Seniors Forum and Hastings Voluntary Action (HVA) held a successful public event in September to begin working together to set up a DAA in Hastings and St Leonards.

Contact: June Pratley

june.pratley@eastsussex.gov.uk

Pub is the Hub: East Sussex County Council is working with “Pub is the Hub” and Wealden District Council to test out different initiatives and inspire other pubs to do more for their local communities.

Progress

“Pub is the Hub” is a national organisation of voluntary advisors for licensees of rural pubs who are thinking of broadening their range of services. They encourage licensees, communities, pub owners, breweries, local authorities and the private sector to work together to match community needs with additional services which can be provided by the local pub.

The Brewers Arms in Herstmonceux has been identified as a pilot and has set up a successful lunch club and small book loan service with the East Sussex County Council Library Service. This type of approach is designed to tackle social isolation and loneliness.



An information sheet has been produced and sent to all pubs in Wealden to encourage interest from other pubs.

Contact: Candice Miller
candice.miller@eastsussex.gov.uk

Care Act 2014

The social care reform duties in the Care Act 2014 come into force in April 2015. It includes new duties on wellbeing, prevention and information and advice, and working in partnership with local communities is central to delivering the Care Act.

The full range of sources of community services and support, groups and organisations is seen in the Care Act to complement the care and support provided by formal traditional social care services, in the lives of people with care and support needs. This includes opportunities to participate and be included in wider universal services and activities as well as building strong networks of support with friends, family and neighbours. This is woven into a number of areas of the Care Act:

- **Promoting wellbeing** – the definition of wellbeing is broad and includes many areas relevant to active and supportive communities, in particular:
 - *Participation in work, education, training or recreation*
 - *Social and economic wellbeing*
 - *Domestic, family and personal*
 - *Contribution to society*

- **Prevention** – including working with other local organisations to build community capital to engage with communities and understand how to prevent problems from arising, and working with the voluntary and community sector as part of **commissioning and market and place shaping**
- **Assessment and care and support planning** – including approaches based on individuals strengths, and co-production to foster mutual support networks, and care and support planning that focuses on connections to family and community.

Contact: Candice Miller
candice.miller@eastsussex.gov.uk

East Sussex Better Together

East Sussex Better Together is the Council and the Clinical Commissioning Groups programme to help health and social care work together to ensure high quality and affordable care now and for future generations – through lessening reliance on acute services, and investing much more in high quality primary and community services to ensure this support is more readily available for local people.

Strong links with active and strong communities will help achieve person-centred care and support through building on individuals' strengths and the resources and assets available locally. Key areas of work include healthy living and wellbeing (including helping people to manage long-term conditions).

To find out more about the ESBT partners, read ESBT briefings or get in touch visit:

- www.eastsussex.gov.uk
- www.eastbournehailshamandseafordccg.nhs.uk
- www.hastingsandrotherccg.nhs.uk
- www.highwealdleweshavensccg.nhs.uk