

Eden Health and Wellbeing Forum 21 January 2021.

Present: Chair: Judith Derbyshire (EDC), Dani Leslie (Eden Carers), Cathryn Beckett (Public Health), Shane Byrne (DWP), Chris Barry (County Council Youth Support), Judith Woof (Health and Wellbeing Officer), Bethan Nicholson (Childrens Social Prescribing), Becky Underwood (Development Officer), Phil Dew (EDC and CCC), John Redgate (Health Watch Cumbria), Doug Huggon (Leisure Services, EDC).

1. Report on Covid in Eden from Cathryn Beckett

The report covered the period up to the 15th of January.

Covid rates are possibly peaking, rates are falling in all districts. There has been a huge increase since Christmas. The decline should be treated with caution. The Cumbria rate is above national average, the Eden rate is below (Cumbria: 526/100,000, Eden: 448, England:497. The equivalent figures for the 9th of December were 74, 55 and 151). There were 2632 new cases in Cumbria in the last week compared to 3500 the previous week. There has been a 25% fall in Cumbria on the previous week with Eden having the largest drop at 38%. There was a 17% increase in hospital admissions from Eden. Recently there have been 53 Covid deaths for Cumbria, 886 total since the start of the pandemic with 92 in Eden. There have been a number of outbreaks in care homes. The weekly rate for Eden is 239 compared to before Christmas when it was 29. The rate per one hundred thousand has increased by 55 to 448 for Eden. The infection rate is still very high causing huge pressure on the NHS so we still need to follow lockdown rules.

The SARS-Cov2 vaccine is being delivered by 8 PCNs (groups of GP surgeries) across Cumbria. It needs to be remembered that the GPs are continuing to provide usual GP services so please be patient. Most of the over 80s will have been vaccinated by the end of January. Cohorts 2 and 3 (over 70s) will have been vaccinated by the end of February. The public needs to be aware of fraud as some criminals have been trying to take advantage of elderly, charging up to £120 for a fake vaccine.

2. Vaccination Update in Eden

A GP from the PCN was due to present a report on this but could not attend. The over 80 year olds were vaccinated around Christmas but the second doses had to be cancelled due to a change in government policy. Most care workers have been vaccinated. Last week home bound elderly were vaccinated by GP staff. The PCN is best place to deliver the vaccine for all if Eden. It is not known what the new National Vaccination Centres will provide for Cumbria. Eden PCN would like to get 3500 doses weekly but has not been getting this. There has been a supply chain problem. The target is for all 50 year olds to be vaccinated by the 1st of April. Mass vaccination centres may cause confusion as there may be duplication of invitation letters. I discussed what we have been doing at Alston Medical Practice: we have given about 60 vaccines to Grisedale Croft residents and staff, the surgery staff and house-bound over 80s. We hope to be able to give more in the next few weeks but we are dependant on supplies from Penrith.

3. Mental Health

Bethan Nicholson reported in the Social Prescribing Service for young people which has been adopted by three local PCNs including Eden. It was launched in September 20 and there have been 91 referrals, mostly from GPs and some from schools. Emotional wellbeing support is offered. Social prescribing has been around for a few years but is new for young people. Eden

PCN approached Barnardo's to create the service. The main problems dealt with are: exam worries, relationship problems, concerns about Covid. Work is done with the client in a one-to-one basis, through video, phone and online now because of Covid. There is a big emphasis on connecting to the local community which is difficult at the moment. An outreach bus is being explored. The program uses a well-being approach, which is child-centred, to build goals. They are not able to accept self referrals these have to come through GPs or schools.

I asked about the interface between the service and CAMHS (Child and Adolescent Mental Health Services). Some of the referrals have to be escalated up to this service.

PD: talked about youth workers in Appleby and Alston (Lissie Sharp).

Carlisle and Eden Mind are providing coaching for young people mainly to help with anxiety.

4. Youth Parliament

Chris Barry talked about this. He had prepared a video from one of the members of the Youth Parliament: Ben Perris. He said that Covid is causing great worries and anxiety to young people because of disruption to schooling and exams. He said that young people need to get out for a ten minute walk every day. They also needed to be less competitive and more inclusive.

Becky Underwood said that there had been a 40% increase in after-school club activities when young people were attending school in the Autumn. This was thought to be due to the fact they were in small bubbles and as a result less competitive and more cooperative.

5. Report from Judith Woof.

There have been more than 150 applications for the Green Homes Grant. The scheme will be extended to 4 more wards. Eden will be coordinating an extension of the grant to other districts of Cumbria and as a result the funding will increase to £6 million.