



BEDFORD BOROUGH COUNCIL

# Minutes

Title of Meeting	Older People's Partnership Board
Date/Time	Thursday 14 March 2024 @ 11:00am
Venue	In person – Committee Room 1, Borough Hall, Cauldwell Street, Bedford

No	Item	Action
1	Welcome – Apologies were noted. Attendees were also noted.	
2	<p>Minutes of last meeting held on 14 December 2023</p> <p>Previous actions as follows:</p> <ul style="list-style-type: none"><li>- Recruitment to the Board – MH confirmed that the leaflets for the board are now available and will provide these at the end of the meeting for attendees to take away and distribute as appropriate. <b>Action: MH advised that some enquiries have already been received and will feedback on the board's recruitment following distribution of the leaflets at the next meeting.</b></li><li>- Sharon Jackson (ELFT) to provide presentation slides after the last meeting on 'ELFT community mental health services and support for older people in Bedford Borough' for circulation to the board. – <b>Action: MH to follow this up.</b></li><li>- Wilf asked if it would be possible in between meetings for MH, SW and himself to get together to put forward a portfolio of areas to focus on for this purpose – <b>Action: MH advised that this hasn't yet taken place, however MH will arrange to meet Wilf between this board and the next board to discuss.</b></li></ul>	<p>MH</p> <p>MH</p> <p>MH</p>
3	<p>Introduction to Be Active</p> <p>James Timmins introduced himself from Be active and presented some slides, which will be circulated with the minutes of the meeting.</p> <ul style="list-style-type: none"><li>- Be Active are an active partnership that covers Bedford Borough, Central Bedfordshire and Luton. Be Active work on behalf of Sport England at a local level to create a healthier, happier Bedfordshire. Be Active's mission is to work in partnership to support, develop and promote opportunities for people to be active for life, through raising the profile of physical activity as a tool to improve lives.</li><li>- James works at local level connecting different community groups in order to achieve the objective.</li><li>- Key audiences include; culturally diverse communities, those with disabilities, long term health conditions and low socio-economic groups.</li><li>- Within the current landscape in Bedford Borough, approximately 63.6% of people are classed as physically active in adults.</li><li>- James detailed some of the initiatives Be Active have introduced. Street tag is a public health project that rewards you for exercising with prizes. Run, walk or cycle and collect tags/points and move up community leaderboard. This includes monthly tag parties, historic trail, weekly community livestreams and prizes to be won as incentive to encourage exercise.</li><li>- Live longer better – launched in 2020. The project enables healthy active ageing through a preventative approach, working collaboratively to improve the health of those in need. This involves national meetings with active partnerships, which providers can also join. Providing national update on good</li></ul>	

	<p>news stories and any learning points. Be Active host local live longer better meetings across BLMK. Three meetings are held per year and James asked if anybody is interested please contact James on the contact details within the presentation slides.</p> <ul style="list-style-type: none"> <li>- James detailed some of symptoms older people have experienced following covid. Social isolation, reduced fitness, cognitive decline, reduced mobility, increased anxiety. The positive effects from exercise can have a significant difference of the following areas – improves social connection, improves brain power, improves functional capacity, improves mobility strength and balance, helps reduce anxiety and depression.</li> <li>- Be Active's work aims to close the gap between the actual rate of decline and the best possible rate of decline by reducing inactivity and sedentary behaviour, improving functional ability and reducing the time spent in a period of high-dependency for those with multiple long term conditions.</li> <li>- James invited board members to sign up to Be Active's newsletter, the link is provided on the slides. The newsletter includes details of upcoming events, news and funding.</li> </ul> <p>The following questions were raised:</p> <ul style="list-style-type: none"> <li>- David Oldham (Connelly foundation) – asked how Be Active are funded. James advised the organisation is funded by Sport England.</li> <li>- Mark Harris (Chair, BBC) asked if there is any outreach to residential homes. James said yes Be Active do as much as they can with residential homes, and would welcome any further connections in this regard.</li> <li>- Kate (BRCC) has been working in CBC with James' colleague at Be Active on a peddling scheme in care homes. Kate to contact BMSO when this could be discussed on a future board's agenda. David Oldham (Connelly foundation) are also funding some work with physical exercise in residential care.</li> </ul> <p>The Chair thanked Be Active for attending.</p>	
4	<p>Reviews &amp; Updates</p> <p>(a) Reviews - The Chair advised of some work being undertaken within the Council on adult social care reviews. A new system has been developed, and during the implementation, it has become apparent through the review process that we undertake reassessments rather than reviews. We are currently working to look at how this can be improved, particularly looking at telephone assessments. The Council would like to engage with groups such as partnership boards to gain user experience feedback in this regard and further information on this will be presented in due course.</p> <p>(b) Co-production</p> <p>Rob Andrews (BBC) verbally presented a draft piece of work in relation to co-production, which allows the Council to work with carers, services users and partners, to deliver the services; an example of co-production is this board.</p> <ul style="list-style-type: none"> <li>- A co-production framework is currently being drafted, which highlights what co-production is to us, what we'd like to achieve from it and how we're going to do it. The Council would like to co-produce strategic methods of practice, with residents and service users being empowered in their own care outcomes. The Council also want to ensure that equality and diversity is inclusive as much as possible. The Council's aim from co-production is to reach out to as many service users, carers and partners, as well as in the community, listening to service users, breakdown any day to day issues, and generally improving practice for individuals and partners.</li> <li>- The Co-Production framework will be circulated and presented once it has been finalised.</li> </ul> <p>The following comments were received:</p> <ul style="list-style-type: none"> <li>- David Oldham (Connelly Foundation) made some observations that when doing co-production, the feedback isn't always welcome and can bring challenges.</li> <li>- Martin Trinder (CVS) said co-production should be used when it is done well and with full power over decision making. Sometimes this is difficult to truly co-produce certain things and some things can just be really good engagement and consultation, without being labelled as co-production.</li> </ul>	

	<p>- Paulette Rennie commented that there are many different strategic and policies in place and board members would like to see the positive outcomes and impact these are having.</p> <p>(c) Recruitment to the Board As discussed above, the Chair will distribute the leaflets for circulation at the end of the meeting. Feedback will then be considered at the next board.</p>	
5	<p>AOB</p> <p>- Corporate Plan: Message from Community and Engagement colleagues at Bedford Borough: We would like to invite you to take part in an online conversation about Bedford Borough Councils Priorities listed in our Draft Corporate Plan. Please come online for our first <b>Information Workshop Session</b>, taking place on <b>Thursday 28<sup>th</sup> March, 6-8pm</b>, at <b>Queens Park Family Hub, Marlborough Road Bedford MK40 4LE</b>. We hope that we can encourage service providers, older residents, and disabled groups and carers to come and have their say. If you, or any residents you support are interested in participating, please register online via Eventbrite here: <a href="https://www.eventbrite.co.uk/e/information-workshop-have-your-say-on-bedford-borough-councils-priorities-tickets-860744067677">https://www.eventbrite.co.uk/e/information-workshop-have-your-say-on-bedford-borough-councils-priorities-tickets-860744067677</a> At Bedford Borough Council, we have been reviewing our Plan, and have condensed our Draft Corporate Plan on a page into four main priorities, each with a series of objectives:</p> <ul style="list-style-type: none"> <li>• Promoting Health and Wellbeing</li> <li>• Supporting Families and the Vulnerable</li> <li>• Stimulating Economic Growth</li> <li>• Protecting the Environment</li> </ul> <p>A Corporate Plan is an internal working document, that will act as the golden thread aligning all council departments, ensuring that these priorities are at the heart of everything we do, and every service that we provide. We want to hear from our partners, the voluntary sector, and the residents to hear the voices of our wonderfully diverse community, and ensure that our priorities reflect the needs of Bedford Borough. We value your opinions and experiences, and hope to see you soon! If you are unable to attend in person, you are welcome to come online for our first <b>Information Workshop Session</b>, taking place on <b>Tuesday 19<sup>th</sup> March, 6-8pm</b>. We hope that we can encourage service providers, and health and wellbeing professionals/champions such as yourself to come along and represent your sector, but we also hope that <i>you</i> can encourage 3 of previous or current service users to come along and represent your service user group. If you, or any residents you support are interested in participating, please register online via Eventbrite here: <a href="https://www.eventbrite.co.uk/e/online-conversation-workshop-health-service-providers-and-service-users-tickets-856191079567">https://www.eventbrite.co.uk/e/online-conversation-workshop-health-service-providers-and-service-users-tickets-856191079567</a> <b>If you have any questions on the above, please contact: Antigua Riley Corion, Community Engagement Officer,</b> <a href="mailto:corporateplan@bedford.gov.uk">corporateplan@bedford.gov.uk</a> or by phone on 07468 472552</p> <p>Following the above, feedback was received that it would be the preferred option to be able to book onto this session by phone instead of via event brite link. A telephone contact number has now been provided above.</p> <p>- Nikki Harris also advised that she had been contacted by a carer, who was looking for some information on the transition into caring and was unable to find the information on the Council's website. <b>Action: MH agreed to take this back and discuss possible improvements with Maura Noone (Chief</b></p>	

	<b>Officer, Practice, Standards, Strategy and Quality).</b> MH also commented that the Council has developed a contact team, which aims to resolve minor queries swiftly by phone.	
6	Date of next meeting – 27 June 2024	