SOUTH TANDRIDGE HEALTH & WELLBEING NEIGHBOURHOOD MEETING
TUESDAY 12 MARCH 2024
2pm – 3.30pm
WELCOME!
Hosted by
Anna Mustill
Lauren Turner
with
Lee Pegrum
AIM - to integrate better with County Council
Breaking down & understanding better WHAT is working well and where are the GAPS
the CONCEPT of 'NEIGHBOURHOODS'
Neighbourhood meetings established from GHT >>>
to STOP being reactive and aiming for EARLY intervention
Keeping people WELL!
What do people VALUE ?
What do they need MORE of?
Let's INCREASE ENGAGEMENT
Environment, housing, social support etc. is better for HEALTH IMPROVEMENT than DR's SURGERIES
GP! + GHT lead ST
GROWING HEALTH TOGETHER
formed 3 years ago by a GP
LINKING communities to HEALTH INITIATIVES
Bringing together LOCAL services to LOCAL users
working TOGETHER to find SOLUTIONS...

SOUTH TANDRIDGE

UPDATES

Lena Gathercole

lots of services TERMINATED BUT East Surrey has TWO Dementia Advisors who can support :-
- Through DIAGNOSIS
- Attend MEMORY CLINICS
- Providing information on SUPPORT SERVICES and PRACTICAL ADVICE
- Care for CARERS

You don't need a FORMAL diagnosis to receive SUPPORT

Importance of NATURE for for someone living with DEMENTIA

3 LEVELS of SERVICE
- 'Light touch' - calls, online advice
- More comprehensive - CARE PLANS, REFFERALS to social services (up to 6 months of support)
- Complex - face to face, focus on supporting the whole family

Providing LONG TERM support, trying to keep people OUT of GP surgeries

Dementia Wellbeing Service
~ a need for more Dementia Cafés - The is 1 at Smallfield Community Centre (running for 11 yrs) BUT need more VENUES to provide more support.

LGBTQ+ Youth Provision
- Lost youth centres due to lack of funding - a NEED for support OUTSIDE SCHOOL.

Youth Services - Digital survey to understand WHAT young people want and need
- Results will be Shared PUBLICLY QR code

DWP Service in Hurst Green

Abi Chapman & Rev. Ian Whitley

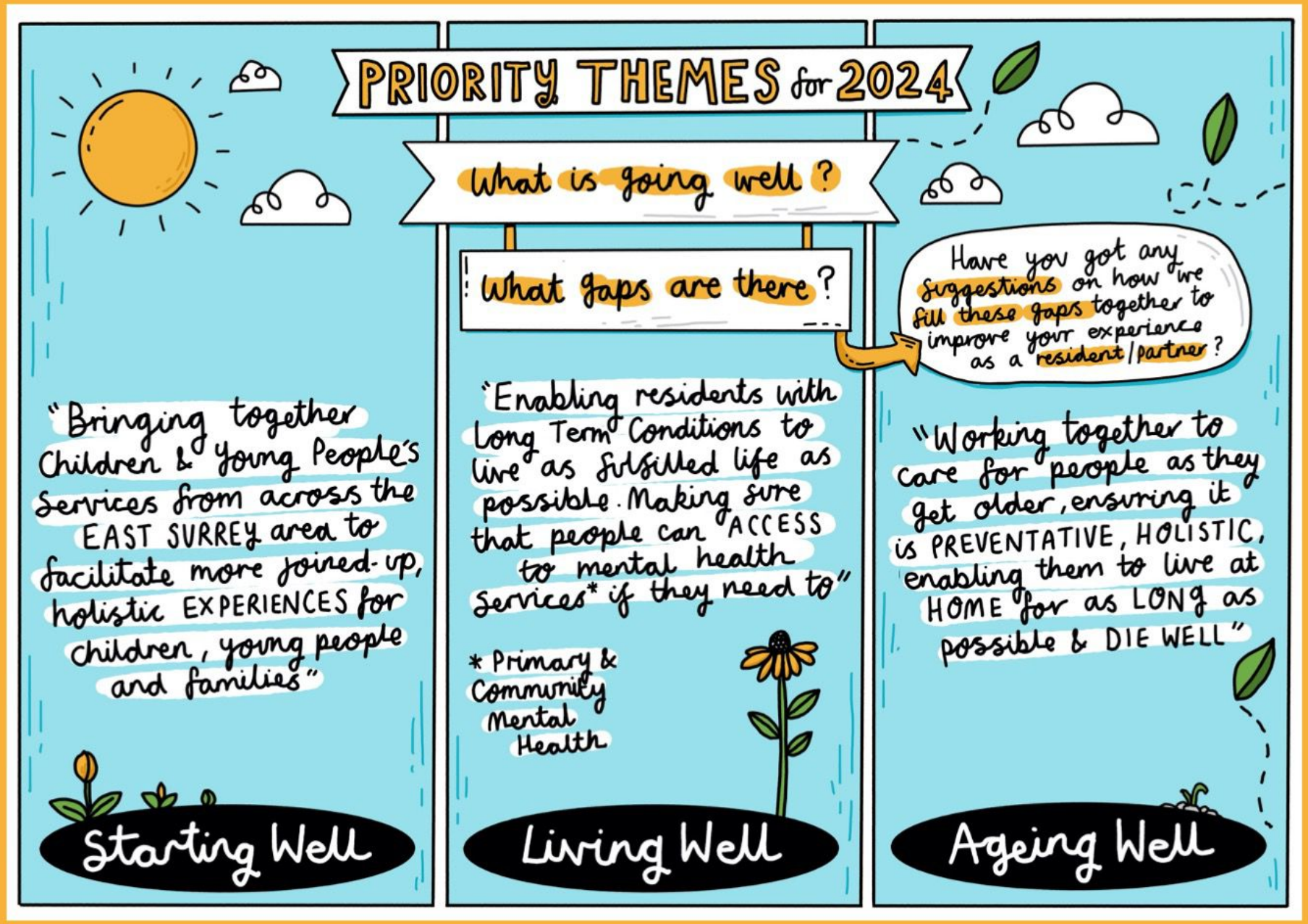
How do we move forward ... ?
- Open to ages 13-18
- YMCA funding is available ↘ focussing on 'IDENTITY'
- Churches providing safe spaces for LGBTQ+ youth
- Looking for VOLUNTEERS from a diverse backgrounds not just allies

Lauren Turner

- looking to GAIN INSIGHT to SHAPE services
- improve and tailor existing services
- aim to MIRROR neighbourhood meetings and start conversations between SERVICE PROVIDERS and YOUTH

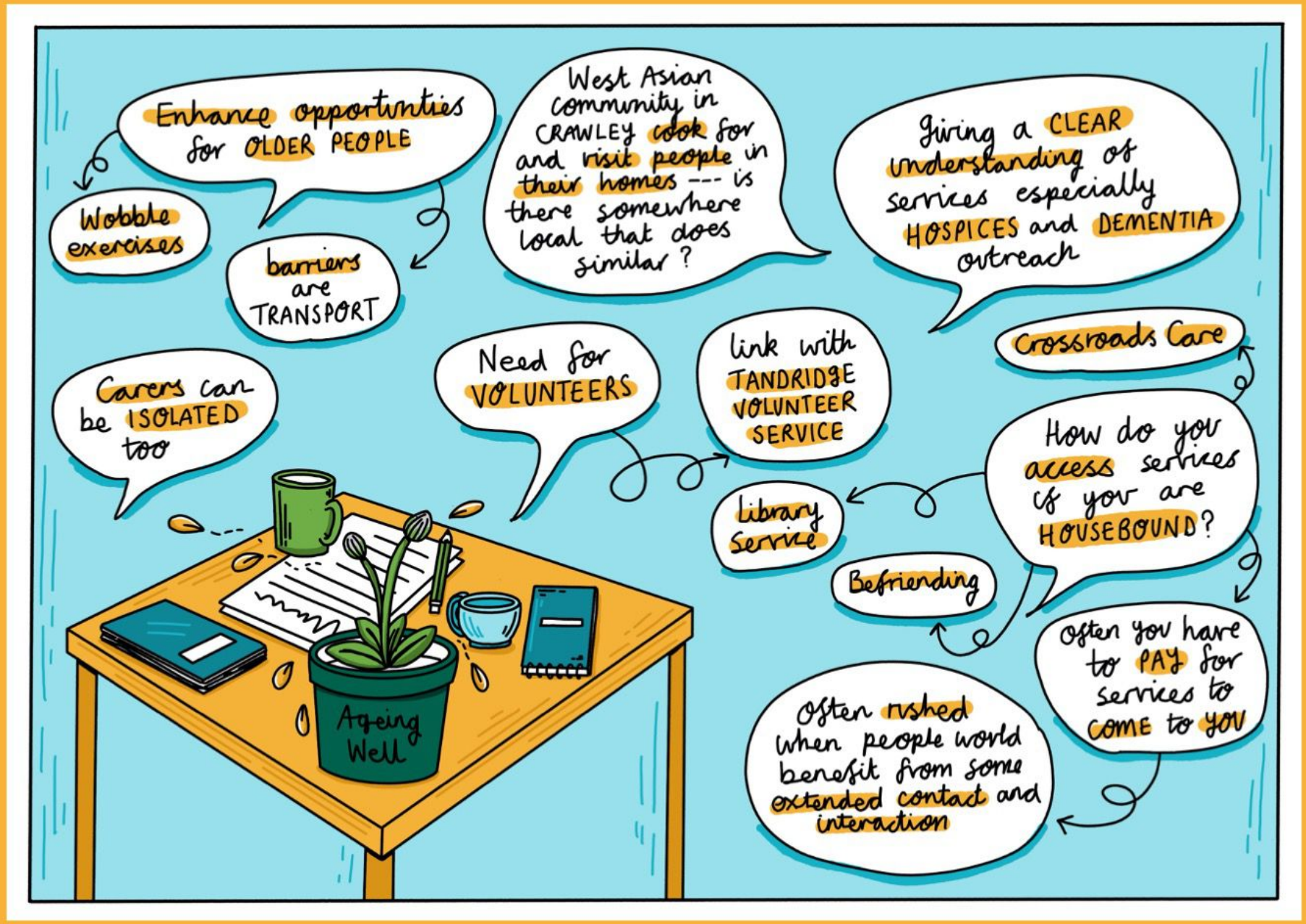
Marta Ricardo Rocco

SOUTH TANDRIDGE



SOUTH TANDRIDGE

Transport issues in SOUTH TANDRIDGE
There is a VOID in YOUTH SERVICES
impact of digital addiction
technology
Social media
Head 2 Head offering services and space
HOW do we engage with young people?
Make the most of FACE to FACE and facilitating more engaging CONVERSATIONS
bring ppg and gp to events
Lots of progress for 11-18 year olds especially with mental health support
BUT
What about 5-11 year olds - minimal provision
Seeing more need for mental health support for younger people
Starting Well


Enhance opportunities for OLDER PEOPLE
Wobble exercises
barriers are TRANSPORT
West Asian community in CRAWLEY cook for and visit people in their homes --- is there somewhere local that does similar?
Giving a CLEAR understanding of services especially HOSPICES and DEMENTIA outreach
Crossroads Care
Carers can be ISOLATED too
Need for VOLUNTEERS
link with TANDRIDGE VOLUNTEER SERVICE
How do you access services if you are HOUSEBOUND?
Library service
Befriending
often you have to PAY for services to COME to YOU
often rushed when people would benefit from some extended contact and interaction
Ageing Well

Support for DOMESTIC ABUSE victims - there is UNMET need in some areas and would benefit from increased input
Oxted intensification project
its hard for this age group to be recruited as VOLUNTEERS
How do we normalise talking about domestic abuse?
Family
Work
Social commitments
Caring for elderly parents
NEW VENUE for support in GODSTONE
Training opportunities for other agencies
looking at the Duluth / Equity Wheel
Reframe - talk about in the context of HEALTHY RELATIONSHIPS
Mother + Daughter days
Sisterhood
Living Well