

We welcome your feedback! Please contact a member of the East Locality Leadership Team.

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Locality Update

We want to assure you that we are working hard behind the scenes with all our projects.

The One Team project is continuing to progress. Just as a reminder, it's a new project that the East Locality are working on. One Teams are multi-disciplinary teams based in the East of Southampton to deliver a positive experience of care, by aiming to support and empower people to maintain independence, and manage their multiple health and care conditions by providing personalised holistic care for people in, or close to, their own homes. It aims to provide more proactive, co-ordinated care with improved outcome for patients by facilitating networking opportunities between health, voluntary and community sectors. The data received from the PCNs & providers has enabled us to review and amend how we take this concept forward. In addition, input by the PCNs and providers has ensured that the One Team meets the needs of the population.

It is so rewarding to see ONPOS & Social Prescribing Project continuing to develop.

At the last social prescribing network meeting we were joined by a team from Bromley by Bow (<https://www.bbhc.org.uk>), one of the most regarded examples of an integrated health and community hub. We heard about all their exciting initiatives which gave us all food for thought.

Did you know...? Mental Health Practitioners

Primary Care Mental Health Nurse Practitioners in a nutshell...

The aim of our role is to deliver therapeutic interventions to patients within primary care, so that those who do not meet the criteria of the secondary care mental health team still get support and guidance.

We are a growing team of Mental Health Nurses from various backgrounds bringing this knowledge and skill base with us to primary care. Some of us are new to the role and so are still finding our feet whilst others have been working alongside their GP partners for a couple of years.

Each of us within our own PCN are operating in different ways, from working more on a triage front to taking referrals and completing assessments to do short term interventions. We are able to support patients with mental health difficulties, either supporting them ourselves or linking into secondary mental health services.

It is a really exciting position to be working in! We anticipate the role to evolve as we increase in number and we become more embedded in our respective PCNs.

Public Health Update

Over recent weeks the rate of Covid-19 infection in Southampton has slowly declined and is approximately 300 cases per 100,000 per week at the time of writing, and is highest in our mostly unvaccinated younger population. The virus will continue to find gaps in our immunity and we expect the city case rate to increase over the next few weeks as children have now returned to school. All 12-15 year olds will be offered the Covid vaccination throughout this autumn via the school roll out programme. Their rationale is primarily to reduce the educational disruption that risks adverse effects on the life course of individuals which can widen social and health inequalities long into the future.

The start of the booster programme for those most at risk of severe Covid-19 infection has started. Recent data from the ONS infection survey shows that antibody prevalence is starting to wane in the older age groups, which although may not directly correlate with immunity, suggests many may now benefit from a booster vaccination. Age-standardised mortality rates have shown significant benefit in receiving a full course of vaccination and it continues to be our most powerful control measure as we begin to learn to live with Covid-19. Currently in Southampton 74% of our resident population over 16 years of age have received their first dose and 65% a second dose. Whilst this is lower than many other areas, we have a more diverse, more deprived, and younger demographic in Southampton and we continue to do everything we can to help people with the convenience and confidence to become vaccinated.

Delivering a booster vaccination programme alongside the winter flu vaccination programme will have many challenges and the strategic planning has been joined up at the HIOW system level to support the most efficient approach across all areas.

Spotlight On: Age UK Southampton



Age UK Southampton continue to rebuild services that were suspended due to the pandemic. Our IT drop-in class and our Chums social group have recently restarted, supported by our great volunteers each Friday. The AQS-accredited Information & Advice Service is available daily from 10am to 4pm and provides information and advice on a wide range of issues relating to later life. Lonely or isolated clients can benefit from a home visit from a visiting volunteer for a weekly chat and a cuppa. Despite the restrictions and a limit on numbers at the Padwell Road day activities hub, part of the Southampton Living Well programme, it continues to welcome both funded and private clients. For those with a little free time to spare, perhaps you could become a volunteer and help us make a difference?

[Age UK Southampton Volunteering](#)

[Age UK Southampton Referral to services \(professional and self-referrals welcome\)](#)

[Age UK Southampton website](#)

[Southampton Living Well \(SLW\)](#)

SO:Linked Update

SO:Linked community development workers, Iane and Louise, continue to support new and existing community activities in the SESSH and Itchen to Bridge the Gap areas respectively.

Some of the focus at the moment is on wellbeing cafes, Supportive Conversations courses and wrap around support for people's mental wellbeing. There are a few new drop in's, wellbeing cafes, lunch clubs and similar being planned by various organisations. Giving young families opportunities for interaction and support is also high on the agenda and there are a couple of services starting in the near future, with others already happening.

A number of new activities and services have started or are soon to launch in the area...

- Walking groups are up and running (walking!) again
- CommuniTea drop in, run by Communicare and SCPA in Weston
- A Men's Shed is due to launch soon at Sholing Valley's study centre
- SCiA day services have capacity at the moment offering friendly, fun and sociable activities

At the Wellbeing Café based at Thornhill Baptist Church, patients can get support from SO:Linked mental health navigator Dee, social prescribers, Homegroup and others, at the same time as enjoying a cuppa and cake.

The community gardening group, run by Abri, is desperate for new members, so if you know someone that would enjoy getting outside with the friendly and supportive Abri team, get in touch. The green network met again specifically around Food Power and community food growing.

Dementia Friendly Southampton is thriving and is currently looking at how we can encourage people to seek early diagnosis and break down some of the stigmas and barriers. We are also launching our dementia friendly grants soon. We continue to support people who are experiencing severe challenges in terms of housing, financial issues and access to food. We work with them to find sustainable options to try to avoid long term dependence on services.

Our navigators are here to help find the right activities, services and support for people - our generic navigators from Spectrum, our dementia navigators from Alzheimer's Society and our mental health peer navigators from Solent Mind can all be contacted via our online referral form.

You can find out more and how you can get involved on the SO:Linked website (<https://www.solinked.org.uk/>) or by giving us a call on 023 8021 6050.



SO:Linked

Supporting Southampton People & Communities

Local Solutions Groups Update

Itchen to Bridge the Gap - Cluster 5 • Paul Lewzey reports

Itchen to Bridge the Gap / SO19 Links wants to be able to hold its monthly meetings with some people physically present and some joining via the internet. However, we will do this when the risk from Covid is less. When it is safe, we will involve more local people and community groups.

A main focus is mental health and wellbeing in SO19. We have been offered the chance to refer people to Lane Chambers at TWICS (Training for Work in Communities) to join in a learner group on mental wellbeing, including compassionate conversations.

We were glad to welcome Caritas, a group who support the setup of social action projects from the Portsmouth Catholic diocese, to our August meeting. We discussed how we can support each other to engage and support communities in Weston, amongst other places.

The SO:Let's Connect group that helps digitally excluded people use IT kit and the internet, with volunteer digital connectors, has now caught up with a backlog of referrals after working out glitches in its own IT triage system. It is currently fundraising for its wider project proposal.

SESSH – Local Solutions Cluster 6 • Astrid Vawani reports

We have enjoyed invaluable information exchange at our recent SESSH meetings.

We are working on some thematic leaflets to support those who need signposting for extra support. We are hoping this will be available next month as PDF's for organisations to print themselves. We anticipate updating a couple of times a year.

Astrid is running a "How to Run a Recovery Room" online training session on 19th October at 9 am to encourage other organisations to set up their own Recovery Rooms. To sign up go to <https://www.eventbrite.co.uk/e/recovery-room-training-tickets-169990378799>.

Fun Fact!

Hinkler Road, the main road through the Thornhill estate, was named after Bert Hinkler, its most famous resident, who flew solo from England to Australia in 1928!