

The Grove Patient Participation Group

Sherborne

Minutes

9th.May 2023
6:00pm

Present: David Bartle (Vice Chair) **(DB)**; Joan Cooper **(JC)**; Jenny Davis **(JD)**; Carol Foster **(CF)**; Gill Foott (Engagement and Communications Coordinator [PPGs]) **(GF)**; Alex Kimber (Managing Partner) **(AK)**; Roger Marsh (Chair) **(RM)**; Tony Meehan **(TM)**; Jenny; and Sinali (Sherborne Girls – students).

1. Introductions:

The Chair welcomed Dr Martin Yelling (CEO & Co-Founder of 'Stormbreak') and Victoria Stamp (Director of Emotional & Mental Wellbeing of 'Stormbreak') to the meeting.

2. Apologies: Jane Carling **(JC1)**; Bruce Duncan **(BD)**; Sarah Garside **(SG)**; Maria Heard **(MH)**; Karen Gough **(KG)**; Dr. Charlie Middle **(CM)**; Vicky Morland (Social Prescriber) **(VM)**; Lorraine Wallington **(LW)**; Amy (Sherborne Girls student).

3. 'Stormbreak' Presentation:

The purpose of the presentation was to explore how the Practice and the Primary Care Network might be able to support the work of 'Stormbreak'.

Martin Yelling gave an overall introduction about the 'Stormbreak' programme.

'Stormbreak' employs a preventative approach to children's emotional wellbeing before it gets to a point where it causes them significant behaviour or emotional problems.

The programme itself began in 2018 working in 5 primary schools and of the 174 primary schools across Dorset they are now working within 40% to 50% of those schools. Nationally the programme gives support to over 37,000 children across the UK in over 800 primary schools.

It was explained that 'Stormbreak Surge' was a schools based programme that was now being employed in 60 schools across Dorset. This specific part of the programme has a team going into the schools for a term to help teachers, pastoral care workers, teaching assistants, and supervisors by teaching them the way to embed 'Stormbreak', which is an approach to support wellbeing for children that uses small periods of 5 to 10 minutes of various forms of movement for improving mental health.

Following an overall background to the programme being explained, a more detailed explanation around 'Stormbreak Shine' which was the programme being rolled out across Dorset and was most usefully used in medical practices.

What was most noticeable was that there is a disconnect with children and parents seeking some early help when they are starting to struggle with anxiety problems. It was stated that one in five children are diagnosed with mental health challenges.

Victoria Stamp gave the meeting a detailed explanation of the 'Stormbreak Shine' programme which is a digital referral tool for trusted adults in education, and health and social care to use with children who may need extra help managing emotions and behaviours. The programme teaches children to recognise their emotions, respond to their feelings and strategies to help them self-regulate.

She then touched upon the 'Stormbreak Surge' programme in more detail that is used in schools. She stated that through this programme 133 teachers have been trained in Dorset, and already 14,500 'Stormbreak' activities have been delivered in the BCP area.

4. 'Stormbreak' discussion/questions:

Martin Yelling questioned how they could introduce the programme into the medical practice where it was needed? **(AK)** stated that Dr Aimee Barnes was working with some of the local schools and various members of the childrens services as well as CAMHS by looking at the gap between CAMHS and the children that needed help. **(AK)** agreed to put Marting Yelling in contact with both Dr Aimee Barnes and also Keith Harrision in his role of working with the Social Prescribers. **ACTION: (AK)**

It was questioned whether the programme had been going long enough to look at results to see how effective it was? Martin Yelling stated that the 'Stormbreak Shine' programme had not been in place long enough to gather sufficient information, but a digital pilot had been run for a year which resulted in a significant reduction in children's anxiety and it had showed an improvement in wellbeing. It was noticeable how the trusted adults ability and confidence to support children with anxiety had improved. At the start of the pilot it was 19 out of 100 who felt capable and by the end of the pilot it had risen to 100%.

It was asked what happens to children of 11 years and upwards? It was stated that the existing programme only caters at present for children of primary school age. However, Dorset has an agreement with 'Kooth' who offer online counselling, but there is nobody conducting movement for mental health. However, 'Stormbreak' does give children the ability to cope when they become older.

It was stated that a new transition programme called 'Be Strengthened' that will particularly look at self-care aimed at Year 6 pupils was being developed and conversations were taking place to extend this programme to Year 7 pupils.

Discussion took place regarding the impact of social media on young children. It was recognised that this was a major problem and in an attempt to combat this problem 'Stormbreak' has foundations in mental health education, specifically emotional education, that teaches children from the age of 4 years about relationships, self worth, self care, resilience, hope and optimism.

Further discussion took place around the importance of prevention and early intervention.

Victoria Stamp informed the meeting that an online webinar was planned to be held on the 24th. May from 12.00pm to 1.30pm and those wishing to join should contact her at hello@stormbreak.org.uk

It was questioned whether the programme catered for children with a disability? The response was that 'Stormbreak' was an all inclusive programme but there might be some minor adaptations in place to meet the needs of those less able children.

It was asked if there was an opportunity for older students to become mentors for younger children? Martin Yelling stated that about 150 young people in North Dorset had become 'Stormbreak Champions' or 'Advocates' already.

Finally it was noted that the contact details for 'Stormbreak' should be made through Victoria Stamp at victorias@stormbreak.org.uk

5. Practice Update: (Managing Partner)

(AK) reported that the Practice still continues to be extremely busy. Routine appointments had been subject to a 9 week wait, but the Practice had been able to reduce these to around 4 weeks for most of the GPs.

To get some idea of the pressure that the Practice is under, on the Tuesday following the May Day Bank Holiday the Practice receive 600 telephone calls by 10.30 that morning! There were 10 people manning the telephone system in an attempt to cope with the demand. It was found that most people calling didn't actually need to call the Practice at that time. The calls, for example were 'Can I book an appointment for three weeks time?' ; 'Have my test results come back yet?'

Dr Barnes is due to go on maternity leave shortly and the Practice is advertising for a GP to join the Practice for a one-year post. Additionally, due to internal promotion a vacancy has occurred for a Patient Services Advisor and interviews were taking place. More recently a vacancy had occurred for the new position of Digital Co-ordinator/Administrator and this post had been widely advertised.

6. NHS Dorset - Engagement & Communications (PPGs)

(GF) stated that NHS Dorset had launched a view seeking survey today to gain feedback from people who currently have or have experienced a leg or foot ulcer. They also wanted to hear from people who provide care for those who have leg or foot ulcers. She added that the survey was open until Friday 2nd.June.

In addition (GF) stated that she continues to send out the weekly news updates.

7. Any Other (Urgent) Business: (All)

a) Orienteering update:

(DB) gave the meeting an update on the activities associated with both orienteering courses that were formed in Sherborne during the summer of 2022. He highlighted the fact that Wessex Orienteers were holding an event in June where there would be many visitors to the town who would be running the course.

b) Health Checks – 40 to 74 Age Group:

(RM) stated that at it's March meeting Dorset Council's Health & Wellbeing Board discussed the roll-out of these health checks as a Public Health 5 year programme. (AK) stated that the Practice had trained three of the HCAs to conduct health checks and these were being conducted at a rate of about four per week following a rate of about 90 invites per quarter being sent out to patients.

c) St John Almshouse;

It was stated that the Almshouse had now formally closed and it's future was in the hands of the Brethren.

d) Over 75's Covid Clinic:

General discussion regarding clinics that were ongoing at the Practice and how well these had been handled with help from volunteers.

e) Newsletter:

(TM) stated that he and (JC) had met to discuss the proposed contents of the next newsletter.

It was proposed that the format should be as follows:

Front page; Article based around a letter from Dr Charlie Middle regarding the present workload of the Practice .

ACTION: (AK) to liaise with (CM)

It was agreed that additional articles would comprise a piece on the 'Stormbreak' programme; a feature on the involvement of the Sherborne Girls School student in the PPG (about 200/250 words); Orienteering; Health Checks for 40 to 74 year olds; Over 75's Covid Clinic (photographs showing drive-through and volunteers etc.); View from the Waiting Room article; and back page detailing Practice opening times etc. Aim to publish in early June. **ACTION: (TM) to co-ordinate**

f) Practice Tour for Student PPG Members:

It was agreed that this could be arranged for the students during there offer to volunteer at the Covid clinic on the 13th.May.

ACTION: (AK)

g) Meeting with Chris Spackman:

(RM) informed the member that he was meeting with Chris Spackman of Sturminster Newton – Chris who is a Trustee of Dorset Community Action and a one-time town councillor and who still works closely with the Town Council at Sturminster Newton.

Both he and Chris Spackman have a common interest in determining how the Integrated Care System will work at neighbourhood level. Chris is thinking about a local project around 'out of hospital care'. This is something that (RM) had also been thinking about and he had been in touch with both Dorset County Hospital at Dorchester and also Yeovil District Hospital on the subject.

(AK) gave details of how locally within the Sherborne Area PCN a 'virtual ward' system is in place to ensure care packages are in arranged when needed by patient following discharge from hospital.

h) Future Health Talks:

(RM) felt that as a PPG it was one of our remits to raise awareness on the subject of illness prevention. He asked members to give some thought for the next meeting on health related subjects on which talks could be given to patients around prevention. i.e. Diabetes and Cardiovascular Disease etc.

ACTION: All to note

8. Date of next meeting: Monday 26th.June 2023 6.00pm at The Grove Medical Centre