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**Minutes of the meeting of the People and Families Policy and Scrutiny Committee, held at 10.30am on Tuesday, 9 December 2021 in the Council Chamber, County Hall, Chelmsford.**

**Present:**

*County Councillors:*

R Gooding (Chairman)  
L Bowers-Flint  
M Goldman  
C Guglielmi (Vice Chairman)  
A Wiles  
P May (Vice Chairman)  
L Shaw  
R Playle  
S Barker  
M Durham  
J Fleming  
A McGurran

Members of the Health Overview Policy and Scrutiny Committee (HOSC):

J Henry (Chairman of HOSC)  
C Souter (Vice Chairman of HOSC)  
B Massey  
C Mayes – Maldon District Council (co-opted member)  
A McQuiggan

Also, present:

Graham Hughes, Senior Democratic Services Officer  
Jasmine Carswell, Democratic Services Officer,  
Michael Hayes, Democratic Services Assistant and  
Sharon Westfield de Cortez from Healthwatch Essex,

**1. Membership, Apologies, Substitutions and Declarations of Interest**

The report on Membership, Apologies, Substitutions and Declarations was received and the following was noted:

- i. Apologies for absence had been received from Councillors Lumley and Stamp.
- ii. Under agenda item 4 Dr Mike Gogarty declared an interest as a non-executive director of Essex Suffolk and North East Essex Foundation Trust

**2. Minutes**

The minutes of the meeting held on 10 November 2021 were approved as a true record and signed by the Chairman.

### 3. Questions from the public

There were no questions from the public

### 4. Health and Adult Social Care 4-year strategy 2021-2025

The Committee considered the Health and Adult Social Care 4-year Strategy, 2021 – 2025.

The Committee was invited to review the aspirations and targets being set for Health and Adult Social Care in Essex, and to identify any further scrutiny work to schedule into its work programme.

The following people from Essex County Council joined the meeting to introduce the item and respond to questions:

Cllr John Spence, Cabinet Member for Health and Adult Social Care (left the meeting at 11.55am)

Mike Gogarty, Director, Wellbeing, Public Health & Communities

Nick Presmeg, Executive Director, Adult Social Care

Peter Fairley, Director for Integration and Partnerships

Cllr John Spence introduced the Health and Adult Social Care 4-year strategy.

Dr Mike Gogarty presented the Public Health 4-year ambition and approach. During subsequent discussion, the following was highlighted, raised and/or noted:

- i. There were two aspirations relating to Public Health within the ECC organisational plan - one was regarding healthy lifestyles and the other focussed on reducing health inequalities.
- ii. The Robert Wood Johnson Model, which focussed on the wider determinants of health was being used to develop new health initiatives. ECC would be working with the Health and Wellbeing Board in connection with this and now had identified a network of anchor institutions to also help take forward health and wellbeing initiatives.
- iii. A new joint Health and Wellbeing Strategy was being developed as ECC had limited ability to influence the whole health and wellbeing agenda and needed community and partner involvement to facilitate wider change.
- iv. Members discussed social isolation and whether, as a result of the lockdown, it had been more of an issue and how long it would take to address. ECC was identifying ways in which people can be brought together but loneliness remained

a challenge as it seemed very common and the highest incidence could be amongst the younger age groups.

- v. How education could influence and encourage healthy weight, including initiatives to improve school meals and physical activity lessons both in primary and secondary schools.
- vi. Different interventions and local small level projects to tackle weight loss, such as free leisure centre initiatives and GP intervention, particularly for those with Type 2 Diabetes. However broader initiatives were also needed. There was also an opportunity to influence during maternity and post- natal support.
- vii. There seemed to be a significant disparity between different GP practices in the ease and time to access appointments
- viii. Commissioning the recovery foundation around substance misuse
- ix. Recognition that some medical conditions made weight loss more difficult.
- x. The more that ECC could support people to partake in the physical activity they enjoy, the more likely they were to sustain it and for it to become a lifestyle change.

Nick Presmeg and Peter Fairley presented the Adult Social Care Business Plan 2021 – 25. During subsequent discussion, the following was highlighted, raised and/or noted:

- i. The plan purposefully focussed on both activities and services that worked well and those that did not. Plans would continue to be impacted by the pandemic and other ongoing events and ECC would have to adapt accordingly.
- ii. The vision was to put communities at the heart of Adult Social Care enabling people to live life to the fullest.
- iii. There were seven priority areas of focus within the Business Plan: Prevention and Early Intervention; Carers; Housing and Employment Opportunities; Care Market; Place-Based Working and Integration; Practice; and Digital and Technology.
- iv. There were six enabling strategies to support delivery of the business plan which were: Financial Strategy; People Plan; Market Strategy; Data Analytics and Insight Strategy; Digital Strategy; and Operational Delivery plan.
- v. There was growing demand for services supporting complex cases.
- vi. That over the next 4 years local organisations would be developing Integrated Care Systems and ECC would be working with partners in a multi-disciplinary way to provide place-based support.

- vii. The pandemic had further stretched the care market and had accelerated the trend for a reduction in the demand for residential care and a growing demand for domiciliary care. It was stressed that ECC would not place individuals in unsuitable settings and would seek to ensure that they supported people safely.
- viii. Members suggested greater recognition for the role of both family and professional carers. ECC was evaluating possible additional support that carers could find helpful.

### Conclusion

It was agreed:

- (i) Further detail on the Multi-Disciplinary Team project operating in Tendring would be provided.
- (ii) Officers would doublecheck that training on cooking skills and recipes aligned with the typical content of food bank programmes.
- (iii) That a more detailed update on carers would be brought to a future meeting.
- (iv) Further information to be provided about information and support available for and targeted at grandparents who had caring duties.
- (v) Officers would follow-up with Councillor Fleming on the Maldon Day Centre respite care local practice to ascertain if it could be developed elsewhere.
- (vi) Further information to be provided at a future meeting on 'Houses for Life' and closer collaboration and sharing information with Districts on local needs (for example to help planning for, and development of, assisted living schemes) and addressing geographical differences.

### **5. Work Programme**

The Committee considered and noted report PAF/18/21 comprising the work programme for the committee.

### **6. Date of Next Meeting**

To note that the next meeting would be held on Thursday 13 January 2022, in County Hall – timing to be confirmed.

There being no further business the meeting closed at 12:08.

Chairman