



## **RHONDDA CYNON TAF COUNCIL HEALTH AND WELLBEING SCRUTINY COMMITTEE**

Minutes of the meeting of the Health and Wellbeing Scrutiny Committee meeting held on Tuesday, 18 December 2018 at 5.00 pm at the Council Chamber, The Pavilions, Cambrian Park, Clydach Vale, Tonypany, CF40 2XX.

### **County Borough Councillors - Health and Wellbeing Scrutiny Committee Members in attendance:-**

Councillor R Yeo (Chair)

Councillor G Holmes	Councillor A Roberts
Councillor M Forey	Councillor L Jones
Councillor A Chapman	Councillor G Stacey
Councillor M Tegg	Councillor G Hughes
Councillor D Owen-Jones	Councillor C Willis

### **Officers in attendance**

Mr G Isingrini, Group Director Community & Children's Services  
Mr A Wilkins, Head of Legal - Corporate & Democratic Services  
Mr N Elliott, Service Director, Adult Services

#### **23 Declaration of Interest**

In accordance with the Council's Code of Conduct, there were no declarations made pertaining to the agenda.

#### **24 Apologies for Absence**

An apology for absence was received from County Borough Councillors J. Davies, L. De Vet, P. Howe and J. Williams

#### **25 Minutes**

It was **RESOLVED** to approve the minutes of the 6<sup>th</sup> November as an accurate reflection of the meeting.

#### **26 Delayed Transfers Of Care Update**

The Group Director, Community & Children's Services presented Members of the Health and Wellbeing Scrutiny Committee with the Cwm Taf Social Services and Wellbeing Partnership Board Delayed Transfers of Care Report for November 2018.

It was explained to Members that as part of the Health and Wellbeing work programme it was agreed that the Committee would receive regular updates on

where the Local Authority stands in respect of the delayed transfer of care.

Members considered the information relating to the work carried out by the Local Authority as part the Cwm Taf Social Services and Wellbeing Partnership Board, which also includes Merthyr Tydfil Council, Cwm Taf Health Board and Third Sector and Independent Sector Organisations.

The Chair thanked the Officers for the very informative report and opened up the meeting for Members questions and observations.

A Member commented that the overall picture was good, however, he expressed concern regarding the increasing number of elderly people with no relative carer at home and the challenge this would present for social care staff and the packages that they can provide. The Service Director Adult Services explained that the vast majority of people want to home and this was an outcome of the service. It was explained that a package of care is assessed to meet a person's needs and adult social care work with the Health Board and Home Care Providers to ensure a safe transition home.

There was a query regarding the highest reasons for delays in Rhondda Cynon Taf. It was explained that this varies on a regular basis, but there was particular pressure at the moment in relation to the availability of home care packages. The Member also asked who assesses the person is fit to go home. It was explained that any decision made would be based on a medical decision, and if a person is assessed as medically fit for discharge, Health staff would work the Council, if necessary, to support them to be safely discharged with the care and support required.

Members raised concerns over the increasing demands for home care services, which is putting pressure on supply and capacity in some areas of the County Borough. It was explained that there were particular pressure points at peak call times in parts of lower Taf Ely, Aberdare and the upper parts of the Cynon Valley. Officer's explained that home care providers struggled to recruit and retain staff, which added to capacity problems in some areas, and this was being managed by Adult Social Care across care providers to minimise impact on delays awaiting commencement of care packages

Members continued to scrutinise the report in detail and **RESOLVED** to:

- Acknowledge the Cwm Taf Social Services and Wellbeing Partnership Board Delayed Transfers of Care report for November 2018
- Receive an update in respect of Delayed Transfers of Care in a future meeting to consider the impact of winter pressures on the service.
- Acknowledge the work undertaken by RCT Social Services staff

The Head of Legal Corporate and Democratic Services presented Members with the covering report regarding Mental Health Awareness.

It was explained to Members that at the meeting of the Council held on the 24<sup>th</sup> October 2018, the following Notice of Motion was considered and it was agreed that the Health and Wellbeing Scrutiny Committee would deal with it and the outcomes be reported back to a future meeting of the Council.

The Notice of Motion states:

“With Mental Health Awareness Day falling on the 10<sup>th</sup> October, this Council lends its support to Samaritans working with Compassion campaign – designed to increase awareness and promote compassion in the workplace.

The Council notes the link between suicide rates and socioeconomic deprivation and resolves to raise awareness and improve understanding of the support available to individuals experiencing emotional distress.

This Council also reaffirms its support to the Welsh Government’s Talk to Me 2 Campaign to ensure that the necessary provisions are in place to prevent instances of suicide where possible.”

The Chair explained that report before Committee was to seek Members views on how they wish to proceed with the way forward. It was explained that the Service Director Adult Services along with the Head of Service Learning Disabilities, Mental Health and Substance Misuse would provide Members with a PowerPoint Presentation informing them of the Council’s Adult Mental Health Service in Rhondda Cynon Taf.

In respect of the Notice of Motion Members had a robust discussion concerning what information would be required at a future meeting of the Committee to consider when taking the proposed Notice of Motion forward.

Members felt that it would be beneficial for an Officer from Human Resources to attend a future meeting to inform Members of the work carried out by that Service in addressing mental health problems within the work place.

Members also felt strongly that information is required from Health and Third Party Organisations to explain what information in respect of support is available for both staff and residents of Rhondda Cynon Taf regarding mental health issues and awareness and in particular suicide

It was agreed that a comprehensive joint report between the Local Authority, Health, Public Health and Third Party Organisations such as MIND, New Horizons needed to be brought back to a future meeting of the Health and Wellbeing Scrutiny Committee, to consider the most appropriate ways in which to further promote existing mental health services relating in particular to suicide prevention within Rhondda Cynon Taf.

After the consideration of the Notice of Motion Members received an update from the Service Director Adult Service and the Head of Service Learning Disabilities, Mental Health and Substance Misuse with the aid of a PowerPoint Presentation.

The Head of Service Learning Disabilities, Mental Health and Substance Misuse provided Members with an overview of Adult Mental Health Services and areas for improvement in Rhondda Cynon Taf.

It was explained that mental ill-health is very common and can affect people of all ages. A quarter of people will experience mental health problems or mental illness at some point in their lives, which can have an enormous effect on themselves, their families, friends and colleagues.

It was explained that around 50% of lifetime mental illness starts by the age of 14 and continues to have a harmful effect on the individual and their families for many years.

The Head of Service Learning Disabilities, Mental Health and Substance Misuse informed Members that the Authority works in partnership with Cwm Taf University Health Board, the voluntary sector, and other stakeholders to provide a network of services for people with mental health problems, their families and carers.

The Officer explained that Cwm Taf has the highest rates of mental illness and poor wellbeing in Wales and Cwm Taf has the highest rate of suicide in Wales at 13.7 deaths per 100.000 population (Regional Population Analysis).

With regards to current Primary Health Service provision in Rhondda Cynon Taf, it was explained that for most people the first point of contact for mental health support is their GP, who will identify whether an assessment from a mental health professional is required. These services are intended to help people with mental health problems and receive effective care and treatment planning and support so that they can live as fulfilled and independent a life as possible.

Members were informed of the current Mental Health Services Review underway in partnership with the Health Board – the principles of which are listed below:

- Provide responsive and proportionate services – “right person right place, right time”
- Provide holistic, flexible and person centred services tailored to the needs of the individual
- Frontline services with intensive support and earlier intervention to prevent escalation
- Provide as much as possible at early intervention level, with only those clients whose needs cannot be fully addressed at this level progressing on to CTP
- Remove barriers / minimise internal referral criteria and processes between services
- Co-locate services wherever possible
- Provide rehabilitation and recovery focussed services, avoid creating a dependency on services
- Enable clients to move up and down through the service as their needs change
- Provide an appropriately resourced specialist service when needed.

Officers explained the challenges associated with the transition of young people to adulthood and from primary to secondary care and the need to work within good practice principals that have recently been developed.

Officers also explained what is being done to tackle the high levels of suicide and self-harm across the County Borough. Members were informed of the Talk to Me 2 Campaign which is the Welsh Government's plan to prevent Suicide and Self Harm. The overall strategic aims of the strategy are to:

- Reduce the suicide and self-harm rates in the general population in Wales; and
- Promote, co-ordinate and support plans and programmes for the prevention of suicidal behaviours and self-harm at national and local levels.

In doing so, Talk to Me 2 identifies six key strategic objectives and it is a priority for the Cwm Taf Regional Local Mental Health Partnership. A sub-group has been established and chaired by MIND locally to lead on Talk to Me 2 Strategy and action plan.

The Chair thanked the Officers for the presentation and opened up the meeting for Members questions and observations.

A Member commented that he welcomed the changes within the service and felt that the transition for young people to adulthood and from primary to secondary care needed to be a priority for the Authority.

A Member asked if there was information regarding the direct referral scheme as she felt there was lack of information for people who needed to self-refer and if information was readily available that this could be a starting point to help many. Another Member questioned how we can raise awareness of the scheme; he felt that GP surgeries have a big part to play as early intervention is key. It was explained that work is being done with Health and the Voluntary Sector to provide a network service for people with mental health problems and their families.

A Member stated that they felt that poverty is an issue when it comes to mental health and felt more needs to be done to support the more vulnerable within society. The Member also questioned what work is being done with the CAMHS Service and how can we improve the transition from children services to adult service. It was explained that work with schools and children's services was actively taking place and focusing on the young person's wellbeing. It was also explained that the CAHMS Service reported to the Children and Young People Scrutiny Committee and this will continue to be scrutinised in depth by that committee.

Members stated that awareness of services is key as early intervention will help as a preventative measure and will hopefully help in stopping a person getting to crisis point.

A Member commented that there is a lack of knowledge and information for people to get in contact with services other than going to the GP and Members requested that there should be a way of promoting what is on offer. It was explained that work is being done with Health and third party organisation to

promote the services that are available for people suffering with mental health problems. Members felt that posters and booklets as well as social media need to be more available for public with contact details to help the promotion.

After further discussion, Members **RESOLVED** to:

- Receive a joint report from the Local Authority, Health Board, Public Health and Third Party Organisation such MIND and New Horizons.
- Invite an Officer from Human Resources to inform Members of the work carried by the Service in addressing metal health problems within the work place.
- Members will continue to monitor the mental health services throughout the coming year.

**28 URGENT ITEMS**

**This meeting closed at Time Not  
Specified**

**Cllr R Yeo  
Chairman.**