



Minutes of a meeting of the **Scottish Borders Health & Social Care Strategic Planning Group** held on **Tuesday 1 November 2022** at **1pm – 3pm** via Microsoft Teams

Present: Cllr David Parker, IJB Vice Chair, (Chair)
Chris Myers, Chief Officer
Dr Sohail Bhatti, Director of Public Health
Donna Bogdanovic, Housing Strategy Manager, SBC
Stuart Easingwood, Director of Social Work, SBC
Lynn Gallacher, Borders Carers Centre
Caroline Green, Public Member
Linda Jackson, Service User representative
Gwyneth Lennox, Chief Officer Adult Social Work, SBC
Amanda Miller, Eildon Housing Association
Clare Oliver, Head of Communications and Engagement, NHS Borders
Hazel Robertson, IJB Chief Financial Officer
Gail Russell, Partnership Lead, Mental Health
Morag Walker, Executive Officer, The Bridge

In Attendance: Laura Prebble, Minute Taker
John Barrow, SDS/Carers Lead Officer
Hayley Jacks, Planning & Performance Officer
Stacy Patterson, Reviewing Officer
Jill Stacey, for Susan Holmes
Lainey Thomas, Communications Officer
Kathleen Travers, for Jenny Smith

1. APOLOGIES AND ANNOUNCEMENTS

Apologies received from David Bell, Wendy Henderson, Susan Holmes, Colin McGrath and Jenny Smith. The Chair confirmed the meeting as quorate. Dr Sohail Bhatti was welcomed as the new Director of Public Health.

2. MINUTES OF THE PREVIOUS MEETING

The Minute of the previous meeting held on 24 August 2022 were approved.

3. MATTERS ARISING/ACTION TRACKER

- Unpaid Carers Update –John Barrow noted that the carer’s needs assessment was completed in September (see appendix for item 8). An extraordinary Carers

Workstream meeting was held to look at the key priorities that emerged – building based day care, at home sitting service, community based support and on demand services. Discussions will continue next week at the next workstream meeting.

- Membership – Chris Myers noted that this would be a future agenda item once the locality working groups have been established, as the Strategic Planning Group will include the lead from each Locality as part of its future membership.

The **STRATEGIC PLANNING GROUP** noted the Action Tracker.

4. Needs of Our Communities/Joint Strategic Needs Assessment - for Noting

Dr Bhatti presented the paper which had been circulated in advance of the meeting. It is a projection for the future and is a live report to be updated following feedback..

- The population is slowly growing but the migration pattern is unknown
- The percentage of people over 65 is increasing
- Life expectation is plateauing or reducing since Covid.
- Ethnicity is largest white Scottish.
- Religion – largest is having no religion.
- Deprivation hotspots using national data zone shows Hawick, Duns and Eyemouth as areas of deprivation but a local version is being worked on for greater understanding as SIMD is not a good indicator for a rural area.
- There will be more single person households which will be a pressure on housing.
- In 2019/20 there were 646 homeless people recorded. The Scottish Government control of rents will help reduce the pressure.
- The number of people smoking is down to 18-19% but could be lower. Obesity is increasing which adds additional medical pressures such as type 2 diabetes/maternity issues.
- Physical activity is the ‘magic drug’ for many issues, protecting your health, making you feel better, reducing loneliness and reducing anxiety.
- A third of people noted they felt lonely at times.
- Dementia diagnosis is increasing as the population ages which will put pressure on relatives and social care.
- Drug related deaths show an average age of 41. This reflects a number of vulnerable people in the Borders.
- Alcohol related death rates have reduced significantly since the alcohol minimum pricing was introduced. This has reduced liver and brain damage.
- Visual and hearing impairment is increasing which may make people feel socially isolated.
- The Covid 19 vaccination programme has protected most people from death as a result of Covid 19.
- End of life care – 90% would prefer to be at home.
- Prescribed medication - £39m spent but there are side effects to consider.
- The top medication is for heartburn and the second is a statin for blood fat control. Third is paracetamol for pain relief. One fifth of the population are on medication for anxiety or depression. This could be due to loneliness and isolation.

- People are less active as they get older with over 85s being the largest problem.
- The number of referrals to social care has increased from 1000 to 5000 a year.
- The largest employers for Health & Social Care staff is the independent and 3rd sector (1447) then NHS (1300) and SBC (637).

Strategic issues have been identified from this needs assessment which will inform the Strategic Framework. There need to be more prevention and early intervention to make the population more robust.

The Chair thanked Dr Bhatti for the presentation and asked for comments and observations.

Caroline Green noted there were 34 people waiting for a care home place and asked how many beds become free a year. Dr Bhatti noted this was a snapshot in time and that people may not get a bed in their area. Chris Myers noted that the length of stay in care homes was around 1.4 years but he would send round further data (further information is enclosed from the link to previous care home modelling in the footnote)¹.

Lynn Gallacher noted the major shift needed and noted that the 3rd sector will play a key role in the increase in future preventative services. If there is investment in 3rd sector this can be achieved.

Dr Bhatti noted that there is a need to reduce the current pressures to be able to change to a new system. An increase in physical activity would bring a huge benefit.

Jill Stacey asked if there is a significant shift from the last strategic plan and Chris Myers noted there are a number of similarities but also changes since Covid 19 and national public health initiatives. The strategic issues have been collated for discussion later in the meeting.

Donna Bogdanovic thanked Dr Bhatti and was interested in the housing data and the importance of prevention. Dr Bhatti noted there are plans to work with housing partners.

Kathleen Travers asked if further comments on the report should be shared now and Chris Myers advised any comments can be sent to him for update.

The **STRATEGIC PLANNING GROUP** noted the Joint Strategic Needs Assessment paper.

5. We Have Listened Report - for Noting

Clare Oliver presented the paper which had been circulated in advance of the meeting. An easy read version is being finalised and the report will be published at the end of the week. NDTI were commissioned to undertake the engagement work. The engagement took place digitally, face to face and with focused stakeholder groups to ensure a good spread of engagement. Five questions were asked. The level of engagement was felt to be good by

¹ Scottish Borders IJB Care Home Modelling. Available from:
<https://scottishborders.moderngov.co.uk/documents/s58453/Appendix-2021-21%20Care%20Home%20Modelling%20Report.pdf>

NDTi. People noted they want to maintain their independence and live a good life but require help and support to be more active. They also noted that communication needs to be effective.

The report looked at what works well and what does not work well and to identify gaps. Their top priorities were identified. The next stage is the engagement on the priorities identified and on the draft strategic plan. Clare Oliver thanked everyone who was involved in this report. The report will be shared with those involved and also published on the website.

Lynn Gallacher thanked Clare Oliver for this great piece of work which gives strong evidence of need and included the views of the unpaid carers. Kathleen Travers noted an incorrect organisation name in the report and Clare Oliver noted that it may be too late to amend before publication.

Stuart Easingwood noted this is a fantastic piece of work and noted that the whole life span should be reflected. It was important to have a strategic interface with Children & Families and to also recognise unpaid carers who are parents of children.

Dr Bhatti highlighted the geography of the area. People may want easy access to a local service but practitioners need peer support to be competent and safe. Covid has shown that people can interface with services in a different way using technology.

Jill Stacey noted that the IJB Communications and Engagement strategy needs a refresh and this piece of work can be incorporated.

The Chair thanked Clare Oliver the presentation.

The **STRATEGIC PLANNING GROUP** noted the 'We Have Listened' report.

6. Developing Financial Approach

Hazel Robertson presented the report which had been circulated in advance of the meeting. The report adds more substance to how to move forward financially. The IJB national guidance has been used and the approach proposed can be used in the Scottish Borders with good effect. The idea is to spend every penny wisely as it can only be spent once. The process would prioritise the best value options both financially and by use of resource and be able to show progress made. Options are scored to achieve the top 10 strategic priorities, an options appraisal approach. As part of this, a cost would be developed for each option and a score to assess relative benefit. This process is well used for both large and small changes. This process will also identify any current options that do not provide best value so resources can be diverted. The process will take 3 years to implement. Testing is planned with other teams to test the process. The same methodology could be used at a locality level.

The Chair thanked Hazel Robertson for her presentation.

The **STRATEGIC PLANNING GROUP:**

- Noted that this process meets the statutory requirements for IJB prioritisation.
- Agreed the adoption of Programme Management and Marginal Analysis as the basis for prioritisation.
- Noted that this process should apply to both commissioning and decommissioning.
- Approved the guidance document for submission to the IJB.

7. Making Strategic Plans to Address Strategic Issues

Chris Myers carried out an online interactive workshop with the group asking 9 questions from the strategic issues highlighted in the joint needs assessment. Members were asked to consider what the guiding policies were for each of the questions and then asked to vote on their top 3 policies in order to provide a rating for each policy. This will form a high level basis for the strategic plan to give the IJB a direction of travel which will be annually reviewed to note progress.

Chris Myers thanked the group for their participation and advised that the information will help inform the future planning and next steps. Members were able to download the results and any further feedback can be given to Chris Myers directly. The information will be summarised then shared with the Future Strategy Group and be brought back to the SPG.

The **STRATEGIC PLANNING GROUP** noted the discussion.

8. Teviot & Liddesdale Adult Day Service Provision

Chris Myers presented the paper on the basis of the legal decision made and the emerging feedback through the carer's survey. The next steps are to follow the appropriate process to reconsider adult day service provision in Teviot and Liddesdale. Chris Myers noted that both he and the IJB Chair plan to write to apologise to former service users and their carers, and will also offer to meet with them.

The IJB and SBC are working at pace to re-commission this service in line with local needs. There will be a thorough engagement in Teviot & Liddesdale to ensure local needs are met. Once the appraisal process has been carried out in Teviot & Liddesdale the intention is to review need in other areas in line with the levels of feedback from the carer's survey or the joint needs assessment.

Lynn Gallacher noted a request received to set up a day service in the central area and noted the emerging need for day services across the Borders. Chris Myers recognised the wider need and indicated that he would be keen to be involved in discussions. However he noted that for capacity reasons, the focus is on Teviot & Liddesdale at present.

Caroline Green asked if there were plan for further dementia cafes other than just in Hawick and Galashiels. This service provides support to carers too. It is difficult to travel with a dementia sufferer and so local facilities are required in in each area. When day centres were closed there was strong arguments raised to keep them and so the decision to reinstate this service was welcomed. Chris Myers noted the start of the process is to look at the needs in each area to help inform service provision, however also recognised that much

of the provision available is community led, rather than formally commissioned. At this stage, timescales are not confirmed and Chris Myers highlighted that the registration of a service can take 3-6 months. A Task and Finish Group is being established to plan the process and the need to move at pace is acknowledged. Further updates will be brought to the SPG. Jill Stacey added that the financial costing information will be required within the timescale using the approach noted by Hazel Robertson earlier. Hazel Robertson noted decisions could be made without a costing using the prioritisation approach.

The Chair thanked Chris Myers for the presentation.

The STRATEGIC PLANNING GROUP:

- Noted the ruling by the Court of Session on the closure of the Teviot and Liddesdale day service.
- Noted the role and responsibility of the Integration Joint Board in relation to this process
- Noted the response from the Scottish Borders Council.
- Approved the next steps outlined to ensuring the appropriate re-commissioning of older adult day service provision for people in Teviot and Liddesdale.
- Noted that further work is being undertaken to explore other supports for unpaid carers in line with the results of the unpaid carers survey.

9. ANY OTHER BUSINESS

There was no other business noted.

10. DATE AND TIME OF NEXT MEETING

The Chair confirmed the next meeting of the Strategic Planning Group would be held on Wednesday 12 December 2022 at 10am to 12pm via Microsoft Teams.

Meeting Dates 2023 10am – 12pm:

1 February 2023
5 April 2023
7 June 2023
2 August 2023
4 October 2023
6 December 2023