

**Thursday 30<sup>th</sup> March 2023 – 10.00am**

**HWB – Brain Health Task and Finish Group - Initial discussions**

In attendance:

- Councillor David Jefferys
- Councillor Diane Smith
- Dr Angela Bhan
- Kim Carey
- Nada Lemic

Key points noted prior to the meeting:

- 1) Some refer to Brain Health, others to The Healthy Brain.
- 2) Some focus on preventative measures for/and the promotion of mental health and well-being, others focus on physical and structural brain disorders but clearly there is considerable overlap.
- 3) Mental health and well-being are arguably covered within our current Bromley Mental Health Strategy, but could/should we do more in terms of promoting mental well-being and link to our loneliness strategy.
- 4) Brain health is seen by many as being the promotion/preservation of brain function. As such it is seen as a long term and lifelong approach, encompassing many aspects. The aspects include educating both children and adults of all ages to recognise that taking steps to protect the health of their brains ought to be a top priority.
- 5) Education about Brain health should begin in childhood.
- 6) Evidence on the effects of intervention is mounting but is not fully validated (see the Lancet Commission Report)
- 7) Recommended interventions include:
  - A healthy, balanced diet
  - Reducing cholesterol, avoiding obesity, and maintaining normoglycaemia
  - Strict treatment of diabetes mellitus
  - Avoiding head injury
  - Promoting exercise
  - Detecting and managing hearing impairment
  - Avoiding loneliness, promoting social interaction
  - Promoting brain agility
  - Alcohol reduction
  - Recognising that a healthy heart is linked closely to a healthy brain.

## Delivery:

Major feature in Scotland - Brain Health Scotland programme, taught in schools from aged 7/8 years.

There are 90 Brain Health clinics in England, most are collocated with Memory Clinics.

There is a network association of the centres and memory clinics, and a meeting was convened on the 23<sup>rd</sup> March to discuss sharing best practice and whether a guidance note should be elaborated by NICE.

Potential role of Brain Health Clinics within/alongside Memory Clinics and "Dementia Hubs".

Possible case finding initiatives and longer-term mild cognitive impairment detection.

Link with campaigns around hearing impairment, and links to loneliness.

## Discussion:

- A number of things already being done to improve brain improve but not necessarily under the 'brain health' banner – suggest 'stock take' of what already doing.
- Cardiac element – health checks and secondary prevention to reduce risks.
- Links with the Loneliness Strategy; sleep hygiene; healthier diets; hearing impairments.
- Signposting, reminding residents what they can do themselves.
- Head injuries – rugby/football. Work with schools/PE teachers regarding the potential long-term affect.
- Ageing Well Strategy
- Role of voluntary sector – Memory/dementia-friendly cafes; PCN's set up 'Health Hubs' for older people.
- Prevention and slowing down the rate of progression.
- Consider 'Brain Health' chapter in JSNA.
- Link with Loneliness Day on 16<sup>th</sup> June 2023.
- Link with next years' 'Brain Awareness Week'.

## Actions:

- **Mapping exercise**
- **Consider 'Brain Health' JSNA chapter**
- **Focus on physical brain health**
- **Link with Loneliness Day on 16<sup>th</sup> June 2023**
- **Link with next years' 'Brain Awareness Week'**