

**HEALTH AND WELLBEING PARTNERSHIP GROUP  
EAST HERTS TOGETHER**

**Draft Notes of meeting held on Wednesday 15th July 2015 10am – 12.00pm**

Room 27, East Herts Council, Wallfields, Pegs Lane.  
Hertford. SG13 8EQ

**Attendance:**

Simon Barfoot, Environmental Health Promotion Officer, EHC  
Marianne McWhinnie – Engagement and Community Partnerships Officer.  
Kay Pitt – Home-Start EastHerts  
Emma Metcalfe – Guideposts Trust  
Michal Siewniak – Broxbourne and East Herts CVS  
Christine Gillham - EHCAS  
Jan Stock – Wodson Park Manager and Active East Herts  
Debra Field – Centra Area Manager  
Christopher Bland – Mind in Mid Herts  
Rachel Poynter – Student Health Visitor (guest)  
Councillor Steve Cousins

**1. Welcome and Introductions**

- SB Welcomed everyone to the meeting and introductions were made.

**2. Apologies**

- Steve Probyn, Lucy Eldon, Lindsey Day, Sandra Conte

**3. Minutes of last meeting**

- Minutes of the April 29th 2015 meeting were accepted subject to one minor amendment.

**4. Mind in Mid Herts Presentation**

**Christopher Bland**

- Christopher Bland gave a very helpful presentation on the role of Mind in Mid Herts, explaining about the ways in which they supported those living and working with mental health conditions. Christopher pointed out the location of the Hertford Office, opposite the Wetherspoons/Hertford Theatre and extended a welcome to visit the offices to the partners around the table.
- Questions and discussion arose from the presentation.
- Please see the presentation attached.

**5. Update on Fellas Fitness**

**Simon Barfoot**

- An update had been requested but not received in time for the meeting.
- From SB knowledge on the project the group were advised that a core group of 6/7 men were regularly attending and receiving great benefit in terms of improved personal fitness. It was also noted that the venue had changed and that the success of the scheme had been promoted through various East Herts media bulletins.
- SB promised to find out about the remaining timescale of the project as funding was originally provided for about a year and was expected to come to an end soon.

## 6. Update on CRI Healthy Lifestyles

Simon Barfoot

- SB gave an update on the January to April project which had been run for Crime Reduction Initiative recovery drug and alcohol clients. The initial course component had been taught partially by SB and mainly by Maddy Hill (former LSP Group member), lasted 6 weeks and addressed wellbeing aspects including enabling self-esteem, confidence and goal setting for positive behaviour change. The second aspect involved supporting the clients in health cooking approaches led by Sarah Scotland and also encouraged participation in physical activity including accessing Countryside Management Service Health Walks.
- The evaluation was shared with the group which showed that alongside the regular programmes of CRI such as the growth and life stages the additional healthy lifestyle content had reflected positive scale improvement in terms of outlook, mood, wellbeing, skills, healthy eating, physical activity for over half the total clients involved. About 140 attendances over the 12 week period of the course combined with an investment of about £2700 and a specifically developed course was to be recognised as a genuine success of the group in supporting and engaging help for these clients.
- The next step was to follow up with a review meeting (planned for September after initial delay) and seek opportunities to further expand the provision of the CRI Healthy Lifestyles course. **Action SB**

## 7. Update on Guideposts Trust project

Emma Metcalfe

- Emma gave an update on the LSP HWB supported project for those with Learning Disabilities, explaining that she had worked on some costings for the proposed spend of £2500 and also sourced a couple of venues including using Future Living Hertford premises (member of the group).
- The project would seek to combine a specialist tutor who has experience of delivering physical activity to those with learning disabilities. The proposed funding would enable a sustained period for the sessions to be run and as many people to benefit as possible. In terms of enabling access to the sessions from various East Herts client locations SB suggested that in conversation with partner agencies that some of the funds could contribute to shared transport costs.
- SB thanked Emma for the update all the work she had done, Emma agreed to keep the group informed about progress of the project and provide another update in due course.

## 8. District Offer Progress/Sporty Mums

Simon Barfoot and B + Jan Stock

- SB gave an update on the progress of the District Offer explaining the 12 out of 13 bids had been approved. All projects were expected to begin the planning stage soon and begin delivery from approximately September onwards.
- It was also noted that the Health and Wellbeing Scrutiny Committee would oversee visits by a group of Councillors to visit the supported projects and feedback to the Committee.
- Jan Stock gave a short update on the Sporty Mum's project explaining the rationale behind it and the initial plans, with a proposed start in the Autumn term 2015.
- Please see the attached presentation with details and scope of the project attached.

## 9. Group sharing on Health and Wellbeing

- Information points were raised and fed back to the group

**10. Venue offer for October meeting**

- Jan Stock offered to host the next meeting at Wodson Park. An offer of venue had been received by Future Living too and it was suggested that the January meeting be held there.
- Thanks to partners for hosting meetings was expressed.

**11. AOB**

- SB thanked all those who had attended and closed the meeting.

**Date of 2015 meetings:** All 14/10/15 – Wodson Park.

**PLEASE ADD TO YOUR OUTLOOK CALENDARS/DIARIES.**