

# HEALTH AND WELLBEING PARTNERSHIP GROUP

Draft notes of meeting held on Wednesday 20th January 2016  
10am – 12.00pm at Wodson Park Sports and Leisure Centre,  
Wadesmill Road, Ware, Hertfordshire. SG12 0UQ

## **Attendance:**

Simon Barfoot, Environmental Health Promotion Officer, EHC  
Marianne McWhinnie – Engagement and Community Partnerships Officer  
Sally Millett – Graduate Placement – Engagement and Community Partnerships Team  
Sandra Conte – Future Living Hertford CEO  
Victoria Sims – Future Living Hertford  
Joseph Liggett – Leisure Services Development Manager  
Lucy Eldon – Practice Nurse  
Kay Pitt – Home-Start EastHerts  
Christine Gillham – Public Health Projects Co-ordinator, EHC  
Jan Stock – Wodson Park Manager and Active East Herts  
Michal Siewniak – BEHCVS  
Jane Parker – Herts Sports Partnership  
Christopher Bland – Mind in Mid Herts  
Lindsey Day – Sustainable Travel Team, HCC  
Emma Metcalfe – Guideposts Trust  
Councillor Steve Cousins  
Susan Lancaster – Riversmead Housing Association/BEHCVS  
Lisa Gazeley – EHC Herts Communications Officer

## **1. Welcome and Introductions**

SB Welcomed everyone to the meeting and introductions were made.

## **2. Apologies**

Karon Gordon, Laura Hyde, David Brewer

## **3. Minutes of last meeting**

Minutes of the October 14<sup>th</sup> meeting 2015 meeting were reviewed and accepted.

## **4. HWB current scene/priorities – Group Discussion SB + All**

- SB reflected on the priority setting task by the then group members in July 2013 and the subsequent drawing up of the LSP HWB Group action plan.
- At this time it sought to reflect the Hertfordshire Health and Wellbeing Strategy's 10 priorities and connect with the local focus of the group on HWB matters.
- Copies of the Action plan were circulated for group members to look at. It was also noted that there was emphasis on the Five Ways to Wellbeing concepts as the group had done much to promote this approach and also a recognition of different public health models including behavioural change etc.

- Although SB noted that he had not updated the evaluation columns, it could be seen that the group had achieved much through support of various HWB projects including:  
Fellas Fitness  
Meet and Eat  
CRI Healthy Lifestyles project  
the recent Guideposts Exercise project for those with Learning Disabilities  
Move Week 2013, 14 and 15.  
Chair based exercise course run at Calton Court

The scope of these projects reflected the previous priorities and indeed a wider health and wellbeing agenda.

- SB noted these achievements and thanked the group for its ownership of these and other projects making a real health impact for local people.
- SB asked group members to reflect on their organisational priorities in 2016 compared to two years ago and also what their HWB priorities were for their organisation and/or clients. Opportunities for cross-working between organisations were also encouraged.
- It was acknowledged that EHC and its partners were facing financial challenges both from a national and local perspective and that this was even more need now for a strong partnership factor in addressing health and wellbeing collectively through the skills and commitment of the group members. Additionally from a HCC and EHC context there were a number of strategy priorities to reflect and include in the new Action Plan.
- Priorities were captured on blank paper and then shared with the rest of the group.
- SB would collate these main themes into a single page set of priorities to guide and direct the HWB group's work over the next two years. See attached Action Plan.

#### 5. **Guideposts Learning Disability Project update** EM

- EM gave a helpful update on the progress of the Guideposts Exercise Group.
- Two groups are running, Group 1 fortnightly on Monday evenings at the Emmaus Centre, Thorley, Bishop's Stortford which started on 2<sup>nd</sup> September
- Group 2 weekly on Tuesday evenings at the Drill Hall in Ware, started 27<sup>th</sup> October.
- Both groups run by qualified Extend tutors, who specialise in over 60 exercise instruction as well as catering for those who are less able.
- Group 1 – Bishop's Stortford, 5 who attend regularly and 5 who come along now and again
- Group 2 - Ware, 7 who attend regularly and 2 who come now and again.
- Group 1 – Bishop's Stortford focuses on gentle exercise from a chair or using a chair for stability, the exercises designed to work all the major muscle groups.
- Group 2 – Ware focuses on movement and music and activities, encouraging suppleness and balance.

#### 6. **Sporty Mums and Forever Active updates** JP and SM

- Jane Parker from Herts Sports Partnership gave an update on the progress of the Moving Mums project. To date 9 schools had taken part with 24 Mums trained to coach activities.
- Activities take place either at school drop off or pick up time, with leaders identified at the outset or expressing an interest once the activities begin to follow up an interest in running the group.

- There is capacity for a further 21 schools to get involved up to a maximum of 30 East Herts schools. In this connection Jane asked for help with school contacts and establishing links with key school contacts including office and teachers.
- The whole approach is to run activities which the Moving Mums are interested in taking part in and encourage those who have not been active recently to get involved.

#### **Forever Active update**

- Sally Millett (SM) gave an update on the Sport England Forever Active Project
- Following on from the successful Come and Try event in early November, community venues were being approached to provide different locations for the activities to be run at.
- Swim lessons at SLM venues including Grange Paddocks had begun and also the pilot venue at Sawbridgeworth was continuing with their activities
- Activities included table tennis, multi-activity sessions etc
- Aston and Watton-at-Stone Community halls were involved in discussions to run activities
- There was a plan to explore the option of involving some private clubs and facilities too
- The main focus of the Forever active approach is to engage with those who have very low or are inactive and enable them to increase their physical activity benefit
- Evaluation would include various evaluation measures and for some of the courses a nominal fee was included around £2 a session to promote sustainability and buy-in.

#### **7. Brief Update on Community Navigators SB**

- SB reported that seeking information on this had been more difficult than expected as it was a project co-ordinated by the West Herts CCG and the focus in East and North Herts through the CCG's was more about supporting community champion models and enabling carers in care for those with long term conditions. If this is something more substantial which could be of benefit to the group from an E and N Herts CCG perspective then this can be pursued at a later date.

#### **8. District Offer/Matched Funding update CG**

- CG reported on the scoping exercise she had carried out looking at connectivity of services regarding access and people across a range of sectors and organisations. The primary focus was one of prevention.
- Also through this work she had identified opportunities around access to healthy living type services which could offer a range of options addressing housing, money advice, healthy eating and weight management.
- These developments were still at an early stage and being considered by the Council.
- In terms of the District Offer, year one projects were progressing well with evaluation being collated. The Year Two projects which also involved a number of organisations around the table, were awaiting final agreement and approval by HCC Public Health.

#### **9. Group sharing on Health and Wellbeing (15) All**

- There were some minor updates from group members who shared information and relevant details about organisation events and client services.
- SB summarised the actions arising from the Priority setting exercise, recognised the good attendance and contributions made and closed the meeting.

**Future 2016 LSP HWB Group meeting dates:**

- **Wednesday April 27<sup>th</sup> 10 – 12.00pm – Future Living Hertford**
- **Wednesday July 20<sup>th</sup> 10 – 12.00pm Room 27 at East Herts booked** (alternative venue still welcomed)
- **Wednesday 19<sup>th</sup> October 10 – 12.00pm Room 27 at East Herts booked** (alternative venue still welcomed)