

## **Bradford on Avon Health and Wellbeing Group**

### **Note of meeting held on 15 January 2018 at Bradford on Avon Library**

#### **Present:**

Councillor Johnny Kidney (Chairman) - Portfolio Holder for Adult Social Care Transformation and member of Bradford on Avon Area Board

Councillor Jim Lynch - Chairman Bradford on Avon Area Board

Councillor Jennie Parker – Bradford on Avon Town Council and Chairman Dementia Action Alliance

Ruth Randall – Bradford on Avon and Melksham Health Partnership

Kate Bartlett - Living Well Project Worker, Age UK Wiltshire

Michael Darlow - Bradford on Avon Seniors Forum/ Healthwatch Wiltshire/ RUH Patients Participation Forum

Karen Wade – Adult Care Commissioning, Wiltshire Council

Jo Harris - Community Library Manager, Wiltshire Council

Kate Smith - Health Trainer, Wiltshire Council

Peter Dunford, Community Engagement Manager, Wiltshire Council

#### **1. Apologies:**

Amanda Brookes, Bradford on Avon and Melksham Health Partnership

Dave Payne, Health Trainer

#### **2. Feedback from Mental Health Awareness Workshop**

Karen Spence from the Public Health team at Wiltshire Council ran a mental health workshop on 14 November at the United Reformed Church Hall, which was well attended and well received. The group wanted to build on this entry-level introduction to mental health issues with an event focused on the needs of young people, possibly as part of a youth focused area board meeting in May 2018. There was interest shown in inter-generational approaches, as evidenced recently in the Westwood Oral History project run through the Westwood with Iford Primary School radio station; a film on rural social isolation being planned by local charity Fresh Start Films; and talks and reading support delivered in schools by Age UK volunteers.

**ACTION: Scope out an event for young people for discussion next time.**

### **3. Role of Health Trainer**

Kate Smith explained the preventative advice provided to adults in confidential 6 x 1 hour sessions. Advice on lifestyle choices covers areas such as healthy eating, exercise programmes, smoking cessation and stress avoidance. Sessions are delivered on Wednesday afternoons out of Bradford on Avon library. Greater awareness of the service is being sought through local promotion via the Town Council, at the Leg Club, the Hub etc. The Get Wiltshire Walking sessions leaving from the Weaving Shed on Wednesdays but need more volunteers to run them.

**ACTION: All to help promote the service. Contact Richard Craft at Walkers are Welcome regarding local walks.**

### **4. Proposal for Wellbeing Wednesdays at the Library**

Jo Harris outlined the idea to build on the weekly presence of the Health Trainers by offering an area for relaxation, games, puzzles and colouring books plus a range of free taster sessions for pilates, yoga, mindfulness, aromatherapy, dementia awareness and related information and advice from the Health Centre, Age UK, Alzheimers Support etc.

The group agreed that this would be a positive contribution to the promotion of health and wellbeing in the area.

**ACTION: Recommendation to Bradford on Avon Area Board to support Wellbeing Wednesdays at the Library with grant support of £ 200 towards materials required**

### **5. A Mens Shed for Bradford on Avon?**

Peter Dunford explained the concept of a Mens Shed in reducing social isolation for older men and providing the opportunity to use practical skills to make and sell products for charity and the community. These practical skills could be useful in the community, for instance in addressing unmet social needs picked up through the Living Well project. The shed movement has grown rapidly with 10 sheds now across Wiltshire including locally in Trowbridge, Westbury, Corsham, Chippenham and Melksham

<http://www.melkshamshed.com/> . The key is to find a suitable building where a workshop can be established. Discussions could usefully be had with related initiatives such as the Repair Café held at the Hub and the Tools for Self Reliance charity in Holt. [http://www.thisiswiltshire.co.uk/news/11731038.Unwanted\\_tools\\_to\\_Holt\\_can\\_be\\_new\\_beginning\\_in\\_Africa/](http://www.thisiswiltshire.co.uk/news/11731038.Unwanted_tools_to_Holt_can_be_new_beginning_in_Africa/)

**ACTION: Jim Lynch and Peter Dunford to investigate and report back**

## **6. Seniors Forum update**

Michael Darlow outlined the recent work of the Seniors Forum which has included falls prevention classes and the launch of Dementia Friendly BoA and good practice awards. Forthcoming events include first aid training and feedback on the Health Centre's new same-day-appointments process.

## **7. Dementia Friendly BoA update**

Jenny Parker reported back from the recent Steering Group meeting where she was appointed the new Chair. Following the launch event on 27 November an action plan for next steps was agreed. This includes engagement with the business community and schools, the designation of a network of safe places, a focus on creating dementia friendly public venues, an ongoing programme of dementia awareness sessions, an annual awards event, dementia friendly signage around town, public toilets etc.

## **8. Any Other Business**

The Health Centre is using a grant to equip its premises with dementia friendly (red) toilet seats, signs and an analogue clock.

The contract with Arriva for the non-emergency ambulance service may be coming to an end.

Kate Bartlett reported on the Living Well project. She is wanting to recruit volunteers to help address the unmet social needs she is encountering. Age UK has engaged 3 local volunteers and Kate is also now working out of the Hub one morning a week in an effort to build a wider volunteering base. A progress report will be presented by Age UK at the next meeting on the project which is completing its first year of operation. The funders – Area Board, Town Council, Health Partnership – will be asked to sign off year 2 funding as per the agreed contract.

## **9. Date of Next Meeting**

Monday 5 March, BoA Library at 10.30am