

# MINUTES

**Meeting:** WESTBURY AREA BOARD  
**Place:** The Laverton, Bratton Road, Westbury BA13 3EN  
**Date:** 2 June 2016  
**Start Time:** 7.00 pm  
**Finish Time:** 9.05 pm

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Please direct any enquiries on these minutes to:

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## **In Attendance:**

### **Wiltshire Councillors**

Cllr Russell Hawker, Cllr Gordon King and Cllr Jerry Wickham

### **Wiltshire Council Officers**

Liam Cripps – Community Engagement Officer  
Karen Spence – Public Health Specialist  
Roger Bishton – Senior Democratic Services Officer

### **Town and Parish Councillors**

Westbury Town Council – Cllr Stephen Andrews  
Bratton Parish Council – Cllr John Bartram  
Coulston Parish Council  
Dilton Marsh Parish Council – Cllr Sonja Harris, Cllr John Moody  
Edington Parish Council – Cllr Mike Swabey  
Heywood Parish Council – Cllr Keith Youngs

### **Partners**

Wiltshire Police – Acting Inspector Louis McCoy  
Wiltshire Fire and Rescue Service  
Wiltshire NHS  
BA13+ Community Area Partnership – Carole King, Phil McMullan

**Total in attendance: 21**

<u>Agenda Item No.</u>	<u>Summary of Issues Discussed and Decision</u>
1.	<p><u>Election of Chairman</u></p> <p>On the proposal of Cllr Gordon King, which was seconded by Cllr Russell Hawker,</p> <p><b>RESOLVED:</b></p> <p><b>To elect Cllr Jerry Wickham as Chairman of the Westbury Area Board for the ensuing year.</b></p> <p style="text-align: center;"><u>Cllr Jerry Wickham in the Chair</u></p>
2.	<p><u>Chairman's Welcome and Introductions</u></p> <p>The Chairman welcomed everyone to the meeting of the Westbury Area Board.</p> <p>He paid tribute to the work of Cllr Gordon King during his term as Chairman. In particular he had started a number of initiatives, including health, which would be continued.</p>
3.	<p><u>Election of Vice-Chairman</u></p> <p>On the proposal of Cllr Gordon King which was seconded by Cllr Jerry Wickham,</p> <p><b>RESOLVED:</b></p> <p><b>To elect Cllr Russell Hawker as Vice-Chairman of the Westbury Area Board for the ensuing year.</b></p>
4.	<p><u>Apologies for Absence</u></p> <p>Apologies for absence were received from Cllr David Jenkins.</p>
5.	<p><u>Minutes</u></p> <p><b>RESOLVED:</b></p> <p><b>The minutes of the previous meeting were agreed as a correct record and signed by the Chairman, subject to the following amendments:</b></p> <p><b>Minute No 5 – Chairman’s Announcements</b></p> <ul style="list-style-type: none"> <li>• <b>Clean for the Queen – last sentence to read:</b></li> </ul> <p><b>“Carole King also stated that rubbish had been cleared from the Leigh Park area the previous weekend and the Westbury Lions Group would be meeting on 7 May at 10.00am in the Market Place.”</b></p>

6.	<p><u>Declarations of Interest</u></p> <p>There were no declarations of interest made at the meeting.</p>
7.	<p><u>Appointments to Outside Bodies and Working Groups</u></p> <p><b>RESOLVED:</b></p> <p><b>(1) To appoint Councillor representatives to outside bodies for the Municipal Year 2016/17 as follows:-</b></p> <ul style="list-style-type: none"> <li>• Leigh Park Community Centre (Westbury) – Cllr Russell Hawker</li> <li>• Warminster &amp; Westbury CCTV Partnership – Cllr Russell Hawker</li> <li>• Westbury Community Area Partnership – Cllr Gordon King</li> <li>• Westbury Local Youth Network (LYN) – Cllr David Jenkins &amp; Cllr Gordon King (substitute)</li> <li>• Westbury Health &amp; Wellbeing Group – Cllr Gordon King</li> </ul> <p><b>(2) To reconstitute and appoint Councillor representatives to the Westbury Community Area Transport Group (CATG) for the Municipal Year 2016/17 as follows:-</b></p> <p><b>Cllr Russell Hawker Cllr David Jenkins Cllr Gordon King Cllr Jerry Wickham</b></p> <p><b>(3) To note the terms of reference for the working groups as set out in appendix C to the report presented.</b></p>
8.	<p><u>Chairman's Announcements</u></p> <p>The Chairman made the following announcements, all of which were included in the agenda pack:</p> <ul style="list-style-type: none"> <li>• Careers in Wiltshire: Joint Strategy 2016 – 2020</li> <li>• Adult Care Charging Policy Consultation</li> <li>• Groundwork and Tesco 'Bags of Help' funding</li> <li>• Meet the Funder event 22 June 2016</li> <li>• Your Care Your Support Wiltshire</li> </ul>

The Chairman drew attention to a Dementia Awareness project which was being explained at a workshop due to be held at Fairfield Farm College, Dilton Marsh on 22 July 2016. Full details were available from Fairfield Farm College or from the Wiltshire Community Matters website.

9. Partner and Community Updates

The Area Board received the following updates from key partners:-

- (a) **Wiltshire Police** Acting Inspector Louis McCoy presented his report and drew attention to the revised control strategy for the forthcoming year. The Police and Crime Plan, published by the Commissioner, set the strategic direction for Wiltshire Police and it was noted that the control strategy focussed on operational policing. After intelligence gathering and consultation, it was found that the common thread running through both the Police and Crime Plan and the control strategy for 2016-2017 was vulnerability and exploitation. Consequently, the Force would be focussing on the following four areas:

Domestic abuse  
Cyber crime  
High risk offenders  
High risk victims

Attention was drawn to Smartwater which was an international crime fighting and crime prevention company with an established track record for detecting and deterring criminal activity. The company had created a wide range of crime reduction programmes utilising traceable liquid products which had been highly successful in reducing crimes, such as burglary and metal theft. Members of the public were being encouraged to protect items of property by marking them with Smartwater products.

- (b) **Dorset and Wiltshire Fire & Rescue Service** An update report was received and noted.

- (c) **BA13+ Community Area Partnership** Carole King presented an update report and drew attention to a relaunch of a new emergency card funded by the Police & Crime Commissioner. The purpose of this new ICE card was to help vulnerable people across Wiltshire to feel safer when out and about in the community. These cards were being distributed throughout the Westbury Community Area.

The card was the same size as a credit card and fitted neatly into a wallet or purse. It was bright orange and was clearly visible as something important. On the back there were three white strips where the card holder should write their name, emergency contact numbers, and brief details about any other vital information such as medical conditions,

allergies, health problems, medication etc. Cards were to be widely distributed via libraries, GP surgeries and voluntary groups who supported vulnerable people. It was believed to be the first county-wide scheme of its kind nationally.

Carole King also drew attention to a meeting with the Wiltshire Clinical Commissioning Group (CCG) due to take place on 14 July 2016 at The Laverton, Westbury, the purpose being to discuss the future use of the hospital site.

- (d) **Healthwatch Wiltshire** An update report was received and noted.
- (e) **Westbury Town Council** An update report was received and noted.
- (f) **Bratton Parish Council** Cllr John Bartram reported that there would be elections on 14 June 2016 for two vacancies on the parish Council.

10. Community Use of Defibrillators

The Chairman introduced and welcomed Julia Doel and Stewart Ackland from the South Western Ambulance Service NHS Foundation Trust who were attending to explain and demonstrate how to use a defibrillator.

Julia Doel explained why it was important for communities to have ready access to a defibrillator and stated that she was available to advise communities how to acquire a defibrillator and how one operated. There were a number of ways to purchase a defibrillator from specialist providers together with various loan schemes to help with the purchase. Defibrillators were also available from the Ambulance Trust at a cost of £1,800 plus VAT which could be paid over a period of four years, but these remained the property of the Trust. It was a requirement that all portable defibrillators be registered with the Ambulance Trust and ideally should be checked at least once a week but ideally on a daily basis.

In addition to a defibrillator, it was necessary to purchase or acquire a weather proof cabinet in which to keep the equipment, and also consumable pads which could be purchased from the Ambulance Trust. These pads could only be used once and had a shelf life of two years.

Stewart Ackland then demonstrated the use of a defibrillator which was easy to operate and could be administered by anyone with a minimum of training.

Julia Doel encouraged communities to consider acquiring a defibrillator and she was available to give advice at [Julia.doel@swast.nhs.uk](mailto:Julia.doel@swast.nhs.uk)

During discussion, it was noted that defibrillators were currently provided in

Coulston and Bratton (which had two machines). Discussions were currently taking place in Westbury Town Council regarding the possibility of taking over the phone box in the Market Place, which might be a suitable location for a defibrillator.

The four Wiltshire Councillors would be discussing ways to take this forward.

On behalf of the meeting, the Chairman thanked Julia Doel and Stewart Ackland for their very interesting and informative presentation and demonstration of a defibrillator machine.

11. Mental health Awareness

The Chairman introduced and welcomed Karen Spence, Public Health Specialist, who was attending to make a presentation on Public Health Awareness.

A copy of her presentation is attached to these minutes at Appendix 1.

She explained the importance of mental health and her plan was to identify what was available and to help individuals and their families and friends find access to these services more easily. She was also looking for new initiatives to help curb the increasing rise in mental health disorders.

She informed the meeting that she was very willing to make this presentation available to other area boards and interest groups and a principal task was to train a network of volunteers to help take this important initiative forward.

The Chairman thanked Karen Spence for such an interesting and stimulating presentation.

12. The Big Pledge

Liam Cripps, Community Engagement Manager, reminded the meeting of the Big Pledge activity challenge known as the Road to Rio, the purpose being to stimulate interest in healthy exercise activities in a fun and competitive way.

He explained that there would be an eight week activity challenge from 4 June until 29 July during which time groups of people and individuals were being encouraged to take part, get active and achieve a set goal. He mentioned a few suggestions for consideration, including walking, running, cycling, swimming or rowing and he hoped that people would take up the challenge and help Westbury Community Area become the most active area in Wiltshire.

Further information could be found at [www.wiltshire.gov.uk/bigpledge](http://www.wiltshire.gov.uk/bigpledge).

13.

Community Area Grants

Consideration was given to a report by the Community Engagement Manager in which councillors were asked to consider funding from the 2016/17 Area Grants Budget, all of which met the grants criteria. After receiving brief statements from the applicants giving reasons for the requests:

**Resolved:**

**(1) Application 1884 – West Wilts Esprit Gymnastics Club**

**To defer consideration of the application requesting £1,000.00 towards the upgrading changing rooms by installing shower cubicles, in order that a representative of the Club could attend to explain the proposal in more detail.**

**(2) Application 1941 – Westbury Rugby Football Club**

**To approve a grant of £5,000.00 towards the provision of new changing rooms.**

**(3) Application 1916 – Dilton Marsh Village Hall**

**To approve a grant of £2,500.00 towards the cost of installing a new lighting and sound system.**

**(4) Application 1952 – Group of Hawkeridge/Westbury Residents**

**To approve a grant of £250.00 towards the cost of a Big Lunch along the Ham to celebrate the Queen's 90th Birthday.**

14.

Future Meeting Dates

It was noted that the next meeting of the Westbury Area Board would be held on Thursday 4 August 2016 at Hawkeridge and Heywood Village Hall, 5A Church Road, Heywood, BA13 4LP.

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**MENTAL HEALTH - WE ALL HAVE IT**



Mental Health Awareness Raising

Karen Spence - Public Health Specialist


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Wiltshire Council  
We're everybody's

We all have mental health, like we all have physical health. Both change throughout our lives. And, like our bodies, our minds can become unwell.



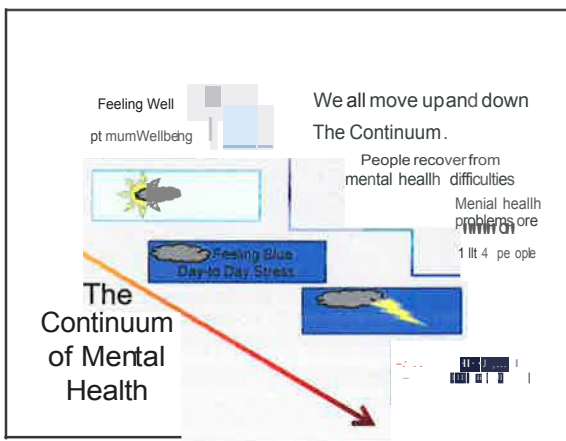
What do we mean by 'mental health'?



- We all have **mental health** as well as **physical health**. They are linked together and we need to look after both
- Mental health is about how we: **think** and **feel** about ourselves and others and **how we interpret events**.
- Our **mental health influences** how we cope, our relationships with others and our self-esteem



About a quarter of the population will experience some kind of mental health problem in the course of a year, with mixed anxiety and depression the most common mental disorder in Britain



Our mental health is like the weather ..... changeable

- It depends on how we are thinking and feeling about what is happening in our lives
- There are lots of things that can influence our emotional or mental health
- and sometimes for the worst .....



## What's in your Stress Bucket ?



## Life's Stressors Come In All Sizes

Problems can happen when our stress bucket overflows



Tap to release stress levels: coping skills

Source: Brabben and Turkington 2002

## Worth remembering .....

- Everyone feels down and stressed sometimes. it's a normal part of life
- Stressful thoughts and feelings and events come ..... and go .....
- We all need ways of looking after ourselves and getting support
- For some of us, we *may* feel down or anxious for longer and it starts to affect our day-to-day life
- Then we *may* need extra things to help

*TIP: It's scientifically proven that noticing the good stuff keeps us well*

## Being well and staying well

There are lots of things we can do to look after ourselves

and help others to do the same .

In pairs: what makes you feel good and helps you cope with life's stressors?

*TIP: It's scientifically proven that noticing the good stuff keeps us well*

Ways to look after your mental health

### Five Ways to Wellbeing **fi**

we all benefit from good relationships. Find ways to see other people.

- Look after your physical health
- Take notice and appreciate what you have got. Take time to look around you, what do you see and hear? "Fake a moment to relax and enjoy!"
- Learn something new, Have fun!
- Make time for your hobbies and interests.
- Get involved in your community. Give to others. A smile goes along way!

Tif: WqJ tt-p

### Five Ways to Wellbeing

Anxiety is one of the most prevalent mental health problems in the UK and elsewhere, yet it is still under-reported, under-diagnosed and under-treated



It is estimated that 70 million working days a year are lost to mental ill-health. Half of all days lost through mental ill-health are due to anxiety and stress conditions

The Sainsbury Centre for Mental Health

**Early warning signs of stress can include:**

- Increase in unexplained absences or sick leave
- Poor performance
- Poor time-keeping
- Withdrawal from social contact
- Unusual displays of emotion e.g. frequent irritability or tearfulness.
- Constant tiredness or low energy

**What might be signs that a person needs extra support?**

- Extremes: e.g. person is more anxious or low than is usual for them, in the context of what is going on in their life.  
 Duration: e.g. their anxiety or low mood is becoming more frequent, it's not just going away.
- Impact on day-to-day life: e.g. noticeable negative impact on aspects of day-to-day living  
 Risk: e.g. that things will get worse; that they can't maintain their usual responsibilities etc

You don't know how to be a professional until you've been there for a while.

W Talk, but listening too simply being there will mean a lot.

Keep in touch: meet in person, phone, email or text

Don't just talk about mental health: chat about everyday things as well

Q Remember that you are not alone. All things can make a big difference.

Be patient: ups and downs can happen.

## Recovery

- With the right help and support, people can and do recover from even the most severe mental ill-health.

Recovery is about much more than the absence of symptoms

- Recovery is about living a meaningful and satisfying life in the presence or absence of symptoms of mental ill-health
- A belief that a more meaningful and satisfying life is possible and attainable is central to recovery
- Stigma, pessimistic attitudes and undervaluing the contributions that people with mental ill-health make can be barriers to recovery

Wiltshire Council  
Wiltshire Council

## Where to turn in a mental health crisis

Crisis could involve: e.g actively suicidal; significant change to thinking and perception of reality (psychosis); behaviour that puts others at risk e.g linked to their dementia etc.

Where to turn:

- GP includes the on call service
- Accident and Emergency Department
- Wiltshire Health and Social Care Service
- Mental health service if person already known
- Samaritans (insert link)
- Police if safety is an issue

Wiltshire Council  
Wiltshire Council

### Reporting Concerns

- GP Service
- Out of hours service
- Advice, contact, initial treatment
- Referral to crisis services

### Adult Social Care

- Contact Emergency Duty Team to report concerns about vulnerable adults with MH issues and/or concerns when children involved

### Police

- Contact police if there is a safety issue

### Mental Health Crisis & other services

- Accident and Emergency
- Treatment for self-harm/suicide attempt
- Psychiatric Liaison Service and 24 hr on call psychiatrist
- Admission to hospital: only if acutely ill & presenting significant risk to self or others+ Patients detained under MHA

### Primary Care Liaison (PCL)

- AWP assessment service linked to GPs
- Takes health and social care referrals for assessment and access to mental health services

### Specialist/other mental health Services

- AWP Specialist mental health services
- Eating Disorder Service (level 3)- Oxford Health Referrals
- CAMHS



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