

## PEWSEY VALE HEALTH & WELLBEING FORUM

Minutes of the meeting on October 14<sup>th</sup> 2019 4-30 pm at Parish Meeting Room, Pewsey

### MINUTES

**Attending:** Dawn Wilson (PCAP), Richard Rodgers (Wilts Council CEM), Susie Brew (PCAP), Fanny Middleton (Alzheimer's Support), Pauline Dark (Churches), Cllr Stuart Wheeler (Pewsey Area Board), Sylvie Clayden (Occupational Therapist supporting Dementia), Anne Hogg (Pewsey PC), Nell Light (Home Instead), Lesley Green (Shalbourne Connect)

**Apologies:** Hilary Hollingsworth (Churches), Marilyn Hunt (Pewsey PC), Judy Haynes (Grt Bedwyn Footpaths), and Matt Pearson (Wilts Council Sports Development Officer – North)

1. **Welcome and introductions**-see above. Stuart welcomed everyone.
2. **Previous minutes**- *Resolved* that these be accepted.
3. **Update on actions /matters arising** – Most actions completed or ongoing. Specific discussion took place around
  - i. Asset Mapping – A first version of this information in a booklet was made available for Sylvie Clayden to share with the surgeries when she visited them to promote the Armchair Exercise Project – see below. ACTION: It will be reviewed regularly to keep it up to date by PCAP and shared via website. Printed copies will be made available periodically.
  - ii. Armchair Exercise–Awarded £1600. A pilot of 6 sessions from Oct to Dec, are already underway in the Bowls Club in Pewsey on alternating Fridays. The initial session had 10 attending aged from 48 to 80 yrs. The venue is excellent and well received. The group needs 20 to be sustainable at present. The funds will help secure the second round of sessions from the New Year, but by then the group should be charging £5 a head to fund itself going forward into the Spring. Discretionary waiver of fees is for the support worker to decide. The staff have been DBS checked. Those attending have been assessed for it being a suitable level of activity. The local surgery is using social prescription to send people to join in. Sylvie broke the ice by visiting some in their homes to do the health check and support them to come along. Sylvie reported that the new social navigator at the surgery, Claire was working with her. (Mary Soellner is doing the same role in Grt Bedwyn.) Age UK have expressed an interest in running something similar. Dawn suggested perhaps they could set up a group in Upavon which has the population and venues. Alternatively, Burbage might lend itself to a group although there is a lot of other activities going on there.
  - iii. Mental Health Training – Following securing funds of £1600 from the Chair (21<sup>st</sup> Century Funds not used from the LYN plus a top up of £600 from the LYN) this one day training in Mental Health First Aid took place on Oct 9<sup>th</sup> at Pewsey Vale School with 8 attending. Sadly those staff from Oare and Pewsey primary schools due to attend didn't due to sickness. All parties were happy with the day. Wiltshire Mind offers a 2 day Youth course that the School were interested in. Dawn will wait for them to identify staff, dates and venue before seeking the £4,000 funds for 16 places. The school sad they could offer some funding towards it.
4. **Grant Applications**- £4,500 remaining
  - i. NOTE: Late addition post this meeting -The Christmas lunch group (Brian Hollands) in Pewsey received a £100 contribution for 2019. He has asked for a further £100 to top up funds for 2019 – November Area Board will review.
  - ii. Adjustable Chairs for Bouverie Hall and Shalbourne Connect, that host a number of groups for older and vulnerable people for chairs suitable for those with hip replacements or other

issues with low seats. ACTION Sylvie to follow up please or get a quote. NOTE: this quote has been circulated to parishes so that PCAP can seek the funding for Chairs as one collective bid.

## 5. Update on funded projects-

- i. Great Bedwyn Walks Group –The walks remain very successful. The local allotment groups had donated £713 towards the group’s costs. This will be used for reprinting their walking leaflets. [Bedwynhealthwalks@gmail.com](mailto:Bedwynhealthwalks@gmail.com) Facebook page – Bedwyn Health Walks, @bedwynhealthwalks and Judy Haynes [bedwynfootpathsgroup@gmail.com](mailto:bedwynfootpathsgroup@gmail.com) [www.bedwynfootpathsgroup.org.uk](http://www.bedwynfootpathsgroup.org.uk)
- ii. Pewsey Vale Tourism Partnership Walking Leaflets for the Vale – Susie reported that the 20 walking leaflets are now complete. They are available in Print and online. Tidworth have already begun working on their complementary leaflets. Amesbury and Marlborough are also interested. Longer term funds for reprinting sufficient for the next 3 years have been applied for via the GWR Communities Fund along with developing an app. A suggestion for accessible or guided walks for Dementia Week was put forward. The Wilcot circular walk lends itself to that.

6. **Marketing (Forum/Grants/Older Peoples Champion)** – the editorial of around 150 words is available to help raise awareness of the group and funding available.

## 7. Youth Provision

- I. Sylvie expressed her concern at the lack of facilities for older teens. The older teens do not want activities, just somewhere safe to hang out preferably with Wifi and access to soft drinks and a toilet. Dawn reported that Pewsey Football Club had considered opening on a Friday Night for this purpose, but had not heard anymore.
- II. Sylvie has an idea for a project for young people to design and produce seating for bus-stops in Pewsey. She will develop this further and report back.
- III. Wheeled Sports – Ann updated the group that this had not been shelved completely. The Parish Council were investigating 3 sites in the Village. Broomcroft Rd Play Area, a parish owned site with a tenant and another in private hands.
- IV. A final suggestion for young people was to develop a running circuit around Pewsey. The LYN is investigating holding activities days in Pewsey and will hold a meeting to discuss ideas.

Next meeting will be late Jan /Feb – Susie will Doodle times and dates. Venue - Pewsey Parish Meeting Room?

**Future dates will be published on the website – [www.pewseycap.org.uk/events](http://www.pewseycap.org.uk/events)**

**Thank you to all who attended and gave up their time.**

**Contact: Susie Brew – PCAP Coordinator [pcap@hotmail.co.uk](mailto:pcap@hotmail.co.uk) or [Dawnwilson917@yahoo.com](mailto:Dawnwilson917@yahoo.com)**

Signed \_\_\_\_\_ Date \_\_\_\_\_  
Cllr Stuart Wheeler (Chair)