

MINUTES

South West Wiltshire Area Board – Health and Wellbeing Group

28 February 2023

1 Aims/objective of the group –

Origins of Health and Wellbeing:

- i. Health and Wellbeing groups set up by each Area Board in 2016 to focus on the health and wellbeing of local older people and carers
- ii. Devolved funding of £7,700 per Area Board from Adult Social Care, following the ending of the Good Neighbour Scheme
- iii. The Good Neighbour Scheme was able to fund only a small number of paid officers to be the ones to visit older and vulnerable residents to advise them on how to access services and support. The idea was that new HWGs could stimulate more local voluntary action similar to the support of GNS co-ordinators but able to have a bigger impact by virtue of the group consisting of a good number of local voluntary and paid ‘connectors’
- iv. The £7,700 includes £1,000 expenses for one or 2 champions (an older person’s champion and a carers champion). South West Wilts Area Board did have champions in the first year. The group could explore the possibilities to re-establish a champion role/s for the area?

Key purpose of the Health and Wellbeing group:




- i. To facilitate dialogue, networking and to stimulate action around health and wellbeing for older people and vulnerable adults. This has largely been around dementia, carer support, loneliness and isolation
- ii. To be an advisor to the area board regarding grant applications, but also in reviewing associated policy and processes
- iii. The group could reorientate to focus more on supporting people with special educational needs or disabilities, or around parents/individuals living in socio-economic deprivation – investigate data to support the requirement for projects
- iv. Supporting or leading the delivery of events e.g the 2 events at Langford Lakes and the xmas event at the Nadder Centre

2 Updates –

Silver Salisbury:

- i. The Silver Salisbury programme managed and co-ordinated by the Salisbury Area Boards Older People's Champion and the trustees, covered a wide range of interests, including history talks, creative activities, fitness groups, creative activities and social clubs, along with details of support groups for carers, the bereaved and people living with long term health conditions. The programme covers Salisbury, Amesbury, Downton and Wilton.
- ii. The programme supports older people to get out and about and enjoy life, helping to alleviate loneliness and isolation in older age
- iii. Around 1,000 older people came along to the one-off events in the programme, with at least 64 people attending new regular activities
- iv. Based on the feedback there will be a brochure of all the ongoing activities which will be valid for the forthcoming year, along with a separate slimline programme for the one-off events in celebration of 1st October, International Older People’s Day

There is a Thursday lunch club in Wilton with over 40 older people engaged, which could be linked to the Silver Salisbury programme this year

3	<p>Cost of Living – Warm Spaces:</p> <ol style="list-style-type: none"> i. All libraries are providing a warm space and free warm packs (hot water bottle, blanket and thermos flask) available ii. Tisbury Library volunteers can provide additional support with signposting to community partners and agencies that are able to support people with energy costs/cost of living challenges iii. Mere Library has received positive feedback, they are able to provide additional activities such as jigsaws and adult colouring sheets, along with a cup of tea and chat if needed iv. Fovant village hall has seen fewer numbers and have decided to stop the warm space at the end of February v. Tisbury pop-up café has been extremely popular, offering tea, coffee, games and company <p>Cost of living support flyer:</p> <ol style="list-style-type: none"> vi. Other Area Boards have started to produce a cost of living support flyer for their community to ensure those most in need have access to advice and information regarding cost of living support and the location of local warm and welcoming spaces vii. The group could look to support the development of a flyer for Tisbury, Mere and Wilton? Could include information such as community/pop-up cafes, transport links and food providers. Example flyers below: <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  A5 Tidworth Warm Spaces.pdf </div> <div style="text-align: center;">  Salisbury COL Support.pdf </div> </div> <p>Age UK Wiltshire:</p> <ol style="list-style-type: none"> i. The Surviving Winter Grant is available – please contact Age UK Wiltshire as soon as possible if you know of anyone who would be interested: <div style="text-align: center;">  Surviving Winter poster 2023.pdf </div> <p>Wiltshire Community Foundation:</p> <ol style="list-style-type: none"> i. If you are in a position to pass on some of your Winter Fuel Allowance, Energy Bill Discount or just wish to donate, WCF can redirect it to where it is needed most, helping to support vulnerable local people at a time of crisis - Surviving Winter 2022 Wiltshire Community Foundation (wiltshirecf.org.uk)
4	<p>Tisbury Memory Group –</p> <ol style="list-style-type: none"> i. The group is set up for people with short term memory loss and to support people with mental health and wellbeing, with 50% of the attendees having diagnosed dementia ii. People are referred to the group from GP's, Alzheimer's Society and other organisations iii. The group has attendees from ages 60-94 years and is run by local people for local people – there are 55 people on the books, with 20-40 attending each time iv. Session costs are £5, carers are free v. Over the past three years, the group have raised over £18,000, which has supported the installation of new benches, herb patches, new trees and many other initiatives vi. A new website will be established by the end of March
5	<p>Digital Inclusion Project –</p> <ol style="list-style-type: none"> i. Following success of the Westbury Area Board project, to support those requiring help to engage digitally, especially older and vulnerable adults who need to access services online and to help them connect with family and friends for their general health and wellbeing ii. Area Board to be asked to contribute £500 towards a pilot project, to fund venue hire, transport support, refreshments, and a donation to Ability Net (charity to deliver digital coaching in key applications such as email, web navigating, social media, banking etc)

	<ul style="list-style-type: none"> iii. If funding approved, we will work to identify which individuals most need to benefit from the project and arrange for them to attend the coaching sessions in the summer iv. The project will be reviewed and if successful, hopefully there will be scope to deliver more sessions to additional beneficiaries v. HWG members could refer people into the project vi. This could be included in the Silver Salisbury programme 2023
6	<p>Older and Vulnerable Adults Area Board grants –</p> <ul style="list-style-type: none"> i. There are 2 grants requesting Older People & Vulnerable Adults funding at the 15th March AB meeting: <ul style="list-style-type: none"> 1) Hindon Warm Hub: £300 To combine a mother and carers group with the older people in the village who may be cold and lonely and just need to be warm and have company. The funding will be used to cover hall hire costs, heating, tea, coffee, soup and papers to read. 2) Digital inclusion project: £500 This project will start as a pilot, bringing digital support and assistance to vulnerable adults and older people who need to be able to access services online, but who currently struggle more than others to do so. There will be a series of regular structured sessions from the charity Ability Net, aiming to benefit up to 12 people in 2023. ii. The Health and Wellbeing group were in favour of supporting both of these grants. iii. The group asked to be informed of the details and remaining amount of Older and Vulnerable Adults funding each quarter, to be circulated in sufficient time for any members of the group to submit a funding application if needed and which meets the criteria
7	<p>Date of next meeting – May 2023 (date TBC)</p>