

MINUTES

Meeting: MALMESBURY AREA BOARD
Place: Assembly Room - Town Hall, Cross Hayes, Malmesbury SN16
9BZ
Date: 9 November 2016
Start Time: 7.00 pm
Finish Time: 8.30 pm

Please direct any enquiries on these minutes to:

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Papers available on the Council's website at www.wiltshire.gov.uk

In Attendance:

Wiltshire Councillors

Cllr John Thomson (Chairman), Cllr Simon Killane (Vice Chairman), Cllr Chuck Berry and Cllr Toby Sturgis

Wiltshire Council Officers

Ollie Phipps, Community Engagement Manager
Richard Williams, Local Youth Facilitator
Karen Spence, Public Health
William Oulton, Democratic Services
Becky Holloway, Democratic Services

Town and Parish Councillors and Community Partners

Malmesbury Town Council – John Grundy, Kim Power, Catherine Doody
Brinkworth Parish Council - Elizabeth Thelfall
Little Somerford Parish Council – Debora Bourne, Diane Sharp
Sherston Parish Council – John Matthews
St Paul Malmesbury Without Parish Council – Roger Budgen, Deborah Clegg
Health and Wellbeing Champion – Ellen Blacker

Total in attendance: 23

<u>Agenda Item No.</u>	<u>Summary of Issues Discussed and Decision</u>
1	<p><u>Chairman's Welcome and Introductions</u></p> <p>The Chairman welcomed all to the meeting.</p>
2	<p><u>Apologies for Absence</u></p> <p>Apologies were received from Dave Hobman of Wiltshire Police, and from the chairman of Sherston Parish Council</p>
3	<p><u>Minutes</u></p> <p>Resolved: That the minutes of the meeting held on 7 September 2016 be agreed a correct record and signed by the Chairman.</p>
4	<p><u>Declarations of Interest</u></p> <p>There were no declarations of interest made.</p>
5	<p><u>Chairman's Announcements</u></p> <p>The chairman had no announcements to make</p>
6	<p><u>Mental Health Workshop</u></p> <p>The Chair introduced Karen Evans from Wiltshire Council's Public Health team who led a workshop around mental health and wellbeing. Karen previously delivered the workshop at the council's select committee which was very well received. Issues discussed included definitions of mental health; understanding how to interpret common symptoms of poor mental health; and practical techniques for self-care and supporting others. Members of the meeting were encouraged to contribute to discussion and to feed back their ideas and thoughts on a range of scenarios. Karen extended an offer to deliver the workshop to other community groups should she be invited to do so.</p> <p>The Chair thanked Karen for delivering the workshop</p>
7	<p><u>Local Youth Network Update</u></p> <p>Richard William, the Local Youth officer, presented an update on the Local Youth Network (LYN).</p> <p>Issues highlighted included: That the membership of the LYN is looking healthy at the moment but that more youth representatives are needed and that any young people interested in joining should be put in touch with Richard. That Oaksey youth club and Ashton Keynes youth café had been supported through</p>

	<p>the provision of policies, DBS checks, and ongoing professional advice, and these services are available to any other youth project or group in the area. Project ideas for the future included: a recycling-based arts project; some joint sessions delivered with Malmesbury tennis club; work with partners including the school, multi-agency forum, and the scouts; and some rural outreach delivery through a county-wide youth bus.</p> <p>The chair thanked Richard for his update</p> <p>Recommendations for supporting three grant applications were proposed by the LYN.</p> <p>A question in regards to the applications was answered by the Community Engagement Manager.</p> <p>Following a brief description of each, the meeting unanimously:</p> <p>Resolved:</p> <ol style="list-style-type: none"> 1. To award Connecting Youth £5000.00 to run a weekly youth café drop-in session in Malmesbury. 2. To award Mind-reset £3380.00 to run 25 one-to-one sessions and workshops for young people with emotional and behavioral issues. 3. To award the Riverside Centre £2000.00 to run a music and arts event and open day and to engage young people in the development of the centre. <p><i>Reason for Decision: To enable the three pieces of provision to be planned for delivery in 2017</i></p>
8	<p><u>Councillor Led Initiatives</u></p> <p>Applications for the Councillor-Led Initiative fund were received from Cllr Killane and Cllr Thomson. Both councillors provided further information in support of their applications.</p> <p>Following discussion, the meeting unanimously:</p> <p>Resolved</p> <ol style="list-style-type: none"> 1. To award £2000.00 for the ongoing running costs of the Cartmel Community Minibus (proposed by Cllr Killane). 2. To award £5000.00 to the Friends of Riverside towards the costs of finishing the building work and purchasing the items necessary to open the centre (proposed by Cllr Thomson)

9	<p><u>Area Board Funding</u></p> <p>The Community Engagement Manager presented the applications for Community Area Grant Funding.</p> <p>Representatives from the Sherston Pre-School were in attendance to present more information to support their application. The organisations applying for funding were: Lea Village Hall Association and Sherston Pre-School Group.</p> <p>Following a short debate, the meeting unanimously;</p> <p>Resolved:</p> <ol style="list-style-type: none"> 1. To award Lea Village Hall Association £1396.20 to replace the hall's front doors. This will cover 50% of the total costs. 2. To award Sherston Pre-School Group £1000.00 towards the cost of setting up and running the new pre-school.
10	<p><u>Partner Updates</u></p> <p>The Chairman drew the meeting's attention to the written updates in the pack.</p> <p>Further updates, made at the meeting, included:</p> <ul style="list-style-type: none"> • Riverside Centre <p>The centre is nearing completion. There had been a great deal of interest from a wide range of community groups hoping to establish regular sessions at the centre. The centre had been working closely with the Local Youth Network to support the music open day and had plans to have a stall at Malmesbury's late night shopping day. The centre had received £1000 from Malmesbury Carnival to buy chairs and a local building firm had offered their in-kind painting services. Meeting attendees were reminded of the website and email newsletter and were encouraged to join the centre's online mailing list.</p> <ul style="list-style-type: none"> • Health and Wellbeing Champion <p>Ellen Blacker, the Wellbeing Champion, made a request for anyone who might be struggling with their health and wellbeing to be signposted to the support she can offer. This included supporting applications for winter fuel grants of up to £200. She also mentioned that the first Malmesbury lunch club would be held on 12th February at the garden centre café and that it is intended that this would become a monthly event. The Chair proposed that the area board should support the project financially and after discussion the meeting unanimously:</p> <p>Resolved: To grant the lunch club £100 towards their running-costs</p> <p>The chair encouraged the group to return to a future area board with an application for any further costs.</p>

11	<p><u>Update From Community Engagement Manager</u></p> <p>An update was be provided by Ollie Phipps, Community Engagement Manager (CEM) for the Malmesbury community area.</p> <p>Since the last area board, 100 new dementia friends had been recruited and several dementia friends group have been run, with intentions for engaging the school sixth form and fire service in the near future. There are plans for a future area board to have a community focus, with opportunities for community groups and funding bodies to network. Ollie clarified that his request for photos and short descriptions of community groups and projects would form part of this and the meeting was encouraged to send him anything relevant. The CEM had also been working closely with the Riverside new-build project, and hoped to organise a volunteer celebration event in the near future</p> <p>The chair thanked Ollie for his update and ongoing work and the meeting:</p> <p>Resolved: That the update be noted.</p>
12	<p><u>Community Area Transport Group</u></p> <p>The meeting was asked to consider the recommendations from Malmesbury Community Area Transport Group (CATG) meeting of the 11th October 2016, outlined in the report. The chair presented each recommendation and after a short discussion on each, the meeting unanimously:</p> <p>Resolved</p> <ol style="list-style-type: none"> 1. To award £8000 for a new footway on Holloway Hill, Malmesbury (Issue 3963) 2. To award, subject to parish council approval, £1500 to Sherston Church to resolve the problem of HGVs demolishing Jubilee Triangle on Church Street/Noble Street, Sherston (Issue 4042) 3. To note the completion of the work on signage on Corston Main Road (Issue 4387) and to close the case 4. To award £2000 to Malmesbury Town Council for resurfacing work on Tetbury Hill, Malmesbury (Issue 4512) 5. To provisionally allocate £8000 to resolve speeding problems along the B4042 in Brinkworth (issue 4569) but to put this on hold until March when more is known about other funding available 6. To award £7000 for traffic calming in Oaksey (Issue 4391/4660) 7. To note the agreement reached with Great Somerford Parish Council with regard to ditch clearance (issue 3661) and to close the case. 8. To note that the results of the metro count in Little Somerford (Issue 4244) make the village eligible for Community Speed Watch (CSW) rather than highway re-engineering and that this case can now be closed with CATG.

13	<p><u>Urgent items</u></p> <p>There were no urgent items</p>
14	<p><u>Evaluation and Close</u></p> <p>It was agreed that concerns expressed about the changes to the speed limit in Malmesbury would be referred to the next CATG meeting.</p> <p>The chair agreed to follow up a query, raised by Iris Thompson, regarding the placement of a road sign within a dropped curb area, and asked officers to follow up the request to share data measuring speed in the immediate area.</p> <p>Information about Malmesbury Community Trust was circulated for further distribution to local groups and individuals.</p> <p>The meeting noted that the usual January area board would be replaced by the annual JSA meeting. This would involve a presentation from the Community Health team about the wellbeing of Malmesbury and nine thematic discussion tables. Attendees would be able to sign up to which table they would like to participate in. All regular meeting attendees would be automatically invited, but all are welcome to attend.</p>

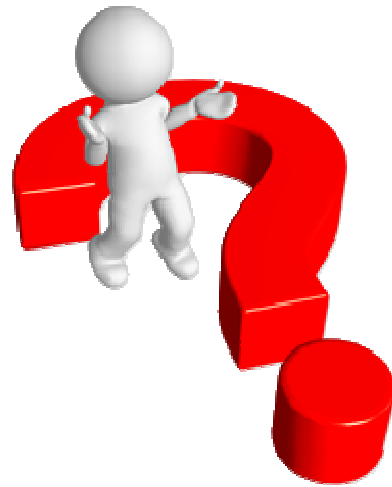
MENTAL HEALTH – WE ALL HAVE IT



Mental Health Awareness Raising

Karen Spence – Public Health Specialist

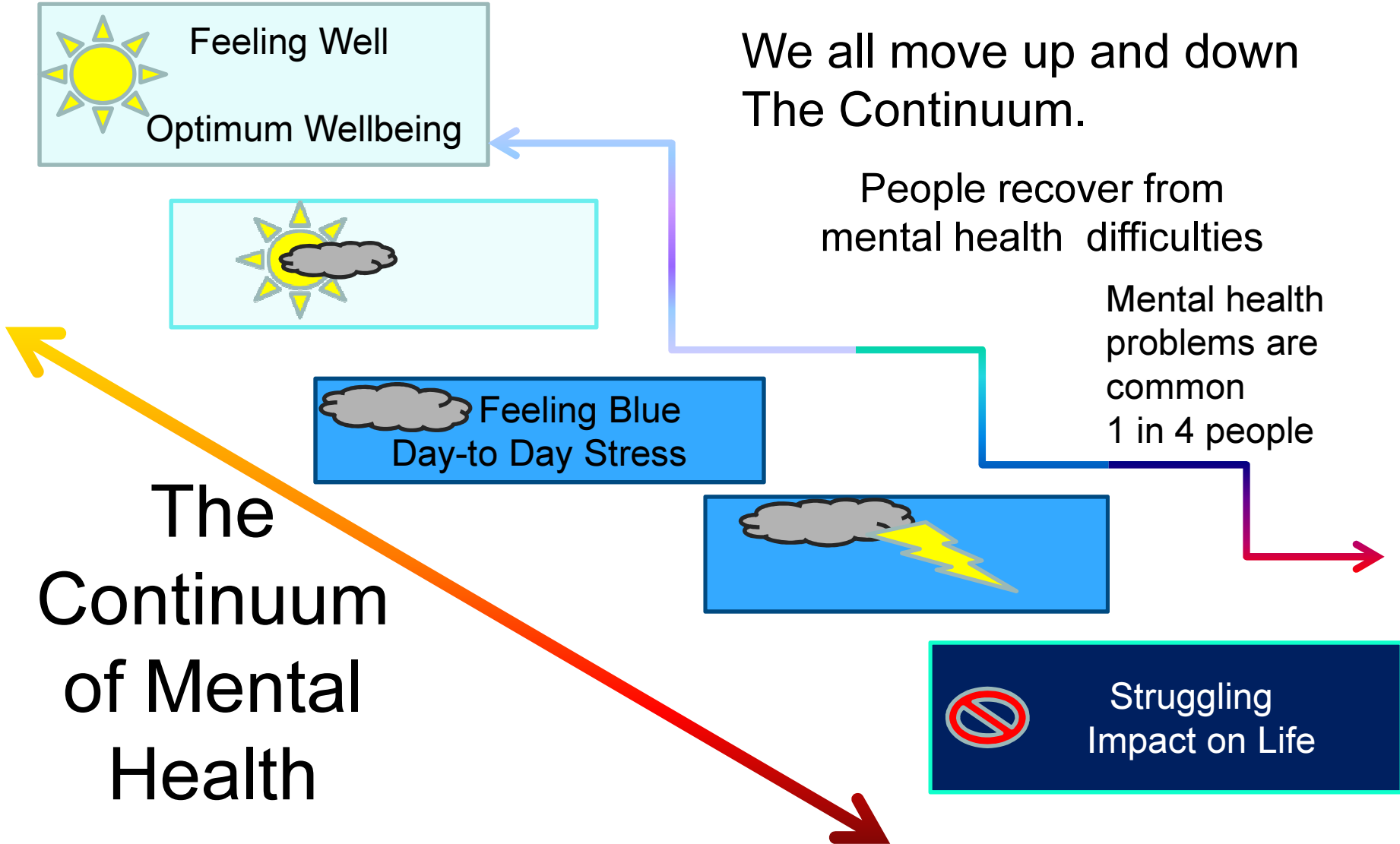
What do we mean by 'mental health'?



- 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**






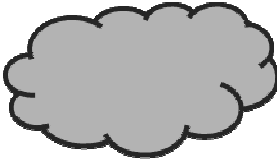
We all move up and down
The Continuum.

People recover from
mental health difficulties

Mental health
problems are
common
1 in 4 people

The Continuum of Mental Health

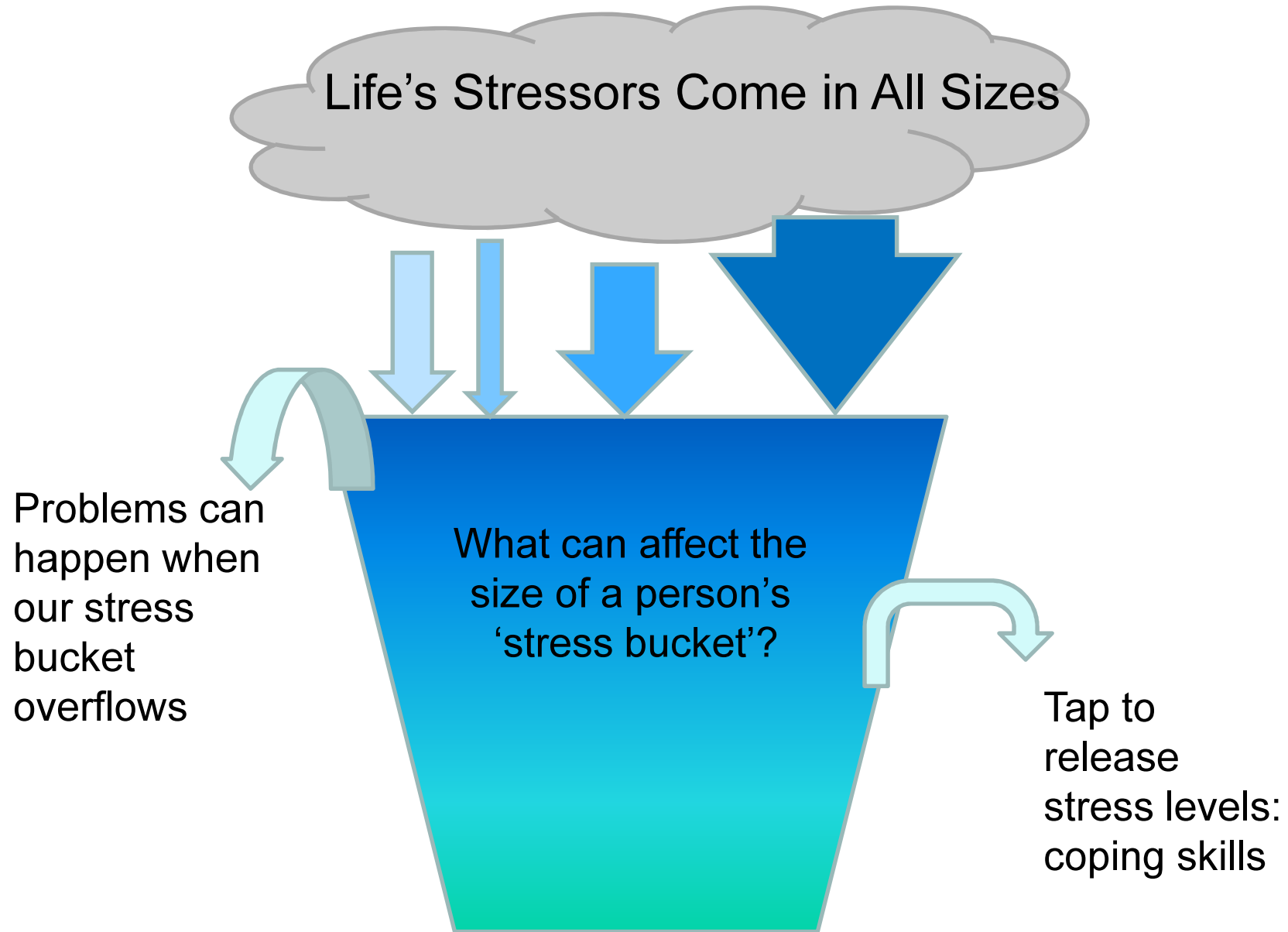
Our mental health is like the weather..... changeable!

- It all 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 **for the better** 
- and sometimes for the worst 

What's in your Stress Bucket ?



Life's Stressors Come in All Sizes



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: Be Kind to Yourself and Others

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: Its scientifically proven that noticing the good stuff keeps us well!

				
talk about your feelings	keep active	eat well	drink sensibly	keep in touch with friends and loved ones
				
ask for help	take a break	do something you're good at	accept who you are	care for others

Ways to look after your mental health
www.mentalhealth.org.uk Mental Health Foundation

Five Ways to Wellbeing



1. **Keep connected** we all benefit from good relationships. Find ways to meet other people.
2. **Be active** look after your physical health
3. **Take notice** notice and appreciate what you have got. Take time to look around you, what do you see and hear? Take a moment to relax and enjoy!
4. **Keep learning** make time for your hobbies and interest. Learn something new. Have fun!
5. **Give** get involved in your community. Give to others. A smile goes along way!

TIP: spending time outdoors is proven to improve overall wellbeing

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



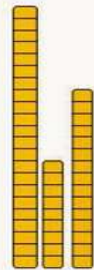
Mental Health in the Workplace

www.rightstepswellbeing.co.uk



91%

Of Brits feel their job prospects would be curtailed if they disclosed a mental illness ¹



Cost of mental illness at work to the UK economy every year ¹

£26 Billion



One in Six people in the UK are affected by mental illness at any one time ¹

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

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 have to be an expert to talk about mental health.



Talk, but listen too: simply being there will mean a lot.



Keep in touch: meet up, phone, email or text.



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



Remind them you care: small 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

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**

Reporting Concerns	Mental Health 'Crisis' & other services
<p style="text-align: center;">GP Service</p> <ul style="list-style-type: none"> • Out of hours service • Advice, contact, initial treatment • Referral to crisis services 	<p style="text-align: center;">Accident and Emergency</p> <ul style="list-style-type: none"> • 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
<p style="text-align: center;">Adult Social Care</p> <ul style="list-style-type: none"> • Contact Emergency Duty Team to report concerns about vulnerable adults with MH issues and/or concerns when children involved 	<p style="text-align: center;">Primary Care Liaison (PCL)</p> <ul style="list-style-type: none"> • AWP assessment service linked to GPs • Takes health and social care referrals for assessment and access into mental health services
<p style="text-align: center;">Police</p> <ul style="list-style-type: none"> • Contact police if there is a safety issue 	<p style="text-align: center;">Specialist/other mental health Services</p> <ul style="list-style-type: none"> • AWP Specialist mental health services • Eating Disorder Service (level 3) – Oxford Health Referrals • CAMHS

Some of the support available in Wiltshire

Available in various locations across the county

- Wiltshire IAPT – wide variety of group and 1:1 sessions
<https://iapt-wilts.awp.nhs.uk/all-courses/browse-wiltshire-courses/>
- Wiltshire MIND – counselling and group sessions plus other services <http://www.wiltshiremind.co.uk/>
- Other community based services
 - Revival (rape and sexual abuse support)
 - Soundwell (music therapy)
 - Richmond Fellowship (employment/vocational support)
 - Advocacy services
 - WSUN Service user engagement and support

Some more support available in Wiltshire

Available in specific locations only

- Debt and Benefit Advice
- Arts on prescription
- Library Reading groups
- Wiltshire Wildlife Trust

AND

Groups and activities available in communities

www.yourcareyoursupportwiltshire.org.uk

Finally.....

www.mind.org.uk and www.nhs.uk/choices

For more information on
looking after mental health
and

www.wellaware.org.uk

For information on all sorts of local
resources and services

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