

Melksham Wellbeing Group
16.07.2018
Canberra Youth Centre

<p>9.30am – Welcome, introductions and apologies</p>	<p>Cllr Pat Aves, Rhys Schell, Martin Pain, Chris Pickett, Sue Brown, Leila Dickson, John Truss, Ruth Randall, Alan Docherty and Loay Salamat</p> <p>Invited speakers: John Goodall, Louise Rendle and Sally Evans</p> <p>Apologies: Amanda Brookes, Martin Elson</p>
<p>9.35am - Benefits of being active in old age, John Goodall, Public Health consultant</p>	<p>See accompanying slides for content of presentation. The presentation covered the health benefits for older people to stay active and also the wider financial implications of inactivity. Action: Rhys to circulate slides to group.</p> <p>Martin asked if John could a future attend Melksham Seniors meeting, which was agreed. Action: Rhys to circulate John’s details.</p>
<p>10.05am – Grant application from WSUN</p>	<p>Louise Rendle, WSUN grant application and discussion</p> <p>The project will set up a singing and social group for people with neurological conditions and their carers. People taking part may have a range of conditions including (but not exclusively) Parkinson’s, Huntington’s, Motor Neurone diseases, Multiple Sclerosis and stroke. Soft launch of the service a couple of weeks ago with 8 attendees. Working to gradually increase numbers up to 40 max.</p> <p>Question from the group re: transport. Louise confirmed that nothing is currently in place and will use volunteers and fellow participants for pick ups where possible. If a need is established then it can be introduced.</p> <p>Question re: how much promotion had been done. Louise has put around posters, in Melksham News, but would welcome wider circulation and any links. Action: All to promote.</p> <p>The group were fully supportive of this project and agreed to part fund, offering £1,980.</p> <p>Action: Rhys to include £1,980 to WSUN in the report to the Area Board for funding approval.</p>
<p>10.25am – Grant application from Age UK</p>	<p>Sally Evans, Age UK – grant application and discussion</p> <p>To set up a fitness and friendship club for older people in Bowerhill Melksham. Fitness and Friendship is a well-established programme in Wiltshire providing a social outlet for older people with an</p>

	<p>emphasis on physical and mental wellbeing. Starts in September 2018 and can hold approx. 30 participants. Often these groups start low in numbers but build gradually and that is the hope here.</p> <p>Question re: location. Lots of factors why Bowerhill was chosen including the hall availability, volunteer availability, big catchment area.</p> <p>Members raised a concern about an upfront 8 week cost to participants and felt this was a potential barrier to participation.</p> <p>The group were fully supportive of this project and agreed to part fund, offering £1,000.</p> <p>Action: Rhys to include £1,000 to Age UK Wiltshire in the report to the Area Board for funding approval.</p>
10.45am - Age Friendly project	Rhys gave a brief overview of the Age Friendly business project that will look to amalgamate Safe Places and Dementia Friendly businesses. It is likely the materials needed to introduce the scheme will be approximately £500, however, further work on the project needs to be established and can be brought back to a future meeting.
10.55am – AOB, next steps and next meeting date	<p>Update from Sue Brown re: Healthwatch. Help and Care won the contract in May 2018. Currently the future operation is unclear. Sue to update in due course.</p> <p>Rhys to arrange next meeting date in due course. Likely to be October.</p>