

PEWSEY VALE HEALTH & WELLBEING FORUM

Minutes of the meeting on May 9th 2019 2-30 pm at The Library Meeting Room, Pewsey

MINUTES

Attending: Dawn Wilson (PCAP), Cllr Stuart Wheeler (Pewsey Area Board), Richard Rodgers (Wilts Council CEM), Judy Haines (Grt Bedwyn Footpaths), Sylvie Claydon (Occupational Therapist supporting Dementia), Susie Brew (PCAP), Hilary Hollingsworth (Churches) and Nel Light(Home Instead).

Apologies: Susan Hiscocks (Kennet Gateway Club), Fanny Middleton (Alzheimer's Support), Sanjana Matthews-Mair (Health Trainer), Pauline Dark (Churches).

1. **Welcome and introductions**-see above. Cllr Wheeler 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 – Further requests to parishes especially the larger ones such as Burbage and Great Bedwyn will be made by email and following the addition of the Alzheimer's Support Memory Cafe at East Grafton and any offer locally by Wiltshire Wildlife Trust, this list will be shared with the local surgeries and on the PCAP website.
ACTION: It will be reviewed regularly to keep it up to date by PCAP.
 - ii. Armchair Exercise– Susie, Sylvie and Dawn have progressed this idea. It is proposed to run a pilot for 12 weeks every 2 weeks in the Bouverie Hall on a Friday morning (if available). The sessions will need paid support to make sure those attending are fit enough, to manage the refreshments and the personal data of those attending. Once established fees will be charged to repay setup costs and to facilitate another group if possible. Initial costs of around £1600.00 to include full costs for 12 sessions marketing and admin.
 - iii. Mental Health Training - Dawn identified Mind to deliver a two day certificated course at level 2 for 16 people (cost around £3,000.00). The Area Board have already funded some well-being training with 21st Century which is 1 day and may be a better fit. Dawn (and Richard) to speak to head teachers to finalise this offer and identify dates for staff training and venue for the new term in September.
4. **Grant Applications**-
 - i. The Christmas lunch group (Brian Hollands) in Pewsey asked for a contribution for 2019. The group resolved to make a straight donation of £100.00 with the support of the Area Board. Cllr Wheeler will ask if other villages have a similar offer or if they might have those who could attend in Pewsey.
 - ii. Sylvie suggested that a similar smaller grant is offered to the Bouverie Hall that hosts a number of groups for older and vulnerable people for chairs suitable for those with hip replacements or other issues with low seats.
5. **Update on funded projects**-
 - i. Raizor Chair – Sylvie reported that this equipment had been deployed in Pewsey recently and had saved a trip to the hospital for the recipient for the visit by the First Responder.

- ii. Shalbourne Connect – Susie reported that this group has been set up and has people attending doing crafts or playing board games (by email from Lesley Green).
 - iii. Great Bedwyn Walks Group – Judy reported that uptake on the Access walk is good and other guided walks are available that inform on the archaeology of the area. She also reported 3 new walks leaflets had been printed. She thanked PCAP for supporting them with insurance cover for the guided walks. Contact details: Jude Buckell 07444 642309, Bedwynhealthwalks@gmail.com Facebook page – Bedwyn Health Walks, @bedwynhealthwalks
 - iv. Sanjana reported the Shape Up for Life project was going well at the The Vale (by email).
 - v. Pewsey Vale Tourism Partnership Walking Leaflets for the Vale – Susie reported that the 12 walking leaflets already printed have been well received. They are available in Print and online. Four more leaflets have been produced of the 20 planned and funded by the North Wessex Downs Area of Outstanding Natural Beauty (AONB) and Pewsey Area Board. The length and steepness of the walks are clearly marked. The latest covers Woodborough Circular, Upavon to Rushall via North Newnton, Ham Hill and a Cycling leaflet with four routes from a shorter family route to a route only for the very fit.
6. **Marketing (Forum/Grants/Older Peoples Champion)** – the editorial of around 150 words has been circulated to the Messenger and will now go to all local parish magazines and sites online to help raise awareness of the group and funding available.
- Nell mentioned that her company Home Instead were supporting the Dementia Awareness Week with Afternoon Tea at Rushall on May 22nd and a Dementia Friends Session at their Office in the SSI building at Fordbrook Business Centre May 24th.

The Chair thanked everyone for attending and closed the meeting at 3-15.

Next meeting on July 1st, 2nd or 3rd at 2-30pm – Venue -Pewsey Parish Meeting Room?

Future dates will be published on the website – 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 or Dawnwilson917@yahoo.com

Signed _____ Date _____
Cllr Stuart Wheeler (Chair)

Privacy: All members present at the meeting agreed that contact information may be shared within the group. Those not attending can ask to be removed as a contact via the email for PCAP above. We also rely on members to inform us if their contact information changes. Membership and consent for sharing within this group will be renewed in **May 2020. ACTION Susie Brew/PCAP**