



**HERTSMERE HEALTH AND WELLBEING GROUP**  
**Tuesday 17<sup>th</sup> May 2016 at 10.00am**

**Attendees:**

Cllr Brenda Batten (Chair)	Hertsmere Borough Council
Cllr Anne Swerling	Hertsmere Borough Council
Cllr Farida Turner	Hertsmere Borough Council
Rebecca Young	Hertsmere Borough Council
Liz Gore	Hertsmere Borough Council
Aaron Eldred (minute taker)	Hertsmere Borough Council
Helen Hopkins	Hertsmere Borough Council
Pam Cousins	Hertsmere Borough Council
Michelle Artiss	Aldenham Country Park
Sundera Kumara-Moorthy	Healthwatch
Prab Seyan	Guideposts Trust
Steve Knight	HPFT
Claire Brimson	Herts Mind Network
Heather Walsh	CAH
Anne Frisch	Hertsmere Leisure
Mobashar Mahmood	Hertsmere Leisure
Jayne Taylor	NHS HV CCG
Carol Egan	Allied Healthcare
Tom Watkins	Community Navigator
Vickie August	Crossroads
Gemma McKelvey	HCC

**Apologies:**

Jane Brown (Crossroads), Peter Christmas (Groundwork), Charlotte Ball (Groundwork), Peter Evans (Aldenham PC), Rushma Patel (HCC), Martin Cooke (Youth Connexions), Martine Xenophontos (Aldenham Country Park), Carolyn Buller (Citizens Advice), Barry Ellis (Hertsmere Leisure).

Cllr Batten welcomed everyone to the meeting and introductions were made.

**Matters arising from the previous minutes**

- Herts Stop Smoking Service were not present to update on the Smokefree Schools toolkit

## **Aldenham Country Park**

Michelle Artiss delivered a presentation on the health and wellbeing benefits of Aldenham Country Park. The park opened in 1972 and its main users are families and dog walkers. Aldenham Country Park features a range of activities based around camping, education, seasonal events, community groups, outdoor play and animal interactivity. Aldenham Country Park also offers indoor and outdoor special educational needs (SEN) facilities with sensory play, tree climbing, bug hunting and small animal petting.

The reservoir is looking at ways of sustainability and is currently owned by Liberty Aldenham.

If you would like to discuss anything relating to the SEN facilities please call 0208 207 0817 and ask for Martine, alternatively email [martine@aldenhamcountrypark.co.uk](mailto:martine@aldenhamcountrypark.co.uk)

Please see attached slides\*

## **HCC Public Health Campaigns Update**

Gemma McKelvey presented on the One You campaign. One You targets 40 – 60 year olds in lower socio-economic groups and is based around an easy to access online health quiz that signposts users towards local health initiatives. HCC are supporting the One You campaign with a dedicated web page, articles in resident newsletters, social media, and by holding a One You Day on 7<sup>th</sup> July 2016.

HBC is supporting One You via activities during the week of the 7<sup>th</sup> July, coinciding with HCC's One You Day and would like to work with partners to deliver activities and events throughout the week.

**ACTION: Please contact either Liz Gore or Aaron Eldred by 17 June if you are holding any Health and Wellbeing events in Hertsmere during 4 July – 10 July if you would like to promote them through Hertsmere's One You week**

Please see attached slides\*

## **Public Health Fund update**

Liz Gore gave the update on the Hertsmere Public Health Fund and thanked everyone involved with Phase 1. Phase 1 of the Public Health Fund is drawing to an end with most projects completed and some ongoing, evaluation forms have been circulated. The evaluation report on Phase 1 to be submitted to HCC was circulated to the group. The plan for Phase 2 has been approved after delays due to funding challenges at HCC. Liz thanked those organisations that had been involved in the District Offer so far for all their work.

## **Organisational updates:**

### **Community Navigator**

CAH are helping find three volunteers to support the community navigator. Hertsmere based Multi-Speciality Team scheme starting next week at Potters Bar hospital for those with complex needs.

### **Hertsmere Leisure Children's Centres**

HL's children's centres are focusing on improving eight health outcomes; weight, oral, mental & emotional, sexual, substance abuse, immunisation, safety and tobacco. They are also working with health visitors on a breast milk campaign.

### **Hertsmere Leisure**

HL is appointing two new sports development officers in Hertsmere and Milton Keynes each. They are currently developing a strategy for sports development that will make partnership working a main priority.

### **HVCCG**

Nicola Bell has retired and Cameron Ward is covering her place in the interim. HVCCG is holding a Conversation Café about health services in Hertsmere on the 29<sup>th</sup> June. Contact [elizabeth.griffiths@hertsvalleysccg.nhs.uk](mailto:elizabeth.griffiths@hertsvalleysccg.nhs.uk) for more information or to book.

### **HPFT**

The south west partnership is moving towards making sure people with psychosis are seen and assessed within two weeks to remain in line with national guidelines.

### **Guideposts**

Prab thanked Hertsmere for the Public Health funding to continue to grow the Meet & Move project based in No10 Leeming Road. The scheme helps people build and improve their physical and emotional wellbeing through activities such as badminton, walking, health and wellbeing sessions and one-to-one sessions. Prab has been in post since January and wants to develop partnerships.

Please contact [PSeyan@guideposts.org.uk](mailto:PSeyan@guideposts.org.uk) if you would like to talk about partnership working.

### **Mind**

The Mind AGM will be held on 10 June at The Noke Hotel in St Albans. Jonny Benjamin, as seen on Channel 4's "The Stranger on the Bridge", will be speaking at the event. Contact [info@hertfordshiremind.org](mailto:info@hertfordshiremind.org) to book.

Restructuring of the heads of service for East and West Herts is currently underway.

### **Crossroads**

Crossroads are progressing towards the merger with Carers in Herts. 6<sup>th</sup> June is Carers Week and a pampering event for carers is being held at the Niland Centre, the same event was held last year with over 100 carers attending.

### **Goldsborough**

The partnership with CAH at The Community Shop is thriving. Drop-in coffee and chat mornings are being held weekly on Tuesday mornings 10 – 12. Fish and Chip suppers are being held on Fridays 12.30 – 2.30 at Windsor Hall.

## **CAH**

A project for a garden outside Farriers Way Community Centre is commencing with funding from Affinity Sutton and Tesco, the funding is conditional on the project being volunteer led. Please contact CAH if you know of anyone who would be interested in helping with the project.

An Easter meal in Borehamwood, run by volunteers working with Herts Independent Living Service, was attended by 27 older people. The meals will become a regular event due to their success. CAH have also received funding for more families healthy cooking sessions.

**ACTION: CAH are setting up a phone chat service to reduce isolation. Please contact CAH if you would like to work with them on this.**

## **Healthwatch**

Healthwatch held a stakeholder meeting in Welwyn Garden City looking at accessibility please visit their website [healthwatchhertfordshire.co.uk/](http://healthwatchhertfordshire.co.uk/) if you were unable to attend but would like to provide input. 24 Enter and View visits have taken place since the scheme began last year and the reports are available online. The next eight sites to visit have been chosen, but they are open to suggestions for other locations.

## **CAB**

The Macmillan welfare benefits project has now closed. However they have trained a cancer champion to help anyone in Hertsmere who receives a cancer diagnosis and would like help with claiming benefits and any grants they may be entitled to. From the beginning of June the CAB will be taking part in a ten month webchat and email pilot, so clients from Hertsmere can go to the Citizens Advice website and connect to a webchat adviser. The service is open between 9am – 5pm Monday to Friday. Clients may have to wait up to 48 hours for a response to a non-urgent email enquiry (but they are hopeful this will not be the case). There has been a 50% drop in clients with pay day loan problems; however there has been an increase in the number of clients presenting with arrears in other areas particularly council tax. Citizens Advice has now rebranded as Citizens Advice Hertsmere. This is to make it clear that anyone can access them at any time either by phone, email, webchat. A face to face service for those who prefer this will remain the same at all 3 sites (Bushey, Potters Bar and Borehamwood).

## **Hertsmere Borough Council**

The deadline for community grants passed on 25 May and the applications are being reviewed.

The Adults with Complex Needs program is running with 23 clients signed up from across Three Rivers and Hertsmere, for more information please contact Liz.

Helen thanked the group for feeding into the Sports and Development Draft Strategy, the working document has been approved.

HBC are looking for partners to work with to deliver Sportivate programmes in Hertsmere. Sportivate is a Sport England funded programme aimed at encouraging more 14-25 year olds to participate in sport and physical activity between 2011-2017. Projects are 6, 7 or 8 weeks long and are designed to attract the least active (doing something less than once a week) young people in our communities.

- Target 14-25 year olds (priority will be given to projects for 19-25's), and happen outside of curricular hours for ages 14-16
- Be coached or lead, and community focused
- Have an activity that lasts at least one hour in duration
- Provide an opportunity for long term participation, either at a club, or as an individual
- Be a new initiative, or be over and above the current provision
- Use coaches who meet Minimum Operating Standards. Please refer to [CoachMark](#)

Groundwork Wild play sessions are being held from 31 May – 3 June in Oakmere Primary School, Potters Bar.

## **AOB**

Leecliffe Big Local will be holding a stakeholder meeting on 24 May to develop project ideas for their Lottery funding.

Cllr Batten thanked all for attending and wished Liz Gore and Aaron Eldred well as this was their last HWB group meeting.

## **Dates of Next Meetings at Hertsmere Borough Council:**

**10am – 12pm 6<sup>th</sup> September 2016**

**10am – 12pm 15<sup>th</sup> November 2016**