

**HERTSMERE HEALTH AND WELLBEING GROUP**

**Tuesday 6th September 2016 at 10.30am**

**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

Helen Hopkins Hertsmere Borough Council

Pam Cousins Hertsmere Borough Council

Sundera Kumara-Moorthy Healthwatch

Prab Seyan Guideposts Trust

Steve Knight HPFT

Claire Brimson Herts Mind Network

Stephen Craker CAH

Anne Frisch Hertsmere Leisure

Mobashar Mahmood Hertsmere Leisure

Tom Watkins Community Navigator

Jane Brown Crossroads

Alan Frost Guideposts Trust

Bianca Hedge Resolving Chaos

Marta Gajda Resolving Chaos

Peter Christmas Groundwork

Tom Cottam Herts Independent Living

Ciceley Scarborough HCC

Lee Haward Fire Service

Peter Evans Aldenham Parish Council

Denise Kidd Herts Aid

**Apologies:**

Rushma Patel (HCC), Carolyn Buller (Citizens Advice) Kate Page (CCG)

Carol Egan (Goldsborough Care), Cllr Peter Wayne (HBC)

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

**Matters arising from the previous minutes**

**One You Day**

Following on from Gemma McKelvey’s presentation at the last meeting of this group, Hertfordshire’s One You Day took place on 7th July and aimed to encourage people across the County to get active and think about their health and wellbeing whilst also raising awareness of the One You Campaign.

A range of activities took place across Hertsmere including reduced cost We Move She Moves sessions and free taster sessions at Hertsmere Leisure’s local centres. Community Action Hertsmere also promoted the campaign at the Community Shop on Leeming Road with visitors encouraged to take the One You ‘How are you?’ quiz and here at the Borough Council we organised free sessions of both Yoga and Tai Chi for staff.

Thank you to all of you that supported the day.

The day was extremely successful both in Hertsmere and across the County with hundreds of people taking part.

**The Campaign**

The One You campaign encourages people to take a look at their own health and wellbeing with the ultimate aim of reducing the long term burden of preventable health issues on society. Although specifically targeted at those aged 40-60 years, the campaign is applicable to all adults and aims to become as recognised as the ‘change 4 life’ brand is for children and young people.

Please encourage friends, family and co-workers to complete the quiz and consider whether it could be useful as part of your service delivery. Those completing the survey are asked for their postcode and directed to local activities. Promotional materials are still available both from us and via the One You Toolkit at Hertfordshire County Council’s website.

1. **You Can Project**

Marta and Bianca gave an overview of the Adults with complex Needs project called You Can along with some case studies of participants the team are working with. Referrals to the project can be made through the Nomination and Collaboration Forums which are held quarterly. Some direct nominations can also be made by contacting Marta to discuss initially.

Cllr Batten remarked on the positive steps this project is making in changing the lives of individuals with multiple and complex needs.

1. **Safe and Well – Fire and Public Health**

Lee Haward presented this item supported by Cicely Scarborough. This project forms part of HCC’s preventative public health work which is everybody’s business. They are utilising the Make Every Contact Count brief intervention approach and targeting houses which have had a history of fires or at risk. They are hoping to roll our across the districts following evaluation of the work which is going well.

It was noted that it is important not to duplicate the work with other similar projects such as Herts Healthy Homes and use the information being collected effectively. Herts Independent Living service delivered Operation Sponge Pudding which was also very successful.

The project was very well received by the partnership, who would like to support the Fire Service in this initiative going forward.

1. **Hertfordshire Independent Living Service**

Tom Cottam presented this item.

To ensure that a high quality, consistent service was available across the whole county, in 2007 Hertfordshire County Council supported the establishment of Hertfordshire Community Meals as an independent, not-for-profit, organisation to deliver meals on wheels across the county.

The service began in 2007 with two vehicles and a team of volunteers, delivering meals in North Hertfordshire. Between 2007 and 2013 the remaining nine districts transferred their clients to HCM. The service began with one site in Letchworth and by 2013 four sites were established across the county in Hemel Hempstead, Letchworth, St Albans, and Ware. We still operate out of these four sites.

In April 2015, Hertfordshire Community Meals began operating as Hertfordshire Independent Living Service, a new name, reflecting all the other projects which they also deliver.

Cllr Batten and the partnership congratulated HILS on the successful expansion of the work delivered in the area and welcomed the opportunity to taste the food! The Health and Wellbeing Partnership are keen to support this work in Hertsmere and work together.

1. **Public Health Fund update**

Rebecca gave an update on the Public Health fund and showed the [Groundwork Wild Play sessions film](https://www.youtube.com/watch?v=GFXhw5vqJEk).



1. **Organisational updates:**

**CAB** (electronic update)

We are now live with the webchat and email project and it is going really well.  Our aim is to offer individual advice for Hertsmere residents in the way people want and need to receive it.  In the autumn we will be looking at ways of managing the face to face service better so that people will be seen more quickly, and get the help they need on the day rather than having to return for an appointment. We have a small amount of funding to do some home visits so please let us know if anyone knows of someone who can’t get in to one of our offices because of a physical or mental health disability.  We will try and arrange a home visit as soon as possible. We have a brand new website for our three offices: http;//citizensadvicehertsmere.org.

Hertsmere residents can email us via a form on the website and we will call them back in answer to their query in 2 working days. We are still seeing a lot of clients with debts. Just a reminder that the earlier clients come to us the better it is. There are a lot of manageable options available but leaving things too long can incur extra charges and costs so please send clients to us ASAP. We are having some training around hate crimes in light of the aftermath of Brexit. Anyone who feels that they have suffered as a result of discrimination can get help and support from us.

**HCC Smoking**

AGM - 19th October 2016 - Council Chamber Dacorum Borough Council Civic Centre 2.00-4.00.

Stoptober campaign 2016 will take place in October. Please promote widely. A stop smoking clinic will also be starting in the Community Shop on Thursdays 9.30-11.30.

**Healthwatch**

The Healthwatch AGM will take place on 20th September at 11am.

**Community Navigator**

The Community Navigator scheme has been extended to March 2019. Still looking for volunteers - get in touch with Tom Watkins if you know anyone.

**Herts Aid**

Herts Aid are looking for venues during National HIV Testing Week 21st-25th November. Please get in touch if you know somewhere or can offer a venue. It’s really important that we increase testing in the area.

**Crossroads and Carer in Herts**

Merger is due to complete soon. The Happy Days project starts in Borehamwood 15th September for 6 weeks.

**Guideposts**

Looking to expand the Meet and Move Project which is going very well. Will have a new group starting on Fridays at the end of September at Number 10 to look at emotional and physical wellbeing and also working with Oomph!

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

**Hertsmere Leisure**

HLT delivered a number of activities for One You day. They also took part in I Am Team GB day which was very well attended. They have also been offering fun Swim sessions teaming up with Disney’s Finding Dori! Currently developing the exercise on referral scheme in line with the County-wide review and new guidelines.

**CAH**

Stephen Craker introduced himself as the new Chief Executive for CAH. Among other things CAH ran 4 coach trips over the Summer.

**Hertsmere Borough Council**

Helen thanked the group for feeding into the Sports and Physical Activity Strategy. Please see attached Action Plan. 

**The Domestic Abuse Helpline** is now available at weekends. Monday – Friday 9am -9pm and Saturday and Sunday 9am - 4pm.  Opening hours have been extended to include the weekend since July.  Service is underutilised.  Telephone 08 088 088 088.

**Aldenham Parish Council**

Have been working with the Children’s centre over the Summer and organised a really well attended successful event with activities and Bouncy Castles.

**Fire Safety**

The fire service is keen to get involved in public health projects in the community. If you would like to work with the fire service please contact Lee. [lee.Haward@hertfordshire.gov.uk](mailto:lee.Haward@hertfordshire.gov.uk)

**Herts Mind Network**

HMN have been awarded HAFLS funding for a project delivering lots of different courses. They are also work on ‘Building Better Opportunities’ with HCC offering vocational advice.

**AOB**

Time to Change will be delivering a training the trainers course at Hertsmere Borough council 15 November 1pm-4pm.

The session covers

-       Facts and figures about mental health problems

-       Understanding the Mental Health Continuum

-       Focus on common mental health issues affecting young people

-      Testimony from a young person with lived experience of mental health problems

-       Mental health and language

-      Tools for challenging stigma and discrimination

-      Action planning – how to take this forward in your school

**Spaces for this course are limited and will be allocated on a first come first served basis.**  If you would like to attend please email me [loran.kingston@hertsmere.gov.uk](mailto:loran.kingston@hertsmere.gov.uk) or call 020 8207 7801.

Please find attached the Your Care Your Future newsletter. 

Within the newsletter there is a link to the **survey on hospital options for West Hertfordshire.  The deadline for the survey is 21 September 2016.**

The Hertsmere Health Profile 2016 is now available:

<http://fingertipsreports.phe.org.uk/health-Profiles/2016/e07000098.pdf&time_period=2016>

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

**10am – 12pm 15th November 2016**