

# Minutes

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## Royton, Shaw & Crompton; Health and Wellbeing meeting

Thursday 22 September 2016  
Royton Town Hall  
5.30pm – 7:00pm

<b>ATTENDEES</b>	
Eve Edwards	R,S & C District Team
Councillor J Turner	Crompton Councillor
Councillor H Roberts	Royton North Councillor
Julie Holt	OMBC Public Health Specialist
Jackie Hanley	Oldham Community Leisure
Pam Walls-Hester	RSC Cluster (NHS)
Jacqui Greenfield	Action Together
Erin Marshall	Making Space
Linda Cain	Business Support, District Team.
<b>APOLOGIES</b>	
Councillor M Bashforth	Royton South Councillor
Liz Fryman	R,S & C District Team
Councillor C Gloster	Shaw Councillor
Amanda Barrell	Making Space
Sharon Smith	NHS Oldham; CCG
Nicola Shore	Age UK Oldham
Suzanne Dyer	Macmillan 1-1 Cancer Support Worker
James Sommerville	Principal Housing Energy Officer
Andrea Tait	OMBC Programme Manager Public Health
Rachel Murphy	Early Help
Maggie Kufeldt	Executive Director Health and Wellbeing

### 1. Welcome, introductions and apologies

EE opened the meeting, thanked those in attendance and apologies were noted; It was highlighted this meeting is clashing with an Overview and Scrutiny meeting therefore Councillor M Bashforth is unable to attend.

### 2. Minutes from previous meeting 21<sup>st</sup> June 2016:

The group agreed the minutes with amendment to item 3.1 as follows; walking poles available at Royton Town Hall are walking poles not Nordic Walking Poles.

### 3. Updates and matters arising from minutes

2.5: Councillor J Turner confirmed meetings have taken with Ambition for Ageing with an application to Ambition for Ageing fund scheduled to be submitted.

### 4. Intergenerational working

- Full Circle and District Team are progressing work to set up youth provision at the groundsman hut in High Crompton Park on Thursday evenings. As part of this work

there are discussions taking place in terms of Children and the Bowling Teams working together.

- Following the success in Dunwood Park, Amanda from Café Mandels has expressed an interest in starting another community café in High Crompton Park; initial investigation work is taking place supported by the Royton, Shaw and Crompton District Team.
- Friends of Dogford Park; are engaging with young people from local primary schools to involve them in the planting of fruit trees and bulbs in Dogford Park.
- EE is arranging a networking day for community groups in Royton, Shaw and Crompton, with the view of holding the initial meeting in the New Year. EE is also undertaking work to create a timetable of community activities in all 3 wards, this will also link to the asset mapping which is being completed by Ambition for Ageing in the Crompton ward.

## 5. National Diabetes Prevention Programme – Julie Holt

JH took the group through a presentation (circulated with the minutes) highlighting the following;

- Launch of a new national Diabetes Prevention Programme this project is part of 'Healthier You'; aimed at people at risk of developing type 2 diabetes.
- Oldham CCG is the lead organisation; Independent Clinical Services (ICS) has been appointed as the service provider for Oldham; OMBC Public Health team is supporting with implementation of the project.
- JH flagged the cost of diabetes treatment to the NHS and highlighted risk factors associated with diabetes.
- JH highlighted studies which suggest lifestyle changes may delay or prevent type 2 diabetes.
- The clinical support and behavioural intervention will be underpinned by three core goals: Weight loss, dietary recommendations and physical activity recommendations.
- The intervention will be long term, consisting of at least 13 sessions, this will be spread across a minimum of 9 months, for a minimum of 16 hours contact time
- People referred in to the service will be supported to set and achieve goals which make positive changes to their lifestyles
- Any questions in relation to this item can be emailed to [julie.holt@oldham.gov.uk](mailto:julie.holt@oldham.gov.uk)

### Action:

**JH requested suggestions for possible venues for the Diabetes Prevention project to be delivered from to [julie.holt@oldham.gov.uk](mailto:julie.holt@oldham.gov.uk)**

## 6. Ambition for Ageing; Jacqui Greenfield

JG gave an overview of the Ambition for Ageing work; historically to date, with the following noted;

- Ambition for Ageing is running in the Alexandra, Crompton and Failsworth West wards
- Encourage people to set up, establish and sustain activities for residents over the age of 50; to be led by the residents themselves. Ambition for Ageing offer funding and support to get established supported by the District Teams.
- One of the successful groups in Crompton is a table top games and social afternoon session at Hopwood Court. More recently funding has been agreed in Crompton for the following:
  - Sweetbriar Gardening Club
  - Additional print of Crompton community leaflet to distribute to all households
  - Indoor curling set for Hopwood Court
  - Dunwood Park stroll and crafts
  - Flower arranging workshop at Sweetbriar House

- OCL are able to provide vouchers for people to attend the Royton leisure centre should there be a group interested in swimming.
- It was highlighted transport is a major barrier for people accessing activities as they struggle to get to venues

## 7. Health and Wellbeing projects

### 7.1 Slimmin' without Women

- LC updated the group of Cllr Chris Gloster's continued success losing 31/2 stone to date. Group discussed venues to re run this project in Royton and Shaw next year, drawing discussions to a close it was agreed; people who have run this class previously would be best placed to advise on venues and timing; therefore the group agreed EE/EF will pick up these discussions and feedback at the next meeting.

### 7.2 Reducing Social Isolation

- Chat and Craft sessions began in Royton today, morning session was cancelled due to lack of take up however afternoon session is full; to note 3 of these people are new starters.
- EM from Making Space handed out promotional material for groups currently running across Oldham; to be shared with the minutes.

### 7.3 Walking Routes

- EE met with Alan Keane (Walk Leader trainer) Advertising for this training will be out W/C 26<sup>th</sup> Sept. 1 day training to be held at the start of November 2016 in both Shaw (LLLC) and Royton (Leisure Centre).

### 7.4 Power to Resist

- EE shared a paper produced by Sue Palfrey (Mahdlo) which gives an overview of work taking place; Oldham Theatre Workshop have been commissioned to produce a film to promote stronger role modelling and awareness of the issues around alcohol use and children. Any questions in relation to this item can be emailed to; [Sue.Palfrey@oldham.gov.uk](mailto:Sue.Palfrey@oldham.gov.uk)

#### **Action:**

**Liaise with previous course SWW leaders to identify venue and timings**  
**Email Making Space groups information for circulation with the minutes**

**EE/EF**  
**EM**

## 8. Any Other Business

- Memory Walk; to take place at Alexander park on Thursday 27<sup>th</sup> October

## 8. Date of Next Meeting

Tuesday 13 December 2016, 5.30pm, Shaw Lifelong Learning Centre