

# Minutes

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

14 March 2017  
Royton Town Hall  
5.30pm – 7:00pm

ATTENDEES	
Liz Fryman	R,S & C District Team
Councillor M Bashforth	Royton South Councillor
Councillor J Turner	Crompton Councillor
Eve Edwards	R,S & C District Team
Councillor H Roberts	Royton North Councillor
Councillor C Gloster	Shaw Councillor
Mark Gilligan	Mahdlo
Pam Walls-Hester	NHS Oldham; CCG
Sue Palfrey	Mahdlo & OMBC
Jason Bromley	NHS Health Minds Oldham
Linda Cain	Business Support, District Team
APOLOGIES	
Andrea Tait	OMBC Programme Manager Public Health
Julie Holt	Public Health Specialist
Jackie Hanley	Oldham Community Leisure
Jackie Hanley	OCLL
Chris Bentley	Bridgewater Trust
James Sommerville	Principal Housing Energy Officer
Erin Marshall	Making Space
Maggie Kufeldt	Executive Director Health and Wellbeing

### 1. Improving Access to Psychological Therapies – Jason Bromley

Jason gave a flavour of what is available in Oldham through NHS Healthy Minds Oldham for residents of Oldham aged 16+

- Mental Health and Wellbeing MOT workshop – Tips and techniques to manage mental health
- Drop Ins – 15 minute sessions to discuss issues and find out about options for accessing other local community/NHS services
- Active Monitoring – Guided self-help looking at coping strategies for common mental health issues
- NHS Talking Therapies – Low and high intensity individual therapies and group sessions
- Taster Workshop and Courses – 1 hour taster workshops on Anger, Confidence, Mindfulness and Stress

Contact details: Jason Bromley - [jasonbromley@togmind.org](mailto:jasonbromley@togmind.org)

Tel: 0161 330 9223

### 2. Welcome, introductions and apologies

LF opened the meeting, thanked those in attendance and apologies were noted.

### 3. Minutes from previous meeting 13 December 2016:

Agreed

#### **4. Updates and matters arising from minutes**

Updates from actions are agenda items for this meeting

##### **4.1 Meet to cross reference the District Plans with Public Health Ward Profile documents AT/EF – completed.**

#### **5. Power to Resist – Sue Palfrey**

A video has been produced with Oldham Theatre Workshop and is available at

[www.powertoresist.co.uk](http://www.powertoresist.co.uk)

The site is a one stop shop for help and advice about alcohol and children but there is also has much more information available with links to other sites.

#### **6. Walk Leader Training – Eve Edwards**

- Taster sessions have been delivered at Tandle Hill Park and Crompton Moor.
- Crompton Moor walk was very successful. The Tandle Hill walk was fairly well attended, but was hampered by a snow storm on the day!
- Walk Leaders have been identified and training will start in April

#### **7. Couch to 5k**

Being run by the Sports Development Team

- Two cohorts commissioned by Royton DE.
- 10-week programme will start wk/c 17th April at Tandle Hill Park, Royton
- With advice and support from instructors and other members of the group, and meet like-minded people who are new to running and looking to improve their fitness too

#### **8. Slimmin without Women**

10-week programme run by men for men aged 50+

Starting Monday 8<sup>th</sup> May, 5.30pm-7.30pm at The Railway, 1 Oldham Road, Royton OL2 6DN

#### **9. Date of Next Meeting**

15 June 2017, 5.30pm, Shaw Lifelong Learning Centre