

Minutes

Royton, Shaw & Crompton; Health and Wellbeing meeting

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

ATTENDEES	
Liz Fryman	R,S & C District Team
Eve Edwards	R,S & C District Team
Nicola Shore	Age UK Oldham
Andrea Tait	OMBC Programme Manager Public Health
Jane Pine	Housing 21
APOLOGIES	
Councillor M Bashforth	Royton South Councillor
Councillor J Turner	Crompton Councillor
Councillor H Roberts	Royton North Councillor
Councillor C Gloster	Shaw Councillor
Donna Speat	Age UK
Amanda Barrell	Making Space
Jackie Hanley	OCL
Janet Campbell	Housing 21
Pamela Walls-Hester	NHS Oldham CCG

1. Welcome, introductions and apologies

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

2. Minutes from previous meeting:

Agreed

3. Updates and matters arising from minutes

No matters arising and all updates on tonight's agenda

4. Couch to 5k

Couch to 5k is going to carry on as further funding has been sourced by the Sports Development

The current runners who are ready will move into 5k to 10k training, but new runners will still be able to do the Couch to 5k programme.

5. Walk Leader Training – Eve Edwards

The next training day is 7th October and will be at East Crompton St James. People will be training in organising and running walks which will include:

- Cover medical issues
- Managing the group
- Planning the route
- Insurance – walking for health

Action: Ask Linda to send round the walk leader training flyer

6. Slimmin Without Women

Nicola updated that there had been 6 regular participants who completed the course and all were self-referral. Unfortunately we did not have any GP referrals despite working closely with CCG in the planning.

- Average weight loss 5.14kg - 4.86% body fat
- Participants loved the course but reported that the venue too busy and too public.
- Group want to carry on meeting monthly and are still losing weight, but are struggling for a venue. Group discussed venue ideas and Nicola will follow up.
- Group leader carried on meeting with them on a voluntary basis

Action: Nicola to ask Donna to send Couch to 5k to PIP workers

7. Learning Lab

Liz updated on the Learning Lab who are continuing to meet and suggested that the people who attend that group might want to be part of the HWB sub. Liz to invite.

8. Any Other Business

Diabetes Intervention Programme – Andrea updated that Greenline Pharmacy are now going out with the mobile blood testing.

Action: Andrea and Jane Pine to liaise regarding visiting extra care units and doing testing sessions (Bingo day)

Action: Eve and Andrea to liaise regarding community groups that could be accessed (Unity, SWW)

10. Date of Next Meeting

TBC