

Minutes

Royton, Shaw & Crompton; Health and Wellbeing Sub Group

19th March 2018
Royton Town Hall
4.15pm – 5.45pm

| ATTENDEES | |
|------------------------|---|
| Liz Fryman | R,S & C District Team |
| Eve Edwards | Community Development Worker |
| Councillor J Turner | Crompton Councillor |
| Councillor H Roberts | Royton North Councillor |
| Councillor C Gloster | Shaw Councillor |
| Eve Edwards | R,S & C District Team |
| Peter Hatton | Oak Gables PPG |
| Amanda Cawdron | Welfare Rights Service, Oldham Council. |
| Alison Pywell | Bridgewater NHS |
| Pamela Walls-Hester | North Cluster (Healthy Oldham Ltd) |
| Jade Hughes | Macmillan 1to1 support |
| Janette Olsen | Bridgewater NHS |
| Jenny Bates | TOG MIND |
| Jackie Hanley | OCLL |
| Andrea Tait | Public Health |
| APOLOGIES | |
| Councillor M Bashforth | Royton South Councillor |
| Nicola Shore | Age UK |
| Amanda Barrell | Making Space |
| Camilla Guereca | OPAL |

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. Bridgewater NHS – Alyson Pywell

Alyson is the volunteer co-ordinator for Bridgewater NHS Children's Centres across the borough and will soon be starting a new recruitment drive.

Alyson talked about the range of volunteering opportunities that range from administration, children and family work, gardening, etc. They are also looking for volunteer translators.

Full training will be given to all volunteers, DBS checks will be undertaken and there will be support in each role.

Alyson asked partners to keep volunteering in Bridgewater in mind if any residents are looking for new opportunities and practical ways to contribute in the community.

Alyson offered to attend any events to promote both the work of the Children's Centres and to recruit volunteers.

5. TOG Mind – Jenny Bates

Jenny is the new Project Manager for the Community Early intervention Service and gave a good overview of the TOG Mind pathways available.

This included the Active Monitoring which is now available in our 5 GP practices in the North Cluster, which is five weekly support sessions. This can be by referral from the GP, but residents can also just phone and request it through GP practices – residents just need to ask for an appointment to see Mind.

If residents don't want to go through their GP they can access provision in community settings by calling MIND direct on 0161 330 9223 and ask for the Oldham Office.

Mind also run Supportive Self-Help sessions in community settings where 1to1 support can be accessed and a range of self-help tool kits. There is now access to services at Positive Steps Oldham.

Jenny also talked about a series of therapeutic courses available including anger, management, mindfulness, self-esteem and encouraged anyone in the community to get in touch. There is also an excellent service for young people aged 8 -16 available from young minds, which again can be accessed by contacting Positive Steps Oldham.

6. Thriving Communities

No-one from the TC team was able to attend and so Liz updated. The team came and met with the CCG cluster leads and the District Team to discuss the role of the Community Connector. A focus on behaviour change was discussed in terms of working with individuals who regularly visit primary health services, but who, with support, could develop their personal support networks and take a more active role in the community. Support will also be available to small community organisations who may also want a role by extending their activities to include new people.

7. Ageing Well

Eve updated that in the latest round of Ambition for Ageing funding has agreed:

St Andrews Church secured funding for new light-weight chairs

Victoria Gardens – Chair based exercise

Crompton Circle – Highlighting this is part of the Heywood, Middleton & Rochdale group community group who are a network of practical helpers and calendar of activities

Reiki Session at Hopwood Court

Dove tails started Saturday fellowship group – funds secured to support the launch event

Eve also reported that a 'tablet' session is being organised with Unity group in partnership with Lifelong Learning.

8. Any Other Business

8.1 Helpful Peeps

Amanda C discussed a new website called Helpful Peeps where people can post on line any help they need. It is an exchange mechanism for skills, time and knowledge and local people are already using it.

8.2 PPG

Peter gave information about the cluster PPG network where PPG's from across the borough meet together to work on common issues. One current workstream is raising awareness of their role and encouraging other residents to get involved.

Any interested residents can contact their GP to ask for more information. As Amanda pointed out, it is a really good way for residents to build their networks and contribute to the local community.

8.3 Bumps and Beyond

Jackie H updated on a new programme aimed at pre-natal parents and covers exercise during pregnancy, communication with baby in the womb, etc.

Related to this item, Hannah also spoke about an online resource called 'Bump Booster' that was funded by the Arts Council. Has lots of useful information including popular nursery rhymes, understanding that baby can hear you, etc. The pack was developed for use in libraries but is a great resource for any pregnant parent or organisation.

<http://www.ascel.org.uk/bump-booster>

8.4 Stay Strong, Stay Steady

Is the new name for Sit and Get Fit It has been rebranded in an effort to better describe the activity – which is no all about exercise sitting down.

8.5 Health Visiting and School Nursing

Jeanette updated that the Health Visiting Teams will be moving into the Children's centres from Early April. The School nursing teams will be brought together at Medlock.

9. Date of Next Meeting

TBC