**MEETING OF THE UTTLESFORD HEALTH & WELLBEING BOARD – 6th April 2022**

**Via Zoom**

|  |  |
| --- | --- |
| **Present:**  Marc Davis (Chair)  Rachel Lewis & Courtenay Mosely (Active Essex) Alison Wilson (Chief Officer, Mind in West Essex) Kate Robson (Manager, CA)  Ian Tomkins (WXCCG)  Paul Chambers (Touch Point Stansted) Lizzie Petrie (Manager, Volunteer Uttlesford)  Kim O’Sullivan (ECFWS) | Stephanie Maxwell (Coordinator, Uttlesford Foodbank)  Jen West (NHS)  Kim Clarke (Social Prescriber)  Olivia Timotheou (WX Adult Inclusion Project)  Danielle Frost (EALC)  Ros Sonderskov (Alzheimer’s Society)  Clive Emmett (CEO, CVSU)  Jan Eke (Chair, Children & Families Grp) |

|  |  |
| --- | --- |
| **Officers:**  Faye Marriage (Senior Health Improvement Officer)  Kerry Vinton (Partnerships Officer) | **Apologies:**  Fiona Gardiner (Communities, Health & Wellbeing Manager)  Marcus Watts (Environmental Public Health, UDC)  Dave Toombs (Senior Community Development Officer)  Fleur Brookes (Safeguarding Officer)  Di Passfield (ECF&RS)  Karen Wheeler (Provide) |

**H&WB1 NOTE OF THE LAST MEETING 11th January 2022**



The minute was agreed as an accurate record.

**H&WB2 COVID-19 UPDATE – IAN TOMKINS WEST ESSEX CCG**

* Vaccinations currently run at 87% with the next round of jabs concentrating on young people and over 75yrs. Vaccinations available 23rd, 24th and 30th April at the LBLC
* COVID Testing would remain available to those eligible i.e. NHS and frontline.
* Mobile Testing Sites had been stood down.

**Health & Social Care Bill** (subject to approval) in July, with the change will come the end to CCGs and the introduction of Integrated Care Boards and Integrated Care System. Uttlesford would join the Herts & West Essex ICS of which the One Health Care Partnership would be aligned to.

The 10-year ICS strategy, work streams and how the ICB/ICS would be governed and structured is detailed in the attached PowerPoint slides.



**Action: Faye Marriage offered to share the structure she had put together to show the relationships between District, West Essex and County level health partnerships**

Peter Holt Uttlesford CEP represented Uttlesford at the One Health Care Partnership Meetings. ICB/ICS would be represented by an elected district councillor and officer.

**Impact from the increased cost of living** was being addressed by partners working together, especially in terms of mental health. Services were being identified and information shared.

The Essex Anchor programme would impact on the wider determinates, including employment, procurement, sustainability and social value. Follow the link for more information

[Essex Partnership (essexfuture.org.uk)](https://www.essexfuture.org.uk/learning/learning-events/anchors-and-their-role-in-employment/)

Hospitals and Primary Care setting remain under lots of pressure.

Lucy Wightman appointed as new Public Health Director.

**H&WB3 UPDATE ON UKRAINE REFUGEES**

ECC website link for sponsors [Welcome to Essex: packs for sponsors - Essex County Council](https://www.essex.gov.uk/news/welcome-to-essex-packs-for-sponsors)

Greater Essex and NHS colleagues had been receiving information on when and where Ukrainian refugees were headed once arrived and supported by the Stansted airport humanitarian hub, lead by the British Red Cross in partnership with the district council and Boarder Force colleagues, no significant issues had been identified.

Citizen’s Advice had offered help to those arriving outside the normal visa route, with benefit applications and housing options.

120-200 people had been arriving daily at the port of entry, most arrivals had either been met by sponsor families or made their own arrangements to travel on. Four people had been placed in a Stansted Airport and being offered further support.

Saffron Walden County High School had been approached to place 3 young people.

Stansted Touch Point had been actively linking those placed in hotels with other locally placed Ukrainian nationals.

Mental Health support services can be reached by calling 111 option 2 or via Frontline.

**H&WB4 HEALTH & WELLBEING TASK & FINISH GROUP – The North Uttlesford PCN work focussing on prevention work - MARK DAVIS**

Health & Wellbeing Coaches were now based with GP surgeries and receiving referrals.

**Action: To invite H&W Coaches to next Board meeting to deliver an overview of their role**

**H&WB5 DATA & INFORMATION TO SUPPORT THE H&W STRATEGY REFRESH & PLANS GOING FORWARD – FAYE MARRIAGE**

Board members were informed of the high-level data published in the new Essex JSNA which may not be appropriate to apply to the refresh of the Uttlesford H&W Strategy, instead it was suggested to wait for the release of the Uttlesford JSNA. In the meantime, partners were asked if the current priorities were still relevant and to consider if any additional priorities needed to be included – some suggestions were Young People mental health and using housing information to identify and target greatest need.

Mind in West Essex to recruit a mental health schools transition worker to be in place for September 2022

Evidence had shown a decline in numbers returning to physical activity post covid, access due to the cost of participation could be a factor. It was important to promote a healthy weight was a key consideration to the strategy.

Faye Marriage to liaise with partners over the next few months to collate data and content for the refresh document the timetable for the draft to be aligned with Council Cabinet meetings.

A possible workshop event to bring partners together to be arranged.

**H&WB6 THE COST-OF-LIVING CRISIS & CURRENT DEBT SUPPORT – KATE ROBSON**

Presentation delivered by Kate Robson



Essex Children & Wellbeing Service had worked with Harlow Citizen’s Advice by hosting Warm Start meetings with clients and were promoting 10 Top money saving tips on their Facebook page.

**H&WB7 UPDATE FROM PRIORITY LEADS**

**AGE WELL – Faye Marriage**

* Uttlesford DAA to meet on 10th April 2022
* Funding for Strength & Balance programme confirmed for 2022-2024, the free sessions had seen 170 residents participate since starting the programme on 2020
* Training would be provided to train residents to take the seated exercise class
* Essex Age UK had closed
* H&W Coaches to be invited to join local groups

**EAT WELL – Faye Marriage**

* 9 local individuals to be recruited to be embark on train the trainer programme for the cook/eat programme
* Between 24-26 places would be available on the cook/eat programme due to start in July
* [Independent Food Aid Network UK](https://www.foodaidnetwork.org.uk/) assisting with Cash First leaflet, draft to be shared with H&WB before sign off, UDC to help with cost of printing
* H&W Coaches doing some work around how to interpret food labels
* Community Dental Surgeries promoting health sugar swaps

**PHYSICAL ACTIVITY / ACTIVE UTTLESFORD – Courtenay Mosely**

* Active Uttlesford meet 19th April 2022
* 2024 funding had been confirmed
* Ride-London May 2022



**SOCIAL ISOLATION – Clive Emmett**

Loneliness remains a monumentous issue for young people, single parents and older people.

* Pay forward scheme in local cafes still active
* Friendship Dogs continued to be well received
* Community Responders busy deploying digital kit to those in need

**MENTAL HEALTH – Alison Wilson**

* The Suicide Awareness Hub <https://www.suicideawareness.org.uk/> continue to deliver training sessions
* Peer Support Service was now live
* Mental Health Awareness Week 9th -15th May 2022, there will be a activities in Saffron Walden Market both Tuesday and Saturday
* Recruitment continues for the Sanctuary café
* From the 120 volunteers – 100 stayed and 20 moved with introduction of the new wellbeing service
* A new mental health hub to open in Saffron Walden in June 2022

**AOB**

A request was made by Rachel Lewis that the new Healthy Schools Coordinator for Uttlesford be shared as soon as they are in post.

Dave Toombs had successfully secured the post of Senior Community Development Officer, he would continue to work with a number of partners around the Board.

The West Essex Buddy-Up project had been launched.



The Community Shed continued to look for new premises in Saffron Walden.

**Meeting dates 2022.**

27th July 2022, 10am.

**Action: Fiona Gardiner to explore the option of having a physical meeting in the District Council Offices and report back to the Board.**