**MEETING OF THE UTTLESFORD HEALTH & WELLBEING BOARD – 27th July 2022**

**Via TEAMs**

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| **Present:**  Marc Davis (Chair)  Rachel Lewis (Active Essex)  Angela Cameron (ECFWS)  Esther Richards (Adult Social Care)  Craig McColl (Mind in West Essex) | Stephanie Maxwell (Uttlesford Foodbank)  Kim Clarke (Social Prescriber)  Melissa Millman (EPUT)  Kathleen Cunnea (ECC)  Alison Brown (Alzheimer’s Society) |

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| **Officers:**  Fiona Gardiner (Communities, Health & Wellbeing Manager)  Faye Marriage (Senior Health Improvement Officer)  Dave Toombs (Senior Community Development Officer)  Fleur Brookes (Safeguarding Officer)  Kerry Vinton (Partnerships Officer) | **Apologies:**  Alison Wilson (Mind in West Essex) Kate Robson (Citizen’s Advice)  Ian Tomkins (WXCCG)  Paul Chambers (Touch Point Stansted)  Jen West (NHS)  Marcus Watts (Environmental Public Health, UDC)  Karen Wheeler (Provide)  Jan Eke (Chair, Children & Families Grp)  Ros Sonderskov (Alzheimer’s Society)  Vanessa Moon (WXCCG) |

**H&WB1 NOTE OF THE LAST MEETING 6 April 2022**



The minute was agreed as an accurate record.

The Saffron Walden Men in Sheds project would be relocated within the grounds of the Audley End Estate. The new premises required some renovation, with the project being submitted to the Shared Prosperity Fund for consideration.

**H&WB2 HEATH & WELLBEING STRATEGY 2023-2028 – FAYE MARRIAGE**

Following up from the strategy workshop, members of the board had been contacted to collate data for inclusion, with the aim to have draft document ready for circulation from 8th August.

The timeline for the completion and to align dates with UDC Cabinet and Full Council for endorsement and to include time for public consultation were extremely tight. Partners would be asked to adhere to the tight turnaround for comment over the summer – feedback would be required by end of play 19th August so to include amendments ready for the public consultation in September. There would be the opportunity to influence the content throughout the public consultation.

It was suggested the reviewed strategy be shared with the One Care Board for endorsement – Ian Tomkins and Kate Robson would be the link between the Uttlesford H&WB Board and the One Care Board.

**H&WB3 COST OF LIVING & WINTER WARMTH – WHAT CAN WE DO IN ADVANCE**

The chair referred to the recent media coverage regarding the scale in increased utility, petrol, and food costs, the hope was to see some national policy introduced to address the situation.

With increased demand worst case scenario, the country could experience fuel shortages resulting in periods of energy being cut off.

The board were asked to consider contingency plans in preparation to support those most vulnerable within the community, in terms of

* What partners were already doing?
* How to get messages of help to those who need it
* What can be done as a system?

It was recognised that the conversation internally had been limited and needed to be stepped up.

Socio Economic also came into play - More support was required for those who were deemed the working poor – ECFWS had devised a tool to try to increase the income capacity for families, in order to divert/prioritise money where needed. The service would also have various funding pots to support families through summer and into the winter season – the mapping of free events across the district would help families identify activities they could engage with at no extra cost.

Uttlesford Foodbank had actively promoted the Healthy Start Vouchers, although there had been a poor update elsewhere across the district, as was the case with other benefits i.e. attendance allowance. People were also being encouraged to apply for the discretionary funding available through the district council – Social Prescribers had been supporting the community with applications to attendance allowance.

It was the responsibility for all agencies and partners to promote the help available – the forthcoming seasonal covid/flu booster rollout at the LBLC from early October, would be an opportunity to target people 65yr+ and or vulnerable with the additional key information.

Key prepared messaging shared across partners to promote via social media platforms ensured a consistency of approach.

**Action: Fiona Gardiner to coordinate an agency approach conversation regarding the development of a contingency plan around the cost-of-living crisis – meeting booked and partners invited 26th August 2022, 10am UDC Council Offices, London Road.**

**H&WB4 HOSPITAL SUPPORT DISCHARGE - MARC DAVIS**

The recent media coverage reporting the 13+hr delays for A&E treatment at Harlow’s Princess Alexandra Hospital had highlighted a need for more efficient hospital discharge options.

UCAN (Uttlesford Community Action Network) formally CVSU had summitted a proposal for The Community Hub to play a pivotal role in supporting hospital discharge in the district. It was also suggested other venue across the district be considered for delivery as often underutilised.

It was highlighted that staffing within the social care professional was challenging with retail offering higher salaries in a competitive employment market. It was hoped the Integrated Care System would be an opportunity to look at the care structure to make it more attractive to work in.

Board members were invited to contact the chair with ideas - [marcdavis65@hotmail.com](mailto:marcdavis65@hotmail.com)

**H&WB5 COVID UPDATE**

Seasonal programme for North PCN to be delivered from Lord Butler Leisure Centre, invitation to 65+ and clinical vulnerable to take up offer to be sent out in next 2/3weeks. South PCN to use GP practices to deliver their programme. Contingencies would be in place to amend programme if required.

Agencies/partners encouraged to promote other services during seasonal programme.

**H&WB6 UPDATES FROM PRIORITY LEADS**

**AGE WELL – Faye Marriage/Dave Toombs**

**DAA**

* Uttlesford had one of the highest prevalence of dementia in over 65yrs across the county
* Very well attended local DAA with representation from people living with dementia, young people, carers and professional
* Plans to meet more regularly to develop a robust action plan

**Strength & Balance**

* 50/80 participants attending weekly 12wk strength & balance sessions
* 4week transition session introduced as a follow-up to 12wk S&B programme
* Sessions funded by ECC, delivered by EPUT – plea to have 2/3-year funding cycle to allow activity planning

Once H&WB Strategy has been produced look to delivering/organising the vision through working groups.

**EAT WELL – Dave Toombs**

* Cash First leaflet in circulation – driven by Uttlesford Foodbank
* Amazing work from Stansted Touchpoint in hosting the Community Foodshare Scheme – 12 tons of supermarket surplus distributed, equivalent of 10,000 meals
* Touchpoint had been operating since April 2022, were now looking to extend to Elsenham
* ECFWS continued to work with Uttlesford Foodbank
* UDC awarded £30k COMF (Contain Outbreak Management Fund) to deliver ‘Lets Cook’ programme, unfortunately cancelled due to tutor contracting COVID

**PHYSICAL ACTIVITY / ACTIVE UTTLESFORD – Rachel Lewis/Dave Toombs**

* Courtenay Mosely promoted to H&WB role, new Uttlesford lead recruited to position
* Active Uttlesford Grant - 8 applications received, grant will remain open and reviewed monthly

**SOCIAL ISOLATION – Clive Emmett**

No update made available

**MENTAL HEALTH – Craig McColl**

* New premises opened – High Street Saffron Walden – Grand opening 10th October 2022
* Delivery of prevention and maintenance of good mental health
* New Community Engagement Officer to actively work with partners

**AOB**

Some confusion around the invite/attendance of the Uttlesford Youth Strategy meeting

**Action: Fiona Gardiner to obtain an update on future invites to Uttlesford Youth Strategy meetings**

Active8 summer programme now in place

80 households were now hosting 185 Ukrainian guests – information event for hosts on 22nd September 2022.

UDC providing English courses for Ukrainian guests.

**Meeting dates 2022**

* 19th October 2022, 10am – Committee Room, UDC Offices London Road, Saffron Walden CB11 4ER
* 18th January 2023, 10am – Committee Room, UDC Offices, London Road, Saffron Walden CB11 4ER