

MEETING OF THE UTTLESFORD HEALTH & WELLBEING BOARD, UDC OFFICES, LONDON ROAD, SAFFRON WALDEN – 27th February 2019

Present: - Kate Robson (Manager, CAB and Vice Chair), Kelly Harman (Active Essex), Donna Porter (WEx Lifestyle Provide), Clive Emmett (CEO CVSU), Pat Lodge (Uttlesford Volunteer Centre), Laura Taylor-Green (Head of Wellbeing, Public Health ECC), Alison Wilson (West Essex Mind), Patrick Whittick (CVSU), Cathy Mansfield (Integration Manager, WECCG), Gary Hyams (Support 4 Sight), Cllr Vic Ranger (Cabinet Member for Communities & Partnerships UDC) and Cllr Howard Rolfe (Leader of the Council),

Officers: - Fiona Gardiner (Manager, Communities Team, UDC), Faye Marriage (Senior Health Improvement Officer), Lucy Fish (Health Improvement Officer), Sue Hayden (Community Development Officer) and Marcus Watts (Environmental (Public Health) Manager).

Apologies Received: -

Clare Morris (Chair), James Taylor (Essex County Fire & Rescue), David Solis (Healthwatch Essex) and Kerry Vinton (Partnerships Officer) Jen West (GP, Neighbourhood North), Tracy Reed (EPUT), Karen Wheeler (WEx Lifestyle Provide), Fleur Brookes (Safeguarding Officer)

Guest:- Patrycja Tobolska and Emily Costelloe - MoreLife

H&W1 MINUTES FROM PREVIOUS MEETING

Minutes of the meeting held on 12th December 2018 agreed.

Action: For members of the Health & Wellbeing Board to contact MW mwatts@uttlesford.gov.uk expressing an interest to join a small Task & Finish group to steer the work of the DFG - MW to update

Action: FG to follow up the issue of underspent funds with KR – Covered in the agenda

FG reported Clare Morris would be standing down as Uttlesford Health & Wellbeing Chair, Clare had offered to assist in seeking her replacement.

Cllr Rolfe added it was important that all Chairs for the four theme groups of the Local Strategic Partnership (LSP) remain independent, and reminded the Board this would be the final meeting before the District and Parish Elections, if there is no change in administration the current administration would continue to fully support the working of the LSP.

H&WB2 MORELIFE WEIGHT MANAGEMENT SERVICE

Presentation from Patrycja Tobolska and Emily Costelloe - MoreLife



MoreLifePre.odp

Uttlesford appeared to have a low uptake for the service compared to the rest of West Essex, in order to tackle this the service would be actively promoted to increase referrals, as there was capacity in Uttlesford to run more groups, accommodating both day and evening sessions, and running groups in locations with there was the most need. It was made clear there were reciprocal arrangements in terms of signposting between tiered services.

The MoreLife service is available to clients 17yrs+ and was available through self-referral and not local a GP, but recognised more local publicity was required across the district to raise its profile. Recently the service had offered BMI checks to local businesses. The service had not developed a virtual or on-line alternative for clients, this option would be considered in the future.

Regular text messages and 1-2-1 support is available for clients who may need a little more reassurance and would help reduce the drop put rate of the programme. To evaluate the feedback on drop outs clients had been asked to complete a questionnaire detailing their experience of the service.

It was suggested MoreLife push the programme through local Facebook groups, twitter and other social media sites.

H&WB3

REVIEW OF FUNDING & OPEN GRANT PROCESS



Attachment 2
Uttlesford H&W Board

The attached funding sheet was made available for information.

FG ran through the existing funding arrangements – there had been an allocation of £5k to each priority.

For the new financial year it had been proposed the new arrangements would pool the budgets allowing applications for larger amounts that may address more than one priority. Board members agreed the new arrangements would allow more flexibility.

- £15,561 General Pot

Cllr Rolfe asked that all the funding allocated and project outcomes from the Health & Wellbeing Board refer back to the Health & Wellbeing Strategy which would be presented to Cabinet and promoted in the local press.

- £10,000 Open Grant



Attachment 3

Application Form.docx



Attachment 4

Guidance Notes.docx

FM asked board members for comments on the attached Open Grant guidance notes.

FM reminded the board who were members of the small virtual funding decision panel, she asked those interested in joining the decision making panel to contact her. It was made clear that joining the funding panel would not prejudice future applications from their own organisation into the General Pot or Open Grant.

AW suggested the funding decision process be opened up to all Board members to allow a richer conversation, **KR** agreed, adding that it could be a virtual conversation and asked there be representation from both North and South Neighbourhoods.

However, it was also highlighted that a smaller, virtual funding panel (which is currently in place), may be the best approach in order to make decisions more efficiently. **FM** described the current membership of the funding panel and opened up the opportunity for further members to join – Gary Hyams volunteered.

Action: For board members to feedback comments to FM on the Open Grant guidance notes and application form and for any further members interested in joining the virtual funding panel to contact FM by Monday 4th March 2019

H&WB 4

PRIORITY UPDATES

WINTER WARMTH

KR reported CAB had seen 90 clients with warm home issues. Using funding from CCG and information via RA statistics around the quality of housing across the district, the CAB with UDC Environmental Health Officers would be visiting those properties identified.

The Snow Patrol projected had not been pursued due to the mild winter weather.

CE informed the Board of the funding CVSU had received from ECC - £900 had been allocated to 3 x Oil Fuel payments, and this was still available. The funding had also paid for 100 Winter Warmth packs, 80 had been distributed through the Green Matters project, Community Matrons and local care homes.

CE reported on the Handyman Service in partnership with UDC Environmental Team offering the sealing of doors and windows making them weather tight through the winter months. The pilot project started on the 1st December, but the uptake had been low, **CE** made the plea for Board member to promote the service within their own organisations as much as possible.

EAT WELL

FM reported UDC was looking to employ a p/t member of staff to take forward the Eat Well project and the development the Food Partnership.

My Weight Matter programme had been well attended and would be promoted in next edition of Uttlesford Life.

Cllr Rolfe expressed the importance of being able to cook nutritious and balanced meals and hope the new role would have the capacity to offer educational advice and skills around meal preparation.

Linking up with the Uttlesford Foodbank could be the opportunity to offer cooking advice, when clients receive their emergency food parcels.

It was noted having the endorsement of the Health & Wellbeing Board on the restriction of new fast food outlets being introduced into the district would be beneficial.

FG reported from 20th March 2019 DWP would provide support through the Universal Credit process and would link in with the bimonthly MACs.

PHYSICAL ACTIVITY

KH reported 61 women had pre-registered for the Women Like Us Festival hosted at the Lord Butler Leisure Centre on 2nd February 2019, unfortunately only 6 attended , with a further 14 registering on the day. The ladies who had attended they enjoyed a variety of activities. The take up for the festivals across the county had been low; follow up work would be done to establish why there had been such a high drop out.

Active Essex remains part of the Green Matters Project in partnership with CVSU.

Thaxted Tennis Club would be hosting women's tennis coaching sessions.

Funding had been made available to Radwinter recreation ground for an equipment loan, alongside some local activities i.e. seated exercise.

In partnership with Active Uttlesford Support 4 Sight would be looking to introduce guided walks for those who were visual impaired.

Active Essex had engaged ACE Hounds to bring along dogs as a form of therapy to the Dunmow Dementia café, and were looking to replicate the project in Saffron Walden.

Funding was still available through the Active Uttlesford Network, an open funding round had inviting partners to apply to funding. The Active Uttlesford Network budget for 2019/20 was yet to be confirmed.

The Essex Local Delivery Pilot had been successful in securing £10.5 million Sport England funding. Jason Fergus would present on the Essex Local Delivery Pilot at the next Uttlesford Health & Wellbeing Board in May.

Active Essex in partnership with Mind in West Essex on a project bid 'Get Set to Go' a mental health and physical activity project, Mind would be the lead partner supported by Active Essex. If unsuccessful with the application **KH** would be approaching the Board for some financial support to take the project forward as it is a gap in provision looking mental health and physical activity.

Cllr Ranger reported on the Uttlesford Sports Strategy being developed as part of the Local Plan.

The sporting facilities at Carver Barracks had been given the go ahead, UDC would be making a financial contribution towards its development.

LONELINESS AND SOCIAL ISOLATION

The ECC Loneliness & Social Isolation Forums had enabled a greater understanding on what was going on across the county, resulting in ECC advertising a specification and inviting partners to bid for a Befriending contract, the other for Community Resilience Coach project. A collaborative bid went in from a number of West Essex Partners; the outcome will be made known at the end of March, if successful the funding would resource one resilience coach for Uttlesford.

The South Uttlesford Community Builder project would finish on 31st March 2019, however, funding through DCMS Building Communities Fund will allow another Community Builder to operate in North Uttlesford from 1st April 2019 – Aga Korfel would move into the new role.

Funding from the Community initiatives Fund would purchase the Uttlesford Mobile Café – a converted horsebox. This would be made available as an Uttlesford resource to take around to rurally isolated locations across the district.

ECC were funding ACE Hounds for two per week, partners can refer into the service through CVSU, and this will support the Active Uttlesford project.

In partnership Maldon and Uttlesford CVS has been funded £300k from The Big Lottery to expand the Men in Sheds project for the next 3years. The project now has 2.5 staff a development worker and an outreach worker, to coordinate it across the county.

ABCD (Asset Based Community Development) training would be made available as part of the Community Builder project, and in participation for a CRC contract. Cormac Russell would deliver two days training in the district, in addition two further training opportunities would be made available to members of the community to highlight what it is be a community connector.

ECC Sensory budget to address social isolation and loneliness, the majority of the funding had been allocated to Hearing Help Essex, with Support for Sight receiving £10k for Mid-West Essex to deliver event type activity.

AW reported ECC want to commission an Essexwide Befriending project to cover the four following areas Older People - Mental Health - Learning Disabilities – Carers, allocating £30k towards each area for the whole county. Mind in West Essex in collaboration with Action for Family Carers, Hamlyn Trust and Independent Age had put in a bid for the

contract. The new service would be in place of the current Befriending Service and will be expected to start from 1st April.

Cllr Rolfe asked that all members referred to the Essex Health & Wellbeing wheel.

KR added there are 152 services on Frontline, a number of which would support Isolation and Loneliness.

Action: AW to have an agenda item for the next Health & Wellbeing Board on the Essex Asset Map

AGE WELL

FM reported to the Board that James Taylor had changed role, and would no longer be leading on the Age Well priority or representing ECFRC on the Board. She asked if any Board member had an interest in leading on the priority to contact her.

Uttlesford Dementia Action Alliance - new web site Dementia Friendly Uttlesford www.dementiafriendlyuttlesford.org.uk

Saffron Walden Dementia Café – the opportunity had been promoted through the Volunteer Centre, some interest had been shown in taking on the 12 week paid project.

PL presented on the Helping Hands project which had be taken into schools, cubs and brownies packs with the aim to interest young people in volunteering, she also introduced the Petal Wave Art Trail which will be launched during the National Dementia Action Week 20th – 26th May 2019.

Cllr Rolfe made comment to make more use of the districts Day Centres for volunteering and other activities, he added the management of the Saffron Walden Day Centre had temporarily passed back to UDC. **CE** reported the Dunmow Dementia Café would be moving to the Rowena Day Centre as they had outgrown the current location.

CE introduced the new Digital Boomers Project Coordinator for West Essex - Patrick Whittick, he will coordinate on the Digital Buddies and Smart Homes projects.

<https://www.digitalboomers.org.uk/>

H&WB5

UTTLESFORD DISABLED FACILITIES GRANT

MW reported on the review of the DFG, it had been recognised not just look at the adaptations in people's housing in isolation but consider preventative measures as well, in order to keep people in their homes and support independence longer.

Working with ECC UCD were looking to refresh the Housing Assistance Policy, within the review will be an amended mechanism for funding allocation. **MW** will invite interested parties to meet with him to assist with scoping the document, a provisional date of 4th April for the inaugural meeting.

The review has identified some of the following changes – removing means-testing, providing awards of £30k, providing loans to those who cannot afford to make adaptations to

their home and removing category 1 hazards from around the home. UDC is part funding a West Essex OT for housing, which would look at the timing of discharges from hospital. The new OT post has been appointed to and will start on the 1st April 2019.

A new officer has been appointed to assist with the administration of the DFG process, Theresa Marlow, formally a Community Agent in the district.

H&WB4 AOB

The refreshed Uttlesford Health & Wellbeing Strategy would be presented to Cabinet on 28th February 2019 for endorsement.

CVSU Summer Ball 22nd June 2019 – Saffron Walden Town Hall.

2019 Meeting Dates

- **1st May**
- **3rd July**
- **2nd October**
- **11th December**

All meetings will start at 10am and hosted by UDC, London Road, Saffron Walden CB11 4ER