

Alcester Town Council Health and Wellbeing Working Group

Meeting on 11th August 2022, 2.30 at Globe House

Present: Cllr Kathryn Cargill (Chair), Wendy Sherwood, Vanessa Lowe, Ali Mainey, Rev Alison Mackay, Ivy Hemming.

Apologies: Cllr Alison Leask

1. Purpose of the Group

The group aims to include a mix of councillors, officers and community residents with links to people of all ages with health and wellbeing needs.

Main purposes:

to provide a steer for ATC's Health and Wellbeing programme and a point of reference for the Health and Wellbeing Coordinator

- to publicise existing and new projects
- to identify areas of need and possible new projects
- to develop plans for possible ne projects should funding opportunities arise

2. The group discussed the Money Advice Market event planned for 11th November, 2pm at the Eric Payne Community Centre. In the current climate this is seen as being of potential value to many of our residents. It is anticipated that stalls will include:

Act On Energy
Barnardos
Family Info
Mental Health Matters
WRCC Warm Hubs
Age UK
Carers Trust
Foodbank
Citizens Advice
Stratford District Council Social Inclusion
Warks Local Welfare Scheme
Springfield MIND
Men Talk
Orbit
DWP
Social Prescribers
Repair Café
Computer Group
Information table/Ali Mainey
PHIL
Alcester Fridge
Severn Trent
Library
Credit Union
VASA
Parenting Project

Ali offered to pursue more information on Severn Trent's Big Difference scheme to help low income households struggling with water bills (action **AMAI**).

The Acts 435 church scheme, which promotes small requests for help to potential donors was discussed. Alison to look at more information for a future meeting (action **AMAC**).

Ali talked about a school uniform swap initiative in Stratford and will find out more (action **AMAI & Wendy**). Wendy will speak to these on Friday 19th August.

It would be very helpful to have direct contact details for individuals at any relevant organisations which only publicise generic contact information eg info@..... All group members to think if they know any such details.

3. We discussed possible areas for consideration for future initiatives.

Alison explained that donations to the annual Toy Service at the Methodist Church go to a central collection and distribution point. We discussed how a new scheme could call for donations of children's toys at Christmas for local distribution. Ideas included: toys could be wrapped and labelled with intended age and gender of the recipient; distribution would have to be carefully managed to avoid stigma and possible abuse of the process; schools and churches could help identify needy recipients.

With the current cost of living crisis, making best use of affordable and available food is vital. Could we run cooking classes, based on the format of Cook and Eat Your Tea, with ideas for austerity recipes that are cheap but nourishing.

Parenting skills (or lack of) is a serious problem for many families. Are there any potential projects in this area?

The menopause is a problem that affects many, but existing help and guidance appears minimal. Wendy has a meeting on Friday 19th August at Foundation House in Stratford to start off the conversation and hopefully get some ideas around further support in Alcester.

Drugs is an endemic problem that is only getting worse. Could we engage with schools and the police about what is currently being done and any ways in which ATC could potentially help? Other social issues could also be considered, such as teenage pregnancy.

4. Ongoing Projects

We would love to launch a Men's Shed initiative, but as yet have been unable to find a suitable venue.

A regular Tea Dance could prove very popular. Wendy has investigated this and we will take the idea forward when the Greig Hall is open.

5. Frequency of meetings and date of next meeting

We agreed to meet bi-monthly, with the next meeting being Thursday 20th October at 2pm at Globe House.