

Alcester Town Council Health and Wellbeing Working Group  
Meeting on 26<sup>th</sup> September 2023, 1.30pm at Globe House

Present: Cllr Kathryn Cargill (Chair), Cllr Alison Leask, Wendy Sherwood, Vanessa Lowe, Ali Buchanan, Jen Hopkins

Apologies: Rev Alison Mackay, Abi Hall

### 1. Meeting Structure

- At our previous meeting it became apparent that so much happens between working group meetings that it takes too long to go over all the updates. We need to leave time to discuss necessary actions and new ideas.
- It was agreed to try a new format, where Wendy will provide a written update to be circulated before the meeting. The meeting can then concentrate on the matters that need discussion. **Action WSHE and KCAR**
- It makes sense to arrange our future meetings so that they fall shortly after the Health and Wellbeing Partnership meetings. It was agreed to set dates for the next two meetings.

### 2. Teenage Sexual Health

- It has been agreed that STI kits for 16-18s can be ordered for collection at the Hopkins Pharmacy, rather than being sent to the young person's home. We need to agree details of how this will work with the pharmacy and then to publicise the new facility through schools and the youth club. **Action ALEA and WSHE**
- Condom distribution training is still outstanding for Becky (youth club leader). It was suggested that we should do some research through the schools to see if young people would use such a facility at the youth club. Alison L will ask her contacts at the schools. **Action ALEA**
- Funding has been sought for an additional half hour a week of youth club time for sexual health activities.

### 3. SEND Support

- St Nicholas have a programme of coffee mornings for the parents of SEND children. Jen will attend to assess interest for creating a self-help group with parents from other schools and age groups. **Action JHOP**
- If there is sufficient interest, ATC can consider enabling a group and ask schools to contact their SEND parents about the idea

### 4. Home Educators

- Ali has been looking at the numbers of local families who are home educating. It was felt that this is another area where we could potentially offer advice and support. Ali will arrange a drop-in session for home-educating parents to assess the possible demand. **Action ABUC**

### 5. Cook and Eat Your Tea

- Orbit have provided funding for Cook and Eat Your Tea sessions for Orbit residents. However the take-up so far has been disappointing. Ali is taking a different approach and arranging a demonstration at the Holiday Lunch Club in February, with recipe cards and ingredient bags to take away. As the majority of attendees at the Holiday Lunch Club are Orbit residents, this will hopefully reach the target group. **Action ABUC**

## 6. Community Gardens

- This is a new idea, based on the Newbury Secret Garden, where community gardening groups turn unloved spaces in the town into attractive garden areas.
- There is a new gardening club forming at the Unionist Club who have already approached ATC for assistance. Wendy will contact them to see if this idea is of interest. **Action WSHE**
- There is a potential site in the Waitrose car park, a former bee-friendly garden which has fallen into disuse. Wendy will speak to Waitrose about possibly piloting a community garden there. **Action WSHE**
- It was agreed that this is not a project that ATC could run, but we could help with badging and publicising the initiative and identifying landowners of potential sites.

## 7. Other Business

- Wendy went with the Police and Crime Commissioner to a Working for Marcus workshop at the Academy, so that he could see how the grant was being spent. He was suitably impressed!
- Again following the Working for Marcus session, it was suggested that we could arrange an Online Safety session to be held at the Youth Club. Ali will speak to Joe Patterson at WCC. **Action ABUC**
- The Community Fridge continues to be very busy and well used. There are two new coordinators in post and it is running well.
- Following the success of the day trip to Weston, Ali is organising a trip to Barry Island for next year. A fundraising bingo night is sold out and there are plans for a family disco.
- Jen is again coordinating the Christmas 'Give a Gift' initiative, with the library acting as a collection point, but needs a collection bin for the gifts. Wendy offered to locate one! **Action WSHE**

## 8. Next Meetings

The next meetings will be on Thursday November 16<sup>th</sup> 2023 and Thursday March 7<sup>th</sup> 2024, both at 1.30 pm at Globe House.

## 9. Update Notes

The following update notes from Wendy were circulated ahead of the meeting.

### **Brief Summary of activity from July 2023 to September 2023 (H&W Working Group)**

- Teenage sexual health - Alison and Wendy met with Helen Miller (Lead Nurse, Sexual Health) If you are 16-18 with symptoms you need to go to a clinic. If you are 16-18 without symptoms you will be screened via telephone and if you answer 'no' to the safeguarding questions then you can get a kit, if you answer 'yes' you need to speak to a nurse. If you are under 16 you cannot order a kit and need to be seen face to face at a clinic (can be any in Warwickshire, Stratford, Rugby or Nuneaton). Helen is doing some posters and we can distribute these when they arrive. Alison and Wendy trained in condom distribution.

**FURTHER ACTIONS/ACTIVITY –**

1. Speak to the pharmacy about whether they are now signed up to distribute STI kits and the fact they can now be the designated place for patients to have their kit delivered (for those that do not want them delivered at home).
  2. Train Becky and willing volunteers in condom distribution.
  3. Conduct further research in schools to gauge an understanding of where young people go for sexual health help and support and where they would like to go.
  4. Submit a funding request for an extra half hour of youth club time to distribute condoms (this has now been submitted).
  5. Promote all of these health promotion messages in schools, (posters, STI kits, condom distribution) This would conclude our work around sexual health.
- Men's Shed (Community Shed) – Lots on ongoing work around this. We now have a committee, constitution, bank account etc,. We have had surveyors and several contractors visit to price up the conversion of the squash courts into a community shed and we have completed several funding applications and received donations. There is nothing for the working group to do further as the committee are taking this forward with our support.
  - Dental Hygiene – no response from the dentists so this area of work will not be pursued.
  - Trips out for older people – 5 trips have taken place with 33 different attendees. We will have one more trip in October but we are looking for more funding for this to continue next year.
  - Volunteer event – very positive, please see separate evaluation.
  - Youth Club/Orbit – no response back from Orbit so we will not be taking this further.
  - SEND children – Alison and Wendy met Hannah Allen from ST. Nicks (Assistant Head and SENDCo lead) Families can access pre-assessment and post-diagnosis support from children through the clinical neurodevelopmental pathway, delivered by WCC in partnership with Parent Carer Voice. There is a 3-year waiting period for families to be assessed and diagnosed but the school will give the extra support required regardless of a diagnosis, so from a child's point of view, they would be receiving the support they need either way.

#### **FURTHER ACTIONS/ACTIVITY –**

1. Arrange and attend a parent coffee morning to see how ATC can offer additional support.
- Working for Marcus – please see additional evaluation from parent event. Teacher training is now concluded. Other sessions with the children in schools booked for Sept, Nov & Dec.
  - Cook and Eat your Tea – Alison may need to change this project because of a poor response. Western trip was very positive and fund raising is continuing to repeat this next year.
  - Holiday lunches for kids was very successful and well attended. We have funding to deliver another one in October and one at Christmas/ New Year.