

Alcester Town Council Health and Wellbeing Working Group

Meeting on 8th December 2022, 2pm at Globe House

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

Apologies: Ivy Hemming

1. Notes of Previous Meeting

There were no matters arising from the notes of the previous meeting.

2. Money Advice Market

The event attracted a great range of stalls but unfortunately not very many 'punters'. We wonder if it was the possible stigma of admitting needing help. Perhaps we can think of a different "hook" to encourage people to attend future events. On the positive side, the stallholders found it a great opportunity for networking.

3. Menopause Event

The Menopause event has been arranged for 21st January at the Eric Payne Centre. There has already been significant interest.

It would be good to establish a support group as a spin-off from this session. Wendy to establish possible interest in this from attendees and also to investigate if there might be funding or involvement available from WCC.

Action WSHE

4. Drugs Awareness

Feedback is that this is currently covered by the school working with the police. Probably not much that we can add at this time.

5. Health and Wellbeing Workshop

It was felt that the workshop was well attended, very positive and produced some good ideas.

On the idea of youngsters learning to maintain their bicycles, it was suggested that we could publicise the idea through the schools' cycling proficiency programmes. Wendy to speak to Pete Crouch about ideas for linking to the Repair Café.

Action WSHE

Getting youngsters involved with the Well Connected computer group is tricky because of session timings – the group meets on a weekday morning and has a regular group of attendees. Only possibility might be to try something in the school summer holidays. It might be possible to link to Duke of Edinburgh volunteering, or to Alcester Grammar's volunteering week in July.

The idea of sewing workshops and creating new clothes from old could be progressed via the Repair Café. Wendy to set up a meeting with the sewing repair group.

Action WSHE

The proposed revamped Health and Wellbeing Board could/should become a focus group for ideas for new community projects. Grant funding is easier to justify if the community need can be demonstrated. There is often little time to prepare grant bids, so it would be helpful to have some projects in the pipeline for when funding opportunities arise. One suggestion was that we could invite the LoudMouth group to do some sessions in schools on drugs and sexual health, if suitable funding became available.

6. Any Other Business

The Baptist Church will be arranging a community Christmas lunch using food from the Community Fridge.

The annual community Christmas Day lunch is going ahead again this year, with a number of new volunteers.

We discussed the idea of a website or FaceBook page for volunteering opportunities.

We discussed holding a volunteering fair in the summer.

7. Date and Time of Next Meeting

The next meeting will be on Thursday February 16th, 2pm at Globe House