



Oadby and Wigston Borough Council

TO COUNCILLOR:

G A Boulter
J W Boyce

Ms K M Chalk
J Kaufman (Chair)

Dr T K Khong

Dear Councillor et al

I hereby invite you to attend a meeting of the **HEALTH AND WELLBEING BOARD** to be held at the **COUNCIL OFFICES, STATION ROAD, WIGSTON** on **TUESDAY, 4 APRIL 2017** at **1.30 PM** for the transaction of the business set out in the Agenda below.

Yours faithfully

Council Offices
Wigston
23 March 2017

Mark Hall
Chief Executive

<u>ITEM NO.</u>	<u>AGENDA</u>	<u>PAGE NO'S</u>
1.	Welcome by Chairman, Councillor Jeffrey Kaufman	
2.	Apologies for Absence	
3.	Minutes of the Previous Meeting held on 10 January 2017	1 - 3
4.	Copies of Minutes from Previous Meetings for 2016/17	
	a) Copy of Minutes of the Previous Meeting held on 05 April 2016	4 - 6
	b) Copy of Minutes of the Previous Meeting held on 12 July 2016	7 - 10
	c) Copy of Minutes of the Previous Meeting held on 11 October 2016	11 - 14
5.	Presentations	
	a) Overview of 'Sustainability and Transformation Plans' (STPs) Angela Bright (Chief Operating Officer West Leicestershire CCG and SRO for Integrated Teams)	
	b) Annual Report 2016 - Directory of Public Health Mike Sandys (Director of Public Health Leicestershire County Council)	
	c) Leicestershire Joint Health & Wellbeing Strategy Mike Sandys (Director of Public Health Leicestershire County Council)	
6.	Workshops	
	a) Workshop 1 - Update on 2016/17 HWBB Priorities (Achievements /	

Outcomes)

- Group 1: Dementia / Mental Health
- Group 2: Diabetes / Healthy Weight
- Group 3: Substance / Alcohol Misuse

b) Workshop 2 - Discussion on Health Priorities for 2017/18

7. Any Other Business

8. Future Meeting Dates (To Be Confirmed)

MINUTES OF A MEETING OF THE HEALTH AND WELLBEING BOARD HELD AT THE COUNCIL OFFICES, STATION ROAD, WIGSTON ON TUESDAY, 10 JANUARY 2017 COMMENCING AT 1.30 PM

<u>IN ATTENDANCE:</u>		
Chair - Councillor J Kaufman		
<u>COUNCILLORS (2):</u>		
G A Boulter	J W Boyce	
<u>OFFICERS IN ATTENDANCE (3):</u>		
Mrs A Lennox MBE	Kane Radford	Mark Smith
<u>OTHERS IN ATTENDANCE (5):</u>		
James Naylor	Sharon Rose	Ruth Day
Shirley Wysocki	Zaheera Chatra	

Min Ref.	Narrative	Officer Resp.
22.	<p><u>WELCOME BY CHAIRMAN, COUNCILLOR JEFFREY KAUFMAN</u></p> <p>The Chair, Cllr Jeffrey Kaufman, welcomed attendees to the meeting. This being the last of three priority health focused meetings in 2016/17 for the Oadby and Wigston Health & Wellbeing Board.</p> <p>The focus of the meeting today is ‘Substance & Alcohol Misuse’; a range of external agencies/ specialising in this area of work were invited to the meeting.</p> <p>The Chair confirmed that the final HWBB meeting on 4th April 2017 will act as our ‘Health Summit’. All attendees from the previous three focused meetings will be invited. This will enable the group to review the outcomes of all the priorities for 2016/17 and identify new local priorities for 2017/18.</p> <p>Attendees today were encouraged to complete the ‘Partner Organisation’ form, in order for the group to capture details of programme and projects implemented or planned for this current financial year which will also help to identify how the HWBB/ partnership can support each organisation.</p>	
23.	<p><u>APOLOGIES FOR ABSENCE</u></p> <p>Cllr Dr T Khong, Dr Vivek Varakantam, Inspector Michael Cawley, Cllr Ms K Chalk, Stephen Glazebrook</p>	
24.	<p><u>MINUTES OF THE PREVIOUS MEETING HELD ON 11 OCTOBER 2016</u></p> <p>One action from the last meeting was to make some slight amendments to the ‘live’ online webpage. The relevant changes have been made by Megan Whittingham and the updated webpage can be accessed by clicking the following link: www.activeoadbywigston.org.uk/health</p>	

	No other actions are outstanding.	
25.	<p><u>OADBY & WIGSTON PRIORITY 3 - SUBSTANCE / ALCOHOL MISUSE</u></p> <p>As expected with this particular priority, there are very few external agencies working to address this issue, in the locality.</p> <p>Shirley Wysocki and Ruth Day from Turning Point in addition to Zaheera Chatra from Quit Ready attended the meeting and provided an update on their current programmes.</p> <p>SW and RD confirmed that their service covers substance misuse and drugs/alcohol misuse. They provide support to reduce/stop drug and alcohol misuse. They run a number of programmes across the county. Referrals come from a range of sources including self-referrals, GP's, health professionals and social services. Sessions used to take place at the Bassett Centre, but are now are held at Boulter Crescent as well as in the City. They also carry out Drug and Alcohol talks in schools, colleges and at health events.</p> <p>SW/RD will analyse how many people access their service from the Oadby and Wigston area then feedback to the group.</p> <p>SR confirmed that Drug and Alcohol does link to areas of deprivation e.g. Wigston and South Wigston; however it was important not to ignore Oadby.</p> <p>ZC, from Leicestershire County Council Quit Ready, confirmed their service went live on 3rd January 2017. They provide a 12 week online support programme, which includes text, phone and Skype facilities. Face to face appointments are also available. They offer an E-Cigarette service, which provides support and advice on the best ways of quitting however they do not provide e-cigs. They currently use an evidence based model that tells them the intervention works. Client feedback is positive, but its early days. ZC confirmed the service has been commissioned for 3 years. Referrals come via First Contact Plus; self-referral; and health professionals. She also confirmed that Quit Ready signposts into Turning Point's services.</p> <p>Quit Ready promotional information is now available and ZC will forward this to the HWBB. As well as providing information on giving up smoking, it also encourages take-up of exercise. JB suggested it would be positive to give clients an incentive, e.g. a free session at a gym when clients achieve their goal.</p> <p>Mark Smith informed the group about a recent survey he has carried out on behalf of the Community Safety Partnership. Whilst survey responses are still being received, the initial findings show that 'drug related issues' and 'drunk and rowdy behaviour' were areas of concern for residents. The group then debated how to translate this into improving health. It was also noted that if pockets of areas affected are identified, these can be addressed by the Community Safety Partnership, particularly where best to allocate resources, in order to reduce ASB.</p> <p>KR confirmed the benefits of engaging people in sport and/or physical activity. There is a referral funding pot for sport and physical activity for this current financial year (2016/17) that may help some residents. In addition to diversionary activities for young people and 'back-to' sports sessions. RD confirmed that activities such as 'walking groups' are helpful, as some</p>	<p>SW/RD</p> <p>ZC</p>

	<p>individuals are not keen on going to the gym.</p> <p>SR can arrange for the referral forms to be uploaded on to PRISM, which is a pathway and referral implementation system that GPs access. SR further suggested that promotion of Quit Ready could go in pubs as this would be a good audience to capture. ZC confirmed that they have already produced beer mats and notices are posted in toilet cubicles, promoting the service.</p> <p>JN, Everyone Active from Parklands Leisure Centre is happy to place posters on centre notice boards.</p>	
26.	<p><u>FUTURE AGENDA ITEMS / ACTIONS</u></p> <p>One key area of concern is the current crisis experienced at many hospitals, including Leicester, where low risk patients are clogging up A&E departments. The HWBB feels it has a part to play in educating residents to seek alternative solutions e.g. seek help earlier before the illness progresses, use the NHS 111 service; or visit their local pharmacist for advice.</p> <p>In addition and in preparation for next winter, the HWBB aims to encourage more residents to take up the free flu jab, by using a range of communication methods to get the message out.</p>	
27.	<p><u>DATE OF NEXT MEETING</u></p> <p>The next meeting is the O&W HWBB Annual Health summit, to review outcomes and set future priorities.</p> <p>Tuesday 4 April 2017, the Council Offices, Wigston at 1:30 p.m.</p>	

THE MEETING CLOSED AT 3.30 PM



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CHAIR

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TUESDAY, 04 APRIL 2017

Agenda Item 4a

**MINUTES OF A MEETING OF THE HEALTH AND WELLBEING BOARD HELD AT THE
COUNCIL OFFICES, STATION ROAD, WIGSTON ON TUESDAY, 5 APRIL 2016
COMMENCING AT 1.30 PM**

<u>IN ATTENDANCE:</u>		
Chair - Councillor J Kaufman		
COUNCILLORS (4):		
G A Boulter	Dr T K Khong	
J W Boyce	Mrs H E Loydall	
OFFICERS IN ATTENDANCE (2):		
S Glazebrook	Ms A Lennox MBE	J Patel
OTHERS IN ATTENDANCE (7):		
J Wells (BDC)	Ms S Lucas (D&H)	
M Braham (LCC)	Ms S Rose (ELR/CCG)	K Radford (OWBC)
Ms J Leadbetter (D&H)	J Naylor (Everyone Active)	

Min Ref.	Narrative	Officer Resp.
1.	<p><u>WELCOME BY CHAIRMAN JEFFREY KAUFMAN</u></p> <p>A warm welcome and introduction was given by the Chair.</p>	
2.	<p><u>PRESENTATION BY JON WELLS, BLABY DISTRICT COUNCIL ON HIS COUNCIL'S APPROACH TO HEALTH AND WELLBEING</u></p> <ul style="list-style-type: none"> • An informative presentation from JW outlining the priorities of BDC • Methodological approach in finalising BDC priorities • Leaflets and information available for circulation • Input from professionals for their respective area of specialisation. • Presentation to be emailed to all partners 	
3.	<p><u>DRAFT TERMS OF REFERENCE AND REMIT OF THE GROUP</u></p> <p>Terms of reference and remit of the group had not been updated for some time and a revised version was circulated prior to the meeting to give partners the opportunity to comment.</p> <ul style="list-style-type: none"> • Accountability: the Chair of the Board will be appointed at each AGM of OWBC annually. • A number of minor changes were agreed which will be incorporated into the new terms of reference. 	
4.	<p><u>WORKSHOPS TO GAIN AN UPDATE ON HWBB 2015/16 PRIORITIES (ACHIEVEMENTS & OUTCOMES) AND TO DETERMINE THE PRIORITIES FOR 2016/17</u></p> <p>Members were split into two groups to consider:</p>	

	<ul style="list-style-type: none"> • What positive outcomes have occurred in the last 12 months including the challenges faced and what are the challenges going forward. • Each group were given two priorities that evolved from the priorities set by the HWBB for 2015/16. These were Substance Misuse, Diabetes, Dementia, and Healthy Weight. • Positive feedback was received regarding progress on Diabetes, Dementia & Healthy Weight. 	
5.	<p><u>FEEDBACK</u></p> <p>Dementia Conservation work taster days for isolated older adults to improve physical activity, Walking for Health Group, Senior Citizens Forums covering Dementia, Young at Heart day, difficulty engaging with Alzheimer's Society, diagnosis- identifying people with dementia, lack of time for GPs, lack of Resources.</p> <ul style="list-style-type: none"> • Need to compile general register of external bodies and what they can/will provide • Bid has been submitted to train 70 volunteer walk leaders and it is planned to deliver one walk per week. • Substance Misuse-difficulty in engaging with hard to reach groups and keeping activities going through the winter months. ASB is a Priority for the Community Safety Partnership; however need to provide adult learning and education. Diversionary activities will help to prevent young people getting into Substance Misuse, Adults with alcohol and drug dependency will need a different approach, need to involve Swanswell/Probation service. • Healthy weight- A number of leisure and education courses have taken place during the year, lack of funding, difficulties with engaging with target group, large target area- many participants have multiple issues, lack of funding and resources, turning ideas into reality. • Diabetes- Two new diabetes programmes delivered by SLM. • LEAP & FLiC – Weight management courses. • Ex Referral delivered by SLM. • Healthy cooking project with BME community and exercise classes. • Sizzler event. • High number of people with type 2 diabetes and number at risk, difficulty with engagement, what is the referral pathway & engagement with GPs. 	
6.	<p><u>IDENTIFY PRIORITIES FOR 2016/17</u></p> <p>The priorities suggested by the working groups were as follows:</p> <ul style="list-style-type: none"> • Dementia/Mental Health • Diabetes/Healthy Weight • Substance/Alcohol Misuse • Information and sharing. • Physically activity • Older people, social isolation and early intervention. • AL ,JK and SG to finalise the priorities for 2016/17 	
7.	<p><u>IDENTIFY ANY GAPS IN PROVISION WHICH THE HEALTH AND</u></p>	

	<p><u>WELLBEING BOARD COULD TACKLE</u></p> <p>It was agreed that Mental Health is a key priority and that more information is needed around substance/alcohol misuse.</p>	
8.	<p><u>ANY OTHER BUSINESS</u></p> <p>It was agreed that OWBC Health & Wellbeing Board to have three operational meetings each year with the fourth one being the annual summit to review outcomes. The dates are as follows:</p> <ul style="list-style-type: none"> • Tuesday 12th July 2016 • Tuesday 11th October 2016 • Tuesday 10th January 2017 • Tuesday 4th April 2017 Annual Summit. <p>Each meeting will focus on a particular topic and professionals from the relevant topic being discussed will be invited.</p>	

THE MEETING CLOSED AT 3.30 PM



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CHAIR

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TUESDAY, 12 JULY 2016

**MINUTES OF A MEETING OF THE HEALTH AND WELLBEING BOARD HELD AT THE
COUNCIL OFFICES, STATION ROAD, WIGSTON ON TUESDAY, 12 JULY 2016
COMMENCING AT 1.30 PM**

<u>IN ATTENDANCE:</u>		
Chair - Councillor J Kaufman		
COUNCILLORS (4):		
G A Boulter	Ms K M Chalk	Dr T K Khong
J W Boyce	Dr T K Khong	
OFFICERS IN ATTENDANCE (4):		
S Glazebrook	Ms A Lennox MBE	Ms J Morris
	Ms Henna Gohil (Note-Taker)	
OTHERS IN ATTENDANCE (12):		
Dr V Varakantam	Ms S Rose	A Bohannon
N Thandi	Ms Liz Steel	L Wills
Cllr Mrs HE Loydall	Ms Suzanne Lucas	Ms J Leadbetter
Ms L Redfern	M Sandys	Cllr E White

Min Ref.	Narrative	Officer Resp.
9.	<p><u>WELCOME BY CHAIR</u></p> <p>Chair, Councillor Jeffrey Kaufman, welcomed all attendees to the meeting. He confirmed that Oadby and Wigston Health & Wellbeing Board (HWBB) has recently gone through a re-structure.</p> <p>Whilst the HWBB does not have any funding to support or deliver projects, the aim of this group is to bring key decision makers together from a range of local health providers to review local health data, share information on service provision and lobby for change.</p> <p>Each planned meeting will concentrate on a particular area of health. This meeting has a focus on Dementia and Mental Health.</p> <p>Attendees were asked to bring information about their projects or programmes that are taking place across Oadby and Wigston (or planned to take place), which aim to address these priorities. In addition to confirming what outcomes will be achieved through the delivery of such programmes.</p> <p>A 'Partner Organisation Priorities' form was handed out to each external attendee, in order to capture organisational aims and objectives over the coming year; in order to help map the priority of Mental Health and Dementia across the borough.</p>	
10.	<p><u>APOLOGIES FOR ABSENCE</u></p> <p>An apology of absence was received from James Naylor, Contract Manager at Parklands Leisure Centre.</p>	
11.	<p><u>COUNTY HEALTH AND WELLBEING UPDATE</u></p>	

	<p>Ernie White and Mike Sandys (County Health & Wellbeing Board) provided their County update. Topics included Transforming Health and Care across Leicester, Leicestershire and Rutland; the National requirements of the Better Care Fund; and an overview of the Leicestershire Integration Plan 2016/17.</p> <p>The County Board thanked everyone at a local level for their current contribution. There is a need to improve integration with District and County, to provide more power at a district level as they are better placed to understand the needs of the community.</p> <p>Difficulties at a County level as Health Grants being cut by 6% (1.6 million saving needed) without consulting with colleagues. Therefore Health & Wellbeing board reviewing its priorities to manage Health and Wellbeing with a need to manage reductions in public health grants.</p> <p>The County Board realises there is a need to reduce emergency admissions and reduce the reliance on Hospital care by concentrating on identifying the most vulnerable residents and a greater need to support ethnic minority communities.</p> <p>Also a need to do more regarding signposting for people struggling to get help and advice. The County Board can press for better services and co-ordination and for providing up-to-date advice and an online list of services and charities that can help.</p> <p>Copies of County's presentation papers can be found in Appendix 1, 2 and 3. In addition Mike Sandys forwarded a copy of the draft 'Joint Health and Wellbeing Strategy 2017 - 2022' (Appendix 4). Comments to be forwarded direct to Mike.Sandys@leics.gov.uk</p>	
<p>12.</p>	<p><u>OADBY AND WIGSTON PRIORITY 1 - DEMENTIA/MENTAL HEALTH (KEY ACTIONS)</u></p> <p>Phoenix Therapies and Training provides over 25 years experience to improving mental wellbeing. They provide a stress relief toolkit to maintain positive outcomes and reduce mental health issues in communities. The aim is to teach people skills on how to be happy and successful and feel positive in situations, offering a working relationship with clients. They focus on helping people who are scared to build bridges between needing medical services and access to them. They also train professionals to improve the help they give to patients. The main aim is to take pressure off GPs and the Cedar Centre, providing early intervention and support. Copy of the presentation can be found at Appendix 5.</p> <p>Introductions – Around the Table Discussion</p> <p>Nic Thandi – Alzheimer's Society</p> <ul style="list-style-type: none"> • The Alzheimer's Society runs dementia support groups across Leicester City, Leicestershire and Rutland. • Offers support information programmes and community programmes and provides support and activity groups. • Provides early onset groups, members of the public need to book onto these groups. • Set up Dementia Action Alliance which focuses on supporting people 	

with dementia and their carers.

- Main aim is to prioritise links with GPs, work to engage with other communities, being realistic about utilising communities.

Suzanne Lucas – J&S Day Service

- J&S Service offers day services for people with dementia, opening on 15th August in South Wigston.
- Offers support and advice for carers.
- Focuses on the critical end of dementia.
- Taking referrals through Adult Social Care or self funded. Can meet 15-20 people per day.

Helen Loydall – Senior Citizen Advice Group

- Senior Citizen Advice Group provides forums with various speakers regarding dementia, approximately 60 – 70 attend each forum.
- Sends information via mailing list to residents, 900 residents on register.
- Organises the annual Young at Heart day.

Sharon Rose – C.C.G.

- Clinical Commissioning Group is creating work plans with GPs to work on dementia.
- Trying to identify patients with dementia, increasing numbers on register diagnosed with dementia.
- Commissioning services from Leicestershire Partner Trust.
- Offering Better Care Together – can allocate patients to a social worker.
- Looking at ways to offer a practical support with difficult patients.
- Question arises on struggle to contact CCG and a need for information early on without waiting for diagnosis.

Lynn Redfearn – Rethink, Adult Mental Health

- PCT funded – to look after carers dealing with mental health issues, help to signpost them to receive support.
- Provides support, caring and coping groups.
- Trying to prevent admission to hospitals.
- Provide support groups at Cedar Centre.

Jane Morris – Boulter Crescent Project

- ADHD & ASD support, planning to set up groups in community flat.
- Public Health funding Incredible Edible Project – growing vegetables outside Boulter Crescent for tenants.
- Boulter Crescent available as a venue, free of charge.

Avril Lennox – Health & Leisure O.W.B.C

- Commission funding drawn down to provide a range of physical activity projects across the borough, including Sportivate programme aimed at young people experiencing mental health concerns. In addition to health walks for dementia patients and physical activities for children.

	<ul style="list-style-type: none"> • Working on retirement project for over 50s and carers. <p>Age UK</p> <ul style="list-style-type: none"> • Provides short respite breaks for people who are caring for an older person with dementia. • Age UK provide a day service for people with dementia that operates in Paddock Street, Wigston. <p>Actively working to ensure that organisation is dementia friendly. This is a combination of training for staff and volunteers, awareness raising –for example, encouraging staff, volunteers and other supported to become Dementia Friends or Dementia Ambassadors, auditing our venues and other infrastructure to ensure e that Age UK are welcoming and accessible to people with dementia and their carers.</p>	
13.	<p><u>COMMUNICATION</u></p> <p>Oadby and Wigston Health & Wellbeing Board:</p> <p>Aim to gather information to create an online information portal for health professionals and members of the public, in order to provide signposting to appropriate local services.</p>	
14.	<p><u>DATES OF FUTURE MEETINGS</u></p> <p>The Chair confirmed that each HWBB meeting will have a key focus, with the last meeting in April acting as the O&W Annual Health summit to review outcomes and set future priorities. A core list of Members will attend all meetings, with specialist health professionals invited to selected meetings where they can feed into the HWBB 2016/17 priorities based on their specialist area.</p> <ul style="list-style-type: none"> • Tuesday 11 October 2016 – Diabetes/Healthy Weight • Tuesday 10 January 2017 – Substance/ Alcohol Misuse • Tuesday 4 April 2017 – Annual Health Summit 	

THE MEETING CLOSED AT 3.30 PM



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CHAIR

TUESDAY, 11 OCTOBER 2016

MINUTES OF A MEETING OF THE HEALTH AND WELLBEING BOARD HELD AT THE COUNCIL OFFICES, STATION ROAD, WIGSTON ON TUESDAY, 11 OCTOBER 2016 COMMENCING AT 1.30 PM

<u>IN ATTENDANCE:</u>		
Chair - Councillor J Kaufman		
COUNCILLORS (2):		
G A Boulter	J W Boyce	
OFFICERS IN ATTENDANCE (2):		
Avril Lennox MBE	Megan Whittingham	
OTHERS IN ATTENDANCE (8):		
James Naylor	Sharon Rose	Ruth Mann
Malcolm Brown	Dave Cliffe	Aideen McKenna
Jo Wyld	Lynn Pallett	

Min Ref.	Narrative	Officer Resp.
15.	<p><u>WELCOME BY CHAIRMAN, COUNCILLOR JEFFREY KAUFMAN</u></p> <p>Chair, Councillor Jeffrey Kaufman, welcomed all attendees to the meeting. He confirmed that the Oadby and Wigston Health & Wellbeing Board (HWBB) has recently gone through a re-structure.</p> <p>The aim of this group is to bring key decision makers together from a range of local health providers to review local health data, share information on service provision and lobby for change. Each planned meeting will concentrate on a particular area of health. This particular meeting has a focus on 'Diabetes and Healthy Weight'.</p> <p>There is a 'core' list of individuals who attend every meeting; this includes Councillors, OWBC Officers; and key individuals whose health expertise covers across a range of health topics. In addition to this, external agencies, with specialist knowledge are invited to send representatives to attend specific meetings relevant to their key work area.</p> <p>Councillor Kaufman confirmed he was delighted to see so many external agencies in attendance at the meeting, this included representation from:</p> <ul style="list-style-type: none"> • The School Sports Partnership • Master Gardeners / Incredible edible • Diabetes prevention programmes • Leicestershire Nutrition & Dietetic Service • Voluntary Action Leicestershire • Weight Watchers 	
16.	<p><u>APOLOGIES FOR ABSENCE</u></p> <p>An apology for absence was received from Councillors Ms K M Chalk and</p>	

	Dr T K Khong, Dr Vivek Varakantam and Aaron Bohannon.	
17.	<p><u>MINUTES OF THE PREVIOUS MEETING HELD ON 12 JULY 2016</u></p> <p>One key action from the last meeting was to create an online information portal for health professionals, GPs and the general public, in order to provide signposting to appropriate local services.</p> <p>Avril Lennox confirmed that this action has now been completed and the webpage for the online portal has been promoted via the Council's Letterbox newsletter. This action will be presented under the next Agenda item, 'Communication'.</p>	
18.	<p><u>COMMUNICATIONS UPDATE</u></p> <p>Megan Whittingham, the Council's Sports Development Assistant, presented the current 'live' view of the new online Health portal to all attendees. She explained how to navigate around the site, which references the Health & Wellbeing Board's priorities.</p> <p>The webpage can be accessed by clicking the following link: www.activeoadbywigston.org.uk/health</p> <p>A number of suggestions were made in order to add value to the page; these include:</p> <ul style="list-style-type: none"> • Use the top web banner facility to promote the different pages • Add a rider to advise participants to check the credentials and health and safety of the individuals programmes/activities • Allow private companies to promote their programmes, providing they meet the key identified health priorities. <p>All attendees felt the webpage was a real step forward to providing residents, GP's and Health Professionals with up to date information on local health services, which link to the Board's priorities.</p> <p>Megan will make the relevant changes and add to the 'live' portal.</p>	MW
19.	<p><u>INTRODUCTIONS - AROUND THE TABLE DISCUSSION</u></p> <p>Sharon Rose: Locality Lead Manager, East Leicestershire & Rutland Clinical Commissioning Group (CCG)</p> <p>Addressing Diabetes: Healthier You: The NHS Diabetes Prevention Programme</p> <ul style="list-style-type: none"> • National Programme, started in 2016 • Those referred will receive personalised help to reduce their risk of Type 2 diabetes • Over a minimum of nine months patients will be offered at least 13 education and exercise sessions of one to two hours, at least 16 hours face to face or 1-to1 in total <p>Ruth Mann: School Sport Development Manager, Learning South Leicestershire School Sports Partnership</p> <p>Weight management:</p>	

- Energy Club - for young people at risk of being over/under weight.
- Participants identified by the National Child Measurement Programme and by Primary Schools, as those students that don't enjoy PE
- A Healthy Lifestyle coach goes into schools and delivers a cook and eat programme that links to the FLiC, which is an 8 week weight management programme.
- Community Energy Club at South Wigston High School, in addition to Holiday Club.
- Also deliver Girls less active fitness based sessions and LADS programme, for those not interested in traditional sports.

Ruth works closely with the local Head Teacher's Development group to encourage schools to improve their PE in Schools.

Expected outcomes – increased levels of physical activity, improved awareness of healthy lifestyles increased confidence and self esteem

David Cliffe: Community Development Officer VAL

Link to addressing Diabetes.

- Incredible Edible: Food growing in South Wigston and Wigston, with the aim to go across the whole of the borough
- Activity day held at Wigston Library to teach people to grow food / nutrition and cooking
- Aiming to constitute the group in near future
- Fairfield Estate – gentle exercise, Tai chi and Nordic walking
- Step out for children and young people in South Wigston, at St Thomas' Church. Now a fully constituted group.

Expected outcomes – greater community cohesion, community food growing, community cooking

Malcolm Brown: Master Gardeners

Link to addressing Diabetes & Weight Management.

- Incredible Edible – healthy eating as part of the programme
- Oversee adult learning programmes
- Food groups in schools – Woodland Grange, Wigston Magna and Glenmere. Practical food and cook prog.
- Support the nutrition element

Expected outcomes include improved health & wellbeing, improved knowledge of healthy eating and community cohesion

Lynn Pallett & Jo Wyld: Weight Watchers

Link to addressing Diabetes & Weight Management

- Free 12 week Weight Watcher's programme
- Can be self referred or via GP
- Aim to lead to people changing long term lifestyles
- Smart points – to reduce sugar intake
- Age restriction for children (from 13 upwards)

	<ul style="list-style-type: none"> • Five meetings held across Oadby and Wigston <p>Expected outcomes include weight loss, improved health & wellbeing and confidence</p> <p>James Naylor: Everyone Active</p> <p>Link to addressing Diabetes & Weight Management</p> <ul style="list-style-type: none"> • Diabetes programme (a key priority, currently red rating for O&W) includes nutrition element as well as physical activity. Participant's results are positive – reduction in weight and reduced use of medication for some. • Links to Exercise Referral, which is increasing • Girls Clubs (42 now attending) <p>Expected outcomes – improved health and wellbeing, weight reduction, reduction of medication</p> <p>Aideen McKenna: Leicestershire Nutrition & Dietetics Service</p> <p>Link to addressing Diabetes & Weight Management</p> <ul style="list-style-type: none"> • Joint weight management services including adult and family weight management programmes • Universal healthy eating advice and basis cookery skills programme in partnership with local council's and adult learning services. <p>Expected outcomes include weight loss, increase in physical activity, improved health & wellbeing and confidence</p>	
20.	<p><u>PROMOTION</u></p> <p>All attendees asks to promote the Active Oadby and Wigston 'Health' webpage, and share relevant programme information with networks.</p>	ALL
21.	<p><u>FUTURE MEETINGS</u></p> <p>The Chair confirmed that each HWBB meeting will have a key focus, with the last meeting in April acting as the O&W Annual Health summit to review outcomes and set future priorities.</p> <ul style="list-style-type: none"> • Tuesday 10 January 2017 – Substance/ Alcohol Misuse • Tuesday 4 April 2017 – Annual Health Summit 	

THE MEETING CLOSED AT 3.30 PM



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CHAIR

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TUESDAY, 10 JANUARY 2017
