

**MINUTES OF THE MEETING OF THE HEALTH AND WELLBEING BOARD HELD AT/BY
REMOTE AUDIO-VIDEO CONFERENCE (MICROSOFT TEAMS) ON TUESDAY, 26 APRIL
2022 COMMENCING AT 1.30 PM**

PRESENT

Mr J Kaufman Chair



Meeting ID: 2122

COUNCILLORS

Mrs R H Adams
Mr G A Boulter
Mrs L Kaufman

OFFICERS IN ATTENDANCE

Mr A Dingley Community & Wellbeing Manager
Mr R Levy Community & Wellbeing Officer
Ms J Mackenzie Community Health Improvement Officer
Ms L Mugridge Graduate Community Physical Activity, Health & Sport Assistant

OTHERS IN ATTENDANCE

Ms L Baginskis Active Together
Ms M Flynn Leicestershire County Council
Revd L Gill Helping Hands
Ms S Jagot GP Social Prescribing Link Worker
Ms S Renton Leicestershire County Council
Ms T Staines Cross Counties Healthcare PCN
Mr J Watkins Glenfield Surgery

35. WELCOME BY CHAIRMAN, COUNCILLOR JEFFREY KAUFMAN

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36. APOLOGIES FOR ABSENCE

H Khan
J Barroclough
J Parton
J Curtin
L Monk
Dr Varakantam
J Purdie
J Naylor
N Swan

37. MINUTES OF THE PREVIOUS MEETING

All actions completed.

The minutes of the meeting of the HWBB held on the 18 January 2022 to be taken as

read, confirmed and signed by the Chair.

38. HEALTH & WELLBEING BOARD PRESENTATION

Jennifer Mackenzie and Ross Levy, Community Health Improvement Officers, Oadby and Wigston Borough Council.

J Mackenzie and R Levy presented a year summary of their work from April 21-22 on the Community Champions scheme.

R Levy highlighted the successes of their work, including being a public facing team having completed over 50 events. R Levy also stated the challenges they have faced, such as boosting community capacity and leadership amongst residents, stating the importance of volunteers and that their involvement is crucial to supporting longevity of programmes. J Mackenzie spoke of the Covid 19 community response and recovery they have supported.

The team delivered 8 continuous health and wellbeing programmes, working with a range of partners and organisations to provide a holistic offer in the Borough. Over the last year, the team have worked towards tackling health inequalities in the Borough, those already existing, and those impacted by Covid 19. Health inequalities targeted including smoking, food education, Type 2 Diabetes, physical activity and routine health screenings.

R Levy and J Mackenzie shared qualitative and quantitative feedback of programmes. They collect robust feedback on all programmes and events to improve the service and monitor impact. On all programmes, feedback has been very positive with 100% satisfaction rate, 100% likeliness to recommend to a friend, 100% rated aspects of the programme as 'good' or 'very good' and 80% 'agree' or 'strongly agree' that they feel healthier.

Cllr L Kaufman commented that the team started as a small acorn, and are now an oak tree, expressing her thanks for all the work the team has done over the past year

A Dingley extended his thanks the team on their growth and impact over the last year.

Chair thanked for an interesting presentation. Chair asked if the numbers are quantified? Do we monitor improvements?

A Dingley responds that participants are tracked through commissioning reporting.

Participant numbers and other data is collected and monitored over the year.

R Levy commented they are grateful for everyone's partnership and collaboration in the Borough. He further commented that the team are targeting none digital channels to capture those hard to reach, highlighting that we need to improve capacity of community in order to engage with greater number of people.

39. PHYSICAL ACTIVITY COMMISSIONING PLAN FOR 2022/23

Andrew Dingley, Community and Wellbeing Manager, Oadby and Wigston Borough Council.

A Dingley presented an update of the Health and Wellbeing Team's remit for 22-23.

The framework that the work is delivered against is produced by Active Together, the aim of this is so that all districts deliver a consistent and cohesive approach across Leicestershire.

Sport and physical activity fits into our locality and wider strategic plans in a variety of ways, such as housing, conservation, food poverty and local plans. The Health and Wellbeing team will continue to support wider Public Health programmes such as Weight Management Service, Quit Ready and Pre & Post Natal. We will adopt a flexible response to transformational work and emerging opportunities identified through monitoring, evaluation and a learning culture.

Chair thanked A.Dingley for his presentation.

Cllr L Kaufman also thanked A.Dingley. She would like to know the numbers of participants. Cllr L Kaufman also asked whether A.Dingley was working with planning?

ACTION: A.Dingley to send over participant numbers for 21-22.

A Dingley responded that he and a Planning Officer sit on the Active Planning Forums, a district wide group looking at involving health and wellbeing in planning discussions. He also stated that feedback is provided on the Local Plan and that every plan that is proposed, the Planning Officer considers the health and wellbeing of the residents with the support of the Health and Wellbeing team.

L Gill commented that on Slide 3, A.Dingley said monitoring and evaluation was a learning culture. L Gill raised concerns about how we are listening to our residents, questioned how we are adapting our actions to the feedback and voices.

A Dingley responded the team are delivering regular community pop ups, but we understand it is our responsibility to use different community connectors to do the listening for us. For example, A.Dingley mentioned Local Area Coordinators like M Flynn, who has a strong connection with community.

R Levy stated that the residents forums also provide a platform for residents to have a say. The team try to follow 'you said we did' framework to provide needs-led programmes.

L Gill agreed that engagement with the 'gate keepers' is paramount. He mentioned that he appreciates the size of team, so would recommend using gate keepers to engage with different communities.

M Flynn agreed valid points raised about community connectors, but we are moving forward as the dialogue is working in the Borough. The Health and Wellbeing team always turn up to conversations, and people are taking ownership in the community now, such as the Mental Health forum. Events are being delivered like the uniform exchange, with every step of these events including members of the community.

L Mugridge highlighted our engagement events give residents an opportunity to voice their concerns and needs.

Cllr L Kaufman stated that hopefully soon, we will return to letterbox for those hard to reach residents.

Chair commented that it is often the same faces at every residents Oadby forum. Need to diversify.

A Dingley responded that the resident forums will be hybrid in future to allow for more to attend.

40. UPDATE FROM OADBY AND WIGSTON LOCALITY GROUP

Sue Renton, Health and Well Being Team Leader / Senior Social Prescribing Link Worker, Oadby and Wigston PCN / GP Surgeries.

Chair highlighted there was an outstanding action from previous minutes with S Renton regarding home visits on vaccinations.

S Renton responded the action is on-going. It is a current focus for staff and it is being performed with Oadby and Wigston Primary Care Network (PCN).

S Renton introduced herself as Health and Well Being Team Leader and Senior Social Prescribing Link Worker for Oadby and Wigston PCN.

The PCN covers 5 surgeries across borough. Patient population of 45,000. PCN has now got a website. Went live on the 25th April.

Website details: <https://www.oadbyandwigstonpcn.co.uk/>

From a previous Health Summit in 2019, developed a working group to look at health inequalities in Borough. In the past, the group had planned a big event, but it was cancelled due to Covid-19. Despite this, partnership work continued and the enthusiasm of partners enabled the group to progress to a formalised group known as the Oadby and Wigston Integrated Leadership Team (OWLS). Work has included supporting food banks, prescription collections and befriending as a few examples. The aim is to support wellness of individuals and create a healthy community through collaborate working.

Partners include Oadby and Wigston Borough Council, Leicester County Council such as the Local Area Coordinators , Adult Social Care, Helping Hands, Police, Fire Service and

more.

In December 2021, the group developed a business development plan. This includes different working groups and leads. The working groups are as follows:

- Tackling health inequalities is led by A.Dingley
- Improving mental health and wellbeing is led by J.Blackett
- Support and promotion of the Community Energy Champions in Helping Hands is led by L.Gill
- Access to general practice is led by S.Renton
- Increase physical activity is led by J.Mackenzie
- Joint working, referral pathways and shared database is led by N.Swan
- Increasing the number of Active Practices is led by L.Baginskis.

The working groups report on a quarterly basis.

The OWLS have made great progress. Successes include blue social prescribing programme, first mental health forum, new community energy champion, physical activity opportunities and active practices offering walks alongside their patients.

In summary, the Hub Club is a great example of what we are achieving. It is a clear demonstration of partnership work across sectors. Early stages attendance of 12-15 people. In future dates, there will be health checks, fire service workshops and more. Chair asked how do we engage with the patients of the surgery that is outside the PCN? S Renton responded there are two surgeries not part of the PCN; Spectrum Health and Cross County Medical Centre. T Staines is from Cross Counties is in attendance, work closely with them.

Chair raised concerns that Spectrum Health are accepting patients from outside the Borough. Asked is that something we should be concerned of?

S Renton said she cannot comment as not have any information on this. Recommended to contact Spectrum Health direct.

41. ANY OTHER BUSINESS

Chair thanked everyone for their presentations.

L Mugridge promoted the Wellbeing event that is taking place Monday 9th at the Winchester Pool and Snooker Club 3-7pm. Extends invite to everyone on call.

ACTION: L Mugridge to send out information on wellbeing event.

Chair suggested meeting is face to face.

A Dingley confirmed the next meeting will be hybrid.

42. NEXT MEETING DATE

Next meeting date Bushloe House Council Chambers at 1.30pm on the 26th of July 2022.

THE MEETING CLOSED AT 2.49 pm



Chair

Tuesday, 26 April 2022

Community & Wellbeing Team (Active Oadby and Wigston)

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Year in Review
April 2021 – April 2022



Oadby & Wigston
BOROUGH COUNCIL

Our Workstreams

Over the last year:

- COVID-19 community response & recovery- including Community Health Champions
- Health & wellbeing programmes, campaigns and interventions- tackling health inequalities
- Community engagement (residents forums...)

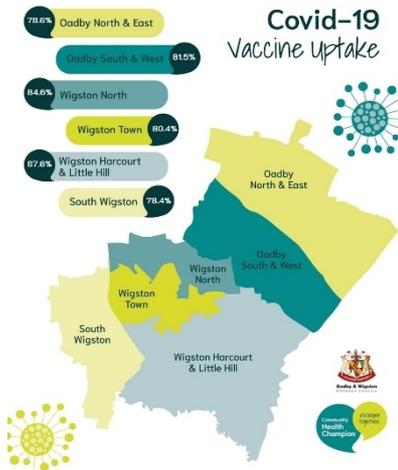
Key Successes & Challenges

Successes	Challenges
Partnership working- diverse range of partners from across public, private and third sector	Boosting community capacity- improving leadership amongst the community
Public facing team- over 50 events completed	Effectiveness of non-digital access channels to communicate key messages to target groups
Impact: “Really nice group of people with the same purpose in mind and a supportive leader/instructor with the knowledge to help with any worries or concerns.” (Active Oadby and Wigston programme participant)	Understanding and demonstrating the longer-term impact of our work- what happens to participants 6 months, a year down the line?

COVID-19 Community Response and Recovery

- 3 pop up Covid-19 Vaccination Clinics. Total people vaccinated = 684
- Lateral flow tests distributed regularly
- Consultation on barriers and enablers
- Volunteer Community Health Champions

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Neena Gahir is at Brocks Hill Country Park. 4h · Leicester · ...

Today is #WorldMentalHealthDay so I'll be reflecting on how I maintain my mental wellbeing. I find that being outdoors and connecting with nature works wonders for me. I love going for walks and skipping at Brocks Hill Country Park. It's a beautiful place where I like to go and focus my attention on the present moment, such as how the air feels or the crunching sound as I walk over the autumn leaves. I'd definitely recommend it as somewhere to explore if you haven't already. You can find more info here: <https://www.activeoadbywigston.org.uk/green-spaces1>

If being outdoors isn't for you, then make sure you take some time out to do something that makes you happy. 🍀

Active Oadby and Wigston



Explore mental health resources from experts.

Explore

Health & Wellbeing programmes, interventions and campaigns

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- Over 50 community-facing events/activities, including community days of action
- 8 continuous community programmes
- Funding and support provided to local partners and groups for post-Covid recovery
- Working with range of partners (Age UK, Leicestershire Autistic Society, VASL)



Tackling health inequalities

Tuna Burger

Prep time (minutes) **25** Makes **6-8**

Ingredients

- 200g tinned tuna
- 2 baking potatoes, peeled, boiled, mashed & cooled
- 1 onion, finely chopped
- 1 carrot, peeled and finely chopped
- 1 celery stick, chopped (optional)
- 1 tablespoon Worcestershire sauce
- 1 teaspoon grated lemon zest (optional)
- Plain flour, for dusting
- Oil, for brushing
- 6-8 burger buns
- Salad, to serve

Method

2 of your **5** a day

1. Peel, boil, drain, and mash the potatoes. Allow them to cool.
2. Mash the tuna in a bowl. Add the mashed potatoes, onion, celery, Worcestershire Sauce and lemon zest. Mix well. Preheat the grill to high.
3. Shape mixture into 6-8 flat, round burgers. Dust lightly all over with flour. Brush lightly with oil.
4. Grill for 6 minutes on each side until golden brown, turning once.
5. Serve each burger in a burger bun with salad.
6. Enjoy!

Did you know?
A healthy, balanced diet should include at least 2 portions of fish a week, including 1 of oily fish.

Alternative:
You can replace the tuna with chickpeas!



Find us on social media:
'Active Oadby and Wigston'



Designed by Oadby and Wigston Borough Council's Community Health Champions



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Top Tips To Improve Your Mental Wellbeing

What is good mental health?

Looking after your mental health is not something we should just do if we are struggling, or feeling low, anxious or stressed. It's actually something we should think about all the time and really invest in, just like with our physical health.

Staying on top of your mental wellbeing is good for us now but also helps us deal with and manage difficult times in the future. Over time, it can also reduce our risk of physical health problems.

Have a look at these Top Tips!

1 Reframe unhelpful thoughts

The way we think, feel and behave are linked. Sometimes we develop patterns of thoughts or behaviours that are unhelpful, so recognising them and taking steps to think about things differently, can improve your mental health and wellbeing.

2 Be in the present

If we take time to be aware of ourselves and be in the present moment, noticing our own thoughts and feelings, and the world around us, we can gain a better perspective. Sometimes this is known as being more mindful.

3 Get good sleep

Good-quality sleep makes a big difference to how we feel mentally and physically, so it's important to get enough.

4 Connect with others

Spending quality time with friends or family, talking to someone about how we are feeling or finding ways to help other people can all help us feel less lonely and improve our mental health and wellbeing. This can be online by phone or seeing someone in person.

5 Live a healthy life

Being active, enjoying the outdoors and having a healthy, balanced diet all boost how we feel. Also, breaking bad habits like smoking, and cutting down on alcohol and caffeine can have a positive effect on our mood.

6 Do something for yourself

From enjoying your favourite hobby, learning something new or simply taking time to relax, it's important to do things that make you happy, like trying a new hobby or learning a new skill!

Sources: 'Be Well: Don't Wait'

Website: <https://www.activeoadbywigston.org.uk/>



If you need to talk right now, call Samaritans on 116 123 or text SHOUT to 83258



QuitReady
Leicestershire




Impact

"I feel much more confident and happier than before"

"I feel confident it gives me a reason to get out of the house and make friends"

"Need more activities like this in the community"

"It makes me get out and exercise, if I weren't meeting the group I may not go"

"I feel more involved in my community"

Impact

- 100% satisfaction rate on our surveys
- 100% likely to recommended to a friend
- 100% rated aspects of the programme as 'good' or 'very good'
- 80% 'agree' or 'strongly agree' that they feel healthier

Community Engagement

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Your Views Matter!



Join our Residents' Forum meetings

Oadby - Tuesday 17 May, Walter Charles Centre, 6.30pm

Wigston - Wednesday 18 May, Council Chambers, 7pm

South Wigston - Tuesday 24 May, South Wigston Methodist Church, 7pm

To send agenda items or to request to attend virtually, please email:

ross.levy@oadby-wigston.gov.uk

or call: 07939 367979



Search 'Oadby & Wigston Borough Council' to stay up to date:



The Hub Club

Meet, chat and get involved
with local organisations



On 10 March 2022, the **Hub Club** will open its doors for the first time at The Kings Centre in Wigston.



The **Hub Club** is a community driven project aiming to provide adults with a space to meet a range of community services and organisations, chat, and do activities while having a cuppa.



The **Hub Club** is supported by Hope Community Church, Oadby and Wigston PCNs, Helping Hands, Leicester South Foodbank and Oadby and Wigston Borough Council, who will provide information and advice to support your physical, financial, emotional and social wellbeing.



Every Thursday between 2pm - 4pm.



No need to register, just turn up!

For more information, please contact:

active.together@oadby-wigston.gov.uk



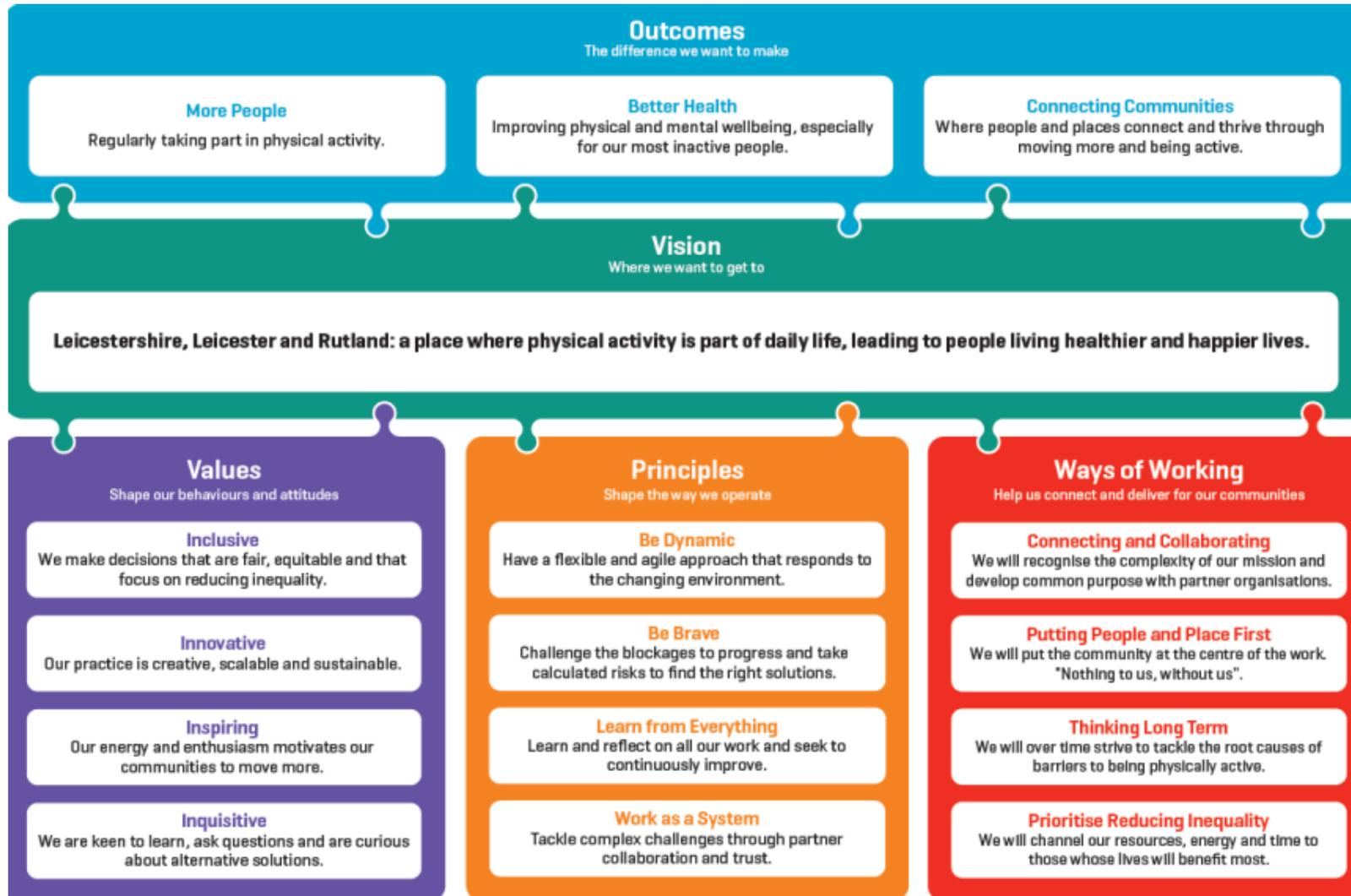
Every Thursday, 2pm - 4pm
The Kings Centre
56 Bull Head Street, Wigston, LE18 1PA

Sport and Physical Activity Commissioning

Let's Get Moving



Active Together Framework



Strategically,
how is sport &
Physical activity
placed within
our locality?
How is sport &
physical activity
linking wider
strategic plans?



Inquisitive
We are keen to learn, ask questions and are curious about alternative solutions.

Work as a System
Tackle complex challenges through partner collaboration and trust.

Connecting and Collaborating
We will recognise the complexity of our mission and develop common purpose with partner organisations.

How are we working together and with Active Together / LCC Public Health to ensure that there is a consistent offer for physical activity across Leicestershire?

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- Grow our local networks collaboratively
- Advocate & Champion more than before
- Continually share our Physical Activity message

#Let'sGetMoving



Inspiring

Our energy and enthusiasm motivates our communities to move more.

Learn from Everything

Learn and reflect on all our work and seek to continuously improve.

Connecting and Collaborating

We will recognise the complexity of our mission and develop common purpose with partner organisations.

How are we working to support wider Public Health Programmes?

- Weight Management Service
- Quit Ready
- Healthy Tots and Healthy Schools
- Wellbeing at work
- Pre and Post Natal
- Healthy Conversation Skills
- Healthy Weight Strategy
- PA Pathway
- Active Places and HIAs
- LACs / Social Prescribing / Recovery Workers

Innovative

Our practice is creative, scalable and sustainable.

Be Dynamic

Have a flexible and agile approach that responds to the changing environment.

Prioritise Reducing Inequality

We will channel our resources, energy and time to those whose lives will benefit most.

The building blocks to local capacity and sustainability



Upskilled workforce



Community



Use of volunteers



Engage



Maximising opportunities through relationships



Flexible approach

Innovative

Our practice is creative, scalable and sustainable.

Be Brave

Challenge the blockages to progress and take calculated risks to find the right solutions.

Connecting and Collaborating

We will recognise the complexity of our mission and develop common purpose with partner organisations.



How will our work support with tackling the inequalities we have long seen in physical activity?

Inclusive

We make decisions that are fair, equitable and that focus on reducing inequality.

Learn from Everything

Learn and reflect on all our work and seek to continuously improve.

Prioritise Reducing Inequality

We will channel our resources, energy and time to those whose lives will benefit most.

A flexible response to transformational work and emerging opportunities

Monitoring, Evaluation and Learning Culture

Innovative

Our practice is creative, scalable and sustainable.

Be Dynamic

Have a flexible and agile approach that responds to the changing environment.

Connecting and Collaborating

We will recognise the complexity of our mission and develop common purpose with partner organisations.

Inquisitive

We are keen to learn, ask questions and are curious about alternative solutions.

Learn from Everything

Learn and reflect on all our work and seek to continuously improve.

Thinking Long Term

We will over time strive to tackle the root causes of barriers to being physically active.

How are we managing the balance between programme/intervention delivery and systems change?

- ▶ Experienced in managing programme/intervention delivery
- ▶ Systems Leadership is becoming instinctive
- ▶ Work with the willing

Inclusive

We make decisions that are fair, equitable and that focus on reducing inequality.

Work as a System

Tackle complex challenges through partner collaboration and trust.

Putting People and Place First

We will put the community at the centre of the work.
"Nothing to us, without us".



Care to Walk

Community Engagement Day



Inter Faith Walk



Let's Grow



Seated Activity





Walking

Walking Football





Questions