

**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 1.00 PM**

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

Min Ref.	Narrative	Officer Resp.
15.	<p><b><u>WELCOME BY CHAIRMAN, COUNCILLOR JEFFREY KAUFMAN</u></b></p> <p>Chair, Councillor Jeffrey Kaufman, welcomed all attendees to the meeting. He confirmed that the Oadby and Wigston Health &amp; 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"> <li>• The School Sports Partnership</li> <li>• Master Gardeners / Incredible edible</li> <li>• Diabetes prevention programmes</li> <li>• Leicestershire Nutrition &amp; Dietetic Service</li> <li>• Voluntary Action Leicestershire</li> <li>• Weight Watchers</li> </ul>	
16.	<p><b><u>APOLOGIES FOR ABSENCE</u></b></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><b><u>MINUTES OF THE PREVIOUS MEETING HELD ON 12 JULY 2016</u></b></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><b><u>COMMUNICATIONS UPDATE</u></b></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 &amp; Wellbeing Board's priorities.</p> <p>The webpage can be accessed by clicking the following link:  <a href="http://www.activeoadbywigston.org.uk/health">www.activeoadbywigston.org.uk/health</a></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"> <li>• Use the top web banner facility to promote the different pages</li> <li>• Add a rider to advise participants to check the credentials and health and safety of the individuals programmes/activities</li> <li>• Allow private companies to promote their programmes, providing they meet the key identified health priorities.</li> </ul> <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><b><u>INTRODUCTIONS - AROUND THE TABLE DISCUSSION</u></b></p> <p><b>Sharon Rose:</b> Locality Lead Manager, East Leicestershire &amp; Rutland Clinical Commissioning Group (CCG)</p> <p><b>Addressing Diabetes:</b> Healthier You: The NHS Diabetes Prevention Programme</p> <ul style="list-style-type: none"> <li>• National Programme, started in 2016</li> <li>• Those referred will receive personalised help to reduce their risk of Type 2 diabetes</li> <li>• 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</li> </ul> <p><b>Ruth Mann:</b> School Sport Development Manager, Learning South Leicestershire School Sports Partnership</p> <p><b>Weight management:</b></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"> <li>• Five meetings held across Oadby and Wigston</li> </ul> <p>Expected outcomes include weight loss, improved health &amp; wellbeing and confidence</p> <p><b>James Naylor:</b> Everyone Active</p> <p>Link to addressing Diabetes &amp; Weight Management</p> <ul style="list-style-type: none"> <li>• Diabetes programme (a key priority, currently red rating for O&amp;W) includes nutrition element as well as physical activity. Participant's results are positive – reduction in weight and reduced use of medication for some.</li> <li>• Links to Exercise Referral, which is increasing</li> <li>• Girls Clubs (42 now attending)</li> </ul> <p>Expected outcomes – improved health and wellbeing, weight reduction, reduction of medication</p> <p><b>Aideen McKenna:</b> Leicestershire Nutrition &amp; Dietetics Service</p> <p>Link to addressing Diabetes &amp; Weight Management</p> <ul style="list-style-type: none"> <li>• Joint weight management services including adult and family weight management programmes</li> <li>• Universal healthy eating advice and basis cookery skills programme in partnership with local council's and adult learning services.</li> </ul> <p>Expected outcomes include weight loss, increase in physical activity, improved health &amp; wellbeing and confidence</p>	
20.	<p><b><u>PROMOTION</u></b></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><b><u>FUTURE MEETINGS</u></b></p> <p>The Chair confirmed that each HWBB meeting will have a key focus, with the last meeting in April acting as the O&amp;W Annual Health summit to review outcomes and set future priorities.</p> <ul style="list-style-type: none"> <li>• Tuesday 10 January 2017 – Substance/ Alcohol Misuse</li> <li>• Tuesday 4 April 2017 – Annual Health Summit</li> </ul>	

**THE MEETING CLOSED AT 3.30 PM**



**CHAIR**

**TUESDAY, 10 JANUARY 2017**