

**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**

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

Min Ref.	Narrative	Officer Resp.
22.	<p><b><u>WELCOME BY CHAIRMAN, COUNCILLOR JEFFREY KAUFMAN</u></b></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 &amp; Wellbeing Board.</p> <p>The focus of the meeting today is 'Substance &amp; 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 4<sup>th</sup> 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><b><u>APOLOGIES FOR ABSENCE</u></b></p> <p>Cllr Dr T Khong, Dr Vivek Varakantam, Inspector Michael Cawley, Cllr Ms K Chalk, Stephen Glazebrook</p>	
24.	<p><b><u>MINUTES OF THE PREVIOUS MEETING HELD ON 11 OCTOBER 2016</u></b></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:  <a href="http://www.activeoadbywigston.org.uk/health">www.activeoadbywigston.org.uk/health</a></p>	

	No other actions are outstanding.	
25.	<p><b><u>OADBY &amp; WIGSTON PRIORITY 3 - SUBSTANCE / ALCOHOL MISUSE</u></b></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 3<sup>rd</sup> 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><b>SW/RD</b></p> <p><b>ZC</b></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>	
<b>26.</b>	<p><b><u>FUTURE AGENDA ITEMS / ACTIONS</u></b></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&amp;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>	
<b>27.</b>	<p><b><u>DATE OF NEXT MEETING</u></b></p> <p>The next meeting is the O&amp;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**  
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