

## **HEALTHY LIVING LSP THEMATIC GROUP**

**10<sup>th</sup> May 2010**

### **Present:**

Kishor Padki (Chair)	South West Essex NHS
Kim Anderson	Brentwood Borough Council
Cllr Margaret Brehaut	Brentwood Borough Council
Jo Cory	Brentwood Borough Council
Ashley Culverwell	Brentwood Borough Council
Trudy Frost	Brentwood Borough Council
Varsha Gayal-Wright	Essex & Southend Link
Jocelyn Jordan	LSP Co-ordinator
Ian Jorysz	Churches Together
Sarah Lawrence	Brentwood Borough Council
Susan Lilley	Extended Schools Services
Bob McIntock	Brentwood Leisure Trust

### **Apologies:**

Jenny Coates	Adult Community Learning
Geoff Fletcher	Trailnet
Kirsten Heydinrych	South Essex NHS Trust
Cr Jean McGinley	Brentwood Borough Council
Cllr Ann Naylor (resigning)	Essex County Council
Jon Tuppen	South West Essex NHS

1. **MINUTES OF PREVIOUS MEETING 27<sup>th</sup> October 2010:** the minutes were APPROVED as a true and accurate record.
2. **MATTERS ARISING:** JC gave the group an introduction to Active Brentwood. The partnership have projects running such as the L2A card, 60-70 cards have been issued and about 300 people on the scheme. The group also organise the Brentwood sports awards which also feeds into county and national sports awards. The group meet quarterly and host networking events throughout the year. It was agreed Active Brentwoods projects would be included in the Healthy Living workplan and updates to be given at future meetings.

The report on 'Improving Health of Marginalised Groups' had not been circulated to the group.

**Action: KD to forward report to JJ for circulation and discussion at the next meeting.**

SL raised the issue of funding for health checks that were previously done through Disability Essex and were no longer available. KD informed the group these checks were available from the NHS via GPs.

**Action: KD to check with the NHS if further help is required.**

3. **LSP RELAUNCH DAY:** JJ gave the group an update on the LSP relaunch day on the 17<sup>th</sup> February and the main points that came out of the day. A report has been collated from the results of the day and would be circulated to the group.

**Action: JJ to circulate to the group**

4. **AGREE TERMS OF REFERENCE AND MEMBERSHIP:** The group were given the LSP Terms of Reference agreed by the Executive Group with generic Terms of Reference for LSP Thematic Groups in the appendix. The group requested a specific Terms of Reference.

**Action: JJ to bring a draft Terms of Reference for the group to agree at the next meeting.**

The group agreed on quarterly meetings and regular updates to be given at each meeting of all the subgroups active in Brentwood.

Membership of the group was discussed and it was suggested adult social care be invited and also a replacement for Cllr Ann Naylor from Essex County Council. Other organisations would be invited to talk to the group about any new initiatives and as a needs be basis. This would ensure the group does not get too big and decisions can be reached.

5. **SUSTAINABLE COMMUNITY STRATEGY:** JJ updated the group on the SCS and the groups' priorities for the coming year. The SCS will be out for consultation the week commencing 24<sup>th</sup> May and the group will be notified to make their contribution. An action plan template was circulated to the group for comment and this action plan will be completed by the group on adoption of the SCS. The group was informed the SCS will be an 8 year plan to mirror the Essex Strategy and a review will be performed annually which the group will contribute to.

6. **UPDATES ON LAA PROJECTS:**

- a) Workplace Physical Activity Scheme – SL informed the group this scheme has been called 'Get Smart'. The scheme will be launched on the 6<sup>th</sup> August, where local businesses and the council will be invited to participate with teams of 6-8 at the Brentwood Leisure Centre for a 'wet'n'wacky' It's a Knockout event. During the launch free 6 week bespoke packages will be offered to participating businesses that will include health checks, exercise classes, and healthy living advice to employees. An upgrade is available at a cost. These packages will be aimed at all that work in Brentwood.
- b) Year 6 Obesity – SL informed the group the Bodycare programme has been relaunched. This is a 6 week programme for children and their parents during school hours and is a 30 minute advice and interactive work, and 30 minute exercise. 5 schools are currently taking part, 234 year 6 children and parents are taking part. 4 schools will be participating for the summer term which will mean

another 230 children. Bookings are currently being taken for September. Pre and post monitoring takes place to measure progress. SL has been working in partnership with Chelsea FC to deliver and Chelsea is interested in continuing on delivering once the PRG funding has ceased.

Brentwood Healthweek – SL gave an update on the Healthweek commencing on the 24<sup>th</sup> May. Year 5 pupils are invited to participate in 5 different healthy nation stations. Nutritionists are also visiting schools during the week. Staff activities will be taking place at the Town Hall and Family activities will be taking place in the high street on Saturday and in Weald Park on the Sunday.

- c) AC reported on the PRG funded Healthy Eating Awards which aims to reduce the amount of salt/sugar used in school/pre-school care dinners and promote a healthier way of producing meals. 23 awards have been awarded, 21 gold and 2 silver. 216 businesses have registered an interest. The project has been working in partnership with ECC Trading Standards. The long term sustainability is in question due to funding ceasing in March 2011.

AC reported on the PRG funded Smoking Cessation project taking place at the Brentwood Centre. 3 members of staff have been trained by the NHS and the first sessions are taking place in May. The target audience are primarily younger people.

It was discussed there are many national campaigns running throughout the year, which projects could be linked in with.

**Action: JJ asked that if members know of any to send details to JJ for circulation to the group for members to link up.**

7. **SWE PCT MENTAL HEALTH PROMOTION STRATEGY** KP brought to the group's attention the Mental Health Promotion Strategy. There was an Action Plan included in the Strategy to for partners to sign up to and deliver. KP confirmed there is no funding attached to this strategy from the PCT, however resources are available. An event is to be organised in the autumn.

8. **ANY OTHER BUSINESS**

The group enquired about future funding from Essex County Council. JJ informed the group that further funding had been mentioned at present was not confirmed.

9. **DATE OF NEXT MEETINGS:**

To be advised