

HEALTHY LIVING LSP WORKING GROUP

27th October 2009

Present:

Cllr Margaret Brehaut	Brentwood Borough Council
Jo Cory	Brentwood Borough Council
Geoff Fletcher	Trailnet
Trudy Frost	Brentwood Borough Council
Varsha Gayal-Wright	Essex & Southend Link
Jocelyn Jordan	LSP Co-ordinator
Brian Keane	Brentwood Borough Council
Miss S Lawrence	Brentwood Borough Council
Megan Mitchell (Interim Chair)	South West Essex NHS

Apologies:

Lucy Gill	Brentwood Borough Council
Susan Lilley	Extended Schools
Glynn Pritchard	South West Essex NHS
Bob McLintock	Brentwood Leisure Trust
Cr Jean McGinley	Brentwood Borough Council
Cllr Ann Naylor	Essex County Council
Sharon Wilde	Rethink

1. **MINUTES OF PREVIOUS MEETING 21st May 2009** the minutes were APPROVED as a true and accurate record.

2. **TRAILNET**

The group was given a presentation on Trailnet by GF. A discussion followed on what groups of people were targeted, and what activities were offered.

Trailnet is listed on the Vitality website and all those that use Trailnet at self referrals however Trailnet are looking towards being referred by GP's. A future project is to provide trikes that can be used by those with disabilities or learning difficulties that may find it difficult to ride bikes. A funding bid is currently being pursued. It was also suggested Trailnet link in with schools and the cycling proficiency being offered by the council.

3. **HEALTH PROMOTION- UPDATE ON ACTION PLAN**

SL gave an update on projects including:

- Brentwood Community Hospital Healthy Living Fair
During the Hospitals official launch in September, 19 agencies attended with stands in the reception area for a healthy living fair to promote different services and encourage people to get to know the hospital. Around 100

people attended. The hospital wants to repeat the event next year during the summer holidays and focus on activities that would attract families.

- Project aimed at younger people - 18-25yrs
During the Sexual Awareness Week, SL partnered with the Chlamydia Testing Team and the Essex Sexual Health Team, targeted Eclipse nightclub for 2 nights to promote safe sex and alcohol responsibility. Chlamydia testing was done on the night with 25 people tested. 300 people were engaged with and goodie bags with information and free condoms were handed out to everyone when leaving. The project is to be repeated at Eclipse at Christmas time. The project received excellent press stories.
- Project aimed at 16 years and upwards – Health Checks
Supported by Disability Essex, health checks were given out. Any areas for concern those tested were advised to see their GP. Amongst all tested 45 were tested in Ingatestone, and 42 employees tested at Brentwood Borough Council. Other employers in the Borough are to be encouraged to offer the service for their employees.
- Project aimed at the over 60's:
Active Living Event held at the Brentwood Centre to include sports activities, board games and social time for a nominal fee. Last event, 20 people attended.
- Project aimed at 15-18yrs Girls:
Funding received from Sports unlimited to fund 2 instructors to give classes on Boxercise and Stability Balls to encourage those not interested in sport to get active. Funding is being pursued to set up for boys. All classes are done as extra curricular activities in schools.

4. ACTIVEBRENTWOOD UPDATE

JC informed the group on the history of ActiveBrentwood. It was established in September 2007 by JC under the guidance of Sport England. The group was given funding of £26,000 from April 2008 – April 2009. More funding is being pursued from the direction of SportEssex. There are 20 agencies attending the delivery group. JC gave an update on the current projects:

- Sports Awards – Nightingale Centre
Well attended by all, the Mayor and other VIPs also attended. Feedback received was that it was an excellent night enjoyed by all. All the winners will be put forward to the Essex Sport Awards on the 11th November. There is to be another held next year, improvements to be made are to ensure more press coverage is

received, as there was no press coverage in the run up and post event despite efforts being made.

- L2A (Leisure 2 Arts) card – launched for those that qualify for benefits. This offers discounts for sports, leisure, cultural and learning facilities, it also signposts to free facilities. 4 cards have been issued so far. Phase 1 is to sign up all those that currently signing up for benefits. Phase 2 is to sign up those currently on benefits, to commence in February 2010.
- Extended Partnership Networking Event – an event is being planned for early next year to bring together more agencies in the Borough and encourage more partnership working.

5. ANY OTHER BUSINESS

- I. JC informed the group of a free Essex Event being held in Brentwood on Saturday 31st October, Urban Games, skateboarding event for teenagers.
- II. MB informed the group of a conference she attended 'Improving Health of Marginalised Groups'. She asked the group what is being set up to help groups such as the Gypsies and Travellers, Children and Young people, and the gay community and what policies are in place. MM informed the NHS are currently undertaking a needs assessment on Gypsies and Travellers and would be made available to the group when published. The structure of the Healthy Living meetings were discussed and how to take it forward over the next year. The group was informed the LSP had undertaken a review and one of the recommendations put in action was to review the subgroups, the membership, terms of reference and action plans and improve links between all the groups in the LSP.

6. DATE OF NEXT MEETINGS:

All meetings on Thursday 10am-12pm in the Committee Rooms, Town Hall, Brentwood:

- 18TH February
- 13th May
- 16th September
- 9th December