

#### Wing & Ivinghoe Community Board minutes

Minutes of the meeting of the Wing & Ivinghoe Community Board held on Wednesday 16 February 2022 in MS Teams, commencing at 6.30 pm and concluding at 8.07 pm.

#### **BC Councillors present**

A Bond (Chairman), D Blamires, P Brazier, P Cooper and C Poll

#### Town/Parish Councils and other organisations present

R Blacklock (Hardwick), B Brassington (Resident), P Brazier (Bucks Council Councillor), T Burch (Public Health Practitioner), C Cohen (Marsworth), L Cunningham (Public Health Registrar), S Jones (Headteacher Cottesloe School), C Lincoln (Whitchurch), C Lister (Resident), J McAteer (Service Director Bucks Council), R McCarthy (Resident), K Parnell (Resident), M Perry (Whitchurch), N Russon (Resident), N Shardlow (Watermead Clerk), M Stokes (LEAP), L Tabiner Crush (Wing), L Tring (Wing)

#### Agenda Item

#### 1 Chairman's Welcome

The Chairman welcomed everyone to the meeting.

#### 2 Apologies

Apologies were received from Penny Pataky.

#### 3 Minutes

The Minutes of the meeting held on 19<sup>th</sup> October 2021 were approved as a correct record.

#### 4 Declarations of Interest

There were no declarations of interest.

#### 5 Public Heath Presentation on Wing and Ivinghoe Board Profile

Public Health Speciality Registrar Lucy Cunningham and Public Health Consultant Tiffany Burch gave an overview of the health and wellbeing of residents in the Community Board Area. Their presentation highlighted key indicators for public health, in particular:

- Higher life expectancy for men (82.7 years) than the Buckinghamshire average (81.8)
- Lower life expectancy for women (84.6 years) than the Buckinghamshire average (85.1)

- Slightly higher low birth weight babies born (7.9%) than the Bucks average (6.8%)
- Higher overweight or obese children in year 6 (34.5%) than the Bucks average (31.1%)
- Lower levels of physical inactivity in adults (18.4%) than the Bucks average (20%)
- 45% of residents who were eligible for an NHS health check had done so

The presentation also highlighted three key recommendations to improving the health and wellbeing of residents in the Community Board Area. These included:

- Preventing Cardiovascular Disease (also a top priority of the Integrated Healthcare Partnership)
- Supporting residents to stop smoking
- Improving Mental Health/Tackling Social Isolation

Finally, the presentation suggested ways in which these recommendations could be taken on board and addressed by the Community Board:

- Fund the Active Movement Programme in schools
- Support the Grow it, Cook it, Eat it scheme
- Set up a Grow to Give scheme
- Make local parks and playgrounds smoke free
- Organise local Make Every Contact Count (MECC) training
- Fund Healthy Ageing projects
- Support schools to deliver a wellbeing service day for pupils and staff

These suggestions could be taken on board and interpreted by members of the Community Board as would best suit their areas using their local knowledge and connections.

Following questions from Members, the following points were made Lucy confirmed that 'physical inactivity' for adults would constitute falling below 150 minutes of moderate activity per week, or 75 minutes of vigorous activity each week. This data was taken from the health survey for England. Activities such as walking were a particularly accessible form of enjoyable exercise.

Supporting schools with initiatives such as a 'daily mile' or 'walk to school' initiative would be a good way to address the issue of overweight and obese children in Primary Schools. It was important to ensure that the children were consulted and engaged with any projects and initiatives put in place to stand any chance of being sustained. Bucks council was appointing a Participation Manager who would facilitate and develop existing networks to include youth voice representation, including possibly on Community Boards.

Tiffany did not have specific information related to the funding-split for the Integrated Care Board as this was at an NHS level and not part of the public health

remit at a local level, however it was normally funded based on population numbers and an element of need. Members were encouraged to invite NHS representatives to attend a future meeting to explain further. There had been an increase in the Public Health Grant in the region of 2.8%.

Katrina would catch up with Councillor Poll following the meeting to discuss proceeding with the wildflower planting project and confirmed that it had been funded and an award letter had been sent to Wingrave and Rowsham Parish Councils.

Members thanked Lucy and Tiffany for their time and presentation. Anyone seeking further information was encouraged to contact Tiffany at <a href="mailto:tiffany.burch@buckinghamshire.gov.uk">tiffany.burch@buckinghamshire.gov.uk</a>

The interactive profile plus Public Health's recommendations could be found at: <a href="https://www.healthandwellbeingbucks.org/local-profiles">https://www.healthandwellbeingbucks.org/local-profiles</a>

#### 6 LEAP - Activity and wellbeing partnership presentation

Mark Stokes gave a presentation to Members highlighting the work done by LEAP to improve the health and wellbeing of residents across Buckinghamshire and Milton Keynes through physical activity and sport. The presentation focused on the Children and Young People Active Lives Report published in December 2021. The details could be found in the slides appended to the Minutes of the meeting.

Following the presentation, the following key points were discussed:

- The decrease in the number of boys engaging in physical activity was mainly due to the sporadic operation of organised sports clubs during the lockdowns as regulations fluctuated.
- The 'Opening Schools Facilities' programme would be entering stage three, which aimed to increase community engagement with schools. 29 schools had been supported by the programme last summer.
- Funding had also been made available to promote physical activity through youth groups as part of the LEAP partnership programme.
- LEAP continued to operate its 'Active Medicine' workshop to increase public awareness of the benefits of physical exercise and activities in accordance with CMO guidelines.

#### 7 Funding Update

Of the £193k budget, £122k had been allocated, with around £67k worth of projects in progress which left around £3k for this financial year. The budget for the next municipal year would be less, however would still be able to achieve positive outcomes for residents.

#### 8 Police Update

Inspector James Davies was in attendance to provide an update on the work of Thames Valley Police in the Community Board area. The following points were highlighted:

- Community Board boundaries differed slightly to the boundaries used by the
  police for Wing and Ivinghoe. There had been 19 residential burglaries
  committed during the year to date, which was low when compared
  nationally. Violence with injury had increased by 20 crimes which
  represented a 44% increase, this was a national trend toward pre-lockdown
  levels. Thefts of motor vehicle were down 28% in the area.
- There had been an increase in rural crimes, with a particular focus on agricultural premises. These were committed by organised crime groups who would commit offences across the country. Individuals had been arrested and had bail conditions not to enter the county. Since the arrests had been made, no further offences had been committed.
- The neighbourhood policing team covered a wide area, and had resourcing challenges. The national uplift in officers was underway although was a slow process and pressures were expected to continue for the short term.
- The force had to prioritise areas of focus, and often this meant problem parking was not dealt with immediately, although where the police were notified they did attempt to resolve these issues.
- The speedwatch scheme had been updated and was now a centralised system which made the process smoother for any residents interested in setting up their own scheme. The new system had been received positively in lyinghoe and the speed camera van had been out to problem areas identified through speedwatch.

#### 9 Buckinghamshire Council Update

Chris Poll presented the Buckinghamshire Council update. The report in the agenda pack contained full details and the following points were highlighted:

- The Local Government Boundary Commission (LGBC) had decided the number of Councillors in Buckinghamshire should be 98. A <u>consultation was open</u> for residents to provide information on local areas to help the LGBC complete proposals for new ward boundaries. It would close on 4 April.
- The Council was in the early stages of producing its new Local Plan and all members of the community were encouraged to give their views on its development through a <u>public consultation</u>.
- If Board members knew of any residents who may need some extra help to cover food, heating and other essential costs they were encouraged to

contact the Council's Helping Hand team.

- A range of information was available on the Council's website on <u>The Queen's Platinum Jubilee</u> including how to apply for street party road closures. Tree planting was a great way to get involved in Jubilee celebrations and tree planting guidance had also been produced on the Council's website.
- As part of the celebrations the Council was looking to compile a list of the 70 best loved trees and woodlands to celebrate 70 years of her Majesty's service and nominations were invited from each Community Board area.
   More information could be found on the Council's website.
- There had been recent policy changes to 20 mph speed limits in Buckinghamshire which had held up some Community Board projects to display signage around schools. The new guidance would be circulated by Katrina and Board members were invited to submit questions (Action: Katrina Holyoake). Information can be viewed here. The Board would monitor the progress of two cases in Wing and Wingrove where sign only limits were being implemented and an update would be given at the next meeting.

#### 10 Community Matters

- The <u>Ivinghoe Area Freight Zone consultation</u> would close on 23 February 2022. Traffic Regulation Order Freight strat consultation closes on 23<sup>rd</sup>.
- The <u>Luton Airport consultation</u> was also live and details could be viewed online. Katrina would share this link with Board Members (**Action: Katrina Holyoake**).

#### 11 Date of Next Meeting

The date of the next meeting would be circulated to the Board as soon as it was confirmed. This would likely be around the end of July/early August and it was hoped that a face to face event would be organised in the meantime for April to highlight achievements, projects and celebrate Proud of Bucks awards.





# Wing & Ivinghoe Community Board Profile & Public Health Recommendations

Lucy Cunningham, Public Health Specialty Registrar Tiffany Burch, Consultant in Public Health

February 2022



### Introduction



The community we live in is one of the most important factors for our health.



Strong communities will be a key driver for recovery from the impact of the Covid-19 pandemic.



Our local social, economic and physical environment can affect our health directly, the health behaviours we adopt such as being physically active, and sometimes whether we access health and care services.



The Community Board profiles and Public Health recommendations have been designed to support you to start a conversation around where and how to improve the health and wellbeing of residents in your areas.

### Community Board Profile

- A snapshot that provides an overview of community health and wellbeing.
- This year, information on community safety and prosperity can be found in the same profile.
- Updated information for the post-COVID period will be available later.
- An interactive version of this profile will also be available later.





















OVID-19 headlines





Increasing ou prosperity





Return to home page

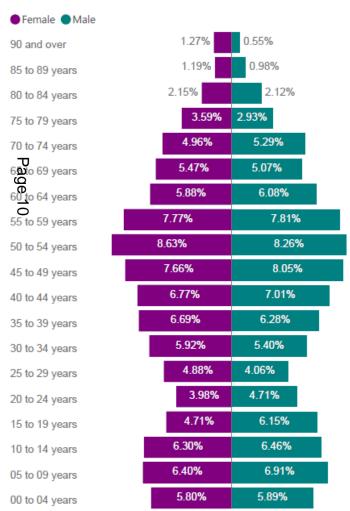
#### Board Name

Wing and Ivinghoe

People in your community

It is important to understand who lives in your community to understand their health and wellbeing. Factors such as age, ethnicity and level of deprivation influence our physical and mental health. Understanding these factors may help decide which interventions may be needed to improve the overall health and wellbeing of the community. For example, areas with higher levels of deprivation are at higher risk of developing multiple long term conditions at a younger age so preventative interventions are needed earlier in the lifecourse.



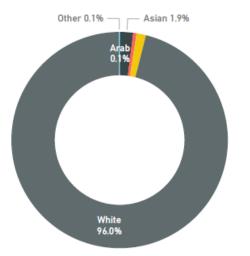


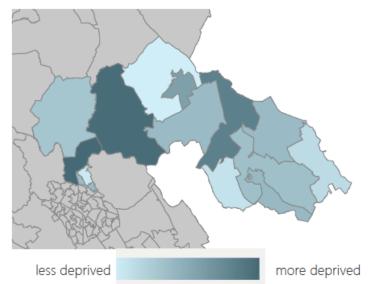
There are 19,899 people living in the Wing and Ivinghoe Community Board area.

Wing and Ivinghoe Community Board has fewer young people than the county average, with 18.6% of the population under 16 years of age (Buckinghamshire average 20.7%, England average 19.2%) and more older people than the county average, with 20.4% of the population aged 65+ (Buckinghamshire average 18.9%, England average 18.4%)

Wing and Ivinghoe Community Board is less ethnically diverse than Buckinghamshire as a whole. Ethnic minorities (excluding white minorities) make up 4% of the population compared with 13.6% in Buckinghamshire overall, and 14.6% in England.

#### Ethnicity





The Indices of Multiple Deprivation is a relative measure of deprivation of small areas. A higher score indicates an area is experiencing higher deprivation.

Wing and Ivinghoe Community Board has a deprivation score of 7.6 within Buckinghamshire (Buckinghamshire as a whole is 10.1). The map shows the pockets of higher deprivation across this community board.

interactive profile will enable the maps to be explored in more detail.

The maps do not match the Community Board boundary exactly. Data is being presented by the Lower Super Output Areas (LSOA) covering the Community Board. These are geographic areas with a mean population of 1,500 people and their boundaries can cross the Community Boards boundaries. The

### Wing & Ivinghoe Snapshot

Population



There are 19,899 people living in the Wing and Ivinghoe Community Board area

Vulnerable groups



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6.7% of children are living in poverty in the Wing and Ivinghoe Community Board area, compared with 9.5% across Buckinghamshire

Housing



1.4% of households lack central heating in the Wing and Ivinghoe Community Board area, compared with 1.4% across Buckinghamshire

Crime and safety



There are lower levels of crime in Wing and Ivinghoe compared with the Buckinghamshire average (IoD 2019 Crime Rank)

Health and wellbeing



Education and skills



Economy



Access and transport



Wing and Ivinghoe Community Board has a higher life expectancy for men (82.7 years) compared to the Buckinghamshire average of 81.8 years (England average 79.8). The life expectancy for women is lower (84.6 years) compared to the Buckinghamshire average of 85.1 years (England average 83.4).

14.7% of people have no qualifications in the Wing and Ivinghoe Community Board area compared with 16.8% across Buckinghamshire

3% of people are in in receipt of unemployment benefit (JSA and UC) in the Wing and Ivinghoe Community Board area compared with 4.6% across Buckinghamshire

7.4% of households have no car in the Wing and Ivinghoe Community Board area compared with 12.6% across Buckinghamshire

### Risk factors for poor health

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Births (2019)

227

Low Birthweight babies

7.9%



Child excess weight Year 6

34.5%



Adults who are physically inactive

18.4%

6.8% Buckinghamshire

31.1% Buckinghamshire

20.0% Buckinghamshire



**Board Name** 

### Long term conditions and healthcare use

Wing and Ivinghoe

Long term conditions not only cause significant amounts of poor health to individuals but they also lead to higher use of health care and social care. These conditions are often preventable by adopting healthy behaviours, but also through dedicated prevention strategies such as the NHS Health Checks programme. In addition, people with some long term conditions, such as heart disease, are at higher risk of poorer outcomes following infection with coronavirus (COVID-19).

Emergency Hospital Admissions 2019/20 by illness - Directly Standardised Rate per 100,000 population

	-		-		-		
Board Name	All	Cancer*	Cardiovascular	Dementia	Mental Health*	Respiratory	Under 5 years
Amersham	8,690	148.4	642.1	566.3	83.8	1,110	19,786
Aylesbury	12,888	242.8	1,014.5	604.0	118.7	1,719	24,439
aconsfield and Chepping Wye	8,578	179.9	715.8	471.3	77.6	1,165	19,977
eches	10,896	182.0	870.8	586.1	88.9	1,501	19,811
நூckingham and Villages	9,083	230.0	824.3	560.2	75.5	1,293	24,213
Chesham and Villages	9,739	167.7	765.1	524.7	72.0	1,374	23,095
Denham, Gerrards Cross and Chalfonts	9,660	221.9	751.0	516.7	62.0	1,445	20,054
Haddenham and Waddesdon	10,243	193.3	779.7	558.3	48.7	1,238	24,004
High Wycombe	12,494	220.9	1,077.4	795.1	112.9	1,811	26,102
Missendens	9,119	152.8	721.5	420.5	77.5	1,068	25,942
North West Chilterns	10,116	169.4	738.2	477.6	82.0	1,262	23,716
South West Chilterns	8,981	141.6	744.9	481.0	50.7	1,236	20,943
Wendover	10,067	219.5	724.7	449.1	61.8	1,247	20,169
Wexham and Ivers	10,909	212.2	1,024.7	622.3	106.5	1,394	19,865
Wing and Ivinghoe	10,422	194.7	799.6	599.2	107.0	1,261	22,031
Winslow and Villages	9,288	184.2	676.8	606.8	64.7	1,473	27,156
Buckinghamshire	10,283	193.3	819.0	549.9	84.6	1,389	23,042

NHS Health Checks



330

Uptake 2019/20

45.0% NHS Health Checks (%) Wing and Ivinghoe Community Board (where a rank of 1 out of 16 indicates higher emergency admissions):

- Ranks 5 for emergency admissions overall
- Ranks 7 for cancer emergency admissions
- Ranks 6 for cardiovascular emergency admissions
  - Ranks 5 for dementia emergency admissions
- Ranks 3 for mental health emergency admissions
- Ranks 9 for under 5 years emergency admissions
- Ranks 10 for respiratory emergency admissions

The admissions data in this profile is pre-Covid-19 and covers 2019/20 (\*due to smaller numbers for cancer and mental health emergency admissions, in a single year, data presented for these covers 2017 to 2019). Data is presented showing whether the rate is statistically significantly different to the Buckinghamshire average.

The NHS Health Check programme aims to help prevent heart disease, stroke, diabetes and kidney disease. A high take up is important to identify early signs of poor health leading to opportunities for early interventions. Wing and Ivinghoe Community Board had a higher uptake of health checks (45.0%) compared with the Buckinghamshire average (43.8%).

The standardised rates used here are taking into account differences in ages of populations so comparisons across areas can be made. The rates above are based on number of admissions per 100,000 population - all age population is used for all except under 5 admissions. Red indicates the admission rate calculated is statistically significant higher than the Buckinghamshire average. Amber indicates the rate is significantly lower.

Source: Long term conditions - HES data extracted from NHS Digital Data Access Environment (DAE) (2019/20); Office for National Statistics (ONS) mid-year population estimate for relevant year; TCR (Nottingham) Quest Health Checks Reporting; and Buckinghamshire Public Health Intelligence.

### Community Board Public Health Recommendations



Suggestions on areas of focus and initiatives to get involved with



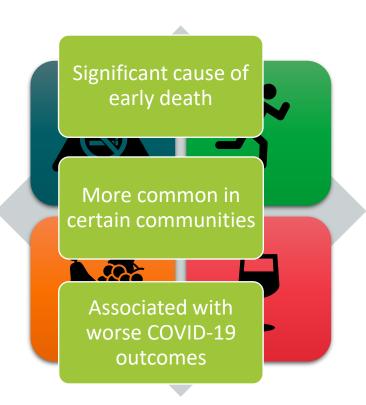
To complement your specific local knowledge & provide support



You may wish to discuss further with Stephanie Moffat as your Public Health contact

### Public Health Recommendations Proposed Areas of Focus

- Preventing Cardiovascular Disease (CVD) is suggested as our top priority to "level-up" health
- Also chosen as a top priority by the Integrated Care Partnership of NHS organisations in Buckinghamshire and Buckinghamshire Council.
- Community boards can play an important role in preventing CVD by funding, promoting and participating in initiatives that promote healthier behaviours and/or identify people at higher risk of developing CVD.



### Public Health Recommendations Proposed Areas of Focus

Preventing diabetes, heart disease and stroke

Supporting residents to stop smoking

Improving mental health, tackling social isolation and reducing stigma

### DEVELOP / FUND proposals for your Board

- 1. Fund the Active Movement programme in local schools
- 2. Fund one or more community gardens via the Grow it, Cook it, Eat it scheme
- 3. Set up a local Grow to Give scheme
- 4. Make your parks and playgrounds smoke free
- 5. Organise MECC training in your local area
- 6. Enhance Healthy Ageing projects with community board funds
- 7. Support schools to develop and organise a wellbeing service day for pupils and staff

### Summary

- The Community Board profiles and Public Health recommendations:
  - Are designed as conversation starters to supplement the local insight and knowledge of each Community Board.
  - Include suggested areas of focus with information on recommended initiatives that can be funded by Community Boards.
- Wing & Ivinghoe CB should prioritise the proposed actions in a way that is suitable for the local community.
  - Ideas and options can be further discussed with Stephanie Moffatt.



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#### **Overview**



- ➤ What is the Active Lives Survey
- ➤ The 2020-21 academic year results
- ➤ National data year on year comparisons and emerging trends
- ➤ County data year on year comparisons and emerging trends



### What is the Active Lives survey?



It shows sport and physical activity levels of children and young people in school years 1 to 11, highlighting activity in school and activity outside of the school environment.

It is an online survey carried out by Ipsos MORI and involves young people completing it during school lesson time (including at home when school sites were closed to most pupils), with secondary schools being given the option to complete it at as homework.

Parents of Years 1-2 children are asked to complete a separate online questionnaire providing behavioural data for these children – the children themselves answer basic questions about their attitudes only.

The survey covers both state and independent schools.



#### The coronavirus timeline and fieldwork

organised outdoor activity.

This report covers the academic year 2020-21. The summer term provides a comparison with the early stages of the coronavirus pandemic that were covered in last year's report. Mid-March to late-July Early-September 2020 to end-July 2021 Early-September to 2020 end-December Data forms part of last year's 2021 release Data forms part of Autumn term Summer term next year's release. Spring term 2020 2021 2021 2021-22 Academic 2019-20 Academic Year Sept to Dec: Jan to March: Mid-April to July: age Mid-March to July: Year Increasing National lockdown/ Easing restrictions Full lockdown/easing restrictions Sept to Dec: restrictions significant restrictions 2020 2021 Mid-Sept: December: 12 April: June: March: Mid-Mar: 19 July: Limited school Restrictions to Gyms, pools, National New tiered Schools All leaal reopening and indoor team lockdown system of reopened (8th) leisure centres restrictions outdoor meetings sports and retail and outdoor restrictions removed. permitted. reintroduced. based on activity reopened. along with the resumed with location. Mid-May: Activity rule of six. the rule of six in 17 May: Schools choice was extended place (29th). Organised to include outdoor reopened for sport all pupils. activities. resumed and Source-Sport January: indoor Activity choice July: Playgrounds gatherings England November: National restricted - mainly to reopened, organised sport reintroduced. restrictions returned. walking, cycling, returned, followed by gyms, with the rule Restrictions applied to all running, local solo pools and leisure centres of six applied. indoor activity and outdoor activity and at the end of the month.

informal activities.

885 young people from years 1-11 were surveyed in Bucks and Milton Keynes during 2020-21

Denbigh School

Wycombe Abbey School

• Dousedale School
• Amersham School

Royal Latin School

The Radcliffe School

• Shenley Brook End school

Lord Grey Academy

Sir Henry Floyd Grammar

**Primary Schools:** 

Hughenden Primary School

Olney Middle School

Wavendon Gate School



561 young people from years 1-11 were surveyed in Milton Keynes during 2020-21 academic

year

#### Secondary Schools

- Lord Grey Academy
- Denbigh School
- Shenley Brook End School
- Ousedale School
- The Radcliffe School

#### Primary Schools:

- · Wavendon Gate School
- · Olney Middle School



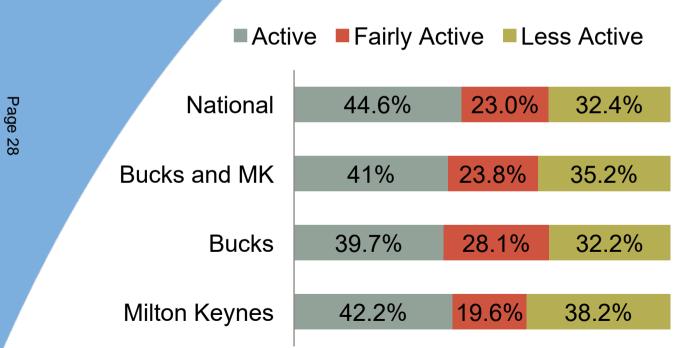
324 young people from years 1-11 were

- · Wycombe Abbey School
- Amersham School
- Royal Latin School



## Physical activity levels 2020-21

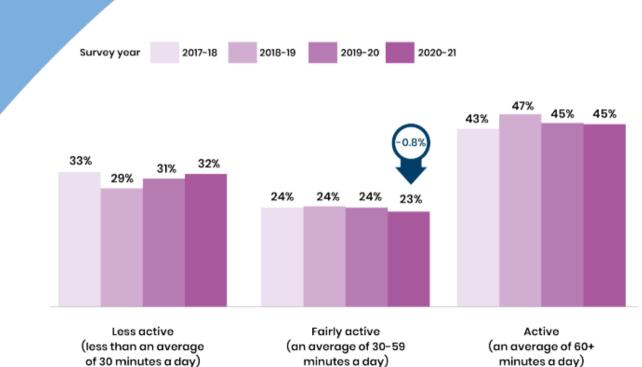






### National Physical Activity Levels





Source- Sport England 2020-21 Active Lives report

### Trends emerging nationally



#### Activity levels are quite flat considering the disruption

- Positives within data
  - Resilience amongst teenage girls
  - Growth of Gym and Fitness
  - Willingness to find alternatives
- However-
  - > activity levels remains down on pre pandemic.
  - Inequalities are seen and have increased,
  - enjoyment and confidence have been badly impacted
  - CYP are doing fewer activities.
  - Volunteering has fallen



### Inequalities from national data



#### Gender

- There is currently no gender gap
- A worrying drop in secondary boys achieving 60+ mins activity.
- Whilst secondary age boys have seen activity levels drop, they have held for girls.
- Activity preference has a lot to do with the gender differences as activity choice may have suited teenage girls better.
- Organised sport is a key contributor to activity levels among secondary age boys. The continued disruption has impacted habits, which are taking time to recover

#### **Ethnicity**

- Black boys' activity levels continue to be severely impacted by the pandemic.
- Black boys tend to be more likely to do activities most impacted.

#### **Affluence**

• Children and young people from the least affluent families remain the least active. and this gap has widened since the start of the pandemic – in part because low affluence families have less access to outdoorspace

### Inequalities from national data



#### **Disability**

Activity levels among children and young people with a disability or long-term health condition are the same as for those without one.

#### **School phase**

- Infant age children (Year 1-2, ages 5-7) have seen activity levels recover
- Junior age children (Years 3-6, age 7-11) have seen activity levels remain down following drops 12 months ago
- Secondary age young people (Years 7-11, ages 11-16) have seen activity levels fall having initially been resilient.



#### Attitudinal trends

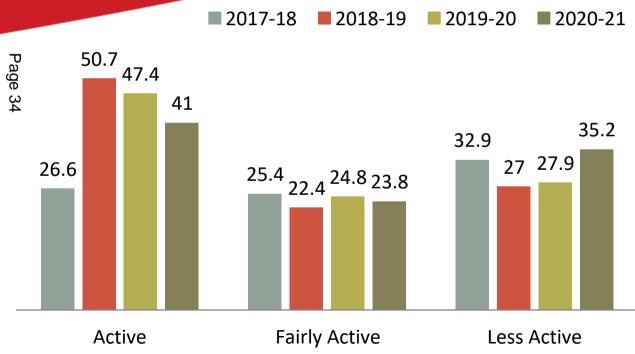


- Huge increase of mental health issues in CYP identified as a big issue.
- Worryingly CYP are reporting fewer positive attitudes.
  - Positive attitudes towards sport and physical activity have fallen across the board.
  - The enjoyment and confidence of taking part in physical activity and sport has fallen. The more restrictions in place, the more positive attitudes fell.
  - 230,000 CYP are feeling less confident taking part in sport and physical activity and sport.
  - 1/4 of a million CYP have no positive attitudes towards sports and physical activity.

This supports the outcome and importance of positive experiences for CYP in sport and physical activity.

# Bucks and MK year on year comparisons

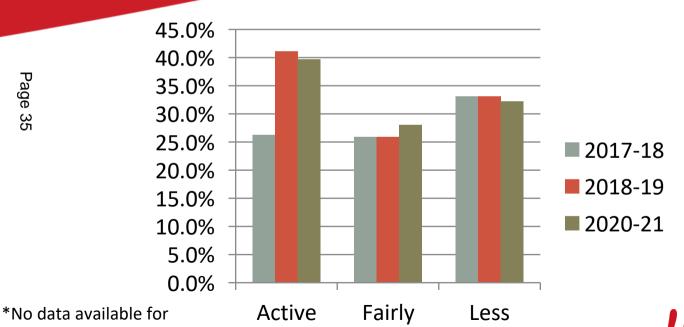




#### Bucks year on year comparisons

2019-20 due to Covid





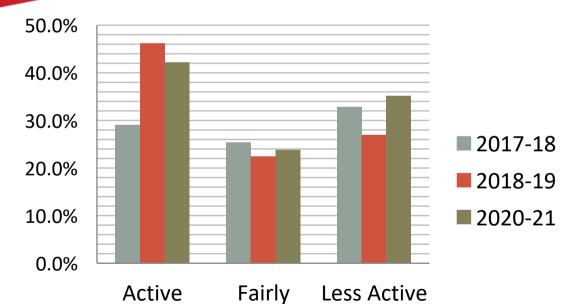
Active

**Active** 

# Milton Keynes year on year comparisons







Active



#### County trends



#### From Sport England Report-

- Bucks and MK, and Kent recorded a significant decrease (-6.4%) in the proportion of active children when compared to 2019-20, both are also down compared to pre-pandemic(2018-19).
- Bucks and MK were one of six areas who had a significant increase (7.3%) in the percentage of less active children when compared to 2019-20.

#### Points to note:

- 2019-20 to 2020-21 -Buckinghamshire and Milton Keynes: a small shift from schools in the 30% least deprived deciles (IMD 8-10) to those in the middle deprived deciles (IMD 4-7) and the 30% most deprived deciles (IMD 1-3).
- This is the first reported year where Bucks is considered as one area due to the formation of the unitary authority. In the last two years we have had over 2500 responses for Bucks and this year had 324.



### Any questions





