



Aylesbury Community Board minutes

Minutes of the meeting of the Aylesbury Community Board held on Tuesday 12 October 2021 in MS Teams, commencing at 6.00 pm and concluding at 7.55 pm. The recording of the meeting is available to view <https://www.youtube.com/watch?v=Gh5ykKMUKgg>
Timestamps for each item are noted beside the minute item title.

Members present

M Winn, M Baldwin, S Chapple, A Christensen, T Dixon, R Gaster, T Hunter-Watts, S James, S Lambert, A Poland-Goodyer, W Raja, D Thompson and G Wadhwa.

Others in attendance

A Sherwell (Aylesbury Town Council), C Martin, D Furze, H Joules, K Ironside, K Gayle, L Lloyd, M Dejoux, M Bergh, J Kay, C Older, B Russell, H Mee, D Robinson, G Horton, S McCarthy, M Harker.

Apologies

S Morgan.

Agenda Item

1 Chairman's welcome & introduction

The chairman welcomed everyone to the meeting.

2 Declarations of interest

None.

3 Actions from the last meeting

Action plans were requested from Public Health at the last meeting, and it was noted that these were being worked on and would be made available in the future.

Resolved:

to agree the action notes from the last meeting.

4 Public Health Recommendation Launch (4.15)

This item was taken next on the agenda. Tiffany Burch from Buckinghamshire Council's Public Health team was in attendance to present the update. The following

key points were highlighted:

- Tiffany was now the board's dedicated public health lead, and would attend meetings of the Health & Wellbeing Group.
- Cardio Vascular disease (CVD) and mental health were top health priorities for the board.
- It was suggested that 3 – 4 recommendations of health projects/ initiatives/ groups for the board to help fund be brought back to the board for consideration. The board were advised that plans were currently in development. **Action: Tiffany Burch** to bring back a list of health initiatives for the board's consideration. Concern was raised with regards to the board's unallocated funds which the board were keen to allocate before the March 2022 deadline, after which the unallocated funds would no longer be available to use. It was asked whether, if Public Health drew up a business case for the funds, that unallocated funds be earmarked so that they could be made available for specific health initiatives (currently being drawn up) after the March 2022 deadline. **Action (Mark Winn)** to look into whether earmarking unallocated funds for health initiatives currently in development, with a business case agreed by the board, was possible, and to feedback the outcome to the board.
- It was asked whether the board could fund the purchase of BP measuring machines for residents. Mark would enquire about this and feedback to the board. **(Action: Mark Winn)**.

5 Thames Valley Police Update (30.19)

Inspector Graham Horton and PC Sarah McCarthy were in attendance to provide an update on the work of Thames Valley Police. The following key points were highlighted:

- There had been a 9% increase on crimes this year.
- Resources remain a challenge.
- The summer had been particularly challenging for neighbourhood officers responding to front line demand.
- Insp. Horton set out the local TVP priorities for the year which included tackling violent crime, domestic abuse, and motor vehicle theft.
- Concern was raised over a reported increase in sexual offences this year, and Insp. Horton advised that he would review the data and report back to the board.
- The following questions would be responded to in writing:

- (Councillor Poland-Goodyer) Do TVP operate a close pass scheme to report 'punishment passes' of cyclists? Similar to this? <https://www.hampshire.police.uk/news/hampshire/news/appeals/2020/july/close-pass-campaign-a-success-in-basingstoke/> And if not, could we?
- (Bill Russell) What should residents do when they see people on their own electric scooters riding on pavements?

Thanks, were expressed to the officers for their hard work, and for coming along to the meeting.

Written responses to questions published as part of the minutes:

Written response from Insp. Horton to the question received in relation to sexual offences and the increase year on year

These are the figures for the Aylesbury Vale LPA

Rape

2018/19 - 144

2019/20 – 133

2020/21 – 161 This is a 21.1% increase year on year and a 12% increase on 18/19

These figures need to be viewed in the context of improved recording of crime, and an increase in reporting of offences. We believe that there is still under reporting of this type of offence for a number of reasons. It has been a national priority for Police forces to identify hidden harm and to improve reporting - through third parties as an example.

A positive message for the Aylesbury Vale LPA is that we achieved a 240% increase in positive outcomes – more offenders have been brought to justice for rape offences.

Non rape sexual offences have also seen an increase, however there is a reduction on the pre-pandemic number.

2018/19 - 294

2019/20 – 235

2020/21 – 278

Written response from Hants & TVP Road Safety Unit to the question received in relation to the close pass scheme and cyclists

Hants and TVP Road Safety Unit does carry out 'Safe Pass' cycle operations as part of

wider education about vulnerable road users and sharing the roads with everyone. These operations need to be held on roads with a 30 mph speed limit, no current cycle lane/ track provision and where vehicles can be safely stopped at a check site. We work with internal teams and external partners to run the operations which involve a police officer riding a pedal cycle around a pre-determined route. The cycle is fitted with cameras which are recording the journey and when any vehicles get too close or pass inappropriately, a police motorcyclist will then stop the offending vehicle. The driver is then educated about what they have done, the implications and how best they can rectify their driving in future. It is predominantly an educational opportunity and to increase awareness. Subject to adequate resources, an operation within the Aylesbury area would be possible.

An online form can be completed for driving allegation or collision depending on the circumstances, which include cycling - this enables TVP to then request footage. This has been in place since 2018. [Report a road traffic incident | Thames Valley Police](#).

Written response from Hants & TVP Road Safety Unit to the question received in relation to electric scooters on pavements

The issue of e-scooters, and particularly privately owned scooters, is one that causes many problems and reporting offenders is one such issue. Unless the incident is filmed and the witness knows the rider with sufficient detail we are very unlikely to be able to identify the offender and deal. If officers happen to be in the vicinity at the time of an incident they will intervene and deal. Operations are conducted to tackle the issue of illegal e-scooters which help to raise the profile of the issue however, this is only effective for the time the operation is in action. We would dissuade residents from intervening themselves due to risk posed by the e-scooter itself and they would never really know who may be riding them. Whilst riders have bought e-scooters for legitimate and well-meaning reasons (eco-mobility, congestion avoidance and cost), there will be a percentage who use them wilfully and to facilitate criminal activities, especially in busy urban environments. We would keenly discourage members of the public intervening directly.

6 Youth Outreach in Aylesbury (50.16)

Karl Gayle gave a presentation on the Community Youth Ventures (CYV) mobile outreach unit project, funded by the board, which was designed to be a youth club on wheels. It was noted that the project continued to be supported by the Early Help Service at Buckinghamshire Council. A video of some of the activities for young people was shown to the board, and members were pleased to see young people involved in these activities, and that the bus was going to the kids, which increased accessibility of the activities. The following key points were highlighted:

- It was noted that, in the winter months, activities would take place inside e.g., sports halls/ marquees/ the bus, so that activities could continue.
- It was suggested that the report on outcomes and findings relate back to the project's aims and objectives so that the board could easily understand how

aims and objectives were met.

- It was asked how reductions in anxiety, stress and improvement in mental health were identified. Members were informed that conversations with young people in-person and regular (non-virtual) contact helped to identify improvements, as well as the nature of bringing communities and young people together.
- In response to a question on how the project could be expanded, it was noted that funding had been sought from LEAP for a project in Prebendal.
- In response to a question as to how unmet need was identified, members noted that having a physical presence in communities was important to identifying unmet need.

Thanks, were expressed for all the hard work of the team working to help young people in Aylesbury.

7 Priorities & Action Group Updates (1:04:14)

An update was given on the priorities and action groups. There were 6 priorities and 3 action groups as well as a number of task and finish working groups.

Enhancing the Lives of our Youth - Amy Jenner

- The board were still promoting completion of the app youth survey <https://cloudyfoundation.co.uk/youth-survey/> that was discussed at the last board meeting.
- A fair on health and wellbeing was due to take place at The Grange School in November. Members would then look to produce a toolkit that other schools can use.

Improving the Environment - Cllr Sarah James

- Lots of guest speakers had attended the group. Members were encouraged to suggest any further guest speakers they would like to attend.
- The group were looking at where they could have living walls.

Road Safety, Highways & Infrastructure- Cllr Mark Winn

- The group had 2 task and finish groups.
- Members had worked together to shortlist feasible parking projects which had now been passed to Transport for Bucks (TfB) to prepare budget estimates, and recommendation reports for each project would be shared with board in early 2022.

- A schools working group was exploring holistic solutions in Turnfurlong. **Action (Mark Winn):** to look into whether St Mary's School can be involved in this project. *Nb. after the meeting, a written response was provided to Cllr Poland-Goodyer to advise that St Mary's was included in project discussion but was separate to holistic working group as this focused on the Turnfurlong area.*

Economic Recovery - Cllr Susan Morgan

- 3 people were now on the 'be your own boss' programme.

Health & Wellbeing and Community Safety - Cllr Susan Morgan

- The action groups had been combined as lots of similar conversations were happening in the groups.

The following key points/ further updates were then highlighted:

- It was asked how the board could help single women meet people to reduce social isolation and loneliness. **Action (Amy Jenner)** to look into this and explore further.
- A concern was raised about some community groups for older people discontinuing due to the covid-19 pandemic. **Action (Amy Jenner)** to look into this.
- Amy had visited the Monday Club at the Fairford Leys Community Centre to explore opportunities to support them there.
- Members were encouraged to spread the word about the board, and signpost groups to apply for funding to make their ideas a reality.
- Wednesday 12 October would be the launch of the Vineyard Storehouse Community Garden, which was part of the county-wide Grow It Cook it Eat It Public Health Project. All were welcome.

8 **Community Matters (1:27:28)**

One public question had been received and responded to, and was included within the [agenda pack](#) at page 21.

9 **Funded Projects (1:30:43)**

An update was received on funded projects. The following key points were raised:

- Concerns were raised over the with regards to the board's unallocated funds which the board were keen to allocate before the March 2022 deadline, after which the unallocated funds would no longer be available to use.

- Members noted that the covid-19 pandemic had limited opportunities and so previously unallocated funds had rolled over into this year; next year's budget for the board would be smaller. There were projects in the pipeline but members were asked to encourage people to come forward with funding applications for initiatives/ projects that could make a difference to the town.
- It was reported that, at present, charities/ groups were focussing on delivering their core functions, and not additional projects. Members noted that delivery partners were going through a challenging time owing to the pandemic, and how to address these challenge were being looked into.
- It was asked if the council could review ways to spend the money before it was no longer available to use.
- It was also reported that, the community at large, was not used to being in the position of coming to the council for funding. It was a learning curve for council on how to get message out there, and for the community to understand they can apply for funding.
- The funding application form had been updated and streamlined so that organisations could apply for multiple boards in one go, rather than submitting individual applications for each board.
- The board were only able to fund constituted organisations, however if there was a need and a vision, the board would provide support to help make it happen.
- Members were encouraged to attend the next Communities and Localism Select Committee meeting to raise the issues discussed relating to community board funding. **Action (Amy Jenner)** to circulate the meeting details of the Communities and Localism Select Committee to the board. Further information on select committees, including meeting details: <https://www.buckinghamshire.gov.uk/your-council/get-involved-with-council-decisions/select-committees/>

<https://buckinghamshire.moderngov.co.uk/mgCommitteeDetails.aspx?ID=345>

10 Chairman's close & date of next meeting

Date of next meeting tbc.

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Aylesbury Community Board Profile & Public Health Recommendations

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Tiffany Burch
Consultant in Public Health

October 2021

Minute Item 4



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 Profiles

- Snapshots that provide an overview of your communities' 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.



Board Name

Aylesbury



Community Board Profile



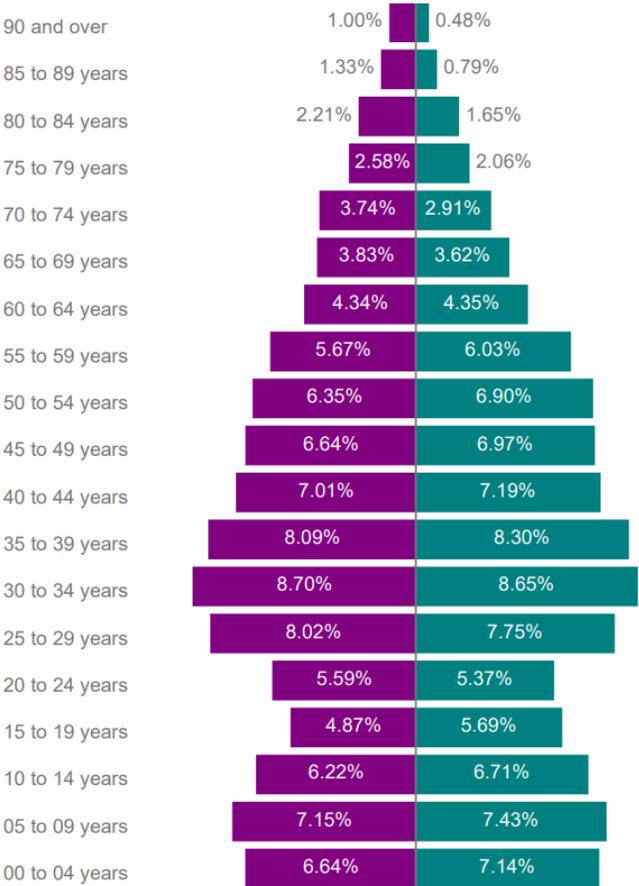
People in your community

Board Name

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.

Age Structure

● Female ● Male

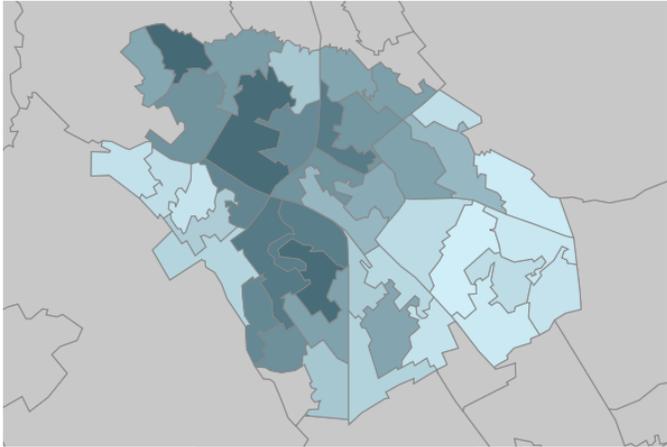
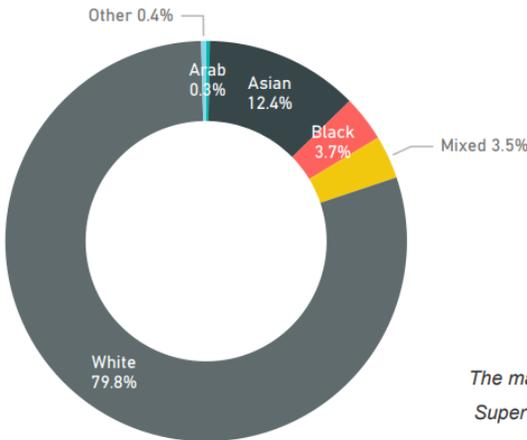


There are 75,486 people living in the Aylesbury Community Board area.

Aylesbury Community Board has more young people than the county average, with 22.1% of the population under 16 years of age (Buckinghamshire average 20.7%, England average 19.2%), and fewer older people than the county average, with 12.8% of the population aged 65+ (Buckinghamshire average 18.9%, England average 18.4%).

Aylesbury Community Board is more ethnically diverse than Buckinghamshire as a whole. Ethnic minorities (excluding white minorities) make up 20.3% of the population compared with 13.6% in Buckinghamshire overall, and 14.6% in England.

Ethnicity



less deprived more deprived

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

Aylesbury Community Board has a deprivation score of 16.3 within Buckinghamshire (Buckinghamshire as a whole is 10.1). The map shows the pockets of higher deprivation across this community board.

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

Source: Population by age - Office for National Statistics (ONS) , Annually (published September 2020); Ethnicity - ONS - 2011 census, 2011; IMD - Ministry of Housing Communities and Local Govern...

Aylesbury Snapshot

Population



There are 75,486 people living in the Aylesbury Community Board area

Health and wellbeing



Aylesbury Community Board has a lower life expectancy for men (79.5 years) compared to the Buckinghamshire average of 81.8 years (England average 79.8). The life expectancy for women is lower (82.7 years) compared to the Buckinghamshire average of 85.1 years (England average 83.4).

Vulnerable groups



13.2% of children are living in poverty in the Aylesbury Community Board area, compared with 9.5% across Buckinghamshire

Education and skills



20.5% of people have no qualifications in the Aylesbury Community Board area compared with 16.8% across Buckinghamshire

Housing



1.8% of households lack central heating in the Aylesbury Community Board area, compared with 1.4% across Buckinghamshire

Economy



5.6% of people are in receipt of unemployment benefit (JSA and UC) in the Aylesbury Community Board area compared with 4.6% across Buckinghamshire

Crime and safety



There are higher levels of crime in Aylesbury compared with the Buckinghamshire average (IoD 2019 Crime Rank)

Access and transport



20.4% of households have no car in the Aylesbury Community Board area compared with 12.6% across Buckinghamshire

Return to home page

Board Name
Aylesbury

Health behaviours

The four main health behaviours – smoking, physical inactivity, unhealthy diet and alcohol misuse - account for 40% of all years lived with ill health and disability. Addressing these four behaviours could lead to a reduction by up to 75% in new cases of heart disease, stroke and type 2 diabetes and a reduction of 40% in new cases of cancer.

The pandemic has led to a rise in unhealthy behaviours. A local survey in Buckinghamshire, following the first lockdown, found 22% of respondents said they were drinking more alcohol during lockdown, a fifth (20%) said they were eating less healthy and nutritious food and more than a third (38%) were doing less exercise. National surveys show 40% of the population gained weight during the pandemic and demand for drug and alcohol services increased. In Buckinghamshire, this demand increased by 15% for alcohol services over 2020.



Adult Obesity

Data will be added to this section once available



Adults who are physically inactive

23.8%

- higher proportion of adults who are physically inactive (23.8%) compared to the Buckinghamshire average (20.3%)



Smoking

Data will be added to this section once available



Treatment for drugs and alcohol (rate per 100,000 population)

204.0

- higher rate of residents (per 100,000 population) receiving treatment for alcohol and non-opiate misuse (204) than the county overall (134)

Long term conditions and healthcare use

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 |
| Beaconsfield and Chepping Wye | 8,578 | 179.9 | 715.8 | 471.3 | 77.6 | 1,165 | 19,977 |
| Beeches | 10,896 | 182.0 | 870.8 | 586.1 | 88.9 | 1,501 | 19,811 |
| Buckingham 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



1350

Uptake 2019/20

43.2%

NHS Health Checks (%)

Aylesbury Community Board (where a rank of 1 out of 16 indicates higher emergency admissions):

- Ranks 1 for emergency admissions overall
- Ranks 1 for cancer emergency admissions
- Ranks 3 for cardiovascular emergency admissions
- Ranks 4 for dementia emergency admissions
- Ranks 1 for mental health emergency admissions
- Ranks 4 for under 5 years emergency admissions
- Ranks 2 for respiratory emergency admissions

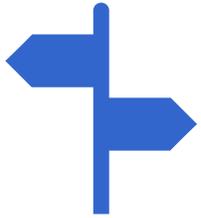
The admissions data in this profile is pre-Covid-19 and covers 2019/20 (*due to smaller numbers for cancer and mental health emergency admissions, in a single year, data presented for these covers 2017 to 2019). Data is presented showing whether the rate is statistically significantly different to the 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. Aylesbury Community Board had a lower uptake of health checks (43.2%) 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 similar and **Green** 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

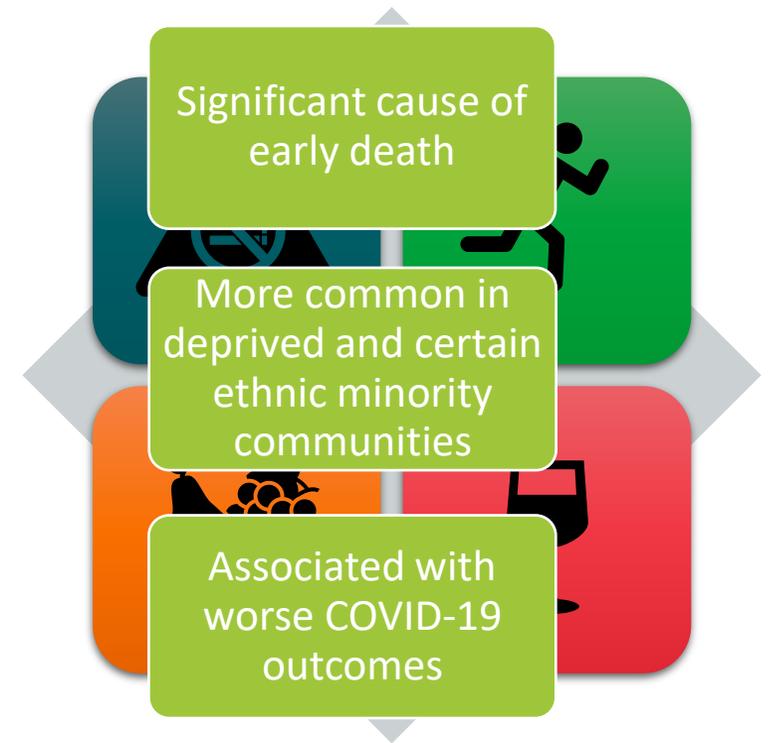


You may wish to discuss further with me as your Public Health lead.

Community Board 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.**



Aylesbury Public Health Recommendations

Proposed Areas of Focus

Improving mental health, tackling social isolation and reducing stigma

Supporting children to have a healthy start in life

Community Board Public Health Recommendations

Suggested Actions

- The recommendations also contain a list of suggested actions that community boards can take to address each proposed area of focus.
- These actions are categorised into different levels of input.



DEVELOP/FUND

- Introduce, expand, or develop initiatives supported by Public Health and/or other partners.

PROMOTE, SIGNPOST, REFER or TRAIN

- Communicate information about local activities and services to residents, or develop new skills.

PARTICIPATE

- Represent your community in shaping public health policy and actions across Buckinghamshire.

Selected Actions

DEVELOP/ FUND Proposals for Aylesbury

- Fund a new Active Communities programme across a group of settings in Aylesbury
- Expand the Grow It, Cook It, Eat It programme
- Support the provision of NHS Health Checks in local venues
- Enhance Healthy Ageing Projects with CB funds
- Fund the Active Movement programme in more local schools
- Make your parks and playgrounds smoke free

Snapshot of Benefits of These Actions

Active Communities

- This is an innovative project that takes a whole community approach to reduce sedentary behaviour by helping residents add extra movement to their daily routines.

You can fund Active Communities projects across a group of settings (e.g. local care homes, schools, community centres) in your local area. Estimated costs start from £15K and will depend on the size of the community involved and number of settings chosen.

Meadowcroft Surgery

Doctors are standing to greet patients

The tea making facilities have been moved upstairs so that members of staff must walk the stairs when getting a cup of tea/ coffee

Aylesbury Sew and So

90% of members stand up and move every half hour.

On Retreat day they move every hour.

Active Movement

- Active Movement is a behaviour change programme which incorporates achievable activity into daily life.
- The programme empowers schools to make their environment non sedentary.

You can fund the Active Movement programme across a group of schools. Costs are around £3k per school.

Active Movement's Active Mover AMBassador Active Recovery 10-point Pledge

I will remind everyone why Active Movement is good for them

I will remind everyone to stand 2m apart or in their bubble

I will remind everyone to wash their hands regularly for 20 seconds with soap and water

I will make sure that no more than 6 people meet at one time

I will make sure everyone sneezes or coughs into a tissue or their sleeves

I will remind my classmates to do Active Movement all the time

I will support my teacher bringing Active Movement to the class

I will praise anyone who is doing Active Movement well

I will encourage everyone to be sensible as they go out more

I will wear my special Active Mover badge at all times



<https://www.thomashickmanschool.com/active-movement>

Active Movement - Feedback

'I loved the breakfast food swap because I managed to get my whole family to swap the white bread for brown bread and that is really healthy for them.'

'It has not been easy with the space restrictions this year but the children have enjoyed moving while counting in the morning meeting as we do different actions for different multiples.'

We also read standing up which the children which has gone down well and is something I plan to keep doing.'

'I really enjoyed lunch and dinner swaps because my sister, uncle and aunty joined in with me.'

'We enjoyed it because it was super fun.'

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'Active Movement has brought learning to life. Despite restrictions the children really enjoy moving in different ways in their classroom. I think they have retained more information by moving around, particularly in maths. They have also enjoyed the challenges given and loved the competitions between classes and year groups.'

'It really does make such a difference to the levels of concentration, engagement and productivity in lessons.'

Grow it, Cook it, Eat it

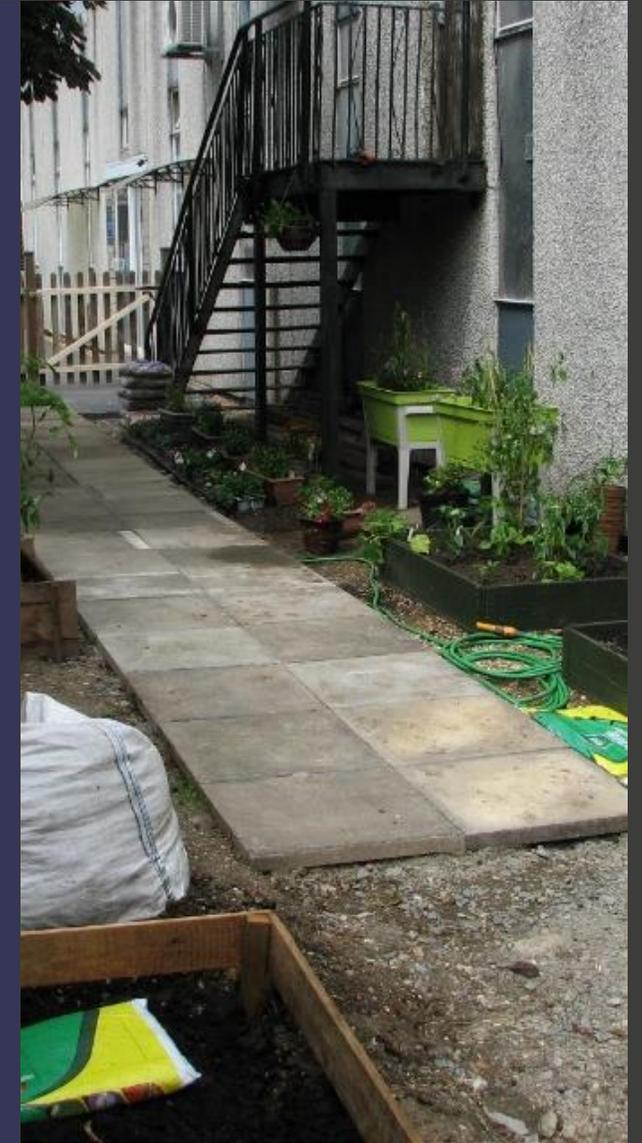
You can fund one or more community gardens to:

- Bring communities together through a common interest to grow their own food, give them access to fresh fruit and vegetables, and offer a way to engage in low impact exercise.
- Wide range of benefits: helps to reduce risk of heart disease, alleviate social isolation through promoting community spirit and supports environmental and green priorities.
- There are currently 4 live sites:
 - The Storehouse – Aylesbury Vineyard
 - Waterside Academy – Chesham
 - Desborough Road allotments – High Wycombe
 - Micklefield Library – High Wycombe (in development)



Grow it, Cook it, Eat it The Storehouse – Aylesbury Vineyard

- **Entered in Aylesbury In Bloom Competition**
 - 4 community food growing gardens were entered in the competition leading to the creation of a new category for next year's competition – “Edible Garden”



Grow it, Cook it, Eat it Community Cooking Project

You can promote this opportunity to organisations (e.g. food banks) in your area that might be interested in having one or more of their volunteers trained to deliver community cooking courses for their clients.



This project aims to empower individuals and encourage communities to make the best use of products that they have grown or acquired via surplus food, food banks, community fridges or other means.



Training will be delivered to community volunteers to empower them to provide their own cookery course for community members.



Trained volunteers will be provided with a starter pack which will include a portable stove top, cooking equipment and Public Health will supply the food required to deliver at least 3 x 5-week courses within their communities over the year.



Going live on 18th October 2021

Mental Health First Aid Training

- Mental Health First Aid (MHFA) England provide a variety of online and face-to-face courses, including Youth and Adult Mental Health First Aid training. Further training will also be available via Bucks MIND.

You can attend and promote training sessions covering Mental Health First Aid, Suicide First Aid, Psychological First Aid.

Saving Lives Fund – Male Suicide Prevention

- Charities and community groups were invited to apply for a grant (up to £15,000) funded by Buckinghamshire Council in partnership with Heart of Bucks.
- To support projects that reduce the stigma and impact of suicide and increase the community-based support for those at risk.
- Round 1: Seven bids met criteria and will be shortly awarded funding.
- Round 2: Will have a wider mental health focus.

Keep an eye out for more information on round 2 so that you can promote this opportunity to local organisations in your area!

Smoke-free Parks & Playgrounds

- Voluntary ban on smoking in community parks, where children and families are often present.
- Protects children and adults from second-hand smoke and children are less likely to observe role models smoking which reduces their risk of taking up smoking.
- A small pilot in 2015 with 5 parks was received positively by the local community.
 - 32 park users were interviewed for the pre intervention survey (May 2014) and 41 were for the post intervention survey (May 2015).
 - There was a high level of support for a voluntary ban over both surveys with an increase in the percentage who supported such a ban from 94% to 98% in the pre-intervention and post-intervention surveys.

You can identify playgrounds and/or parks in your area to make smoke free and put up signage to show residents that this is a smoke free area.

You can encourage community participation by, for example, having local schools enter a 'no smoking' sign competition and use the winning design in your chosen parks.

The average cost for each playground is likely to cost around £600, depending on how many signs are needed and for how many parks in your area.



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 available Public Health initiatives that can be funded by Community Boards.
- Aylesbury CB should prioritise the proposed actions in a way that is suitable for the local community.
 - Ideas and options can be further discuss with Tiffany



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