



Community Board High Wycombe

Action Group: Health & Wellbeing

Meeting date: 11 November 2021


ACTION NOTES

(high level notes for the purpose of tracking/monitoring activity)

Present: Julia Wassell, Nabeela Rana, Karen Bates, Fay Ewing, Nicola Page, Monica Bergh, Louise Hurst, Aldo Simone, Jean Presley, Charmaine Fyffe, Arman Alam, Paul Turner, Jacque Roberts, Ros Khan, Laura Ripley, Stephanie Rybak, Colin Hingston, Mark Stokes, Richard Andrews, Fehzan Mehdi, Khaiam Shabbir, Melanie Smith, Junaid Khan,

Apologies: Andrea Baughan, Lesley Clarke, Nathan Thomas, Colin McGregor-Paterson, Helen Gillespie

No	Topic	Lead
1	<p>Actions and updates from previous meeting</p> <ul style="list-style-type: none"> Student Wellbeing Week A mental health stall was taken along which was run by some service users and social workers. They had 20 enquiries. Another student wellbeing week is being held in January. <p>Action: Fay to source a Community Board pop up poster and leaflets for future events</p> <ul style="list-style-type: none"> Defibrillators British Heart Foundation are no longer doing their matching scheme. However, they have offered to give us a discount for a larger order. Our new contact with BHD is Ray Cox and Fay has set up a meeting with him to discuss. 	<p>Julia</p> <p>Julia/Fay</p>

	<p>An email to be sent to the seven ward areas that are unparished and also include Maz, Malanie and Paul’s areas who are partially parished, to try and get one defibrillator put on a public/community building which would cost approximately £10,000-£12,000. Action: Fay</p> <p>Action: Fay to establish whether there is a recommended distance between defibrillators</p> <p>Two new applications received:</p> <ol style="list-style-type: none"> 1. Yoga classes in the Guildhall 2. Poetry with uplifting messages placed across High Wycombe 	
2	<p>Funding applications</p> <ul style="list-style-type: none"> • Inaya at Seerah Today With the help of the police Ros has been developing Inaya at Seerah today, which is a very small, very personal group of volunteers, who are going to help buddy people who are under intimate domestic abuse, for muslim women specifically. The funding would be to have the discretion to assist with paying bills or finding accommodation for the women, it is estimated that this would be £400/person. The bid is for £4,500 for a pilot to see how it runs. <p>Safeguarding concerns were raised by the group. Ros to speak to Wycombe Womens Aid and TVP for advice.</p> <p>Action: Fay to speak to Gill Harding to see if there would be any funds available from central government funding</p> <ul style="list-style-type: none"> • Mama Bee Laura shared a presentation with the group on their Open Door project, which offers a safe and welcoming community space for local people to develop connections. <div style="text-align: center;">  MAMA BEE GROUP PRESENTATION .pdf </div> <p>The application is for £29,000 for 3 projects.</p> <p>The group supported the application by a show of hands.</p>	<p>Ros Khan</p> <p>Laura Ripley</p>

	<ul style="list-style-type: none"> • Wycombe Refugee Partnership <p>The charity was set up to resettle refugee families in High Wycombe and so far, 22 families have been helped.</p> <p>At the start of the pandemic they became aware that there were also asylum seekers and a few refugees who hadn't come through them, in High Wycombe who were very much in need. A Community Response program was set up to support these people, providing halal chickens, fruit, veg, etc. This was up to 91 people, twice a week. When another lockdown hit, it was decided that it would be safer to switch to supermarket vouchers (£25 per person/month).</p> <p>They are also piloting an activities fund/hardship and access fund to support the children/young children who have spent the last 2 years in isolation, in a foreign country and haven't had the money to go out do things with their peers. The funds will help them to take up a sporting or leisure activity which will enable them to integrate. The pilot will start with the Community Response families (29 children). The application is for £7250, based on £250/child for a year.</p> <p>The Health and Wellbeing action group supported the Wycombe Refugee Partnership bid, they found it to be within the aims of the Community Board and it supports the Buckinghamshire Council's assistance of housing refugees. This bid is to enhance the health and wellbeing of people while settling in the UK and this is particularly attentive to the needs of children. The action group feels that it particularly meets the council and boards aim of safeguarding the vulnerable.</p> <p>The group supported the application by a show of hands.</p>	Stephanie Rybak
3	<p>Health inequalities – CVD, Diabetes and Stroke Workshop update</p> <p>Public Health profile and recommendations for High Wycombe, link below:</p> <p>https://www.healthandwellbeingbucks.org/Resources/Councils/bucks-public-health/local-profile/2021/HighWycombe_CommunityBoard.pdf</p> <p>Any feedback welcome.</p>	Louise Hurst Public Health

	The cardiovascular disease workshop is penciled in for the 29 November. Louise indicated that it would be helpful to know if this is something people have the time and capacity to come to, as they would like to think about how they can work with the High Wycombe Community Board. However, if people feel that the workshop isn't the right way or the right approach please feedback.	
4	<p>Drink spiking update</p> <p>Action: Fay to circulate the email from Nathan which includes the update.</p> <p>Julia has ordered bottle stoppers and cup covers for the 18 November Community Board stall at the Christmas lights switch on, along with the debit card protector cards provided by Neighbourhood Watch.</p>	Nathan Thomas
5	<p>Mental Health and Poverty</p> <p>This agenda item to be carried forward to the next meeting.</p>	Julia
7	<p>Any other business</p> <p>All outstanding bids to be brought together at the next meeting (Hairoun, South Bucks Hospice together with the yoga and poetry bids).</p>	All
8	<p>Date of Next Meeting</p> <p>9 December 2021</p>	