



## Community Board High Wycombe

Action Group: Health & Wellbeing

Meeting date: 30 September 2021

### ACTION NOTES

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

**Present:** Fay Ewing, Julia Wassell, Jacqui Roberts, Louise Hurst, Paul Turner, Monica Bergh, Arif Hussain, Shanti Priyalatha, Arman Alam, Charmaine Fyffe, Melanie Smith, Amber Preen, Nabeela Rana, Teresa Meredith, Mazamal Hussain

**Apologies:** Andrea Baughan, Lesley Clarke, Karen Bates, Sophie Phillips

No	Topic	Lead
1	<p><b>Actions and updates from previous meeting</b></p> <ul style="list-style-type: none"><li>Update on Suicide Prevention Day and World's Biggest Coffee morning</li></ul> <p>We had a successful stall in the High Street. A lot of information was handed out together with Samaritan cards.</p> <p>Mega MacMillan Coffee Morning: This was held on the 24 September and raised £305.01.</p> <ul style="list-style-type: none"><li>Mental Health awareness days in October</li></ul> <p>Young Minds Event with the Bucks Student Union on 8 October- 10am – 1pm. Leaflets to hand out aimed at the 18-25 yr olds on managing stresses of student life.</p> <p>We will have a stall in the High Street for World Mental Health Day on 9 October.</p> <p>October is Domestic Violence Awareness month.</p>	Julia Wassell/ Andrea Baughan/ Jacqui

	<ul style="list-style-type: none"> <li>• <b>Black History Month</b> Lots of activities and events across Buckinghamshire. Bucks Museum are running a webinar for their Black History Month 'looking back, look at walking forward' a virtual event on the 16 October. There will also be an exhibition in the museum.</li> </ul> <p>There is an 'In my shoe' project, where it's open to share photos of a special shoe and a story with black history that's connected with it, take a photo and upload it to the Discover Bucks website.</p> <p>Bucks Archives have a black history research group that's looking at black history in Bucks.</p> <p><b>Action: Jacqui to contact the group with dates, details and invites</b></p>	
2	<p><b>Health inequalities – CVD, Diabetes and Stroke</b> Louise shared a presentation with the group introducing the cardiovascular disease prevention and inequalities programme.</p> <p>The programme is being co-led by public health and by clinical commissioning colleagues. They can work with the communities and have some community based interventions and programmes working with our community groups.</p> <p>Maz highlighted that in the Asian community there are a lot of issues with strokes and diabetes and this is down to the food they eat and is there any way we can go out into the community and educate what food should be eaten. He is happy to run a workshop or have a stall in the high street to highlight this.</p> <p>Louise thanked Maz for the feedback, as they have the data but what they don't have is the insight of the real life of the communities they represent. This is something they want to focus on with the Communities Workshop.</p> <p>Jacqui highlighted the work that is being carried out by SV2G around cardiovascular disease. She suggested that they link up and Louise attends one of the focus groups.</p> <p>Theresa Meredith from Bucks Adult Learning explained they had got a big pot of money that can be used to support residents of Bucks to develop their health and wellbeing needs. If there was a need for cookery classes they would have that money to support.</p>	Louise Hurst Public Health

	<p>Charmaine from Khepera is running a cookery course as a pilot which will focus on BAME health. This will be running end of October/beginning of November when the kitchen opens. Charmaine indicated that it would be good to connect with Nabeela, Maz, Jacqui and Louise to discuss how they can all work together to get some results and expand the project.</p> <p><b>Action: Jacqui and Charmaine to email Louise <a href="mailto:Louise.hurst@buckinghamshire.gov.uk">Louise.hurst@buckinghamshire.gov.uk</a> with details of the projects they are running</b></p> <p><b>Action: Fay to meet with Louise and link up with other organisations working on food related projects</b></p>	
3	<p><b>Funding applications</b></p> <p>Wycombe Refugee Partnership: The funding application is for £20,000, £5000 for sports events for boys, girls and mixed and £15,000 for supermarket vouchers.</p> <p>South Bucks Hospice: They want to raise awareness of the services that the hospice movement have to offer. Fay and Julia will be working with them to submit the bid.</p> <p>Wycombe Mind, Free Space Service: Support with hoarding and decluttering. The application is for £15,000 to assist 30 social services clients.</p> <p>Bucks Mind, Youth Mental First Aider project: This is a cross board project to provide help mental first aid training to school staff to enable them to support the mental wellbeing of young people. There are 13 schools in the Wycombe board area who are interested, and this would cost the community board £6,000.</p> <p>Wycombe Homeless Connection: Discussions have been had with Fay, Arif and Lesley. How the community board can support them with funding is being looked at. <b>Action: Fay and Melanie to lead on this</b></p>	
4	<p><b>Any other business, topics for future discussion</b></p> <p>On the run up to Domestic Violence Awareness month, Mama Bee have conducted a short piece of research around the accessibility to the Freedom programme in High Wycombe, which isn't great. They</p>	All

	<p>have identified a practitioner who is qualified to run the Programme and would like to start to run it from their town centre venue, Open Door and would like to submit an application for £7,500 to run the programme for a year.</p> <p>The group were in support of the programme and application. <b>Action: Amber to submit an application for funding</b></p>	
5	<p><b>Date of next meeting</b> 21 October 2021: 1830</p>	