



COWAL HEALTH & WELLBEING NETWORK
28th May 2014

MINUTES

Present: Kerry Newton, Eileen Lea, Deborah Rough, Angela Wilson, Michaela Goan, Arthur Oliver, Anne Gabriel, Ailsa Dominick, Duncan MacLeod, Lorraine King, Alison Hardman, Alan MacRaid, Alex Purdie, Heather Whyte, Susan McFadyen

Apologies: Lindsay Mitchell, Laura Stephenson, Fiona McRoberts, Dee Hancock, Sharon Goodall, Gwen Harrison, Angela Coll, Fiona Duncan, Sue Clarke, Glenda Wilson

Discussion and Agreed Actions

1	<p>ADMIN It was agreed that a voice recorder could be used to help with the minutes. The recording will be deleted once the minutes are approved.</p>	<p>Action Susan to manage recordings</p>
2	<p>PRESENT/APOLOGIES Apologies were noted and those present introduced themselves.</p>	
3	<p>MINUTES AND MATTERS ARISING The Duncan Macleod mentioned in the last minutes was not Duncan from Cowal Befrienders. Minutes of last meeting approved pending this change.</p> <p>Matters arising: Susan will circulate Lorna's recycling powerpoint once she locates it.</p> <p>The "Couldn't Care Less" play is not available online or on DVD.</p>	<p>Susan to amend minutes</p> <p>Susan to circulate powerpoint</p>
4	<p>ALEX PURDIE – SCOTTISH FIRE AND RESCUE</p> <p>Alex explained his role and talked about home fire safety visits and how to refer people. He offered to attend groups as appropriate. Alex will send information to Susan for circulation.</p>	<p>Susan to circulate information from Alex. Partners to use fire safety visit referral forms. Partners to invite Alex to their groups as appropriate.</p>

5	<p>PAST PROJECTS UPDATE:</p> <p>Arthur Oliver – Sandbank Senior Citizens The “Meals on Wheels Without the Wheels” project has been a big success and has boosted membership of the lunch club.</p> <p>Alan MacRaid – Interloch Transport The “Prescriptions for the People” project is going very well. Currently delivering about 40 prescriptions per month with over 200 delivered in the past 6 months. There is a delivery charge of £3 to £5 but sometimes delivery is free if passing that way anyway.</p>	
6	<p>INFORMATION SHARING – PARTNER UPDATES</p> <p><u>Alison</u> Keep Well Starting today in Dunoon with first clinics at Cowal Community Hospital, run by team in the hospital. Clinics are afternoon/early even to make accessible. Keep Well will be at Sandbank Gala, Clyde Charity Swim and other community events. Cholesterol check is not included. The information provided from the recent Asset Mapping project has been useful. There will be a healthy eating chef event for Carers week 9th June in partnership with Crossroads, 5pm upstairs at Seasons Café, Dunoon.</p> <p><u>Michaela</u> Guided Self Help Dealing with low mood/anxiety/panic attack/not sleeping/stress. Can be referred by GP, Community Mental Health Team or any health professional. Using Living Life to the Full resources.</p> <p><u>Deborah</u> Crossroads LLTTF and WRAP (Wellness Recovery Action Program) are also available at Crossroads Carers Centre in Dunoon. Last Saturday took 25 carers to the Beacon Arts Centre to see “Sunshine on Leith” followed by a meal. Counterweight program has been delivered to about 17 carers with very successful outcomes. Waiting to see if Change Fund money is continued by the Council. Other services available – Mindfulness for Carers, Carers’ Mental Health.</p>	Susan to send asset mapping data to Michaela

	<p><u>Duncan</u> Cowal Elderly Befrienders Purchased a new minibus – now have 3. Capacity increase means now interacting with 140 older people per week. Falls classes have been rolled out over the past 2 months in partnership with AVA and NHS. 2 types of class – one for those who are independent and one for the more frail. Following a fall or when there is an identified risk of a fall physio refers to the class. Referrals from Befrienders, AVA or Physio team. Started a dementia singing group – Musical Minds, 1pm Mondays – don’t have to be a client but transport only provided for clients. Recently successful in a Change Fund bid to provide an elderly befriending service on Bute.</p> <p><u>Heather</u> HELP Project Heather is the new Activities Coordinator. Activities she is involved with include Healthy Eating Club, Parenting skills in collaboration with Ailsa- First Aid for parents and toddlers, Baby swimming, Book Bug – service users are now going to active play sessions, Life Coaching – kayaking, gorge walking and one to one life coaching, involvement in Homeless World Cup.</p> <p><u>Angela</u> AVA Involved with the Falls classes. There is a £2.50 charge after the first 6 weeks. Tea and cakes are included. AVA is facilitating the setup of a credit union in Cowal – combining with Bute Credit Union to make Cowal and Bute Credit Union. 10:30 to 1:30 Tuesdays at the AVA Dunoon office. Have to save for a minimum of 12 weeks and then a loan is available for about 1% interest. Currently working on Timebank Improvements.</p> <p><u>Anne</u> Cowal Access Panel Anne explained the role of the Access Panel and that new members are needed. She asked groups to consider sending a representative to the next meeting. She shared information about legislation on disabled access.</p>	<p>Susan to circulate date of next access panel meeting</p>
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7	<p>HEALTH AND WELLBEING FUND</p> <p>£12,420 for Cowal</p> <p>Deadlines – First deadline 18th June for consideration at June meeting</p> <p>Priorities – It was agreed that there should be no specific priorities and that each bid would be considered on its merits.</p> <p>Scorers needed for Scoring Panel 25th June</p>	<p>Alan MacRaild, Kerry Newton, Susan McFadyen and Fiona Duncan to score at meeting. Laura Stephenson will score remotely. Agnes Harvey may be available to score at meeting.</p>
8	<p>AOB</p> <p>Fractures There was discussion about how all suspected fractures which present at Cowal Community Hospital are put in a temporary plaster and sent home with an appointment at Inverclyde for 9am the next day.</p> <p>Disabled Access It was noted that the doors of today's meeting room are very heavy and difficult to open and are not disabled friendly.</p>	<p>Susan to raise this at Cowal Locality Public Partnership Forum for clarification and as a concern</p> <p>Susan to raise this at Cowal Locality Public Partnership Forum as a concern</p>

**Next Meeting Date Wednesday 25th June 2014 12:30pm
Conservatory, Cowal Community Hospital
Followed by Health and Wellbeing Fund Scoring Panel**

Dates for 2014/15:
25 th June 2014
24 th September 2014
27 th January 2015