

Alcester Town Council Health and Wellbeing Working Group
Meeting on 2th November 2024, 1.30pm at Globe House

Present: Cllr Kathryn Cargill (Chair), Cllr Alison Leask , Wendy Sherwood, Vanessa Lowe, Ali Buchanan, Jen Hopkins
Apologies: Rev Alison Mackay

1. SPEND Group

Numbers attending have been down a bit, but that is likely due to the different focus of different meetings. No further speakers are planned for the rest of the year. Jen has arranged for some local relaxation and mindfulness practitioners to attend the July meeting and offer free taster sessions. There will not be a meeting in August.

The Art Base are coming to do a workshop at the September meeting. There is a cost for this activity so it is important to get people to book onto the session. Jen will advertise through FaceBook and set up a booking process through Eventbrite or MS Forms. **Action JHOP**

Funding is being sought from WCC for possible future arts and crafts sessions. The Arty Avon group in Bidford have been contacted re possible events later in the year.

The ILEAP sessions during the summer holidays are open for booking. Wendy to contact Vanessa at ILEAP to see how the numbers are looking. **Action WSHE**

Wendy is looking for funding for a possible trip out. Riding for the Disabled appears to be the favourite option.

Wendy has met with Susan Juned to discuss whether the Alcester Youth Project can help with accessing funding opportunities not open to the Council.

We discussed the future organisation of the group. It was always planned that ATC would run the group for the first year, with members of the group hopefully taking it on after that. Jen is talking to other members to see who might be willing to help. The Depot would still potentially be available free of charge if the group wish to continue to meet there.

2. Neurodiverse Friendly Town Project

We agreed the new project name as ND Alcester.

Ali has spoken to 48 businesses in the town and all are supportive and positive about being involved. The idea of awareness training was supported, but it would have to be online. ATC can look for suitable training and provide certificates for those completing the training. **Action VLOW, WSHE**

The Fair Chance Programme run through WCC might be able to help with sourcing awareness training. They are keen to run a jobs fair and a business support event for local businesses. Wendy to contact them to see how they can work with us.

Action WSHE

ATC have a new work experience student joining us soon. It is planned to get her to start work on the toolkit for helping local businesses and organisations to become neuro-diverse friendly.

3. Home Educators Group

The group is finding it helpful to have information sharing. The issues faced by members are diverse. It would be good to have some sort of social event, but this is a challenge for many of the young people involved.

Regular events for home educators and their children are run at Ryton Pools. Ali will look into possibly arranging transport for our group. **Action ABUC**

Alison suggested that she provide immunization information, as many immunizations are arranged through schools and home educated children are potentially missed.

Action ALEA

4. Ideas for Future Projects

- a) Cancer Research offer free workshops on cancer awareness for public-facing workers and volunteers. We agreed that we should be able to find enough attendees for such a workshop. Wendy to look at booking a workshop. **Action WSHE**
- b) Ideas for inter-generational projects were discussed. It may be possible to take children's craft or music sessions into care homes or older residential centres. Jen has suggested taking Messy Church to suitable venues. Other ideas welcome **Action all**
- c) June is Men's Health Month and there are lots of ideas for initiatives. This could be a future idea for the Community Shed once it is up and running.
- d) Warwick University medical students do something around general health check days. Ali will find out more. **Action ABUC**

4. Next Meetings

The next meeting will be on Thursday September 12th 2024, 1.30 pm at Globe House.

5. Update Notes

The following update notes from Wendy were circulated ahead of the meeting.

1. SEND Support Project

The SPEND support group continues to be popular. We have between 15 – 30 parents attending each month and we have various speakers attending to give out information and advice. Funding has been sought for art and craft type activities that the parents can enjoy for a few sessions. We also have ILEAP delivering some activity for SEND children taking place during the summer holidays. As a new project, we are interested in Alcester becoming a Neurodiverse Friendly Town and we are currently gathering information from parents and businesses as this initial stage of the project plan.

3. Youth Club

The additional session on a Thursday evening is continuing to go well and volunteers will be using the wellbeing room for confidential discussions/ condom distribution with the young people.

4. Holiday Lunches

We have continued to deliver the free hot lunches during the children's holidays on a Wednesday. Funding has been sought from Waitrose, Tesco and Household Support Fund to provide lunches during the summer months.

5. Alcester Community Shed – Update on progress so far

- Electric installation almost complete
- Fire alarm system is now installed
- Plumber is now installing the new toilet, wash hand basin and sink in the workshop area.
- Solar panels quotations are currently being sought.
- A wheelchair ramp will be installed and also levelling out the floor in the kitchen area. When the floor is complete, new flooring will be installed.
- Next jobs to do – install a new floor and kit out the kitchen. Kit out the workshop area. Recruit volunteers to help with tasks. Completion of membership forms for new and existing members. Marketing and promotion. Buy new equipment/tools.

6. Grand Days Out

One more trip has taken place in May to Dobbies but this has concluded our trips out unless more funding is forthcoming. We have asked for a grant from Moorfield's to cover the costs of six more trips for older people as they have proved to be popular.

7. Bikeability

Bikeability sessions have been booked at the EPCC for July and August for children to complete their Level 1, 2 and 3 Bikeability. These are free for children to attend.

8. Other ongoing projects

Well Connected Computer Group – continues to be well attended and popular. We have had several 'special' Wednesday sessions, covering various IT topics. One new volunteer has been recruited.

Repair Café – record numbers have been coming along to this monthly session with around 40 repairs undertaken at each session.

9. Potential new projects - Bee Squared

A new project investigating the planting of wildflowers in gardens, allotments, schools and businesses in Alcester to encourage and help bees.

A volunteer gathering to thank volunteers will take place on Wednesday 26th June at Hillers.