

Notes from Meeting of the Health & Wellbeing Working Group –11 May 2021

Present: Cllrs Stuart Berlyn, A Chapman, B Hallett, M Hessing and P Sutton
Michelle Harper – Clerk

Several discussion points were raised:

Arthritis Action Group have offered to run an online presentation on Self- Management for Arthritis, it was felt this would be of benefit to villagers

Various ideas for the Committees Strategic Plan were discussed and the Clerk will add these to the spreadsheet for further consideration at the next Committee meeting – these included further development of the Carers Group, additional Happy to Chat benches, development of a Community Hub, consideration of special needs (Cllr Sutton to contact schools), encouraging 'educational' sessions on health and wellbeing and the involvement of businesses in event planning

The next Carers Group is to be held online on 1 June - Active Essex will be running a seated exercise session at the beginning. The next meeting on 22 June will be held face to face in the Old Pavilion, subject to covid restrictions. Alternating the times from morning to afternoon was discussed

Actions for Clerk to consider and make decision

- Clerk to review arranging a date for a presentation
- Clerk to update the Strategic Plan spreadsheet
- Clerk to make necessary arrangements for Carers group meetings

Date of Next Meeting

15 June 2021

Michelle Harper, Clerk to Danbury Parish Council