

# Minutes of the Health and Wellbeing Meeting held on 21 July 2020 at 7.30 pm via Zoom

Present: Cllrs L Anstee (Chair), S Berlyn, A Chapman, B Hallett and M Hessing

In attendance: Ms M Harper (Clerk)  
Dr Dollery  
Mrs L Hiscock  
Mrs G Lutton

## **20/21.15 Apologies for absence**

There were no apologies for absence

## **20/21.16 Declarations of Interest**

Members were required to declare any personal or prejudicial interests they know they may have in items of business on the meeting's agenda. They are reminded that they will need to repeat their declaration at the appropriate point in the meeting and leave the room if the interest is a prejudicial one. Unforeseen interests must be declared similarly at the appropriate time. Members have dispensation to discuss and vote in respect of matters relating to the Precept and the DCA.

There were no declarations of interest

## **20/21.17 Public Question Time**

There were no questions

## **20/21.18 To approve Minutes of the Health & Wellbeing Committee meeting held 16 June 2020**

RESOLVED: that the minutes of the Health & Wellbeing Committee meeting held on 16 June 2020 be approved and signed as a true record

## **20/21.19 Actions from the Minutes**

The actions were noted

## **20/21.20 Carers Group**

After discussion it was agreed that the first carers group would be held on Friday 31 July at 2pm for 1 hour. Dr Dollery would facilitate from the Danbury Medical Practice and has a provisional list of carers identified who will be invited. Members of the Committee would also be in attendance. The Clerk will send the Zoom meeting details to the Medical Practice for distribution to carers once date and time confirmed. The Group will then decide at the first meeting the frequency.

## **20/21.21 Food Bank Grant**

It was agreed that the Committee would not apply for a micro-grant for the Danbury Food Bank at this stage as there is money held within the Food Bank for Danbury however this would be reviewed at the next Committee meeting

## **20/21.22 Happy Chat Bench**

It was agreed to purchase a bench for the village. The Clerk will send details of the bench to the Danbury Medical Practice in order for them to purchase one for outside the entrance.

RESOLVED: to delegate the authority to the Clerk, in conjunction with 2 members of the committee, to decide which bench to purchase for installation at either Eves Corner or outside the Old Pavilion in an appropriate colour, proposed by Cllr Berlyn and seconded by Cllr Hallett, all agreed

## **20/21.23 Seated Exercise Classes**

After some discussion it was agreed that the Clerk would contact Active Essex to discuss options available and any funding avenues

Cllr Berlyn left the meeting

**20/21.24 Digital Training Sessions**

It was agreed that the Committee would work with the Danbury Coronavirus Volunteer Group to support digital training sessions. The need for these sessions to be established by the Medical Practice and discussed at the next meeting.

**20/21.25 Action for Happiness Training**

Action for Happiness 8-week courses have been placed on hold until September due to Covid-19. The following link to the course explains the role of the Leader, the venue and how to recruit participants (<https://www.actionforhappiness.org/the-action-for-happiness-course>). Cllr Anstee to contact Dr Dollery to research the course and bring back to the next meeting.

**20/21.26 Community Hub**

After some discussion it was agreed that space at the Dawson Suite (Sports & Social Centre) and the Old Pavilion would be utilised as a Community Hub for the foreseeable future, whilst the extent of use for a Community Hub was established. The need for a dedicated Hub would be reviewed in 6 months' time and if necessary, applications for grant funding would be considered.

**20/21.27 Health and Wellbeing Plan**

The Health & Wellbeing Plans were updated. The Clerk updated the committee on discussion held with Essex Cares Limited (ECL) regarding support that can be offered through their services – Older Person support and Learning Disability support. ECL are interested in working with the Parish Council to run 'drop in/drop off' sessions for carers and also lunch clubs for those with learning disabilities and dementia (with and without carers). ECL to be invited to the next meeting of the Committee

**20/21.28 Matters for Report (for information only)**

There were no matters for report

**20/21.29 Dates of next meeting**

Tuesday 8 September 2020 to be held remotely by Zoom at 7.30pm

There being no further business the Chairman closed the meeting at 21.55.

Chairman .....

Date .....