

## **Minutes of the Health and Wellbeing Meeting held on 8 September 2020 at 7.30pm via Zoom**

Present: Cllrs Anstee (Chair), Berlyn, Chapman, Hallett and Hessing

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

### **20/21.30 Apologies for absence**

There were no apologies for absence. Cllr Anstee advised that Mrs Lutton had left the Committee due to personal reasons; the Clerk had written to Mrs Lutton thanking her for her input to the Committee.

### **20/21.31 Declarations of Interest**

No declarations of interest

### **20/21.32 Public Question Time**

2 members of the public were present – there were no questions

### **20/21.33 Presentation from Essex Cares Limited**

Adam Barron (local Area Manager for Day Opportunities) from Essex Cares Limited explained the background to Essex Cares Ltd (ECL) to the Committee advising that it was established by Essex County Council (ECC) around 10 years ago and for the past 5 years has been delivering service outside of Essex. ECL offer services for reablement, older people and those with learning difficulties; as an example, ECL operate a weekly service and pop up café in local areas with their customers creating meals and serving. ECL want to provide a service that is needed or missing ie local charity wanted to find a building for a lunch club and ECL were able to provide building and support lunch club, Knit and Chatter was also set up and customers were engaged with other groups using facility, helping to break down barriers.

There were several questions from the Committee:

- What can ELC offer Danbury? Would come to Danbury and provide services based on need, such as lunch clubs, game clubs or respite service
- What can ECL offer in terms of supporting mental health? ECL does not specialise in mental health but is happy to work with Parish Council
- Is ECL a private for-profit organisation? ECL was set up by ECC and cannot run at a loss but any profit made goes to ECC Social Care Budget at the end of each year. ECC Cllr Spence has oversight of the organisation
- Concerns regarding some care issues that had occurred during the Covid 19 lockdown were raised. Adam advised this was not an area he covered but apologised on behalf of ECL and asked for further details to be sent to him so he could escalate to management of the relevant area.

It was agreed that Adam to provide list of services that ECL can provide for the Committee to consider

Cllr Berlyn requested a meeting with Cllr Anstee and Clerk to discuss further.

The following agenda items were brought forward

### **20/21.36 Carers Group**

The first Virtual Carers Group meeting was held on 28 August and attended by 2 carers as the other 4 were unsure about the managing the virtual platform. The Medical Centre and Danbury Coronavirus Volunteers Group (DCVG) to discuss getting some of the younger volunteers to provide help with getting online. It was agreed that virtual, as well as physical, meetings were a good solution long term, with physical meetings potentially being supported by ECL.

The Virtual Carers Group will meet at 3-week intervals. Clerk to contact Medical Centre to agree dates

Cllr Berlyn noted that the original idea of carers group was to provide support for carers who may not be able to access the support online and asked how the support group would be moved forward for face to face meetings. It was noted that pubs and restaurants are allowed to open and time had been set aside for the support meeting to take place in the Dawson Suite. Clerk confirmed Friday 11am-2pm had been booked at the Dawson Suite for when the Committee felt it appropriate to hold physical meetings.

### **20/21.43 NHS Gym Initiative**

Dr Dollery advised that she was in discussion with the Sports & Social Centre regarding gym memberships on a referral basis as there was no money available centrally to pay for them. The Medical Centre are also considering employing health coach to attend gym sessions with patients; Dr Dollery will discuss this with the DCVG.

### **20/21.42 Defibrillator**

To receive an update and recommendations from Cllr Berlyn on the defibrillator to be located outside the Co-op in Danbury

Cllr Berlyn had been requested to recommend the most suitable solution and following discussion with the local First Responders had recommended the British Heart Foundation IPAD SP1 at a cost of £975.00. The defibrillator will need to be stored in a heated lockable cabinet with the battery status checked weekly. There was some discussion over CCTV coverage as units are at risk of theft, however if the cabinet is locked and the Ambulance Service provide the code then this diminishes the risk.

First Responder are willing to provide CPR training sessions for the village and will register the unit with the Ambulance Service.

Clerk to discuss fitting with Co-op and will check if the Ambulance Service will provide callers with the security code. Clerk to contact BHF and Co-op to arrange purchase and installation

RESOLVED: to purchase the IPAD SP1 and heated cabinet to be located outside the Co-Op, proposed by Cllr Berlyn and seconded by Cllr Anstee, all agreed

Cllr Berlyn left the meeting

### **20/21.34 To approve Minutes of the Health & Wellbeing Committee meeting held 21 July 2020**

RESOLVED: that the minutes of the Health & Wellbeing Committee meeting held on 21 July 2020 be approved and signed as a true record

### **20/21.35 Actions from the Minutes**

The actions were noted

**20/21.37 Food Bank Grant**

Mrs Hiscock advised that monies were available in the Danbury Food Bank. It was agreed that the Committee would monitor the financial situation before making an application for a Micro Grant Mandy – money in Food Bank raised by donations from village; meeting with Simon/Fleur confirmed money

**20/21.38 Virtual Exercise Classes**

Clerk advised that Active Chelmsford (part of Active Essex) would be discussing support that could be provided to Danbury at their September meeting

**20/21.39 Digital Training Sessions**

DCVG and young volunteers are looking at how to support residents in a Covid 19 safe way. It was agreed that the Virtual Carers Group would used as a pilot. Mrs Hiscock will discuss with the Medical Centre

**20/21.40 Action for Happiness Training**

Cllr Anstee outlined details of the course and noted that there was a considerable amount of work to do in terms of advertising and managing the programme. After some discussion, including concerns relating to Covid 19, it was agreed to review the course at the February 2021 meeting.

**20/21.41 Happy to Chat Bench**

It was noted that the National Trust support a blue Buddy Bench being installed near the pond on Eves Corner, location to be confirmed

The Committee have been approached by a resident requesting a bench along Little Baddow Road, between Hay Green and Eves Corner. Clerk to contact Little Baddow Parish Council regarding contributing to cost of a bench potentially outside URC Hall

**20/21.44 Health and Wellbeing Plan**

The Health and Wellbeing Plan was noted

**20/21.45 Matters for Report (for information only)**

Cllr Anstee raised the Active Travel Challenge but noted it was difficult for schools at the moment to implement. Committee to consider support next Spring

Happy to Chat Table at Danbury Mission Hudson Café – Clerk to review costs and designs with the Mission

Cllr Hessing noted that the country was likely heading for another Covid 19 wave and that the government furlough scheme was ending at end of October and asked if a reminder was being sent to parents via schools to contact DCVG or Mission re food and services like coat/other items exchange. Cllr Anstee to check in school newsletter

**20/21.46 Dates of next meeting**

Tuesday 20 October 2020 to be held remotely by Zoom at 7.30pm

There being no further business the Chairman closed the meeting at 9.06pm.

Chairman .....

Date .....