

Minutes Health and Wellbeing Working Group

Zoom Meeting 24th September 2020 - 3pm

Present: Cllr Dawn Allen, Cllr Kay Wesley, Cllr Margaret Gartside, Cllr Suzy Firkin, Cllr David Brown, Jackie MacArthur

Guests – Stephanie Espinoza – Healthbox and Helen Davies – Ruby’s Fund

Item	Issue	Action	By whom	When
1.	<p>Review Actions from Meeting</p> <ul style="list-style-type: none"> • Dr Hulme contact • Crisis Centre Chester • Note of understanding WG membership 	<p>Now being sent minutes of the group. Link to wider Mental Health strategies.</p> <p>Nothing that can be done at present. JMacA to find out if still operational during COVID-19</p> <p>Still to be carried out.</p>		
2.	<p>Introduction from Stephanie Espinoza from Health Box</p> <p>Mental Health Link Worker providing support for people with mental health across CEC area that have been referred by CWP or the Mental Health Crisis line. Holistic person-centred approach to make sure that person is engaging and not falling through the net. Sign-posting and hand holding. Just started the role and learning what is available in CEC. Keen to support a Crisis café type approach for the area.</p>	<p>Share information with Stephanie re local groups</p> <p>Change Crisis line number on web site from 0300 to 0800 number</p>	<p>JMacA</p> <p>JMacA</p>	<p>Sept</p> <p>Sept</p>
3.	<p>Update from Helen Davies, Ruby’s Fund on Thriving Families</p> <p>Helen gave a presentation on the Thriving families project.- early intervention to avoid crisis, support for families pre-diagnosis, dad’s group, siblings group, peer support group – also out using Sensory Bus. 241 people listed since July, 100 well being calls since July. 67 sessions to children and families</p>	<p>Send presentation to the group</p> <p>Awareness of activities – and to keep a link to Congleton groups offering Mental Health support</p>	JMacA	Sept

4.	<p>Mountview and Overton House Updates</p> <p>Cllr Suzy Firkin reported that CEC is looking to repurpose Mountview rather than placing on asset dispose list. Next stage looking at structure of the building to decide options. Long term scheme.</p> <p>Cllr Suzy Firkin also reported that Day Care at West Heath has needed to reduce numbers due to COVID-19. Had reached capacity pre-COVID. Will need to be revisited to ensure day care services promised can happen.</p>	<p>Cllr Suzy Firkin to maintain a watching brief and report back on any news. No action at present</p> <p>Cllr Suzy Firkin to also pick up as part of Senior Forum remit post COVID-19</p>	<p>Cllr SF</p> <p>Cllr SF</p>	
5	<p>Feedback on Health and Wellbeing Questionnaire</p> <p>Discussed responses. Thought some of the responses would form useful data for funding requests or proving need. Survey to be repeated either just before Christmas or in the Spring to monitor changes in attitude. Possibly lose some of the questions. Look at ways to engage more with U44 age group.</p>	<p>Speak to Schools to see if noticeable difference in requests for pastoral care</p> <p>Repeat Survey – ahead of Christmas and in the Spring</p>	<p>JMacA</p> <p>JMacA</p>	
6	<p>Outreach sources of Mental Health Support in Congleton</p> <p>Report back by Jackie Mac who has spoken to the Talking Therapies Group, part of the Big Life Group that are commissioned by CCG to provide IAPT services for the Congleton area. Run daily clinics out of the Alternative Health Centre in West Street. Can self-refer or referral through doctors surgeries. Does not offer drop in sessions.</p>	<p>Create a diagram showing various mental health offers in Congleton.</p> <p>Gain a clearer picture from CCG on level 2 mental health support</p>	JMacA	Next meeting
7	<p>AOB</p> <p>CE Committee</p>	<p>Agreed minutes to go to the 5th November meeting and Cllr SF to report back on Mountview at CE on the 24th September</p>	Cllr SF	24/09
	Date of Next meeting	19 th November 3.30pm – 5pm by zoom	JMacA	