

9b. HEALTH AND WELLBEING WORKING GROUP

Members include councillors and co-opted members

Purpose

To monitor, address and work with groups that improve the opportunities for improved health and well-being for Congleton residents. The group is concerned with making sure that Congleton has adequate Primary Health Care facilities that relate to the growth of the town and promoting initiatives or events relating to improving physical and mental health within Congleton. This Working Group reports to the Community Committee, where any significant policy or funding decisions are made. This group meets in private, but members of the public may be invited or co-opted to take part, and minutes are made public.

This group works with health and well-being providers to promote better physical and mental health, as well as lobbying for better physical and mental health services and opportunities in Congleton.

This may include:

Areas of work include but are not limited to:

- Mental health provision
- Physical health provision
- Promotion of national, regional, and local campaigns promoting good health
- Measuring well being
- Drafting consultation responses on health and well-being issues.

Delegation of Functions of the Working Group

- This working group takes on tasks assigned by the Community Committee and conducts research, analysis and brainstorming to come up with potential solutions and ideas to improve the physical and mental health of residents and to make the committee aware of opportunities to improve local access and provision of physical and mental health services.
- The Committee may delegate the responsibility for working with partner organisations on campaigns or initiatives which promote positive mental or physical health.
- This is not a decision-making body; all solutions, ideas and funding requirements must be presented as proposals to Council Committee (usually the Community Committee), together with all relevant analyses, for the Committee to make a decision.
- All proposals taken from this Group to Committee must explain the impact on the financial, environmental and equality impact of the decision.

Membership, Voting and Roles

- Town Councillors and co-opted members may be invited to attend the meetings from user or provider groups as and where appropriate.

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- Co-opted members will sign a volunteer agreement and be in post for one year, after which their agreement can be renewed if desired.
- On an as-needed basis, others may be invited to meetings, for example social prescribers, NHS Trust, mental health providers.
- The secretariat for the meeting will be a member of CTC staff.

Activities of Working Group

- 1.1 Support projects and initiatives that will enhance the health and well-being of people in Congleton.
- 1.2 Consider ways to improve access to and co-ordination of local services, provided by the NHS or VCSEs, that will contribute to the improvement of the physical and/or mental health of local people.
- 1.3 Make recommendations and with the support of the Committee lead on CTC's involvement in national or local campaigns that encourage people to live healthier lives, for example by being more active, eating well, reducing alcohol intake or stopping smoking.
- 1.4 As directed by the Community Committee engage and work with local people, businesses and VCSEs to develop initiatives and events to promote healthy living.
- 1.5 Work with the NHS to lobby for more and improved physical and mental health services in Congleton.
- 1.6 To work with others to achieve a safe, professionally staffed, drop-in mental health centre for adults in Congleton
- 1.7 To raise awareness of the importance of mental health and accessible rapid help for those with poor mental health
- 1.8 To promote services and organisations aimed at helping reduce poor mental health
- 1.9 To reduce the stigma attached to mental health
- 1.10 To understand, promote and where possible strengthen the primary health care offer within Congleton
- 1.11 To make sure that the service provided at Mountview continues to be offered in Congleton

2. Reporting to Committee

- 2.1 Working Group minutes will be approved at the Community Committee and published on the Town Council Website.
- 2.2 Any decisions will be referred to the Community Committee, or another Council Committee as required.