

MINUTES OF HEALTHY LIVING & WELLBEING GROUP AGM

9th JANUARY 2018

Apologies: Carlie Karakusevic, Jacqueline Pester, Alison Prestt, Roger Hunt & Jenny Charlton.

Present: Elaine Cawthraw, Ros Hearn, Fran Edwards, Keith Lambert, Mike Goldsmith, Eddy Stephenson, Mary Hampson, Finella Whitehorn, Ann Meyrick & Andy Davies

Minutes: The minutes of the previous AGM held on January 10th 2017 were accepted as a true record. Proposed by E. Cawthraw and seconded by R. Hearn. There were no matters arising from these other than those already on the agenda for this meeting.

Chairman's Annual Report 9 January 2018. (Eddy Stephenson)

2017 has been a quieter year than previous for HLG but not without some significant progress and developments.

Our 2017 AGM covered the achievements of that year and offered some thoughts and plans for the forthcoming year.

Carewatch has continued to provide a much appreciated facility in our Village supporting anyone who needs help in the areas detailed in the leaflet. The loss of Liz Golder from the coordinators for family reasons was disappointing, we thank Liz for her contribution. Jacqueline Pester has worked tirelessly as a co-ordinator despite having to spend time away from Bishopsteignton. Following a meeting with Volunteers in September Ros has been in contact with the local police Carewatch contact to establish degrees and levels of insurance cover. In principle it is agreed that Volunteers operating within the Carewatch envelope may provide transport to medical facilities in Dawlish, Teignmouth, Newton Abbot and Bishopsteignton. All journeys should be responses to Carewatch Co-ordinator requests. Requirements for transport further afield should be referred to Volunteering in Health. Numerous folk have been involved but I would like to highlight the work of Fran, Ros and Jacque in taking this forward. Congratulations to Fran on her recent award of a well deserved BEM.

Alison has continued her development in making Bishopsteignton a Dementia Friendly Village a role that I am sure will continue during 2018.

Two more defibrillators have been installed within the Bishopsteignton Parish, one at the Community Centre and the second at The Elizabethan Inn, Luton. The Community Centre unit resulted from yet another generous anonymous donation.

There are still areas of our village that are a long way from a Defib. Facility, something that we should address within the new charitable status and also as part of the Carewatch brief. Three Defibrillator/CPR awareness sessions have been organised and commence tomorrow. We are grateful to Lewis Myers who will lead these sessions.

We now have approval in principle to proceed with a Trim Trail at Lawns End. Costings will be obtained and fundraising can begin in earnest. BPC has money from the Elector Fund and HLG hold funds from the now defunct Bishopsteignton Enhancement Fund that are ring-fenced for this project.

Keith has done a fantastic job in establishing HLG as a CIO (Charitable Incorporated Organisation) We will now use this as a vehicle to raise money to be spent in the enhancement of healthy living benefits in our village.

The development of a new Emergency Plan for our village has been delayed but is now underway again. The original document suitably updated forms the basis of the plan that will be put into operation and should an emergency occur in Bishopsteignton that cannot be immediately serviced by the Emergency Services.

HLG are not directly involved however I am part of the development group and will involve HLG should the plan require.

With the advent of the CIO 2018 has the potential to be a busy year. Fund raising can take on a new face as among other activities we drive towards a Trim Trail and additional defibrillators.

We need to upgrade our publicity to let the whole village know what we do and increase **their** overall input.

As I have said before, this group holds no hidden agendas and exists for the benefit of the residents of Bishopsteignton. My personal thanks and appreciation to everyone who has worked with and supported me in leading its aims in 2017.

Secretary's report: Mary Hampson reported back on the position of the Bishopsteignton Memory Cafe over the past 12 months.

The Memory Cafe, under the auspices of HLG, is about to start on its fourth year. Numbers remain steady at around 20 – 25 people attending the monthly meetings. We have lost some of our original members but there has been a

number of new people as well. Not all of those attending come because they or their relatives have memory problems but some come simply because they enjoy the friendship and the company on offer. Our excellent team of volunteers run the sessions and offer support to those who attend. I was reassured that during my extended absence in France earlier this year the Memory Cafe continued to flourish thanks to the combined efforts of this team of volunteers. This year our activities have again covered a variety of topics including reminiscences, games, music/singing, exercise as well as tasty demonstrations by Wiltshire Farm Foods. We have also had an outing to Dartmoor, finishing with a cream tea at Widecombe in September. This was kindly financed by a donation from the Dartmoor Vale Rotary. Our Christmas lunch in December at Cockhaven Arms was also supported by a donation from the Village website, which was greatly appreciated. At this Christmas session we were entertained marvellously by a choir of 15 pupils from the Primary School. This was superb and greatly enjoyed by all. The hope is this will lead to closer links between the Primary School and the Memory Cafe in the future to our mutual benefit. I would also like to thank The Cockhaven Arms for its continued support of the Memory Cafe.

As part of the newly established Devon Memory Cafe Consortium several of the volunteers have had access to courses on First Aid, Food Hygiene & Dementia Awareness Training. These courses have been very useful and have also made us realise that we need to be a little more professional in the administration and paperwork involved in running the Memory Cafe and in 2018 we will be undertaking a thorough review of our practices to bring us into line with the requirements set for the Quality Assurance certification that we hope to achieve. Being part of the Devon Memory Cafe Consortium has also provided access to exciting new projects such as the one being run by Plymouth University which uses poetry to help stimulate memories. We hope to take part in this in the coming year.

We will once again be holding an Open Day at our memory cafe session on February 19th (10.30 – 12.00) and hope that people will come to see exactly what goes on in a memory cafe and join us for refreshments. A notice to this effect will appear in the next Parish Chronicle.

Mary Hampson (Co-ordinator)

Treasurer's report: Since Jenny was absent no Treasurer's report was available at this time. However, Eddy reported that to his knowledge there is money in the account although much of it is ring-fenced for particular projects.

There was some discussion arising from the Memory Cafe report and in particular with reference to CareWatch. This mainly centred on data protection particularly with new legislation coming in May 2018. There could be a conflict over what data is necessary to be kept in order produce statistics to monitor

usage and what might be contrary to the new data protection act. It was decided that a meeting should be arranged, probably in February, to look at these issues.

CIO Status: The Healthy Living group is now officially a Charitable Incorporated Organisation (CIO). Registered number 1175894. This means there is a new constitution for HLG as a CIO. As a result HLG officially ceased to exist at 20.10 9/1/18 and HLG as a CIO took over from 20.11 9/1/18. The CIO is run by Trustees and these are Keith Lambert, Alison Prestt, Derek Greatorex, Roos Allsop and Eddy Stephenson (Chair) These trustees were approved by the meeting. For the purposes of meetings Mary Hampson was approved as Secretary and Jenny Charlton as Treasurer.

As a CIO the group can now officially raise money for projects. The first project will be the Trim Trail at Lawns End. Keith Lambert will continue to take this forward and Eddy Stephenson will write to the Parish Clerk concerning the parish council funds that are earmarked for this project.

Defibrillators: There are now 4 defibrillators in the vicinity of the village and three training courses for the use of these have been set up starting on January 10th. There is a possibility that yet more (up to 4) could be provided within the village. Possible areas would be Manor Road/Teign View Road, Happy Valley, Lawns End and Humber Farm.

Chapel's: This new cafe venture held at the Methodist Church on Mondays and Thursdays seems to be very successful. Questions had been asked as to where the money donated went. Chapel's is a non profit making group and at present any money raised in donations is being used cover the set up costs of the equipment. Once that is paid off money will be paid to the Church for heating and lighting costs and then any excess will go to a chosen charity.

AOB:

- i) Keith Lambert asked if there were any records of falls and slips in the village due to icy weather. He felt that there could well be a need for further strategic salt boxes to be available plus an awareness that the salt only needs to be sprinkled on, not applied by the shovel.
- ii) Elaine Cawthraw informed the meeting that Dementia Awareness especially for young people was being promoted. She has contacted the Dementia Champion for the area and this will hopefully lead to the provision of information and worksheets that could be used by the Scouts for their badge work and could possibly also be of use to the Primary School.

The meeting closed at 8.40

(Next HLG meeting TBA)

