

MONK BRETTON WARD ALLIANCE

Notes

**Friday, November 15th 2013 at 3.30pm
Carlton Church**

Present:

Councillor Steve Green (Chair), Councillor Margaret Sheard, Ann Moffatt, Don Booker, Glenis White, Mick Weldrick, and Darren Hayes.

In Attendance:

Caroline Donovan, Area Manager, and Claire Gray, Service Manager, Health Trainer Service.

1. Apologies for Absence

Councillor Ken Richardson, Pat Hall and Don Booker

2. Declarations of Interest

There were no declarations of interest

3. Notes of the previous meeting

Apologies from Darren Hayes were recorded and the notes of the meeting held on the 17th October 2013 were accepted as a true record.

4. Appointment of Secretary and Treasurer

A discussion was held with regard to the appointment of a Secretary and Treasurer. The Area Manager gave a brief outline of the duties involved. After careful consideration Ann Moffatt agreed to take on the role on a trial basis as she was concerned about the time commitment that may be required. Don Booker agreed to cover any meetings that Ann was unable to attend. The Chair thanked Ann for agreeing to take on the role and Don for his support.

5. Guest Speaker - Claire Gray from the Health Trainer Service

The Chair welcomed Claire Gray, who was the Service Manager from the Health Trainers. Claire outlined the service provided, distributed information leaflets and explained that their purpose was "to help people get the most from life". She outlined some of the activities provided such as offering health, exercise and sport to young males, and working with women in pregnancy.

A discussion followed with regard to the proposed Health Fayre and Claire said the following activities had been successful at other similar events – Food Tasting, Food and Mood Workshops, Nordic Walking Tasters, Exercise Sessions, Chair Aerobics, Zumba Dancing, Personal Health Plans to include weight, blood

pressure and BMI checks and indoor biking to include turbo training. She also said that little “give aways” went down well. Claire said she would be willing to support the Health Fayre.

The Chair thanked Claire for her attendance.

6. Consideration of the Ward Plan and developing the Priorities

The Area Manager explained that the next steps would be to consider generic measures for each of the priorities and a general discussion was agreed with regard to the Health and Wellbeing Priority, and the layout of the Plan. After careful consideration the Alliance felt it would be better to spend more time on considering developing the Priorities and all present agreed to defer this item to an extra meeting on Friday 29th November, at 1 pm at the Silverdale Community Centre.

It was agreed that the Agenda would be a two item Agenda to discuss the Ward Alliance Plan in detail and to plan for the Health Fayre in March.

7. Ward Alliance Members Actions

To consider the Ward Plan and Priorities in detail.

8. Decisions Agreed

Ann Moffatt would act as the Secretary and Treasurer on a trial basis, with support from Don Booker.

An extra meeting would be called on Friday 29th November to discuss the Ward Plan in detail, and the Health Fayre in March.

9. Date of Next Meeting

It was agreed that the next meeting would take place on Friday 29th November, at 1 pm at the Silverdale Community Centre.