Nailsworth Health Partnership Meeting

10th Sept 2018

at

Nailsworth Natural Health Centre

Minutes

1. Welcome and Apologies

Clare, Elfie, Marilyn, Jackie, Paul, Jo, Ros present. Apologies received from Beth and Sam

1. Minutes of previous meetings and matters arising.

Marilyn pointed out that the NHP website already has a walking festival page.

Marilyn has the NHP banner.

1. Walking Festival

One spin off has been the Walking Book club which is seasonal. Jo has been organising this. It involves a get together to read from the chosen book, and then a walk some time later to discuss the book.

The next meeting on 13th Sept will be to read excerpts from “The Owl called my Name” by Margaret Craven, and “The Salt Path” by Raynor Winn. The walk to talk about the books will be on 18th Oct at 5.30 pm.

There is a 10% discount for the books if ordered at The Yellow Lighted Bookshop.

At present the Walking Book club is not widely advertised, but it could be a useful resource in the community combating loneliness.

Jo referred to an article in the Spectator “The Birth of the Walking Book Club” about setting up walks on Hampstead Heath.

1. Treasurers Report

£436 was raised by the knitters to go to the Horsley Parish Council.

The cPAD in Forest Green is at the Arkell Centre, and this was launched by Marilyn on 29th Nov.

Paul Young is involved in the Woodchester Valley Village CPAD, and has arranged a training session with Louise from the ambulance trust on Tuesday 11th Dec at 3.30 pm at WVV

A thank you letter has been sent to Norman Kay for his efforts in raising funds for the Forest Green defib.

Fundraising for the Newmarket defib is underway- A Halloween Party was held at The George, Newmarket, to launch the appeal for funds- £277 was raised from the raffle, with very generous gifts donated from individuals and town businesses. £230 was kindly given by the HoneyMoon trio band who played at the event (in lieu of their fee)

Marilyn has received £ 500 from the South Cotswold Dog Club.

Please see Marilyn’s further update below

We started the year with £1593.81 in the Coventry of which £436 was in the restricted fund for the Arkell cPAD

since then our income has been £7,297.82 of which £1,986 has been for the Arkell cPAD, £1,550 for the Woodchester cPAD and £120 for DFN.  More recently we have had £1,057 towards The George defibrillator.  All the cPAD money has gone into restricted funds.  We had £558.34 other income – over half from the fund-raising lunch of the Wednesday walkers (nearly £300)

our expenditure has been £5,936.35. We have spent £60 of the DFN restricted fund, £1,830 for the Arkell centre cPAD, £1,806 for the WVV cPAD, £977.55 on the walking festival and £525.47 on general items.  The biggest item for this last category was £316.59 for insurance

I am in the process of applying for gift aid refund for the donations to the WVV cPAD which should amount to £337.50

Current balance in the account is £2,932.38 of which £957 is in restricted funds.  £60 for DFN, £156 for the Arkell cPAD, -£256 in the WVV cPAD (though we should get more than that in gift aid) and £1,057 for The George cPAD.  The general fund therefore stands at around £2k

The cost of DFN stickers will be £40 + VAT and we have been advised to apply for a grant from the Town Council.  I have the forms!

5.NHP website

1. This is due for a revamp which will make it easier to update. Proposal is to change to WordPress and choose an off the shelf styles. Paul will set up a WordPress site, and Jo expressed interest in the graphics. Jacqui will send some information regarding well-being. We need to update our directory possibly amalgamating resources from The Independence Trust, as they have a comprehensive list of community groups and resources. Jo ,Paul and Marilyn intend to meet to discuss the website .
2. NHP definition of Wellbeing

The website currently states that the aim of the NHP is to increase the health and wellbeing of people who live and work in Nailsworth. The word “flourishing” is currently in vogue – Ros noted that on BBC Radio 4 this week there is a series “A history of Ideas” with Melvyn Bragg discussing what it means to flourish and live a good life.

We will need to define what “well-being” means in the context of the NHP.

1. AOB

A Dementia talk by Mary Sharma is to be considered.

Date of Next Meeting

20th Nov at The George- this was postponed to Tues 4th Dec at 7.30pm