

17.2.20 Alston Alliance

Fit for All: Alston is the fourth town to get this. It started in Shap. It is designed to improve fitness in 50-70 year old people. It started in February and takes place every Thursday in the Masonic Hall. The charge is £3 per session, unless referred by a GP when the first six weeks are free. Jane Povey talked about her role as Third Sector Coordinator in signposting people to appropriate charities.

Gordon Barwick, Adult Social Services said that in 2015, there had been a 25% reduction in social workers in the area and the social worker attached to Alston left. He said he plans to remedy this.

Christine Stewart, head of community nursing said there is a plan to employ 16 "home care practitioners" for Eden who would go into elderly patients homes who are at risk of hospital admission.

Grisedale Croft: Only six residents. Claire Driver said that there is no plan to close the care home

NWAS: Currently 10 members on the local unit.

Surgery: Tania Rymer said that the surgery had set up a new Cancer Support Group which is well attended.

25.2.20 Health Scrutiny Committee

North Cumbria Vascular Services: Previously North Cumbria had worked with Dumfries and Galloway with complex aneurysm repairs being done in Glasgow. Now they are working with The Freeman Hospital in Newcastle. Ruptured aortic aneurysms will continue to be repaired at CIC, the more complicated, planned operations will be done at Newcastle.

Health Strategy 2020-24: This will focus on long term conditions (diabetes, COPD, heart disease) and the causes of ill health: obesity, smoking, alcohol and lack of exercise. Previous work has prevented an increase in A and E attendances and admissions (A/E attendances had no increase at CIC in the winter months whereas there was at least a 20% increase in other areas of England). In Eden we have had the introduction of Health and Wellbeing Coordinators who work in the surgeries to encourage improve health.

27.2.20 Full Council.

The budget for 2020-21 was approved and it was agreed to go ahead with the purchase of Voreda House. The council will run into debt in a few years if there is no action to increase efficiency, which will result in savings. The plan is to sell the Town Hall and Mansion House, both of which house the council staff and council meeting rooms, and buy Voreda House which is being sold by the NHS and is right next door to the Town Hall. Another part of the plan to balance the books is to increase the council tax by £5 per annum (band D). All of these recommendations were passed.

Homelessness: Eden's levels of homelessness are significantly lower compared to other areas of Cumbria. Levels of rough sleeping are very low. This is largely due to the Housing Options Team at EDC which is very proactive in responding quickly to prevent homelessness in those at risk. A Homelessness Strategy and Action Plan was presented by the Assistant Director of Community Services and this was passed.