

Eden Health and Wellbeing Forum 28.1.22.

Present: Chair: Judith Derbyshire, Hilary Snell, Jayne Povey, Ray Wilson, Emily (Recovery College), Dani Leslie, Catherine Beckett (Public Health), Phil Dew (EDC councillor), Anna Sives (Eden Primary Care Network), Lucy Parker, Amy Frith, Jessica Morton, Michael Hanley.

Report by Michael Hanley.

1. Catherine Beckett (CB): The activity plan is helping to get more school children active.  
Phil Dew (PD): It was thought that certain students who didn't like team games could get more active. The programme gets inactive young people active.  
Anna Sives (AS): There are a number of people off sick on the Living Well team.

2. Update on Covid.

CB: The recent report up to 24.1.22 showed a huge increase in cases due to the Omicron variant but hospital admissions are a lot lower than expected. It has been a thorough vaccination programme. Public Health and Wellbeing coaches have been encouraging unvaccinated people to get vaccinated and have had a lot of success. There have been 5280 cases in the last week. Despite recent changes face masks are still recommended. Recently there has been an increase in anti-vaccination messaging. This is not a big problem in Cumbria but is in other areas. It seems to be linked to far right groups.

Hilary Snell (HS): Quite a few people are concerned that people are no longer required to wear masks in shops. People need to be aware of the risks to others. I think it was far too early to remove these requirements.

Michael Hanley (MH): Supported HS and agreed that the wearing of face masks should still be compulsory in shops etc.

Judith Derbyshire (HD): Discussed household support.

AS: We are uncovering a lot of unmet need when we go to see frail patients.

3. Recovery College.

Emily (North Cumbria Recovery College): We have set up courses to improve physical and mental well being. The courses are open to everyone. The courses cover such areas as: emotional resilience, assertiveness, decision life skills and complementary ways to manage wellbeing and recovery. We have talked about going out to Alston. Current courses: Art for bereavement, Confident me, Decision life skills, Assertiveness, Drawing and talking, Emotional resilience, Happy mums, Irest yoga, Laughing yoga, Menopause matters, Preparing for therapy, Recovery chair, Rhythms of recovery, Wellness recovery action planning, Writing for wellbeing, Yogic healing.

HS: Are you linked with the Wellbeing Coordinators?

Emily: We have contacts with the GP surgeries.

AS: What about the house-bound?

Emily: Some of the courses we do are on line.

MH: Asked where the courses take place and offered to find venues in Alston if appropriate.

Emily: Most of the courses take place in west Cumbria where the college is based but she would come back to me if needed.

4. Provision for LGBT Young People. Lucy Parker and Bethan Nicholson.

Bethan Nicholson (BN): The project is aimed at young people from the LGBT community. There is

very little for this community in Eden. Some of the schools are better at giving support. A LGBT youth club is something that is needed.

Lucy Parker(LP): We had conversations about how isolated some of these people are. Support might help with anxiety.

HS: I would be more than happy to talk with you, there is definitely a gap. I have also had contact with some trans people. Who do you contact and who do you talk to?

CB: Have you an idea of the need? Do you have any numbers? If you want to do a plan it is better to have the numbers.

LP: We don't have the numbers yet.

AS: How is the group set up in Carlisle? Do we need to set up a working group?

5. Community Weight Management: Presenter had to leave the meeting so this was postponed until the next meeting.

6. JD: We had a training session on Domestic Abuse. Also we have had a lot of loneliness due to the pandemic. We have to look at different ways of supporting people. There are various community cafes which help.

Dani Leslie: Talked about recent increase in the spiking of drinks and covert injecting of young people.

HS: Said she had contacted the police about their policing of this.

JD: Discussed information stickers for the back of toilet doors and how to get funding for this.

HS: The Police and Crime Commission would have money for this.