

## **Wiveliscombe Town Council Health and Wellbeing (H&WB) group Inaugural meeting Friday 30<sup>th</sup> August 2024**

### **Present**

Sarah Towells – WTC clerk

Fodo Higginson – SALC Community Health and Wellbeing Officer

Pauline McNichol – WTC councillor

### **Apologies**

Eddie Gaines – WTC councillor

### **Remit of the H&WB group**

To find ways to improve the health and wellbeing of the local community by working with local groups and organisations to promote/signpost the availability of support such as SALC H&WB grants

### **SALC H&WB programme**

The programme has 11 aspects with a connecting thread of improving people's lives, in particular their physical and mental health. There is a range of grants, all of which would have to go through the Town Council, from seed grants for scoping ideas, small project grants, and larger grants for major projects. The projects need to be new/innovative approaches tackling issues, not 'business as usual' for existing projects. All of these grants involve a financial commitment from the Town Council, which for the larger grants could be over a few years as a project becomes self-sustainable, including the monitoring of progress of a project and its evaluation

WTC already gives financial support to a range of local organisations – examples in 2022-23 and 2023-4 include

- ❖ SLAs with Wivey Cares, WAP
- ❖ Grants to Wivey School PTFA, In The Mix, Wivey Food project, WAP (Street Fair), Wivey Community Centre, Jim Laker Fund (Christmas Lights), 10 Radio CIC

However, we need to take a more proactive approach in finding ways to support our local community's H&WB needs. A wide range of issues were picked up during the WTC Community Plan consultation – the actions from these form an evidence base to help identify priorities (*see Appendix*). For example, practical actions from Section 4.4 (Leisure Groups and Classes) include improving access to walking, more allotments. Practical actions from Section 10.3 (Activities/Facilities – young people) include play equipment for specific age groups, MUGA on the Rec, all weather track

Such actions above could help to improve access to opportunities for physical activity by a wider range of people across all ages/abilities who may feel excluded from participating. Possible approaches could be 'taster' sessions for sports, music, or gardening, using local groups to

promote; or summer activities in the Rec during school holidays; or 'chair yoga' for less mobile individuals

At the August WTC meeting, representatives from Wivey Cares had attended to discuss applying for a SALC H&WB grant. This was discussed by the H&WB group, in particular whether it met SALC criteria such as being a new project or an innovative approach. Without access to details of what sort of project Wivey Cares were actually proposing, it was difficult to ascertain whether a SALC H&WB grant could be applied for. It was decided to seek more information from Wivey Cares i.e. to submit to us exactly what they want the grant for