

# Big Local Gateshead

## Health and Environment Focus Group

Tuesday 30<sup>th</sup> of March 2021 10am, Zoom: 840 5995 0948

### 1. Welcome and introductions

Present: Chris Folwell (BLG), Lawrence O'Halleron (BLG), Liz Keating (Bensham Court Food Co-op & Teams health champion), Christine Frazer (NHS), Simon Turner (Artist), Helen Bell (lead Community Link Worker).

Apologies: Suzanne Amey (BLG), Brenda Clelland (councillor), Roy Tilley (walking group),

### 2. Member Updates

Lawrence O'Halleron -

Bike club: issues getting training in place, the club would like to set up it's own ride leader training including road awareness, route planning, guiding groups, basic first aid, and bike maintenance. Could seek the councils approval and take referrals from them. Group rides starting up again on Wednesdays, Fridays, and Sundays, from the Big Local Bungalow at 10am. The rides are open to all, bikes and helmets can be provided for those with none, free of charge.

Pop-up Shop: new pricing policy in effect to increase transparency and improve signage. Offered a selection of Easter eggs that were subsidised by the shop funds last week, all sold. Many new visitors to the shop, and in May we'll be used as a polling station so an excellent chance to attract new service users.

Chris Folwell (on behalf of Suzanne Amey) –

Trees: all 250 trees now handed out schools, care homes, community centres, and individuals.

Allotment: planning an allotment tidy up with the family volunteers who used the space through lockdown. Hoping to make way for new intergenerational work as soon as care homes and schools are able.

Plant swap shop: will be open after Easter to exchange young plants and will expand to include a seed bank generated by donations.

Veg kits: work in progress, should be ready in the next couple of weeks and will be distributed through the pop-up shop but some deliveries can be made where necessary.

Helen Bell –

Community link workers are busy with many new patients, most of which are mental health related. There has been a focus on support for men who are being referred to the service more frequently, they have few routes to refer them on but have been in touch with North East Young Dads and Lads and Man Health who both offer support.

One member had concerns about the availability of mental health support, waiting lists for counselling, etc. Helen Bell and team refer patients on to professional services, NHS or otherwise, however they are able to spend more time with the patient to unpack issues and more effectively support them. Christine recommended

'My Concern' as a platform for documenting and reporting safeguarding incidents. In small organisations Helen recommends a simple route to record concerns and pass them up the line, similar to the process used by BLG currently.

Liz Keating – walking group are unsure when they're starting back, they operate through 'Walking for Health' who have issued new guidelines about group sizes.

Simon Turner – Heritage project had to change focus to local landmarks including the Big Local Bungalow and Café Under the Spire. A tote bag (80) and series of beer mats (5,000) have been produced.

Easter crafts video workshops have been completed and delivered to care homes. Age UK are interested in exploring the project further to make a library of workshops. Christine would be interested in putting in a Quick Win to support creative practitioners starting out to have a try at producing more videos.

Christine Frazer - starting a new project in partnership with the councillors to relieve tensions between local authority and residents particularly in Dunston.

### **3. Matters Arising**

#### **a. Outdoor activities programme**

We have received about half a dozen expressions of interest from facilitators, more would give us a better idea of availability and prices to plan out a full Summer programme of 1 session per day through the Summer holidays.

Other suggested activities include: history walk & talks, couch to 5k, football skills, walking football, sports tournaments, basic bike proficiency.

Gateshead Older People's Assembly might help to get the programme set up in-line with their own programme. This will be raised at the Older People Network next week.

Christine Frazer has suggested we purchase a portable projector and screen to show films, approximate cost of this would be £600+. There are issues with this around licensing and responsibility of equipment to be explored.

Helen and community link workers may be able provide some data about the numbers of patients who could be referred, their ages, and interests.

Chris will put together a first draft proposal for this group to consider for next month.

### **4. Project Proposals**

None

### **5. New member suggestions**

### **6. AOB / next meeting**

Next meeting is scheduled for Tuesday the 27<sup>th</sup> of April at 10am.