



Angmering Parish Council

The Corner House
The Square
Angmering
West Sussex BN16 4EA

Telephone/Answerphone 01903 772124

E-mail: admin@angmering-pc.gov.uk

Website: www.angmeringparishcouncil.gov.uk

Communities, Leisure, Environment and Wellbeing Committee Meeting. Wednesday 28th June 2017

Agenda Item 9. Opportunities for Parish and Town Council Involvement in Health and Wellbeing in West Sussex

The report was commissioned by West Sussex Association of Local Councils and highlights areas where Parish and Town Councils can be involved in health and wellbeing.

The following have been identified:

- **Arun Wellbeing.** As stated in the report, West Sussex County Council commissions Wellbeing Hubs in district or borough councils to undertake some of the wellbeing services for their local populations. Arun Wellbeing are our local wellbeing hub, they run many courses and sessions that are currently not well advertised throughout the Parish.

Cook and Eat – This is a 6 week course run by Arun Wellbeing at Angmering Community Centre. The course supports people with low confidence to cook from scratch, using low cost groceries to create meals that are affordable, healthy and appetising. The 6 free 2 hour sessions include basic nutrition, food labelling, budgeting, tips on shopping, practical cooking knife skills, cooking methods and food hygiene. Arun Wellbeing are able to offer this training free of charge.

The course has been well attended in the past with the Winter session attracting the maximum of 8 participants and was fully booked. The Spring session was also well attended with there being 7 out of the maximum 8 attending, proving a need and demand for this course. There is currently a course running which started on 19th July 2017 for 6 weeks with another scheduled for November 2017.

Another course Arun Wellbeing run is Falls Prevention, this is also held at Angmering Community Centre with 11 out of the maximum of 12 attending in the January course and 9 out of 10 attending in the April course.

The Arun Wellbeing website covers many topics including all courses information, what's on in the area, getting more active advice, active courses, walks in Arun, advice about being more social and loneliness, drugs, alcohol, smoking, healthy mind, free wellbeing MOT's, pre-diabetes, weight management and more.

The Parish Council could assist Arun Wellbeing by regularly communicating and receiving regular updates from the hub, being aware, advertising and publicising Arun Wellbeing, advertising and publicising the courses being held in Angmering Community Centre. The Parish Council office have now subscribed to receive newsletters and updates via email and Arun Wellbeing will be in contact with the office with their suggestions with how the Parish Council can help the hub.

- **Patient Participant Groups and Angmering Medical Centre.**

As the report states, from April 2016, it became a contractual requirement for GP practices in England to form a patient participation group (PPG) during the year ahead and for that group to make reasonable representation of the practice population.

A Patient Participation Group is about patients and the practice working together to improve communication between GP's, practice staff and patients, to encourage improvements within the practice, to increase patient satisfaction and to bring about positive change to benefit patients and practice staff.

The recruitment of patient members could prove to be a challenge, however patient members could be recruited by individual approach, by open invitation, by advertising and publicising in the Parish, the use of social media, through the practice reception, the parish council website and noticeboards etc.

The Angmering Medical Centre currently do not have an active PPG. Communication with the practice will resume when some important practice tasks have been completed. It was recommended in the report that councillors or council staff would be well placed to become members of the PPG when such group is active.

Talks with the practice could include the simple question of how the Parish Council can help to form an active PPG. The parish council could then consider if to place a councillor or member of staff on the PPG, this would enable a stronger communication link between the practice and the parish council.

- **Examples of other Initiatives that could be considered by the Parish Council**

As the medical centre will not be expanding due to there being two sites, one in Angmering and one in Rustington, transport could be considered for those having difficulties getting to appointments.

Engage and enable opportunities and facilities with Healthwatch West Sussex

Enable opportunities and facilities for social clubs

Enable opportunities and facilities for Arun Wellbeing

Liaising with the pharmacy about the services they provide and publicise accordingly

Claire Fullman
28 June 2017

