

Minutes of the Health & Wellbeing Committee Meeting held on 10 February 2025
at 9.15pm at the Parish Office

Present: Cllrs S Berlyn, A Chapman, B Hallett, L Naggs and P Sutton

In attendance: Ms M Harper (Clerk) and Cllr G Chapman

24/25.30 Apologies for absence

None

24/25.31 Declarations of Interest

Members were required to declare any personal or prejudicial interests they know they may have in items of business on the meeting's agenda. They are reminded that they will need to repeat their declaration at the appropriate point in the meeting and leave the room if the interest is a prejudicial one. Unforeseen interests must be declared similarly at the appropriate time..

There were no declarations of interest

24/25.32 Public Question Time

There were no members of the public in attendance

24/25.33 To approve Minutes of the Health & Wellbeing Committee meetings held 116 September 2024

RESOLVED: the minutes of the Health & Wellbeing Committee meetings held on 16 September be approved and signed as a true record, proposed by Cllr A Chapman and seconded by Cllr Naggs, all agreed

24/25.34 Actions from the Minutes

It was agreed that the survey would be combined with the proposed Parish Council survey on the spending of some of the donation monies

24/25.35 Health and Wellbeing Event

The Clerk provided an update on the event and councillors were asked for further suggestions or recommendations for charities or local support groups who may be interested in attending

24/25.36 United In Kind – Wellbeing Packs

It was noted that the tote bags have been ordered and Kinder Essex would be supplying contents and advertising

24/25.37 Wellbeing projects

The Clerk was asked to arrange a meeting with Dr Dollery regarding the e-consult system

The following projects were noted and would be brought back to the next meeting for further discussion:

- Supporting the monthly board games afternoon at the Leisure Centre
- Sponsoring a course of mindfulness/meditation sessions
- Organising a monthly film afternoon at the Leisure Centre
- Starting a nature/wellbeing walk

Cllr Berlyn left the meeting during this agenda item

24/25.38 Community Engagement

Wellbeing packs and the Health & Wellbeing Fair would be advertised

24/25.39 Matters for Report (for information only)

There were no matters for report

24/25.40 Dates of next meeting

Monday 12 May 2025 to be held at the Parish Office at 8.30pm

There being no further business the Chairman closed the meeting at 9.38pm.

Chairman

Date