**Report from the Health and Wellbeing Working Group Meeting held on Tuesday 2nd April 2024**

Apologies for absence were received from Cllr Paula Stanbury, Cllr Diane Carter, Pauline Wells.

**Main issues:**

**Jonathan’s Spicer, Well-being Coach from the Dengie and South Woodham Ferrers Primary Care Network (PCN)** was welcomed to the meeting. He gave an overview of his role which is essentially to work with patients who would benefit from well-being coaching, referred by their GP. For those with certain conditions such as a high BMI, high blood pressure, diabetes, and for those who may be socially isolated, he can offer help for people to make small changes in their lives to benefit their health and boost their self confidence and overall wellbeing. Jonathan will send further information about his work, and he was pleased to receive from us the links to BTC Resources database, Maldon Connect and to Burnham’s Health and Well-being Action Plan. Patients can ask their GPs for a referral to him.

**Footpath Walks update** – there are now 12 walkers showing interest in the group. An Eventbrite Booking system is being trialled to keep numbers within safe limits. 15 people maximum can join the walks. On the morning of the 2nd April the group comprising 5 walkers, traversed the footpaths numbered 32 (part) 12, 36, then across to Ramblers for paths 4, 3 and 8, turning back into Town along footpath 32 after a coffee stop. Footpaths were wet of course, but on the whole in reasonable condition, however Footpath 4 around the Ramblers football club is beginning to get overgrown, and a lot of rubbish has been left strewn within the hedgerows and trees. This will be reported through Highways and to the litter picking groups.

**St Peter’s Hospital Consultation** – as a result of the resolution passed at the EOM on the 25th March, the BTC response, already circulated to Councillors, was agreed and submitted in order to meet the deadline of 4th April.

**Letter to Schools follow up** - response from Burnham Primary School. Cllr Munford met with Jeanette Evans, Health and Well-being Lead and PHSE teacher on 12th March. The meeting was to discuss closer working between the Council and the schools particularly in the areas of health and wellbeing and youth engagement. Links were given to the BTC Resources database, Maldon Connect and the Health and Well-being Action Plan.

The School Council would very much like to visit the Council Chamber one afternoon with their teachers Mrs Cole and Mrs Evans. The idea would be for the School Council (around 12pupils) to visit Burnham Council Chamber on an appropriate date after 17th May when SATS exams are over, ideally between 1.30pm and 2.30pm. The visit would be planned in advance with the teachers and pupils and Councillors and would require a letter of permission from parents. A couple of weeks prior to the visit, the School Council could prepare a question for debate in the chamber such as “what improvements would the children like to see in Burnham?”. They could take a vote to determine the best proposal and recommend that this is put forward for the Town Council to discuss at a later date.

**Resolution – that Burnham Town Council agree that the logistics for this visit be worked up by the the CO and a couple of interested Councillors so that the visit can take place on a suitable date.**

Ideas for the future included: -

* discussions with teachers from all three schools to see if there is interest in setting up a Youth Council for Burnham.
* Hosting an informal ‘meet the Town Councillors’ session with teachers to discuss closer links with the schools as part of their community awareness initiatives and PHSE.

**Green Prescribing Update** - Justine Page from Maldon CVS reported on the success of her Wednesday walking group in Burnham for those less able to do long walks. Jonathan Spicer took note of this initiative.

Justine brought to our attention the exciting new ***‘Beat the Street’*** initiative which will be launched on 16th May in Burnham. It’s a geocaching-like programme which runs for 6 weeks to help young people adopt a more active lifestyle. Posters will be coming though soon for our website and any where else suitable to promote the initiative.

It’s already running in Chelmsford.

***Beat the Street turns towns into giant games. Earn points, win prizes and discover more about your area by walking, running and cycling. Pick up a Beat the Street card and swipe Beat Boxes across your community.***

<https://beatthestreet.me/>

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