



**Community Led Health and Well Being
Network
Thursday 6th February
9.30 – 11.30am
The Wynd Centre, Paisley**

Note of meeting

In attendance: Susan McDonald, Emma McCrystal, Nicola Hanssen, Katy Green, Lesley Compston, Audrey Doig, Jeannette Nunnery, Karen Gilligan, Roisin Robertson, Kenneth McMaster, Doreen Palmer, Hazel Borland, David Reilly, Janet Muir, Kirsty MacKenzie, Stuart Miller, Diane Booth, Colin Wright.

Welcome & Introduction - Active Communities

Susan welcomed everyone to the second meeting of the network and gave a quick recap of the previous meeting.

Networking - “Getting to know you” – members took part in a fun networking exercise.

Actions from last meeting

CHP annual report – Active Communities have produced a report for the CHP on their community led health work delivered in 2013. (PDF attached)

Public Partnership Forum (PPF) Executive Group – Susan is now a member of the PPF Executive group and will share information from these meetings at the network

Community Health & Wellbeing Thematic Board – Susan has been asked to join the Community Health & Wellbeing Board, which is part of Community Planning. Susan will share the agenda prior to meetings and happy to raise any issues/questions on behalf of the network. At the board meeting on 5th February there was a report looking at Reshaping Care. Laura McIntyre, Renfrewshire Council stated that one of the targets for this year was more meaningful engagement with the third sector.

Training opportunities – Active Communities will be organising BHF Healthy Heart Kit , Pass it On Training on 9th April. If anyone is interested in attending please contact Susan.

Joint working – Since the last meeting partners involved in Active Ageing have met to look at a more coordinated approach to working together. The Ramp up the Red event at the ON-X will involve a range of community and statutory partners.

Feelgood Renfrewshire will also offer new opportunities for collaborative working.

Community Health Exchange (CHEX) - <http://www.chex.org.uk/>

Janet Muir gave an overview of the work of CHEX Part of the Scottish Community Development Centre, based in Glasgow

- Born in 2000
- Support community-led health organisations & public sector partners
- Small staff team & advisory committee
- Functions:
 - Training/practice development
 - Networking & sharing practice
 - Information Provision
 - Connecting practice with national health & social policy development

Janet shared examples of other networks in Scotland and suggested some fundamental questions for us to consider

- Do you need a Network?
- Do you want a Network
- What form will take?
- How will it operate/function?
- How will it be resourced?
- What change will be make – outcome focussed planning
- How will outcomes/process/interventions be evaluated?

Janet advised we should look at the role of the network and members needs. We should consider a clear purpose, effective structures and looking at how we demonstrate our outcomes. CHEX would be able to support the network with advice and we agreed to look at sourcing funding to provide training opportunities for members.

A Sustainable Network would have:

- A clear purpose

- Value base that all network members subscribe to e.g. community-led health – personal empowerment, collective empowerment, positive action, inclusive practice and community organisation
- Effective structure for decision-making, which is clearly accountable to the membership
- Effective processes/channels for communication – nobody’s left out of the loop
- Delegated decision-making based on agreed structures, but also.....trust, experience & expertise
- Focus on a programme of work that is manageable, realistic and respond to the needs of the membership
- Systems for evaluating the effectiveness of the Network

Susan agreed to send out a short questionnaire to members to assess needs.

“Feel good Renfrewshire” Campaign

Susan updated the group on Active Communities new Campaign “ Feelgood Renfrewshire” and invited members to join the campaign.

Active Communities want to challenge people in Renfrewshire do something this year which will make them feelgood about themselves.

Walk, jog, run, play, sing or dance your way to better health?

Every month Active Communities will launch a class or event designed to make you feelgood! We will be encouraging our partners to do the same, so keep watching our latest news for more information.

The Paisley Daily Express has agreed to promote the campaign and will do a monthly feature on someone who is involved in the campaign.

Susan and Roisin Robertson raised the Feelgood Renfrewshire campaign at the Community Health & Wellbeing Thematic Board and all partners were very supportive. Joyce McKellar has offered the Lagoon Leisure Centre on March 25th, 3-6pm for a launch event/health fayre. Susan invited members of the network to be involved in the event either having a stall or delivering a taster session. Susan will contact members with further details of how to get involved.

AOCB

Linwood Active 5K & Fun Run , 1st June ON-X Linwood, Tel 07584061742

Get Roped In, Team 1 mile event, 9th March Rouken Glen, fundraiser for Down syndrome, contact Sharon@dssscotland.org.uk

Date of next meeting Friday 30th May, 9.30am - 11.30am at the Kibble, Goudie Street, Paisley PA3 2LG - Visitors should report to Reception and ask for Karen Gilligan.