

MINUTES OF THE ARTS AND INFORMATION COMMITTEE HELD ON 24TH NOVEMBER, 2015

Present: Councillor I Paul (Chair) and
Councillors R Arthur, Mrs M R Baird,
Mrs G Bleasdale, B Burn Snr, B Burn Jnr,
S Cudlip, Mrs S Forster, Miss S Morrison,
C Snowball, B Taylor, R Whitehead.

Apologies: Councillor B Allen, Mrs B E Allen, E Bell,
Mrs J A Bell, N Page, K Shaw, J Younger.

Prior to commencement of the meeting the Chair advised members of this Committee and members of the public that in line with the amendment to 'the public bodies (admission to meetings) act 1960', which came into force in August, 2014, parts of this meeting may be recorded by photographic, video and audio means.

1. DISCLOSURE OF INTERESTS

Members were reminded prior to the start of the meeting of the need to disclose any interests prejudicial or personal, in accordance with the Code of Conduct.

2. PRESENTATION – EAST DURHAM WELL-BEING FOR LIFE

The Chair welcomed Ms Vicki Moffat, the East Durham Well-Being for Life Co-ordinator from the County Durham and Darlington NHS Foundation Trust. Ms Moffat was in attendance to provide Members with information on the services available as part of the 'Wellbeing for Life' scheme.

Ms Moffat began by thanking the Town Council for the opportunity to attend the meeting and advised that Wellbeing for life was a County-wide service made up of 5 agencies working together. These included the County Durham and Darlington NHS Foundation Trust, Durham County Council Culture and Sport, Leisureworks, Durham Community Action and the Pioneering Care Partnership. There were 3 Hubs, the one in the east being Healthworks, the South West Durham Hub is in Newton Aycliffe and the North Durham Hub is at Annfield Plain.

For Seaham residents the service actually targeted the 30% most deprived Ward areas but she stressed that no-one was turned away regardless of where people may live. Their promotional work, however, was centred in and around the most deprived areas of Seaham. The Partnership had come together with the aim of influencing people's lives across the County in relation to health and wellbeing such as lifestyle, weight management, healthy eating, stopping smoking, reducing alcohol etc., but it was also about the holistic person. If, for example, someone wanted to access a service around their mental wellbeing the team would strive to help, however she stressed that the team were not counsellors and they would therefore direct people to a more specialist service if required. They did, however, help with debt advice, heating requirements, providing support to individuals in their own homes and accessing other agencies to get individuals the right support for their problem.

There were Wellbeing for Life Development Officers who organise group activities for people who may want to engage in group activities such as healthy eating, weight management, practical cooking, physical activity or resilience workshops, all of which would be supported by 2 Officers. There is a Volunteer Skills Co-ordinator who looks after teams of volunteers. There are also Community Development Workers who work within the community seeking information from members of the public as to what they would like to engage in. One of the main services is Health Trainer Services which has morphed into the Wellbeing for Life scheme. They are still committed one-to-one practitioners and they will see people for 8 sessions whether it be over 8 or 16 weeks. Their services are client led and they provide whatever level of support is needed, for example problems with utility bills, and in such cases they will visit people at home and spend time with them to try to resolve their problem. Ms Moffat continued that it was not just about lifestyle it was about connecting with people and providing support.

They were hoping to spread the word about the services available and in this respect a number of leaflets were provided with appropriate contact details, with the hope that they could be placed in appropriate sites to be available for members of the public. She stated that individuals can self-refer into the services available or they can, with the permission of the individual, be referred by someone else. There is a downloadable on-line referral form on the website: www.wellbeingforlife.net which can be completed on-line or can be sent or handed in. They work with people over the age of 16, they don't work with children, however, there is a separate Wellbeing for Life Children and Families service who work specifically with children and families. Cancer awareness campaigns were also undertaken and as Ms Moffat was previously a Cancer Information and Advice specialist, she undertakes the training for that. On the website there is a health improvement services training calendar that people can access.

At this point questions were invited and the following is a summary of the comments made:

- (i) A Member queried how the team publicised their activities within Seaham. Ms Moffat stated that they had attended Dawdon Youth and Community Centre, Parkside and Eastlea to promote their services and also Byron Place Shopping Centre. Currently they were linking in with GP surgeries and pharmacies and they were also using posters around the town.
- (ii) A Member asked how long it took for an individual to get help, and in particular mental health. Ms Moffat stated that they did not profess to be specialists in that area but they did support people with depression and anxiety and for anyone who needed further specialist support there was a team of Health Trainers based out of the Primary Care Centre who specialised in bipolar and other long term mental health conditions. She stated that it was usual for people to be put in touch with someone within one or two weeks

- (iii) It was stated that many people do not own a car or a computer and therefore if they wanted to access these services in Seaham where could they go? Ms Moffat stated that if there was a need for this, they would certainly look into perhaps running Health Trainer drop-in sessions. She stated that as part of the Hub they do have an offshoot in Seaham and they were intending on working with the pharmacy co-ordinator to provide a drop-in twice a week one morning and one afternoon which would be heavily advertised.
- (iv) It was queried whether there was a special team set up to target 16 year olds. Ms Moffat stated that they had been working with youth clubs and comprehensive schools as well as parents through events such as coffee mornings. They also attend colleges and they have very good links with the stop smoking service.
- (v) A Member stated that some people who are anxious or depressed may be reluctant to go to anyone, and she asked how the scheme could deal with that. Ms Moffat stated that they were working on developing resilience workshops which were aimed at building confidence in individuals to deal with day to day stresses and thus enable people to have the mechanisms to cope. They also offer one-to-one support within the home if needed and try to encourage individuals to go outside with them which could be a huge step for some people. The service was all about working with the client at their own pace and setting achievable goals for the individual.

At this point the Chair thanked Ms Moffat for her informative address and she then left the meeting.

RECOMMENDED the Council note the information now reported.

3. MINUTES OF THE LAST MEETING HELD ON 27TH OCTOBER, 2015

RECOMMENDED the Minutes of this meeting, a copy of which had been previously printed and circulated to each Member, be approved and signed as a correct record by the Chairman.

4. CONFERENCE APPOINTMENTS

RECOMMENDED the list of conference appointments a copy of which had been previously circulated, be approved.

5. CONFERENCES, COURSES AND SEMINARS

a) Conference Evaluation Forms

The Committee considered the Conference Evaluation Forms, completed by the Council's two delegates who attended the Shaping Durham's Visitor Economy Conference at Durham, organised by Visit County Durham.

RECOMMENDED the Council accept the reports.

6. REVISED BUDGET FOR 2015/16 AND PROPOSED BUDGET FOR 2016/17

The Committee considered the estimates for arts and information services, a copy of which had been previously circulated. These outlined revised budgets for the current financial year and the proposed estimates for the next financial year covering all income and expenditure issues and which would be submitted for further consideration to the next meeting of the Finance and General Purposes Committee. Members agreed to accept the proposed estimates pending any revisions as a result of consideration at the next Budget Sub-Committee meeting to take place on Wednesday 2nd December 2015.

RECOMMENDED the estimates be provisionally approved, subject to review at the at the next Budget Sub-Committee meeting on Wednesday 2nd December 2015, with the intention of the Council setting its precept at the January Full Council meeting.

7. VISIT COUNTY DURHAM “THIS IS DURHAM” PUBLICATION

Pursuant to discussion at a previous meeting, further details had been obtained from Visit County Durham which detailed the amount of reference made to Seaham in their publications. In discussion Members felt that the amount of coverage was insufficient.

RECOMMENDED that Visit County Durham be notified of all relevant Council events and activities to ensure better coverage within their publications.

8. PRESS OPPORTUNITIES

RECOMMENDED the Council note that no press opportunities existed from this meeting.