

## AGM Health and Wellbeing workshop notes and actions.

The workshop was held after the AGM on 2<sup>nd</sup> December, delivered by Ann Diment, SALC health and Wellbeing officer and Jeff Brown, Service Manager - Stronger Communities.

The attendees were invited to reflect on the AGM speakers' presentations and the current challenging financial situation in Somerset. It was noted that this could be an opportunity to identify key assets that support health and wellbeing, and collectively find ways of communicating their value to our communities so we can work together to keep them going.

AD introduced the SALC health and wellbeing programme and its key objectives, explaining that she has a Somerset-wide coordinating role to support councils to connect with other councils and organisations looking to address similar issues relating to reducing inequalities in accessing health, wellbeing support. A key part of the project was supporting council resilience, not only to support their communities, but to ensure their own wellbeing was being looked after too.

AD outlined the training that had been offered to date, and invited suggestions of other training that councils might like to have access to.

- Milborne port council requested critical bleed training to compliment the defibrillators and bleed kits distributed in the town.

Suggested organisations that might offer this training including those in the [Somerset Prepared](#) partnership. South West Ambulance trust offer a subsidised defibrillator scheme and could also help with training and support see [here](#) for details.

**ACTION:** JB/AD to follow up with information and funding options for this training.

Another council asked about support for getting reputable and dependable speakers for the various community groups they have in their area as they were having increasing difficulty in sourcing and affording them.

Suggestions from the group included:

- Women's Institute regional group, who keep up to date rosters of speakers they have auditioned to talk at their groups. <https://somerset.thewi.org.uk/>
- [Spark Somerset](#)- general support for voluntary groups including funding.
- [Health connections Mendip](#)- list groups and activities, also run talking cafes.
- [Community Council for Somerset](#) (CCS) run talking cafes- They might have lists of speakers.
- and [Somerset Activity Sports Partnership](#) (SASP) health coaches and engagement team could offer speakers.
- Centre for Sustainable energy run drop-ins and offer speakers on a range of topics relating to becoming more energy conscious: Links from the CSE:
  - Rural Energy Network sign up [here](#)
  - Retrofit project: <https://retrofitsomerset.info/about-this-project/>
  - Website with case studies and ideas: <https://www.cse.org.uk/my-home/advice-projects/rural-communities-energy-support-network/>

The group also discussed inequality, what this means and the healthy life and life expectancy gaps in Somerset.

Q- How could we find out where inequalities are in our communities?

**Training** is available from Jack Layton, Somerset council data officer on how to find health and wellbeing related data on your community. SALC recorded the training session he delivered, and it is available [here](#).

**Links** to find index of multiple deprivation (IMD) data for your community are here:

- ONS have released some Parish level data from the Census: [Parish Profiles - 2021](#)
- [Somerset Maps](#) - Somerset Intelligence -Hover over the blue diamond in the top right and then pick Parish boundaries and Indices of Multiple Deprivation 2019 you can see which Parish include the most deprived 20% of areas in red. You can also add Parish labels then when you zoom in you will see the Parish name.

Q- How do we know what assets in our community are valuable to support health and wellbeing, and how do we communicate this value to our communities to get support to save and invest in them?

The group discussed how their councils have been connecting with their communities and community organisations.

Glastonbury TC shared that they have a health and wellbeing hub being developed at St Dunstons house and will have several projects connecting through it as part of their town deal funded programme. Find out more [here](#).

LCN data packs have been listing 'what matters' key areas from first few meetings. It would be helpful to see where overlaps are and how councils could connect to share their challenges and opportunities around them. Find out more [here](#).

All agreed it would be helpful to have a series of template documents listing the value of local health and wellbeing supporting assets and services that local councils could use to get more people onboard in protecting and supporting them.

**ACTION:** AD/JB to draft template guidance documents and make available to councils.

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