

# COMMUNITY WELLBEING DELIVERY GROUP

Minutes of Meeting held on Tuesday 17 November 2009 at Passmore Edwards Institute, Hayle

## Present

Bob Mims (Chair)	Norma Brown
Jane Sharp (HAPP Manager)	Bob Brown
Claire Casey (HAPP)	John Tillyard (Cornwall Chiropractic Clinic)
Jess Turton (Cornwall & Isles of Scilly PCT) Guy	Harry Blakeley (Hayle Residents Association and HTC)
Botterill (Cornwall Council)	Sylvia Turk (exercise exercise)
Malcolm Stephens (Hayle Activity Centre)	

## 1. Apologies

Brian Capper, Richard Allen, John Wallis, David Raymer and John Coombe

## 2. Chairman's Welcome

Bob Mims welcomed everyone and invited Jess Turton to introduce the main item on the agenda.

## 3. Mobilise! (a Cornwall & Isles of Scilly PCT initiative)

Mobilise! is an initiative set up with Cornwall and Isles of Scilly Primary Care Trust linked with Sustrans, National Lottery, Cornwall Council, Natural England, Active Travel etc. Previously known as Stroll Back the Years, it is a Cornwall-wide health initiative which is trying to encourage people who don't walk or are recovering from ill health to get active by walking and cycling around Cornwall. Jess covers the West Cornwall area and manages a number of walking groups. Volunteers are recruited and trained to lead walks and rides to help people to lead a more active and social lifestyle. Regular walks and cycle rides are organised on trails and paths. It is a free and friendly way to gently exercise and it welcomes anyone, whatever their age or ability. Pamphlets are available with all the walks, the present one runs until December when new ones will be issued. Details can also be obtained from the website at . It was agreed that this scheme fits in well with Walkers are Welcome.

## General Points from general discussion

### *Trails and Paths*

Various routes were discussed and those with issues mentioned included

- National Cycle Network Route 3 (the Cornish Way) which is from Bude to Lands End but the off-road route through Hayle is incomplete. Jess confirmed that she would look into this and see if it can be pushed forward.
- Hayle to Lelant is very dangerous in parts however this is not covered by Hayle area but St Ives.
- ING want to encourage walking and cycling in Hayle town (traffic issues) and plans to put footbridge links across the harbour, behind Penpol Terrace and at the train station.
- There had been objections to the proposal to close King George V Memorial Walk to traffic. There is an adequate footpath through the flowerbeds, however people like to walk next to the water and the footpath gets quite muddy in places. It is a popular place to walk and easy for wheelchairs but it is wrong to call it a walk when it has traffic.
- The move to get the path around Copperhouse Pool has been shelved at the moment.
- The Clay Trails around St Austell are kept clear through a scheme known as Saddlebags and Secateurs.

### *Promotion of Walks*

At present walks are promoted through libraries, doctor surgeries, physiotherapists, the blind association, local papers, talking to community groups and groups that may benefit from walking etc. It was suggested that the U3A be approached. At present the concentration is on mobilize with led walks but the future could include approaching employers to get people to go out at lunch time

### *Coping with Different Abilities*

The difference between Mobilise! and walking clubs is that the walks are low level, kept to level ground and very short for people with mobility problems, recovering from ill health and getting back to walking slowly. Walks always have trained leaders and are set at different levels, 1 to 3 (level 3 hardest). Established walks

usually have two leaders so that the group can be split if needed and go at different paces. There are walks every day for different walking groups, the Hayle Health walk is every Monday.

### *Cycling*

Cycle trails are included and there are a few supported rides which are not very long, about 30 minutes at an easy pace usually with a stop for tea or coffee and then back again. There is one at Mounts Bay and one at Tehidy. People who want to do extra will cycle to the ride. The cycle rides are catering for those who don't do very much cycling.

### *Purpose and Purposeful*

- Walks are primarily for health reasons rather than social but the physical and mental well being are linked and the social side does need to be emphasized.
- There should be a range of walks that cater for those who for whatever reason have difficulty getting out of the house.
- Walks or cycle rides need to have a purpose eg start at foundry onto mill pond then to the estuary and back again.
- Contact details such as History Projects to be passed to Jess so that interest can be included in the walks.
- Nature Walks have already been incorporated

### *Health and Safety*

There is public liability cover, all leaders are medically trained to deal with events that might occur.

### *Rehabilitation*

Bob Brown spoke of the cardiac club held in the YMCA in Penzance each week for those who have completed the initial six week stage of rehabilitation. The benefits that this has for all who attend are not just on the physical health side but it also gives the opportunity to speak with others who have gone through the same experience. Each person gives £2.50 each week which pays for the use of the YMCA and subsidises a summer event and Christmas dinner. It is registered with the British Heart foundation.

It is recognised that there is a need in Hayle for a similar place for cardiac, stroke, major operation etc rehabilitation and dietary and exercise advice. At present there is nowhere specifically for controlled light exercise in Hayle.

Jane questioned whether it was worth having a discussion about using St Michael's Hospital for a rehabilitation club for people who have been through the six week initial stage so that they can keep in touch. Jess confirmed that this is something being look at for development and there is some funding available. If there is a call for it then setting it up in Hayle can be looked.

John Tillyard said that he is proposing to start up a charity session at his chiropractic clinic and would consider having rehabilitation sessions one morning a week. Guy Botterill confirmed that funding for under £10,000 for charitable use is required it would take a couple of hours fill in form and about 3 weeks for approval. Over this amount then the form filling is more rigorous and a written up study would be required and, therefore, the funding application takes a lot longer.

#### **4. Any other business**

There was no other business

#### **5. Date and Time of Next Meeting**

Bob Mims thanked everyone for coming. The next meeting is scheduled for Tuesday 19 January 2010.

Meeting closed 8.35 pm

### **ACTION**

- **Jess to look into incomplete section of National Cycle Network Route 3 through Hayle and see if it can be pushed forward.**
- **Contact details such as History Projects to be passed to Jess so that interest can be included in the walks.**
- **The contact details of all attending the meeting to be forwarded to Jess.**