

# HEALTH AND WELL BEING WORKING GROUP

Tuesday 8 August 2017, 14.00, Rutherford Annex G08

## NOTES

**In attendance:** Lisa, Sinead, Amanda, Laurie, Steve, Kamilla, Grace, Clara and Diane

**Apologies:** Nick, Olena

### 1. Group membership

Steve has now joined the group and will provide another male perspective. Welcome!

### 2. HWB survey

**Report:** Lisa has produced a draft report. Grace has made some additions, and once the report is finalised Lisa will circulate to the group for comment in due course.

**Follow-up on communication issues:** next step is to circulate a link to an electronic comments box via Qualtrics™ and ask staff (in neutral terms!) to provide further information and/or examples of good and not-so-good communication. To enable people to respond in their own words, no word limits will be set. Staff will also be able to provide multiple examples if they so wish.

To maintain confidentiality, no personal data will be collected and the IP address will be removed by a pre-agreed data controller (probably Lisa) prior to circulation to the rest of the group. A count of different IP addresses will be carried out by the data controller beforehand to establish the number of people who have taken part.

<p><b>Action:</b> Grace to set up Qualtrics electronic comments box on HWB account (Lisa to remove survey data from Qualtrics and then provide Grace with password)</p>
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### 3. Away day plans

Management group have agreed to a ½ day away day and a budget of £1000. This will initially be limited to PSSRU staff but future away days may be extended to CHSS.

To ensure Jules can attend, a provisional date of **Tuesday 28<sup>th</sup> November (09.15 to 14.00)** have been set. Note: this may change if a suitable venue cannot be found.

**Venue:** group agreed that away day should not be held at the Rutherford Annexe. Several options were discussed including: the Sibson building, old KBS offices, KIE, Ann Robertson Centre (on London Road). The group will need to consider implications for travel to sports pavilion (for sports / fun activities) and lunch.

**Action:** Amanda and Kamilla to check availability and costs of venues.

**Food:** depends on venue but potentially Woody's. To be reviewed once venue has been confirmed. Grace will provide some healthy cakes and tray bakes for morning tea/coffee and group will invite other delegates to provide contributions as well.

**Action:** Laurie to investigate options and costs at Woody's once Diane gets contact details of correct person to contact from Suzanne Payne.

**Agenda:** the away day will involve three sessions then lunch. Times will be confirmed once venue and activities have been finalised. Different options may run in parallel, to give staff a choice of what to do. Another option would be to run each mental health wellbeing option twice so all can attend both, and have the physical wellbeing activity running in parallel with the fun/sports activity.

09.15	Welcome [tea and coffee will be provided]
09.25	Mental health wellbeing activity
10.30	Physical health wellbeing activity
11.35	Fun / sports activity
13.00	Lunch

*Mental health wellbeing activity:* Possible options discussed were:

- Mental health awareness with Kate Pitchforth. She prefers smaller groups (max 15) but there might be an option to run parallel sessions.
- True colours, run by Kate Gardner. “A model for understanding yourself and others based on your personality temperament.”(see <https://truecolorsintl.com/about-us/what-is-true-colors/>). A more interactive session that does encourage interaction among group. Does have cost implications (£100-£150) but may be possible to run as a whole group.

*Physical wellbeing activity:* Possible options discussed were:

- NHS food champions, which provides guidance on healthier snacks. Some members felt that this may be too prescriptive and could be better fulfilled with a leaflet.
- Yoga (e.g. yoga poses that can be completed in the office). Kent Union provide sessions but as student's do not return until the end of Sept, this option might be leaving things too late.

*Fun / sports activity:* a range of options were discussed and included bubble football and archery. Group agreed that sporty and non-sporty options would need to be run in parallel to ensure everyone could find a suitable activity. Non-sporty options included colouring or Postpals (Website provides details of people you can create cards for either children with long term or terminal illnesses or for their brothers and sisters. Gives you profile of the child you are making the card for so you can design it for them. Have a PO Box to send it to so it gets to them. Can also do this for age concern especially around Christmas time).

**Action:** Diane to speak to Kate Pitchforth re. possibility of hosting parallel MH awareness sessions, and contact Suzanne Payne to get Kate Garner's contact details re. True Colours. Diane will liaise with James (Kent Union Sports Rep, may be subject to change with the new academic year) re. possible sports activities. Clara to investigate options for yoga.

#### 4. Other HWB activities

**Lunch time socials:** first session, planned for July, was cancelled due to bad weather. New location for ball games will also need be found as planned location is too close to buildings.

Next social will be treated as the Summer Social and will be held on the afternoon of the **22<sup>nd</sup> August**. Lunch will be included and the invitation will be extended to CHSS (who will provide additional funds) and to children of people at the unit.

**Action:** Amanda to request details about availability and costs of Sports Pavillion, and will organise with Jane.

**Other lunchtime sessions:** meditation session is still being run by Kamilla. Walking sessions will resume in September. NHS health checks to be set up in autumn (potentially October).

**Action:** Diane to arrange provisional dates for NHS health checks.

#### 5. Any other business

A draft annual report has been developed by Clara based on Diane's outline. Lisa to take forward.