

# Wellbeing / Community Hub partnership meeting

Tuesday 5th July 2022 @ 3pm

Venue: Millbrook Village Hall, attic room

Attendees:

**Age UK / NHS Social Prescriber** – Jes Hiron

**Age UK** – Cara Higginson

**Volunteer Cornwall** – Laura Chapman

**The Peninsula Trust** – Jane Riggs

**Millbrook Parish Council** – Cllr Nicky Roberts, Cllr Sharon Lewis, Karenza Heald (Parish Clerk)

## 1. Introductions and apologies

Apologies received from Jenny Fox

Jenny Fox	Local Support Worker for The Peninsula Trust, based at The Rame Centre
Jessica Hiron (JH)	Social Prescriber covering Quay Lane in St Germans, Downton and Penton Health Centre. Jes has been organising Wellbeing hubs in Torpoint and at The Ship in Cawsand. Director of Awenek CIC
Jane Riggs (JR)	Manager of the Rame Centre and Admin & Finance Manager for The Peninsula Trust.
Sharon Lewis (SL)	Vice Chair of Millbrook Parish Council / Chair of the Planning Committee Recently retired from The Land Registry Organises the Village Enhancement Team (VETs) Director of The Peninsula Trust and Awenek CIC
Cara Higginson (CH)	AGE UK / Community Prescriber. Cara has been looking at the provision for Community Hubs.
Laura Chapman (LC)	Volunteer Cornwall based in the East of the County. Previous roles with NHS partner organisations and post Covid Laura was involved in hubs.
Nicky Roberts (NR)	Chair of Millbrook Parish Council. Overriding aims for the Council is to increase social engagement.
Karenza Heald (KHJ)	Parish Clerk. Has been employed by the Parish Council for over 10 years. Karenza approached Jes because she saw that hubs were happening in Torpoint and would like to see something similar for the community offered in Millbrook.

## 2. General discussion

**JH** described the Wellbeing Hub offered in Torpoint and would like to see something offered to the community, bringing the community together. A weekly 'tea and toast' / get together starting at 9.00am would attract parents after the school run. **JH** suggested hosting the weekly hub / event on a Friday morning. The main hall is available as the Preschool is not open on Friday mornings.

**JR** said The Peninsula Trust already offer this service, but it was agreed the Village Hall would be a more suitable venue for the aims of this project. It was hoped the success of the hubs would help promote the work of The Rame Centre and increase engagement. Information could be made available regarding the services The Peninsula Trust offer and either Jenny Fox can be on hand and /or people can be signposted to The Rame Centre.

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**JR** suggested calling the sessions 'Millbrook Meet up'

**Other comments / suggestions / recommendations put forward:**

- Approach Café Abundance.
- A file containing information on local groups and when they meet.
- Encourage local groups to register their details with Cornwall Link.
- Discuss the possibility of Rame Better Birth / Toddler group meeting upstairs at the same time.
- Contact local organisations to ask if they are interested in coming along and if so, could they help serve teas and coffees.
- Awenek and Pluss have expressed an interest in being involved.
- C.A.B. could provide information on energy advice.
- Redesign posters for each event using logos / information for those who attend.
- If the events are successful look to provide something similar at the Football Club.

**Funding**

**LC** may be able to access funding. **KH** suggested funding is not available the Council may consider funding the project.

**3. Actions**

- **JH** to design a poster and circulate
- **KH** to approach the Village Hall Management Committee
  - (i) to enquire about booking the main hall for three months, with the possibility of extending to one year from 9am to midday
  - (ii) would the committee consider offering discounted rate for the bookings.
- **KH** once details have been agreed **KH** to email organisations who attended the Parish Council's community engagement event. Organisations being invited to be blind copied. Age UK, The Peninsula Trust (use [admin@thepeninsulatrust.org.uk](mailto:admin@thepeninsulatrust.org.uk) email address) and Volunteer Cornwall to be cc'd).

Date to next meeting: Tuesday 2<sup>nd</sup> August – 10.00am at the Rame Centre.

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