

Residents Wellbeing Group

Notes from Meeting on 17/5/16

Present: Rhoda Robinson, Roy Shepherd, Jane Murray (in place of Helen Horton), Helen Westwood, Ingrid Morris (Notes), Alan Lowe

Apologies: John Bowman, Helen Horton, Kathleen Sharpe, Norma Pritt, Heather Lowe

1. JobClub / DigiClub The numbers for Job Club are slowing increasing. We will also start running a Digi Club alongside Job Club for people wanting to improve their computer skills. This will start on Wednesday 15 June 2016 (10am – 12pm) and we have a new volunteer helper to assist us.

2. British Legion Land A public meeting was held about the land at the end of April which was well attended. Various community organisations got together to express an interest in the land and informed the sellers. The sale of the land has been put on hold to give the community a chance to discuss how to proceed. A meeting has been set for 8 June with Distington Big Local, Distington Parish Council, Distington Community School and the agents selling the land to discuss how we move forward with this. Distington Big Local have been asked by the community to purchase the land for the village.

3. Footpath Upgrade The collapsed footpath at Beck Green is to be upgraded by Cumbria County Council. The upgrade needs to be advertised in the papers and DBL agreed to pay up to £1,000 for this. There are no new developments to date on this. *(Since the meeting Alan has heard from the Local Authority that an objection has been raised and so the process is on hold while the objection is investigated.)*

4. Healthy Eating Alan has been in contact with the school Head re booking its community kitchen for our proposed Healthy Eating project, we should be able to use the space between 4 & 6 pm. There appears to be are reluctance by the school to let the community use its community space, funding was granted for the school extension on the understanding that it was specifically for community use. We need to get to the bottom of who is in charge of managing this space & its policies & guidelines. Perhaps this could be addressed at a Governors' meeting. Alan will speak to Julia Powley & Heather Lowe, who are on the Governors, to get advice on how to approach this issue with the school. If there is a security concern about access to the rest of the school, DBL may be able to help with the cost of rectifying this. The idea of this Healthy Eating project is to demonstrate how to make easy, healthy & cheap meals & to provide basic cooking skills. We need volunteers who are able to use their skills to demonstrate easy & simple recipes. It was felt that there are plenty of people in the community who would be willing and able to help with this. DBL could possibly put some money in to buy food and equipment and we would also ask for a small contribution (eg £2) from those attending. If all cooked dishes together, the attendees would have a dish to take home with them at the end of the session. Initially we will look at getting 2 sessions booked in to see how it goes. Group members to ask appropriate people if they would like to volunteer for this project. If possible we would like to get this up & running before the schools break up for the summer holidays in July. Health Visitor Helen Westwood advised that she would be able to sign post people to the project. As we may be limited to numbers being able to attend this would be a good way of targeting people who would really benefit from this project.

5. Community Walk to Pica Distington resident, Pat Taylor, would like help from DBL Development Workers with publicising this event. This sub group has agreed that this would be ok to do.

6. Befriending Scheme Ingrid has been in touch with Age Concern to get some advice on setting up a scheme like this. They advised that they may be able to offer us some training and signposted us to 'Volunteering England' website. We would need Safeguarding & probably DBS checks in place and to follow protocol on how to run the scheme. We are aiming to get this started for winter and will put word out on our website, Facebook etc to get volunteers on board.

Date of Next Meeting : Tuesday 14 June, 2pm at the Rectory