



North Somerset Wellbeing Service

Sharing Ideas and Shaping the Service Meeting

Notes from meeting held on Tuesday 20th April 2021

7 attending

Also attending: Claire Denyer [CD] (Chair & Service Team Manager), Sophie Fulcher (Assistant wellbeing coordinator), Evelyn Aston (Service coordinator)

Welcomed everyone to the meeting and shared the news that we've been recommissioned until March 2022.

Discuss return to face-to-face provision and venues

CD explained that we are tentatively planning some face-to-face provision for May, following the Government's rule of 6. It was agreed that priority would be given to those without internet, who are unable to access the online provision. Mental Health Awareness Week will launch in person provision with some socially distanced 'walk and talks'. It was understood that the plan is to increase groups from June. However, this will be constantly reviewed in line with Government updates. CD explained the barriers to finding suitable venues in Clevedon (not taking bookings, not covid secure/ meeting our risk assessments). We will continue to work with the Focus Group to find an appropriate venue. It was recognised that there is a real need for a combination of face-to-face and online provision.

Feedback on Wellbeing Activity Week

CD explained that we trialled running a quarterly 'activity week' at the end of March. This is where we are off timetable, and invite other agencies/ groups/ guest speakers along to offer varied wellbeing activities (such as yoga and tai chi) and to connect service users with their local community. Feedback from the service users was really positive, and it was acknowledged that guest speakers can be really useful. Some other suggestions were made for future Activity Weeks: arts related/ music performance, dietician, CAB etc.

Review Shared Space and Creative Writing groups

Explored recent low attendance at Shared Space and Creative Writing. Some people were unsure about the structure of Shared Space; EA explained the opportunity to bring a craft or activity along. Other ideas such as a quiz/ game were suggested. Some felt that the name of the Creative Writing group was off-putting. DO (volunteer who runs group) gave an overview. Alternative names such as: Words for Wellbeing, Writing for Fun will be discussed at a future engagement focus group.

Sharing the work of the Focus Groups

- KPI Focus Group. Explained that the existing WES scale is not fit for purpose. In the process of coproducing a new wellbeing measure to make it relevant and applicable to the service.
- Engagement Focus Group. Discussed the importance of understanding who's using our service and shared the expectations agreed in the focus group. It was identified that it was reasonable to engage every 3 months, as it was recognised that there are different levels of engagement/ benefit/ need. The focus group will review the current letter and change the phraseology.
- Extending Reach Focus Group. Shared service's unique selling point (no waiting list, CCG funded). Reaching out to GP practices to promote service offer. The comms team will support us to publicise the service (social media, website, leaflets etc.)

AOB:

IMHN are working with the CCG regarding possible new services; this includes a group working on potential new services for older adults.

The next quarterly **Sharing Ideas and Shaping the Service** meeting will be held on **Tuesday 20th July 2021, 2:30-3:30pm.**