



Health and Wellbeing Network Meeting

Start time: 1:00 PM until 3:00 PM

Location: St Andrew's Club, Alec Wizard House, 12 Old Pye St, Westminster, SW1P 2DG

Chair: Emma Plouviez

Introductions and the nomination of a Chair and Vice Chair to the network

Emma Plouviez of One Westminster Introduced the Health and Wellbeing Network and informed members of the vacant Chair and Vice Chair roles in the network. The members were asked to consider applying for the role or inform others in their networks who could be suitable for the role.

Action:

Concia to send the personal specification for the role to the Health and Wellbeing Network. The Personal Specification can be [found here](#).

Miriam Philip, Bump Start Perinatal project in partnership with St. Mary's hospital Paddington, Deputy Manager, Home Start Westminster

[\(Download presentation\)](#)

Howard Tingle and Tony Hennessey, Diabetes Education and strategies for up-take, Diabetes Education & Engagement Manager, NWL STP Diabetes Transformation Programme

World Diabetes Day takes place on the 14th of November. The presentation focussed on structured education. The speakers gave statistics about the current state of diabetes care in NWL CCG area. Howard stated, “Our lives begin to end on the day we become silent about the things that matters most”your health! The presentation explained how to look after/ self-manage diabetes so that people living with diabetes can have a better quality of life for longer.

Sharon Grant, The changing landscape of personalisation budgets, Head of Personalisation, Adult Social Care Commissioning, Kensington and Chelsea | Westminster

[\(Download presentation\)](#)

The meeting concluded with organisations updating the network about future events and promoted ongoing projects and new projects. Opportunities for networking followed.

Updates:

Citizens Advice Bureau, CAB will be running a drop-in session every Thursday from Churchill Gardens.

BME Health Forum have an open meeting on the 11th of December at **Paddington Arts**. Please find details on the BME health forum [website](#).

Greenhouse Sports Centre, is a relatively new organisation providing sports coaching and mentoring to empower young people who are facing disadvantage and help them unlock their full potential. They are located in Cosway Street in Westminster. More details about Greenhouse sports Centre can be found [here](#).

Time Credit has changed their name to Tempo Time Credit. The Time Credits model works simply: for an hour that an individual contributes to their community or service, they can earn a Time Credit. This Time Credit can then be spent on accessing an hour of activity, such as local attractions, training courses or leisure, or gifted to others. The link to the website can be [found here](#).

The next meeting will be held on the 5th March 2019 at Greenhouse Sports Centre. Time: TBC