

**Community and Wellbeing Policy Development Advisory Group**  
**28 MARCH 2017**

Present: Councillors: Kate Rowbottom (Chairman), Alan Britten, Karen Burgess, David Coldwell, Billy Greening, Jim Sanson and David Skipp

Apologies: Councillors: Andrew Baldwin, John Blackall, Josh Murphy and Ben Staines

18 **TO APPROVE THE NOTES OF THE PREVIOUS MEETING**

The notes of the previous meeting held on 31/01/17 were received by the group.

19 **MAKING EVERY CONTACT COUNT - AN APPROACH TO HEALTH PROMOTION AND BEHAVIOUR CHANGE BY NON-HEALTH PROFESSIONALS**

The Health & Wellbeing Manager introduced the 'Making Every Contact Count' scheme to the group.

It was stated that making every contact count (MECC) is a short training programme based around an approach to behaviour change that utilises the millions of day to day interactions that organisations and people have with other people to encourage changes in lifestyle behaviours that have a positive effects on the health and wellbeing of individuals, communities and populations.

WSCC's Public Health team has recently adopted this approach, and 10 people across the County have recently completed a train the trainer course (enabling them to deliver the training). The health & Wellbeing manager is one of those trained.

The programme aims to equip a range of individuals and services with the skills and confidence to:

- Understand and deliver healthy lifestyle messages (particularly focusing on stopping smoking, drinking alcohol within recommended limits, healthy eating, being physically active, keeping a healthy weight, improving mental wellbeing)
- Encourage and support people to change their behaviour
- Direct people to local services that can support them

The group raised concerns that those trained may fall in to an advisory role or get in to difficult situations.

It was agreed that:

- 1 One hour training to be delivered at a future PDAG
- 2 There would be no roll out of MECC 'at scale' until feedback from pilot project/trainees properly assessed

20 **INFRASTRUCTURE SUPPORT TO THE VOLUNTARY SECTOR**

The Community Development & Safeguarding Manager reported that Horsham and Mid Sussex Voluntary Action (HAMSVa) had not been performing adequately. It was reported that HDC could host support services to local voluntary organisations in house and would no longer require HAMSVa's services.

21 **COMMUNITY DEVELOPMENT RE-ORGANISATION**

The Community Development & Safeguarding Manager summarised a potential restructure to the Community Development team at HDC. The restructure would involve an officer providing services for a particular geographical area rather than providing a specific service across the district.

This restructure would also be used to bring Voluntary Sector Infrastructure Support services in-house.

The group agreed that this re-structure would be good for the service.

22 **COMMUNITY SAFETY UPDATE**

The Head of Community and Culture provided the group with an update of Community Safety.

*The meeting closed at 7.10 pm having commenced at 5.35 pm*

CHAIRMAN