

Health and Wellbeing Working Group (Draft) Minutes
Thursday 1 May 2025 TEAMS Meeting (Hybrid) 2 – 3.30 pm

Present CTC: Cllr Amanda Martin, Kate Fallon (CHOC), Cathy Dean (CTC)

Teams: Cllr Suzy Firkin, Usman Ashiq (Plus Dane, left 2:20 pm), Heather Peace

1. **Apologies** Cllr Liz Wardlaw, Cllr Richard Walton, Dr Paul Bishop, Dr Vicky Buckley, Cllr Emma Hall, Kay Wesley.
2. Approved meeting minutes of 13.02.25
3. Reviewed action log – recent outstanding actions are covered in the agenda.

Line 42—Kate has agreed to collate up-to-date data on campaigns in which Congleton has a poorer health average: obesity, smoking cessation, and diabetes.

[View Action Log.](#)

4. Update on Primary Care Network

No update.

5. Wellbeing Hub - Usman (Plus Dane)

Wellbeing Hub is in the final stages of mobilisation, Wi-Fi dongles, TV screen projector, and card readers remain to be installed.

The Wellbeing Hub will be launched on May 20th at 11 a.m. The chief Exec & Senior Team from Plus Dane, plus team members will be attending, as well as partners.

A workshop was held on 20th April which allowed delivery partners to look around. It was a chance to come together to help share a shared vision for the space and how different partners could work together.

The Steering Group will be created to oversee the project.

The first 5 delivery partners will be inducted by mid-June and we can build up the usage of the space over the next few months.

6. Sarmatians/Suicide Awareness

Suzy contacted Richard Godwin and received a comprehensive response:

“Network Rail manage the risks of rail suicide and vulnerable presentations in partnership with the wider rail industry and British Transport Police. Locations are visited after incidents take place with British Transport Police Designing Out Crime Officers where considerations are made to make any improvements. We also work closely with suicide prevention experts, national agencies, such as Public Health England and charities such as Samaritans, Chasing the Stigma (the Hub of Hope) and Mental Health Innovations (Shout). Our activities aim to reduce rail suicide and vulnerable presentations.

Suicide is the leading cause of death in people under 35 years in England and Wales, with the latest available figures confirming that 6,069 people tragically took their own lives in 2023. Rail suicides Nationally account for around 4.5% of all suicides.

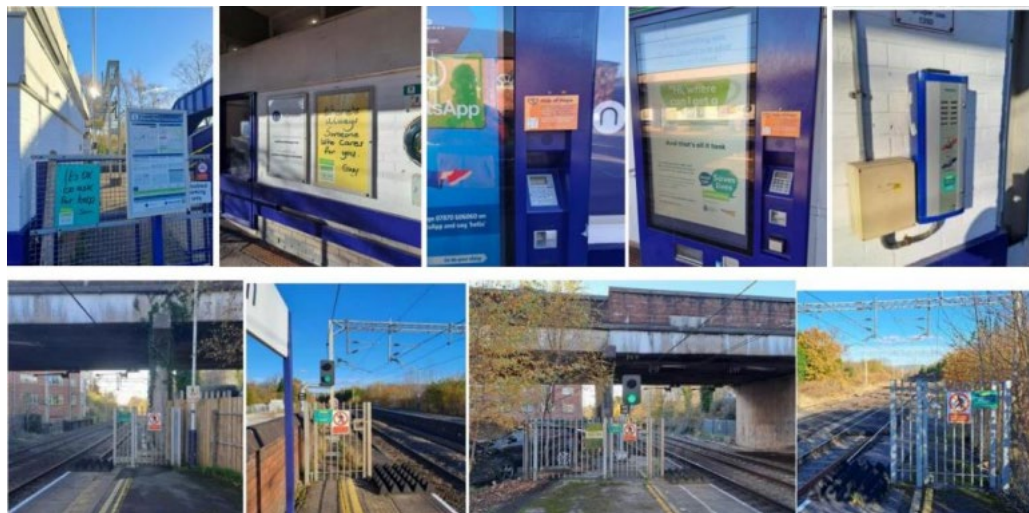
In 2023/24 - 2242 life-saving interventions took place on the rail network. Rail staff make up 20-25% of those, with BTP around 40% as a result of the awareness and training the rail industry provide through Samaritans, so for every life lost 8 more were saved....

Following the recent incidents at Congleton station Samaritans Regional Development Lead has also been working with Cheshire East Educational Psychology Team to increase awareness of Samaritans Step by Step Advice and Support. Step by Step also engaged with 2 local schools in Congleton.

Samaritans volunteers delivered Post Incident Support at Congleton station on 08/01/25, 29/01/25, and 05/02/25.

Network Rail also partner with Chasing the Stigma who operate and run the Hub of Hope app. Following the January station incidents, a weekly report was commissioned for Congleton. Within that report there was a focus on services that are tagged with “Therapy” as there were higher searches for this filter than usual. They were able to republish six Therapy services within a 10 mile radius of Congleton station on the Hub of Hope. There are now 20 services that fit the criteria (previously there were 14).

Congleton station has platform end gates to all ends with anti-trespass matting. Samaritans crisis signage is displayed to all ends. Real People Real Stories poster is present on entrance to Platform 1 and poster case displayed on Platform 1. An additional poster was installed to the Platform 2 entrance on 31/01/25. Hub of Hope stickers are present on the ticket Machine which also displays Andy’s Man Club and Small Talk Saves Lives. Samaritans Help point stickers are also present. Photos of the station and signage are below.



Richard agreed to include posters to more local support groups like Mentell and SheHer.

Action – Supply posters to network rail

Cathy has received a suicide awareness pack from the Samaritans to inform social media campaign in December/January.

7. Update CHOC community plans and priorities

Kate Fallon updated the group.

Weight management—A cohort of around 2500 people in low deprivation has been identified. They will be offered a weight management programme through Everybody Health & Leisure, including a peer support group. Invitations will be sent out via text message, 10 have joined so far; more participants are required.

Better Care Fund – High-Intensity Users programme to invite patients in for a full review, a 45-minute appointment with a GP to go through all health concerns. – 65 patients seen so far, will continue to monitor outcomes.

Future Plans – Multi-generational play project – successful projects running in Crewe and Macclesfield, looking to replicate in Congleton.

Project for District Nurses and pressure ulcers.

8. Update on Disability Welcome Scheme

The disability welcome scheme leaflet has been launched with 10 respondents so far, 4 have been awarded silver and these businesses will be presented with the certificates on Tuesday 6th May.

AOB Has Mountview now found a delivery partner? Cathy will check with Cheshire East.

CTC Westward councillors have been invited to an Active Pathways event to explain/introduce the new assisted living facilities planned for Green Gables, Suzy to report back.

Date of Next Meetings: 28th August / 13th November