Minutes of the Cheshire & Mersey Patch Meeting – 13th July 2023

**Present:** Adam Ballinger (Countess of Chester); Fabia Bannerman (Edge Hill); Mary Barden (Stockport NHS); Graham Breckon (Countess of Chester); Suzanne Ford (Mersey & West Lancashire); John Gale (Mid Cheshire); Maureen Horrigan (Liverpool Heart and Chest); Su Keill (Wirral); Jan Moore (Knowsley Libraries); Razia Nazie (Bridgewater Community); Susan Smith (Mid Cheshire – Chair); Alison Thornley (East Cheshire NHS).

**Apologies:**

Kathryn Bennett (Mid Cheshire); Carolyn Benny (Liverpool John Moores); Vicky Bramwell (Cheshire and Wirral Partnership); Trudy Jones (Halton Libraries); Stephen Molloy (Liverpool Women’s); Tracy Owen (Mersey Care); Debbie Spencer (University of Chester); Sally Starkey (Cheshire West & Chester); Yvonne Stubbington (Mersey & West Lancashire); Anne Williams (University of Chester); Gil Young (NHS England).

**Review of Actions:**

N/A

**Health & Wellbeing Initiatives:**

* JG has been doing evidence searches to support wellbeing week across the organisation and is currently working on an infographic to support World Breast Feeding Week. There is a [walk-round trail](https://explore.echoes.xyz/collections/9D7GiBz5La3v61q3) in Liverpool, we are hoping to modify the idea for local services. He recently ran a joint online conference with Katie Nicholas (NHS England) & Andrew Cox (University of Sheffield) to share learning from NHS & academic networks.
* SF described YS work on [Wellbeing Knowledge Boxes](https://www.knowledge-nw.nhs.uk/wellbeing-knowledge-box). Work with Health, Work & Wellbeing (HWWB) Department to supply HWWB information, a selection of wellbeing/self-help books to borrow, and freebies e.g. stress balls, colouring sheets, fridge magnets. Boxes are loaned out to ward or departments for 6 weeks. It receives good feedback but has been difficult to evaluate.
* SK has been running [Drop Everything & Read](https://readforgood.org/dear/#:~:text=Drop%20Everything%20and%20Read%20is,regular%20time%20that%20suits%20you.) sessions monthly. 3 sources of information are selected could be fiction, poetry, non-fiction and at least one video. It is run as a 1-hour discussion session and is proving popular and people feel as if it is something different. Items are selected based on the emotion felt. Last topic was men’s health.
* AT shared ECT reading initiatives: currently running a summer reading challenge (40 sign ups), participants read 6 books over 3 months and get prizes, have also started as a winter reading challenge; participated in World Book Night and have been distributing books to health care assistants; there is also a monthly book club with about 20 attendees who meet at lunchtime in the library for a discussion.
* SS is part of the Health & Wellbeing Board, Stress Group, Art Steering Group and Menopause Lead. Recently ran a 3-month programme of activities as part of Divisional Championships. Ran a digital treasure hunt, acts of kindness, divisional quiz, hospital radio requests and a family day with It’s a Knockout Challenge. All items were made accessible to those without computers with print outs an outreach stall. Have been working with social prescribers to promote [local activities](https://livewellservices.cheshireeast.gov.uk/Services/6640) and share resources for Trust intranet and [Livewell page](https://www.cheshireeast.gov.uk/livewell/livewell.aspx). Support a health & wellbeing calendar of events developing resources and outreach events e.g. armed forces, men’s health. Work with the Arts Steering Group to introduce initiatives to staff and patients. Have had origami lessons in library and an emergency poet will be on-site later this week. We supply women’s health boxes with information to staff toilets with sanitary products, information, emergency clothing, hot water bottle and fan. The library space is used for health & wellbeing support for strikes (teas, coffees etc) and we have a serenity area with bereavement collection, reading well and quick reads. Recently started a service to evidence search equality, diversity & inclusion in policies & procedures, this is being promoted by the trade unions as it is helping to inform more tailored responses, working with stress group to match stress survey with Trust wide interventions.

**AOB**

* Public libraries now have health & wellbeing champions in each of 9 areas to support liaison work with NHS, training has been provided by NHS England. SS to

**Actions:**

* JG to share presentations from wellbeing conference.
* SS to contact Ruth Carlyle to identify local HWB champion.

**Next meeting:** 10th August 10-11 show and tell on career development