

MINUTES OF THE PERRY VALE ASSEMBLY

Tuesday, 15 July 2014 at 7.00 pm

PRESENT: Councillors John Paschoud, Alan Till and Susan Wise

ALSO PRESENT:

Apologies for absence were received from

1. **Welcome from Cllr Wise and introducing the Rockbourne Community Garden**

Cllr Susan Wise welcomed everyone to the assembly meeting and introduced Cllr John Paschoud and Cllr Alan Till. She then told the assembly meeting to have a look at the Rockbourne Youth Club Community Garden during the break. This was funded by Assembly Fund money and Cllr Wise thanked Stuart Devine from the Rockbourne and Anita and her son Nelson for all their hard work in the garden which looks lovely.

2. **NHS Lewisham Health Checks - Jenny Bud**

Frances Fuller from the Public Health Team told the meeting that this is now part of Lewisham Council and that she is responsible for managing the Lewisham NHS Health Check programme.

The NHS Health Check programme is a national programme. The purpose of the programme is to identify people at high risk of developing cardiovascular diseases, such as heart attacks, stroke and diabetes and to offer support and advice to reduce their risk. Everyone between the ages of 40-74 years (who don't already have cardiovascular disease) will be invited for a health check every 5 years. Health checks are offered in Lewisham by GP surgeries, a number of community pharmacies across Lewisham and by the community outreach team, who regularly have a Health Check trailer at Lewisham shopping centre.

The Health Check takes about 20-30 minutes. A number of clinical measurements are taken such as cholesterol testing, blood pressure, weight and a number of questions are asked about family history and lifestyle. With this information each person is then given their personal risk score of developing CVD over the next 10 years. Those people at increased risk of developing cardiovascular disease are given support and advice can be referred onto a number of programmes in Lewisham. These include Shape Up, for people who want help to lose weight or physical activity sessions such as aqua fit or zumba.

Jenny Bud told the assembly that the Community Health Improvement Service is part of the Lewisham and Greenwich NHS Trust. They do a wide range of activities with individuals and groups across the borough to support people to make behaviour changes for a healthy lifestyle. They work closely with the Public Health Department of the Council, particularly around the NHS Health Checks programme. There is an outreach team who can do NHS Health checks at times and venues that suit the

community. The Health Trainers do one to one support for people for up to 8 sessions to help manage weight and increase physical activity They can also do healthy eating workshops with community groups. They hold eight week Shape-up courses around weight management, ie portion sizes, healthy fats, food labelling, triggers, increasing physical activity. It is not an exercise class though.

Jenny then asked for feedback about Shape- up as there had been a course at Forest Hill library that had been poorly attended. Most of the attendees had not heard of Shape-up and it was suggested that Forest Hill Pools be used as a future venue.

Q Will there be provision made for deaf people?

A Yes this can be done

Jenny mentioned the health walks programme and said that they would be at the stall in the break for any more questions or to sign people up for services.

3. Lewisham CCG - Lorna Hughes

Lorna Hughes from the CCG (Clinical Commissioning Group) told the assembly that the CCG has been introduced by the Government to replace Primary Care Trusts (PCTs) to allow local GPs to be in charge of planning, buying and monitoring most health care services. Essentially the CCG is here to help provide services for the public in the way they want to receive them. It is funded by NHS England, £365 million per year budget for commissioning services.

The CCG works with various partners, including Healthwatch to gain independent views on health and social care.

There is a 5 year commissioning Strategy, with services commissioned in 2 year blocks.

The priorities are:

- Frail and elderly people
- Long term conditions
- Children and Maternity services
- Mental Health
- Primary Care development
- Improved care for Health and Social care- Integration programme
- Urgent care
- Health promotion

The South East London Strategy for the 6 South East London borough's is being created and is open for comment, go to

www.lewishamccg.nhs.uk/get-involved/improving-south-east-Londons-health-services-together

Lorna invited residents to join their local Practice Participation group, all GP's have these meetings held 1- 2 times per year to talk about local priorities.

She is also interested in consulting with local people on the format and content of public documents, and inviting residents to consultation events

such as the Quality of Health and Social Care Summit held at the end of March at the Civic Suite.

She added that members of the public are welcome to attend the CCG's Governing Body meetings and that she is open to meeting local groups to talk about the CCG and find out residents views and experiences.

Q There is no provision on your web page for people that have to use sign language?

A If you use the browser function you can hover over a word, it will then come out

Q Can we have a meeting for the deaf community?

A Yes of course

Q Different CCG's may commission different things, how about harnessing community assets for health and wellbeing?

A This is called social prescribing and it involves no medical response. We have a community development approach to engagement and we are commissioning groups to deliver local services

Q Different GPs have interests in different areas, will there be GPs who have an interest in areas such as nutrition?

A Yes of course and there is also the public health team

4. The Perry Vale Safer Neighbourhood Team

PC Bailey told the meeting that they are currently looking at additional methods of engagement to supplement neighbourhood watches as there is a problem recruiting coordinators to oversee the watches. The idea is that the police ask people to provide their email addresses so that they can let people know of any relevant local issues. This will mean that intelligence can be disseminated in 'real time' and the intelligence will be filtered so that only information that is relevant is given out. Email addresses will not be given to third parties. It is the Commissioner's intention to have 1,000,000 people London wide on the system. PC Bailey also stated that if people are not on email they can be texted or written to.

PC Bailey told the meeting that there is currently an issue with individuals knocking on doors stating that they are from a drainage company and doing some work next door, they are asking for access to your home and then taking items. If this happens to you call the police immediately. If you are unsure of someone's authenticity call Trading Standards on 8314 2288 and they can verify the person for you. If you are in any doubt, or if someone makes you nervous please call the police on 101 or 999 if it is an emergency.

Q Can you text 101?

A I am not sure, but I will get back to you

Q What is 101

A It is a non emergency number for the police

5. Mayow Park and Dacres Wood updates

Mayow Park - Alona Sheridan from the Friends of Mayow Park (FOMP) told the meeting that the works to the Pavilion are almost complete after some delays due to a water sewer collapse, however this has now been resolved. The upstairs of the pavilion will see some changing rooms for the sports clubs and downstairs will see a new café which will be open in a few weeks time. The Café is called Brown and Green and it is owned by two sisters. The café will also have public toilets, which will include a disabled toilet and the café will maintain these. Grow Mayow will provide some local produce for the café.

Q What will be the opening hours of the café?

A This is to be confirmed, but they will open around 8am and they will probably operate along park opening times.

Alona stated that in February 2012, 11 fruit trees were planted near the tennis courts and these are now starting to produce fruit. FOMP want to hold an annual orchard celebration and are now looking for volunteers to help with this.

Cricket is back in Mayow Park and there are two cricket teams based at the park, these are Caribbean Mix and Streatham Marlborough, both of whom play in the Kent League.

There will be a Community Day at the park on Sunday 31 August which FOMP are organising, there will be lots of events including a community picnic and 'quick cricket.'

The Bowling Green is still not being used as no other club has been found, there are some options for the use of the Green and we are currently looking for ideas.

For more information FOMP have a blog and a Facebook page.

Fiona Gavin spoke about the proposals for an outdoor Gym as there is £50,000 funding secured from Mayor of London's Sports facilities Fund and Lewisham Council. The proposal is for an outdoor gym and for trim trail equipment. The timetable is as follows:

- Consultation July- August 2014
- Selection of preferred contractor September 2014
- Start on site October 2014
- Completion January 2015
- Official Opening Easter 2015

The proposed site for the outdoor gym is close to the children's playground, this is because there has been some feedback stating that parents like the idea of using the equipment whilst they can still keep an eye on the children in the playground.

The proposed site for the outdoor trim trail is along the northern boundary linking to the older children's play area.

Q Will there be organised classes?

A We would like to do this and maybe we can use the bowling green. There is also a phone app which instructs and guides regarding use of the outdoor gym equipment.

Dacres Wood – Tom Weedon told the assembly that the site has been there since the early 1800s and 2 years ago the assembly kindly gave

some money to upgrade the wood and pond. This was in partnership with Froglife and was match-funded. The Wood is gradually being opened up more and it is open to the public on the last Saturday of every month from 1pm – 4pm, in addition it will be open on Saturday 19 July as part of the Sydenham Arts Festival with pond dipping and mini raft building. There are lots of themes for the Saturday's when the Wood is open including Teddy Bear Picnic's, Mapping Exercises and Bird Boxes. For more information visit dacreswood.org.uk, Twitter or SE23.com

6. Update from previously funded groups

Jimmy Beckley from Seniors thanked the assembly for the £450 that the assembly provided for the Family musical fun project. He then played a piece on his Saxophone and explained that the project is for all ages and even people that don't play can go along. For more information contact Seniors at 260 Stanstead Road London SE23 1DD Tel: 020 8291 1164

7. The Perry Vale Assembly Fund

Paul Gale told the assembly that there is £12,500 available for projects within Perry Vale ward and that the money must be spent on one or more of the below Perry Vale Assembly priorities, these are:

- the environment
- roads and traffic - Note, traffic schemes are expensive and may require prior permissions from agencies such as TfL
- activities for younger people
- antisocial behaviour and crime
- activities for the whole community

There will be further criteria, however this has yet to be discussed and decided. This will be in relation to bid limits i.e. the maximum amount that an organisation can apply for (normally it is between 1k and 2k), the deadline for applications and any other criteria that Coordinating Group may wish to insert . The funding decisions will take place at the Assembly on 27 November, so the probable deadline for applications will be towards the end of October, thus allowing time for appropriate scrutiny and fine-tuning of applications

8. Community updates

Lewisham Cyclists - Jane Davis and James Mewis from Lewisham Cyclists told the meeting that they represent Lewisham as part of the London Cycling Campaign. They have nearly 800 members in the borough, with about 70 of these in Perry Vale ward. They are a campaigning group and lobby both TfL and Lewisham Council to provide better facilities for cyclists. In addition they run a large range of cycling activities including rides for all ages and abilities, Dr Bike events, bicycle jumble sales at some local fairs, as well as offering advice on all aspects of cycling, including helping people sort out routes to work and school and buddy riding. They also loan bikes and can offer training in everyday cycling from an National

Standards trained instructor. Lewisham Cyclists are very keen to expand this area of work and run more local rides and events in the local community to get more people cycling. London Cycling Campaign are currently running Space4Cycling, this began before the local elections and all the candidates were asked to support a measure to improve cycling in every ward across London. In Perry Vale this measure, drawn up at a public meeting in the Town Hall, focussed on one of the six themes from the campaign, aimed at creating Areas without Through Motor Traffic. As this involved a request to close some roads to motor traffic it proved difficult for the candidates to approve without a more measured inquiry.

It was agreed that Cllr John Paschoud will meet with James and the Lewisham Cycling Officer to discuss this further. For more information visit lewishamcyclists@gmail.com www.lewishamcyclists.co.uk twitter: @lewicyclists there is also a Facebook group Lewisham Cyclists

Blythe Vale - Palmela Witter stated that there is still an issue with cars mounting the bollards and with cars blocking buses outside the parade of shops on Vancouver Road. Cllr Wise stated that this will be looked at.

Water Leaks – Tim Lund reminded the assembly that water leaks should be reported to Thames Water as there have been quite a few recently and left unnoticed, a great deal of water can be lost.

Forest School – Hugh Dames stated that this takes place at Grow Mayow in Mayow Park every Monday from 10am – midday and is for 3-5 year olds.

LovePerryVale – Cllr Paschoud reminded the assembly to join LovePerryVale. This is a social network exclusively for people who live, work, learn or play in Perry Vale Ward. The main page is public, but you must register and sign-in if you want to join discussions, or post pictures or messages. It's meant to work with the Local Assembly, Police Safer Neighbourhood Panel and other ways of involving local people in having a say in what happens in their locality. Participation will be restricted to people who have a genuine connection with Perry Vale. For join visit LovePerryVale.org

Prize Draw – Cllr Wise thanked Brown and Green for donating 2 x B&G breakfasts to be consumed at the new B&G café at Mayow Park, the winner of this prize was Claudia Mark.

9. Close

There being no other business Cllr Wise thanked everyone for coming along to the meeting and stated that the next meeting date is Tuesday 30 September at a venue to be confirmed. The meeting closed at 9.05pm. No declarations of interest were made at the meeting.