



**Neath Port Talbot**  
Health & Wellbeing Group

## **NEATH PORT TALBOT HEALTH AND WELL-BEING GROUP**

### **EXECUTIVE COMMITTEE**

**1 December 2021**

**Venue: via Microsoft Teams**

### **MINUTES**

**Present:** Karen Jones (KJ), Anita James (AJ), Kirsty Williams (KW), Huw Jones (DHJ), Sheenagh Rees (SR), Derek Jones (DJ), Steve Owen (SO), Julie Robinson (JR), Debra Lawrence (DL), Elinor Wellington (EW), Cllr. Carol Clement-Williams (CCW), Shirley Freeguard (SF), Lynne Doyle (LD)

**Apologies:** Neil Evans (NE), Caryn Furlow-Harris (CFH) Nita Sparkes (NS), Jayne Dennis (JD), Anne Marie-O'Donnel (AOD)

#### **1. Declarations of Interest**

None

#### **2. Minutes of Executive Committee Meeting held on 14.10.21**

Minutes accepted as accurate by all in attendance.

#### **3. Matters Arising**

#### **Constitution of the group**

- KJ said the necessary forms were going to be submitted to Companies House

#### **Action**

CCW to sign

#### **New Members - Induction Pack**

- AJ – Member sign-up information to be included in the induction pack.

#### **Action**

LD to implement.

#### **4. Lottery sub-committee meeting 30.11.21:**

##### **Lottery Draw**

- KJ – It was discussed at the lottery sub-committee meeting 30.11.21 that we need to look at ways to introduce more people to observe the draw (adjudicators). It was agreed that AJ & KW will take over the administration of the draw effective 2.12.21. It was proposed the draws would take place each Thursday at the Civic building in Port Talbot with the relevant adjudicators and posted on the member Facebook page each Friday.
- All present were in agreement.

#### **5. Finc & Gov sub-committee meeting:**

DJH said;

- We've previously agreed to contribute 20% from the lottery proceeds into the wellbeing pot, but to date, we're struggling to find wellbeing activities. Major spend to date has gone on Luminare and PERKZ. We started the financial year with £3,000 in the wellbeing pot. We've agreed to put £22,000 in, which gives £25,000 and we've only spent £5,000 to date.
- The proposal to the group is to reduce the 20% to enable more spend on Lucky Fridays lottery prizes. All present were in agreement.

##### **Action**

KJ & DJH to identify ways/timescale to increase bonus prizes.

#### **6. Decisions made since last Executive Committee meeting**

None.

#### **7. NPT Health and Wellbeing Group - Financial Statements**

##### **Lucky Fridays Account**

DHJ - we started off the year with £17,000 in the bank. To date we have £73,000. We've paid out £56,000. We've transferred £22,000 to the wellbeing account. That leaves us £12,000 in terms of the lottery.

##### **Wellbeing Account**

DHJ said - the Council will reimburse NPTHWG for the Virgin Go challenge. We've paid out £5,000 to PERKZ and also paid for Luminare.

#### **8. NPT Health and Wellbeing Group - Risk Register**

- KJ explained that there are some £1 members who remain on standing order for the lottery following their retirement/departure from the Council. It was agreed that a

letter would be sent asking them to stop the standing order.

## 9. NPT Health and Wellbeing Group - Well-being Activities:

### **Bonus Prize Poll**

- KW gave a summary to the group that following the online poll on Facebook and Yammer (19.10.21) a combined 620 votes from members informed the Festive Fridays Christmas bonus prizes.

### **Mal's Marauders**

- SO & DJ mentioned improving men's wellbeing through walking & talking with Mal's Marauders at an approximate fee of £250 per day. DJ confirmed Mal's Marauders was part of a 3 day programme used in Tata Steel called 'the number 52 bus'.

### **Action**

SO/DJ to provide details of what the £250 fee would include.

- SO & DJ added that Mal suggested he'd like to roll it out to females as well, because what we've done is predominantly male.
- SR commented that in her experience, different people respond to different things. But queried if the trained 12 employee champions in mental health across the Council could be of use in some capacity.

### **Ideas for future activities**

- A discussion took place on various ideas of how best to use the £20,000+ in the wellbeing account for the benefit of members. The group discussed several ways in which this money could be used including wellness packages, £5 cinema and theatre tickets and others.

### **Actions**

KW to create a poll asking members how they would like to use the remainder of this fund.

KJ to contact MIND to see what packages they offer for mental wellbeing.

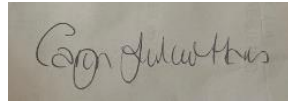
## 10. AOB

None

**Next meeting –via Teams**

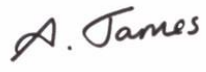
I hereby agree that these minutes are a true and accurate record of the meeting.

Signed (Chairwoman)

A rectangular box containing a handwritten signature in cursive script, which appears to be "C. J. Williams".

Date: 7.2.22

Signed (Seconder)

A handwritten signature in cursive script that reads "A. James".

Date: 7.2.22