

CULTURE AND COMMUNITIES OVERVIEW AND SCRUTINY PANEL

THURSDAY, 22 OCTOBER 2015

PRESENT: Councillors Clive Bullock (Vice-Chairman), Marius Gilmore, Jesse Grey, Asghar Majeed, Samantha Rayner (Chairman) and Claire Stretton

Also in attendance:

Officers: Kevin Mist, Mark Taylor, Shilpa Manek, Julia White and Sarah Hill

WELCOME

The Chairman welcomed everyone to the meeting and advised that the meeting would be recorded.

Recordings of the Part I sections of the meeting were available at the following link:
<http://www.rbwm.gov.uk/minsys3.nsf/AMByMonth?OpenView&y=2014&m=10>

APOLOGIES FOR ABSENCE

Apologies were received from Councillor Simon Werner and also from Christabel Shawcross.

DECLARATIONS OF INTEREST

There were no declarations of interest.

MINUTES

RESOLVED UNANIMOUSLY: That the Part I minutes of the meeting of the Panel held on 18 August 2015 be confirmed.

PRESENTATION ON SMILE

Members received an introduction from Kevin Mist, Head of Community Services, about SMILE. Kevin Mist introduced Sarah Hill, Lifestyle Coordinator and Clinical Exercise Specialist and a user of the SMILE programme, Sid Baker.

Sarah Hill informed Members that :

- SMILE was formed in October 2003.
- In 2006, a community was formed.
- In 2007, it became a registered charity.
- Currently run 45 sessions around the community for over 50's.
- Costs of memberships.
- Outings and functions held and planned.
- Each session lasts between one hour and two and a half hours.
- Case studies.
- Ethnic minorities – Cllr Majeed suggested speaking to Mr Pannu from the Sikh temple to engage more ethnic minorities.
- Further sessions, Cllr Grey suggested sessions in Datchet.
- Mainly women in SMILE programme and men in cardiac rehabilitation.

Sarah Hill also spoke about Lifestyle Management Scheme. She explained the points below:

- Good links with GP's, nurses, cardiac and cancer rehabilitation clinics, obesity, diabetes, hypertension and cholesterol clinics.
- The different phases of the cardiac rehabilitation programme.
- The Heart Rehabilitation Organisation Of Berkshire (Throb) provided equipment and training of instructors.
- Extra monies spent on defibrulators and exercise equipment.
- Minimum subscriptions fees per week, also raise further funds through events.

The Chairman asked how Members could help the SMILE programme, Sarah Hill suggested providing more sessions in other areas of the borough.

ACTION: Sarah Hill to circulate the electronic version of the leaflets and a note to Members.

WORK PROGRAMME

RESOLVED UNANIMOUSLY: The items be on the agenda for the next meeting were agreed.

DATES OF FUTURE MEETINGS

6.30pm – Monday 25 January 2016, Council Chamber, Town Hall, Maidenhead

The meeting, which began at 6.30 pm, finished at 8.30 pm

CHAIRMAN.....

DATE.....