

SCN Wellbeing Meeting Report

Tuesday Jan 24th 2023 10am –11am via Zoom.

Attendees

Sally Ingledew	SCN Manager	Barbara Spieglehalter	Portsmouth
Kevin Stock	SCN Administrator	Bob	Waterlooville
Dave Vodden	IOW	Julie Taylor	Hayling Island
Roger Skidmore	IOW	Avril Adams-Baxter	Horndean & District
Alan Hathaway	Stubbington	Gillian Smith	Solent
Val Worthington	Havant	Ann Riglin	Portsdown

1. Welcome by Sally Ingledew, SCN Manager

Permission to record the meeting for the purpose of producing a report

2. Meeting Procedures Kevin Stock, SCN Administrator

3. Introduction by Sally Ingledew, SCN Manager scnmanager@gmail.com

SI explained that this meeting for one hour is to see whether there was interest in the topic of Wellbeing.

All attendees then introduced themselves.

4. Does your u3a have a Wellbeing person or team?

If so, do you have a Role Description?

IOW no they don't. Considers that by definition u3a is concerned with wellbeing

Ports mouth No

RS shared an experience of an attempted suicide which may have been averted if he had joined the u3a.

Guernsey No and thinks as IOW considers it would mean another committee member.

Hayling Island No

Havant Welfare officer is aware of a privacy issue. People don't necessarily want help.

Waterlooville u3a Chair oversees Wellbeing and reports go back to chair from Wellbeing Team composed of Chair and ordinary members. Also they have terms of

reference. More recently since the end of lockdown there seems to have been less need for the team.

Portsdown no, a group has been suggested but there are many considerations, privacy and GDPR etc.

Horndean Not a formal person, might be a good idea though

Stubbington no. Some done by group leaders and committee members

Solent No agrees with IOW. Needs clarification of the role it is not Welfare.

SI Group leaders can also help.

Hayling is there an overlap with Safeguarding SI safeguarding tends to be more legal.

Havant Well being is a very broad remit.

Solent Wellbeing also includes mental health. As a u3a we need to take care not to go too far, and u3a members are not qualified. U3a sources say Wellbeing is concerned with yoga and Tai Chi.

Solent members are only able to respond as friends IOW agreed, and mental health is difficult to deal with and members are not qualified.

SI encourage group leaders to be aware.

Portsmouth Avril is on Health Watch and found the training excessive.

5. Do you see this as a Committee Role?

SI Would need to be on committee for privacy etc

RS encourage group leaders to feedback to committee Maybe Vice chair

SI show of hands, 4 agreed. This will be put to the chairs at the next meeting.

Can be difficult to identify people suffering.

6. Opportunities within u3as to raise awareness of wellbeing issues and how we might help each other (Solent u3a)

7. Enabling Contact with members who do not use the internet or have a mobile phone.

What procedure do you have for them? (Havant u3a)

Email buddies RS Age UK will provide basic training in IT.

SI there can be problems with people forgetting information.

Waterlooville uses paper or telephone as the human touch is important.

Solent send out by post newsletters etc to those who don't have email.

Stubbington have very successful coffee mornings. Encourages communication between members.

SI groups such as Bus Pass, Lunch clubs

Havant have 3 Singles groups which are very successful

IOW Have a cooking for one group which is well attended. Potentially could be expanded to include eg simple DIY. It is not limited to single people only.

Waterlooville have 4 Members on their own which are well attended

8. Would it be useful to have an annual meeting for this role?

IOW suggested every 6 months.

SI could have a meeting sooner to get feedback.

KS suggested November

Gosport This may be dictated by u3as. Could send feedback by email.

SI Please feed back to committees for comments,

This will also be on the agenda for the chairs meeting.

9. Any Other Business

Date of next meeting 14.11.23

SCN Website: <https://u3asites.org.uk/hants-sc-network/home>

SE Region Website: <https://u3asites.org.uk/code/u3asite.php?site=465>