

## Somerset Coast PPI Forum

**Minutes of Meeting in Public**  
**Thursday 27<sup>th</sup> July 2006**  
**Moorland Hall, Wheddon Cross, Minehead**

	<b>Item</b>	
1	<p><b>Introduction, welcome &amp; apologies</b></p> <p><b>Present</b></p> <ul style="list-style-type: none"><li>• Maureen Lloyd-Williams – Chair</li><li>• June Warden</li><li>• Kate Symonds</li><li>• Mij Lambert</li><li>• Elizabeth Pinnington</li></ul> <p><b>In attendance</b></p> <ul style="list-style-type: none"><li>• Annie Barnard</li></ul> <p><b>Apologies</b></p> <ul style="list-style-type: none"><li>• Peter Johnstone</li><li>• Tim Holmes</li><li>• Maria Hobbs</li></ul> <p><b>Somerset Coast PCT</b></p> <ul style="list-style-type: none"><li>• Paul Gardner</li></ul> <p>Apologies Alan Carpenter Helen Weldon</p> <p><b>Exmoor National Park Authority</b></p> <ul style="list-style-type: none"><li>• Martin Evans</li></ul> <p><b>Members of the Public: 21</b></p> <p>Maureen Lloyd-Williams, Chair welcomed all present</p>	
2	<p><b>Members' Declarations of Interests: None</b></p> <p>Minutes of the last meeting – 25<sup>th</sup> May 2006 AGREED</p>	
3	<p><b>Matters arising</b></p> <p>Item 4: Out of Hours Service -Paul Gardner reported that there are on average 1500 calls every month. Complaints about the service are well below the national average less than 1%. Out of Hours telephone number – The old and the new telephone</p>	

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	<p>number 0845 4084000 will get through to the OOHs. Item 8: Problems with doors on new ambulance in West Somerset. ACTION: PG to speak to ML after this evenings meeting.</p>	
4	<p>Exmoor Survey Results – Maureen Lloyd-Williams MLW gave a brief report on the results of the survey. The Forum received 13% returns from the survey and the majority of people who responded want a health and fitness centre on the Moor. The Forum believe that funding would be available should the local community decide to take action.</p> <p>Presentation of survey prize – Martin Evans Martin Evans, Head of Tourism and Recreation presented the prize to Mrs and Mrs Stringer, Brompton Regis. The winners received £50 voucher towards a meal for two at a venue of their choice on the Moor.</p> <p>Sir Ranulph Fiennes sent the following message to the Forum:</p> <p><i>“I know many folk on Exmoor who, like me, are keen to keep fit. They often need an indoor gym-like place and live too far away from existing ones because of the nature of Exmoor. I wish the Forum the very best in this worthy project. Ranulph Fiennes”</i></p>	
5	<p><b>Public Forum – Comments on the proposed project from members of the public.</b></p> <ul style="list-style-type: none"> <li>▪ Where will the money come from? MLW: There are lots of sources of funding.</li> <li>▪ Getting a centre is 1 thing but running it is another matter. How is it going to run as a business? ML: It would need to be run like ‘Active Exmoor’.</li> <li>▪ It would need a feasibility study.</li> <li>▪ We have problems in Dulverton raising money it will need a lot of coordination.</li> <li>▪ We are sick and tired of hearing about city depravation. What about rural depravation? It (centre) has got to reach the local people.</li> <li>▪ You have got to get people involved. Only 5% will be within walking distance of the facilities. ML: Groups and families could arrange transport to the centre.</li> <li>▪ Where is the enthusiasm and the reality balance?</li> </ul>	

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- Activities like line dancing can be done in any hall such as this one.
- It is pretty boring going into a gym.KS: If you are able to use the moor in winter that's great, but plenty of people can't get out to use it i.e. people with conditions like arthritis.
- Have you done any surveys to see how unhealthy people are on Exmoor? Most people are happy to sit in front of the TV in the evening.ML: The majority of people on the moor are over 50yrs. Younger people need something to do.
- I admire your enthusiasm but reality needs to be brought in.
- Would you consider putting a bid in with a new village hall like the Bridgtown project?
- What responses have you had from healthcare practitioners? ML: Local doctors have been very supportive.
- I think it's a good idea, I'm a swimmer and we don't have a pool on Exmoor.
- If Minehead can't do it how can we?
- They may say yes now, but how are going to fund it?
- I support the sentiment but can't see the point in bringing it together under one roof. It would be better to spread equipment to all the villages and not just one.
- What efforts have been made to switch our health service from a sickness service to a good service? Paul Gardner: The PCT does a lot to promote health e.g. Smoking Cessation Programme.
- I had a bypass and would do more if I didn't have to travel to Minehead.
- Why not have a virtual centre? Why not have a mobile fitness centre? ML: You couldn't move equipment around.
- The shopping mall at Washford had funding, it is now half empty.
- You need to get local businesses involved and combine it with several other projects.
- Children leave for school at 7.30am and return home at 4.45pm - I wonder if it would get used by them?

Maureen Lloyd-Williams thanked everyone coming and for participating in the lively debate on the proposed health and fitness centre.

Members of the public and guests were asked to leave their comments on the post-it notes provided.

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6	<p><b>Comments on Post-It Notes</b></p> <ul style="list-style-type: none"><li>❖ Computers are the enemy of fitness especially for youngsters</li><li>❖ Exmoor led – PCT driven</li><li>❖ Exercise classes must be for men too. How do you encourage men to take part?</li><li>❖ You need to concentrate on what people want and not what you think they need.</li><li>❖ Must be central, must be enjoyable</li><li>❖ Why not supply individual equipment into households designed for individuals?</li><li>❖ No new build at this stage better to use existing buildings</li><li>❖ Transport a main problem. Weather also in winter</li><li>❖ Suggest 'indoor Active Exmoor'</li><li>❖ No good to split up</li><li>❖ Travel around moor to a facility would be difficult</li><li>❖ Men on their own suffer with loneliness affecting their health</li></ul>	
7	Exmoor Healthcare Survey – Executive Summary and results are available at <a href="http://www.hapforums.co.uk">www.hapforums.co.uk</a> Select Survey's page – Survey Results – Exmoor Healthcare Survey – Executive Summary	
8	<b>Next Meeting in Public: tbc</b>	
9	<b>Close of meeting – 7.45pm</b>	