



HEALTH AND WELLBEING WARMINSTER – ATTENDEE PACK

You are respectfully asked to read this briefing pack prior to the meeting to allow maximum time for the sharing of ideas and making decisions at the Trustee meeting.

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HEALTH AND WELLBEING WARMINSTER – FORUM AND AGM - Agenda

Meeting on Wednesday 8th April 2026 from 1200 hours in the St Boniface Hall, Warminster School (meeting to last no longer than two hours) – refreshments will be provided. Overflow parking is available in the Minster overflow car park – thanks to the River Were Benefice Office

Attendees are asked to allow sufficient time to sign in at Reception before being accompanied to the venue

- 1. 12.00 Welcome and introductions (DG)**
- 2. 12.10 Actions Arising (DR)**
- 3. 12.15 Annual General Meeting including:**
 - Chair's Statement.
 - Treasurer's Statement – in pre-meeting notes
 - Agreement of nomination of Trustees (can have up to ten)
- 4. 1225 Lindsey Death - Engagement Officer at Wessex Rivers Trust and Forest Bathing will give a short presentation on the work of the Wessex Rivers Trust, a charity dedicated to the guardianship and protection of the rivers of the Wessex Region.**
- 5. 1245 30-minute comfort and networking break**
- 6. 1315 Feedback/questions from members**
- 7. 13.30 Rebecca Seymour - Bringing Live Music, Theatre, art and heritage to your local community. Celebrating Age Wiltshire (CAW) is a county-wide project delivering culture and heritage events and activity in community settings to support the wellbeing of older people.**
- 8. 13.45 Any Other Business**
- 9. 13.50 Steering Group meets to elect Officers**

Date of next meeting: Wednesday 24th June 2026

Dates of future meetings –				
2026	HWB Forum	Trustee Meetings	Area Board	Other
Mar				
Apr	Wed 8 th inc. AGM			
May		Thu 14 th * +		Sat 16 th Health Fair
June	Wed 24 th			
July		Thu 22 nd or 29 th or	Thu 2 nd	
August		Thu 5 th		
September	Wed 23 rd			
October				
November		Thu 19 th or 26 th	Thu 19 th	
* To discuss any funding needed by AB; + to discuss and agree content of next Forum event. Red font shows provisional dates to be confirmed by the new Trustees				



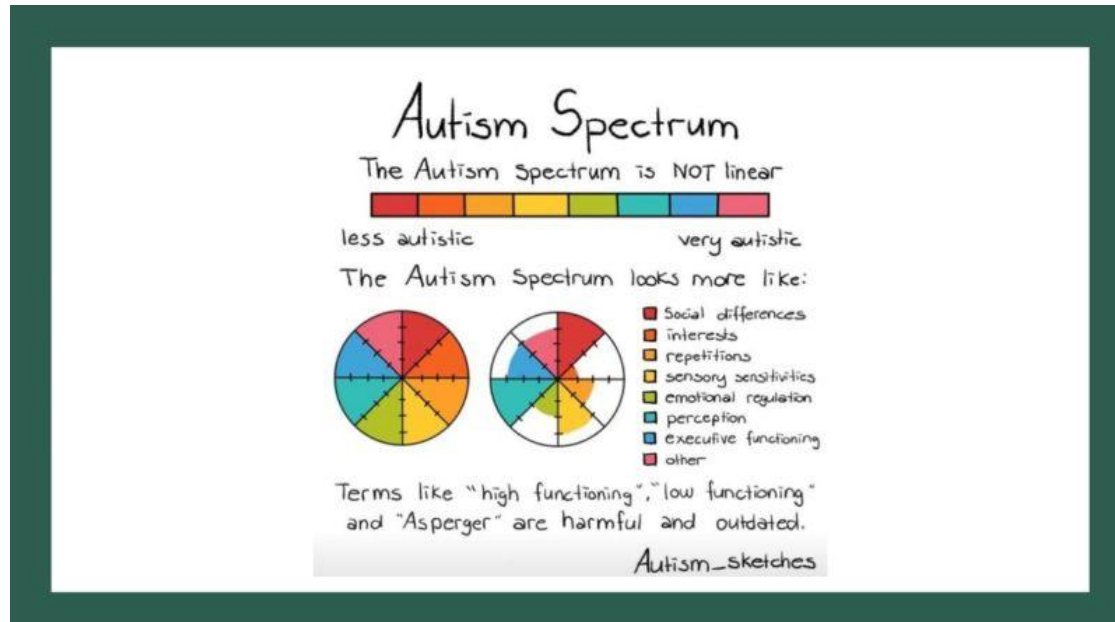
HEALTH AND WELLBEING WARMINSTER FORUM
Notes of Meeting – Wednesday 7 January 2026 Noon
The St Boniface Hall, Warminster School

Present: Speakers have a * against their name.

Deborah Gogarty (DG) – Chair *	David Reeves (DR) – Secretary and HWB Trustee
Marion Barton (MB) –Open Door and HWB Trustee	Lisa Cook (LC) – Warminster School
Sheelagh Wurr (SW)- Warminster Churches Together and Salisbury Shakers	Sallie Boyd (SIB) – Adult Community Team West – Wiltshire Council
Caroline Pugh (CP) - Friends of Warminster Hospital	Alan Goldsworthy (AG) – Independent member;
Jonathan Aldridge-Mansfield (JM) – Beyond Dementia	Janet Marshall (JM) – Warminster and Westbury Visually Impaired Club;
Sarah Burgess (SaB) – Avenue Surgery Social Prescriber	Melanie Grace (MG) – Scottish and Southern Electricity Network
Lucy Steel (LS) – Wiltshire Council	Jenny Crossley (JC) – National Energy Action
David Painter (DP) - Warminster Writers Circle.	Julia Upton (JU) – Warminster Library
Liz Lee (LL) – Warminster Town Council	Louise Rendle (LR) – Wiltshire Users Service Network *
Caroline LeQuesne (CLeQ) – Wiltshire Council *	Fiona Bloom (FB) – HCRG Living Well Team
Steve Kervell (SK) – Warminster and Westbury Visually Impaired Club	
Apologies from: Vicky Ellis (VE) – Wiltshire Children Community Service; Lina Middleton (LM) – BSW Integrated Care Board; Laura Gowers (LG) – Wessex Water; Jan Billinge (JB) – Independent; Ann Merrills (AM) – Independent Member and Trustee; Tina Biggs (TB) – HCRG Care Group; Holly Pryer (HP) – Wiltshire Council; Diasy Scott (DS) – Independent Lives; Laura Langman (LL) – National Energy Action; Lucy Brown (LB) – Wiltshire Sight; Cathy Lawrence (CL) – Beyond Dementia; Vicky Radford (VR) – HCRG Care Group; Kirsten Kerr (KK) - Carers Together Wiltshire; Julia Haes (JH) – Friends of Warminster Hospital; Kate Brooks (KB) – Age UK Wiltshire	

1	<u>Welcome and Introduction – Deborah Gogarty (DG)</u> DG welcomed Forum members and guests to the first meeting of the New Year and the first one to feature a slightly longer look at a topic suggested by members during 2025 - autism. After brief introductions, DG encouraged attendees to take the opportunity to network with those present to make connections and to share information.	<u>Action</u>
2.	<u>Actions Arising and other updates– Dave Reeves (DR)</u> DR advised that he had updated the actions on the previous notes and that there were no remaining actions arising from the last meeting.	
3.	<u>Autism Awareness – Louise Rendle (LR) Chief Executive of the Wiltshire Service Users’ Network (WSUN)</u> LR gave an engaging and thought-provoking presentation on basic autism awareness and how we can best engage with and help those affected. The full slide pack is attached to these notes. LR opened by explaining the role of the Wiltshire Autism Hub in supporting individuals, families, parents, carers, and professionals as well as employers. Importantly, some of this is delivered in partnership with autistic people. She stressed the potential of	

neurodiversity and that those who are considered neurodivergent have brains that work differently to what may be considered “neurotypical.” Anticipating attendees’ questions, LR played a short video to begin to explain how one can assess neurodiversity. <https://www.youtube.com/shorts/yXW5JfCzegM> She told attendees that the concept of a linear autism spectrum was incorrect (and unhelpful as it leads to everyone saying they are “on the spectrum somewhere”). Rather, the spectrum refers to the variety of elements that people may have difficulty with, and this was illustrated on a powerful slide reproduced below:



Turning to how this may manifest itself in a conversation, LR explained the variety of responses made by neurodivergent people which can be all or some of these: focus on their pet subjects; physical reactions (stims) often used to create calmness; social interaction uncertainty; bluntness; literal interpretation; physical and visual engagement; and – as a result of some of these – difficulty in following a conversation.

LR advised that sensory sensitivity can work both ways for neurodivergent people; either avoiding triggers; or actively seeking them. In particular, they can struggle with “higher executive functions” such as task initiation and working memory. Factoring in other conditions like ADHD, mental health issues and physical/cognitive issues can make it hard to understand and to help manage.

Helpfully, LR offered some top tips to members including:

- Remembering that this is not an illness that can be cured but a variation in how they view the world - and recognising that only we can control how we respond.
- Asking how you can help. Is there a good time of day? Can we do things differently? Think about the physical environment (noise/crowd/bright)
- Using their interest and hobbies as a way to engage them.
- Communicating in bite-size chunks (being clear; allowing them time to respond; writing things down or drawing them; using bullet points; drip-feeding information; avoiding open questions that can cause stress).
- Creating a planner, setting alarms etc to help the individual

	LR concluded with startling statement that neurodivergent people have an expected lifespan six to ten years less than their neurotypical equivalent and that they were more likely to be in the criminal justice system either as victims or perpetrators. In just an hour, LR had covered a lot of ground but suggested that anyone interested in knowing more could contact her directly louiserendle@wsun.co.uk You can find out more here: https://www.wsun.co.uk/wiltshire-autism-hub Many questions were addressed during the presentation with the main take-outs being: • The NHS struggles with autistic people and cannot offer help to a wider group probably due to the resource implications. • The focus needs to be on helping the individual in tandem with adjusting the understanding and attitudes of neurotypical people including their families. • As with mental health issues, drug and alcohol use can mask and complicate the impact of autism. DG thanked LR for her presentation which was relevant to many attendees and, particularly, for those that they represent and support.	
4.	<u>Comfort Break</u> Attendees took advantage of the opportunity to network – and warm up a little - over a hot brew.	
5.	<u>Food Insecurity - Caroline LeQuesne CLeQ), Engagement and Partnership Lead (Central) of Wiltshire Council</u> The communities' team at Wiltshire Council has been looking at food insecurity and at ways to support communities to move towards food security and resilience. They are using the food ladders concept to start the process - https://www.youtube.com/watch?v=q9hbTXeBZjU The mapping template is attached for reference. The basic process is: 1. Identify different food activities happening in the area (not organisations) e.g. emergency food parcels, social eating, community gardening, etc 2. Identify connecting activities in the area e.g. food partnerships or community anchor organisations. 3. Identify the gaps and discuss the need for the community area The Team has secured a small amount of money to invest, or help match fund, local projects that fill the gaps that we find via the food ladder. CL is looking for partners to join this workshop to map Warminster's community area and help decide which projects could start to fill Warminster's 'gaps'. It would be great if you could join Caroline and others in the community to build on the fantastic work that is already happening in Warminster Community Area around food in Warminster Library 23/01 10-12. Please do share this with others if you think they can add to the conversation, especially if they have knowledge of the villages around Warminster.	

6.	<u>Health and Wellbeing Warminster website - Deborah Gogarty (DG)</u> DG updated Forum members on the development of a new website designed as a platform for our information after some months of hesitation over its potential utility. Attendees viewed the home screen, and all members are encouraged to explore the site and to submit ideas to maximise its utility. DR added that he would like to make it the “go to” source of information for members including accessing the notes of meetings, avoiding excessive email use – this will be discussed at the February Trustee meeting. https://healthwellbeingwarminster.org.uk/	
7.	<u>Any Other Business and Member Updates</u> <u>Dave Painter (DP) – Warminster Writers Circle</u> The Warminster and District Writers' Circle continues to be well supported and holds meetings on the second and fourth Monday of each month (apart from Bank Holidays) at the Bell and Crown, 66, Deverill Road Warminster, 7.15 to 9.15pm. <u>Lucy Brown (LB) Wiltshire Sight</u> Our monthly hub, which runs on the 2nd Wednesday of the month in Warminster Library, has appointments available for anybody living with sight loss looking for advice and support. Call 01380 723682 to make an appointment or to speak to a sight loss advisor. Full information available at www.wiltshiresight.org <u>Cathy Lawrence (CL) and Jonathan Aldridge-Mansfield (JM) – Beyond Dementia</u> Alzheimer's Support is now known as Beyond Dementia. We have a new website www.beyonddementia.org.uk and a refreshed brand profile. We feel this new name better reflects how we support people living with all types of dementia, how we see the person behind the dementia and how we support everyone to live well in the years following a diagnosis. Everything else stays the same. We are still Wiltshire's independent dementia charity with the same ethos, same staff and all the same services. A new brand identity after 35 years is a big step for us, and one that we are sure is right at this time. We have taken care to include the people we support and family carers in the discussions and have had some great feedback about the name and the logo, which represents both a tree and the brain, and about our bold new colours. Please can you help us spread awareness where you can of the re-brand. We want to ensure that everyone knows we are still here, and the services remain as usual. Beyond Dementia employs around 150 people in Wiltshire and has more than 200 volunteers. It provides practical support to 2,500 people each year, including one-to-one companionship at home, national award-winning day clubs, dementia advisers and a growing range of community groups and activities from dementia choirs to memory cafes in local areas. Find out more about the charity, find support, or get involved at https://www.beyonddementia.org.uk Email: hello@beyonddementia.org.uk Telephone: 01380 739055 <u>Laura Gowers (LG) – Wessex Water</u> Community Outreach for Wessex Water is going well. Across the Wessex Water region, I and my 2 colleagues have dealt with over 1300 enquiries face to face during 2025.	

Community drop-ins for Warminster will continue at the library on Monday 12th January, Monday 4th May (tbc as BH) and Monday 6th July. I am also happy to come and talk to your groups about help with paying bills if they're struggling and our Priority Services register.

Kirsten Kerr (KK) – Age UK

Carers Together Wiltshire is no longer operating with a backlog, and carers are consistently receiving timely support. At the end of December, carers waited on average 11.5 days for a carers assessment. Initial contact was made with 98% of carers within two working days of referral/approach.

We now have over 40 Carers Cafes across Wiltshire with more planned. We are hoping to open a Carer Café in the Warminster Civic Centre by March.

Carers can self-refer on the website or by calling 01380 710 300. Professionals can make referrals online. <https://carerstogetherwiltshire.org.uk/carers-assessments/>

Marion Barton (MB) – Open Door

Open Door Warminster will be hosting, in collaboration with Tackle Prostate Cancer, an event at Warminster School on Saturday, 28th February, from 11:00 until 13:00. A Presentation by Sue Gray, Director of Tackle Prostate Cancer, on the need to recognise when to act if prostate cancer suspected and the ongoing campaign by Prostate Cancer Research to introduce a screening programme for men over 50. This will be followed by a presentation by a Specialist Nurse who will advise on treatment and support for those diagnosed with prostate cancer. This event is open to the community.

Due to changes in funding the Macmillan CAB Welfare Advisor will no longer be visiting the Cancer Support Cafe. Macmillan has agreed to fund welfare rights, which means that only those receiving active treatment will be supported. Those who are no longer in 'active treatment' effectively in remission and having regular check-ups can no longer be supported by the Macmillan team. However, we have a volunteer Reiki professional visiting the cancer café offering treatment to people with cancer. Booking is required but visitors can drop-in to the Cancer Support Cafe to discuss and make arrangements.

Alan Goldsworthy (AG) – Independent and Carers Support

Future events include:

Warminster Barchester Carer Cafe 19 Jan 2026; 16 Feb 2026; 16 Mar 2026
10:30am-12pm Henford House Care Home, Lower Marsh Road, Warminster, BA12 9PB

Warminster Financial Wellness Hub 20 Jan 2026; 17 Feb 2026; 17 Mar 2026
10.00am - 2.00pm The WAG House, 5 Wilson & Kennard Yard, Market Place, BA12 9AN

Game On! A gaming Support Group for carers and those cared for. First Wednesday of the month 4.00pm - 7.00pm. 34-36 Deveril Road Trading Estate,

The Frailty app briefed at the last meeting was well received by Avon and Wilts MH Trust Frailty lead and AWP are working with the consultant developer as are the NHS Eng Older Peoples Sounding Board. Watch this space, will update as things evolve, timeline tbc

	<u>Lucy Steel (LS) - Community Catalysts</u> Part of the Community Catalysts family, Small Good Stuff is a directory of small, local care and support services. It connects people who are seeking care and support in local areas with others who can help. Lucy assists with the start-up, development and growth of micro-enterprises and new providers are being added to the directory all the time. <u>David Reeves (DR) Secretary – Health and Wellbeing Warminster</u> DG explained that the role of the group has expanded from being solely a networking group to one that delivers products and events as well as lobbying on health issues important to the community. To reflect this, DR had asked all members for their views about a change of name to “Health and Wellbeing Warminster.” DR advised that, of the 25 responses, 17 were positive while 8 were neutral. As a result, the group will now be known as “Health and Wellbeing Warminster.” DR added that no change is needed to the logo and that the quarterly meetings will still be termed Forum. DG thanked all for attending and advised that the next meeting will include the AGM. DR encouraged members to offer themselves as Trustees to help maintain the viability of the group. Date of next meeting: Wednesday 8th April 2026, 1200, hours at Warminster School – additional parking available at Minster Church overflow unless told otherwise	

WRITTEN UPDATES FOR 8 APRIL 2026 HWB FORUM

Due to the lead time needed for the agenda, a revised update will be available at the meeting.

WEBSITE DEVELOPMENT

With the completion of the website, we will now aim to use this as the repository for all information including agendas and meeting notes. This should reduce the size and frequency of the emails, and all members are asked to access these documents through the website.

https://healthwellbeingwarminster.org.uk/forum_meetings/

UPDATE ON FINANCES AND MEMORANDUM OF UNDERSTANDING 2026

See Treasurers statement on pages 12-13.

MOBILE BREAST CANCER SCREENING IN WARMINSTER

While the petition has now plateaued at around 1150 signatures, various parties continue to press NHS England to commit to proper consultation well before the next round of screening in 2028. Neither the Warminster Town Council nor the Warminster Area Board have received anything but the same dogmatic and ill-judged rationale for siting the unit in Westbury despite requests to be involved next time around, DR has now sent in a Freedom of Information request designed to force NHS England to disclose the timetable and main decision points so that we can be proactive and avoid the need to challenge so late in the process.

UPDATE ON HEALTH FAIR AND BOOKLET 2026

We now have 37 confirmed and one provisional organisation signed up for the Health Fair on 16 May 2026. Five organisations failed to respond (including at least one HWB member) and these have now been deleted from the attendee list and their exhibitor details removed from the booklet. We anticipate that, as publicity ramps up, other groups may come forward and they will be admitted to the event, subject to space limitations.

We have ample A4 and A3 posters available (copies available on 8 April and/or on request) and ask members to think about where these can be deployed. We also have social media-friendly products that you can access here:

https://healthwellbeingwarminster.org.uk/hw_fair_2026/

As part of the publicity for the Fair, we are interested in using your voices to talk about the last event in 2023. If you were an exhibitor – or even if you are prepared to do a 15 second voice over using the comments made – please step forward. It could be the first step towards a career in voice-overs.....!

UPDATE ON THIRD PHARMACY

While the portacabin has now been in place for a while, little else has happened since mid-January. At one point, the applicant gave an anticipated opening date of the end of March/the beginning of April but it has all gone quiet since. Cllr Barry Pirie, representing some of his constituents' concerns, has questioned whether the current structure meets the conditions of the planning permission for the temporary structure but, again, I have no update on this. Truly, a "watch this space" scenario!

HEALTH AND WELLBEING WARMINSTER



Treasurer's Report as at 28 February 2026

This financial year has seen a £400 injection of grant funding to support the creation of the group website and two grants totalling £3150 towards the Health and Wellbeing Fair and the new HWB Booklet. The timing of the year-end presents a transient financial position as we have the grants for the Health Fair 2026 and HWB Booklet but have only incurred some of the costs. We are grateful to the Area Board Wiltshire Councillors and the Warminster Town Council for their support.

In addition, the website maintenance costs were unexpectedly required to be paid a year in advance leading to the current £166 deficit in running costs. We were invited to apply – and received – a commitment to an annual grant of £1600 from Warminster Town Council which is payable from April 2026, for which we are grateful.

Including this annual grant, current projections are that, at the next pinch point at the end of March 2027, this deficit will have reduced to £117. The Trustees are confident that this small deficit will be met by savings across the budgeted overall expenditure.

Health and Wellbeing Warminster members are welcome to receive the detailed cash account on request.

The Trustees are grateful for the generosity of Warminster School, who kindly fund our meeting venue and refreshment costs. We believe that our current contractor who manages social media and web maintenance for the group offers excellent service and value for money but, as these costs account for 82% of our total running costs, we would welcome a volunteer to take on some of this work forward to reduce these costs. The welcome influx of cash allows us to fund the website ongoing, but we continue to seek financial resilience going forward and a volunteer to search/create funding opportunities is needed so please help us if you can.

David Reeves FCMA, CGMA

Secretary and Treasurer

28 February 2026

£	<u>Forum Running Costs</u>	<u>Forum Capital Costs</u>	<u>Health Fair 2026</u>	<u>Comments</u>	<u>£</u>
Opening Balance	1317-80	430-00	0-00	Balance on 1 March 2025	1747-80
INCOME RECEIVED	200-90	199-10	3150-00	Area Board £400 towards website costs and £1650 for Health Fair; Town Council £1500 for booklet. £1600 annual running costs grant from Town Council expected in Apr 2026	3550-00
EXPENDITURE					
Website running costs	(759-59)			Unexpectedly payable in advance – covers to December 2026	(759-59)
Booklet/leaflet design costs			(715-00)	For design of 2026 version of HWB Booklet	(715-00)
Website build - capital		(629-10)		Completed and launched in January 2026	(629-10)
Social media work	(625-00)				(625-00)
AGM 2025 refreshment costs	(138.29)				(138-29)
Posters for the 2026 Fair			(118-83)		(118-83)
Annual event insurance	(89-60)				(89-60)
Raffle prizes for 2026 Fair			(77-35)		(77-35)
Stationery	(32-58)				(32-58)
Conference attendance	(30-00)			Wiltshire Community Foundation	(30-00)
Miscellaneous	(9-78)		(8-00)		(17-78)
SUB TOTAL	(1684-84)	(629-10)	(919-18)		(3233-12)
Closing balance	(166-14)	0-00	2230-82	Balance on 28 February 2026	2064.68