

## WALKABOUT FLINTSHIRE MINUTES

### OPEN MEETING FRIDAY 8TH NOVEMBER 2019 AT 2PM RHYDYMWYN VALLEY VISITORS CENTRE

1. 12 people attended the meeting and 4 apologies had been received.
2. Minutes of the meeting 2nd August were presented. Chair asked for any comments, none were made. DM proposed the acceptance of the Minutes and was seconded by GH.
3. Matters Arising

Item 3. The Secretary has arranged with JH for our Facebook page to be open to all who are registered with Facebook.

Item 8. WAF Ambassador to Betsi Cadwalader Health Board NH had attended a meeting on 4th November in Wrexham on Social Prescribing. He reported there about 100 attendees. The Chair of the meeting was Glyn Roberts of "Well North Wales" from BCHB. The meeting reported on various schemes that had received funding from BCHB. They included art classes, Nordic walking poles and work on footpaths and hedges. NH had spoken to a Carol Owen from a charity for deaf persons re. the need for trained signers to assist deaf walkers. BN was interested in the details. NH to contact Carol Owen to see whether she can give Walkabout Flintshire a presentation in 2020

With regard to Social Prescribing JB had spoken to Kate Howard of Flintshire County Council who is the lead of SPOA "Single Point of Access" JB is going to have a meeting with her to discuss ways in which SPOA can help to refer to us those people who express a need to join a walking group.

Chair reported that a Flint GP has volunteered time in her Practice to do Social Prescribing to interested patients.

PK noted that Dieticians at the Maelor hospital were involved in contacting Walkabout Flintshire.

Item 10. The Secretary had spoken to Helen Mrowiec at Wepre Park who in turn has spoken with Pippa at Groundworks. ie. Countryside Services. They agreed to have articles about Walkabout Flintshire on their website.

The Halkyn celebratory walk had been featured in local newspapers and the Daniel Owen festival link-up walk had generated photographs and an article, too.

Various suggestions were discussed re new flyers. PK will send the template of the old A5 flyer to JB for reference.

Nicola Moore from Market Mooore may attend the February 2020 meeting when her proposals for a new flyer can be assessed.

GH suggested that the flyer produced by JH for the Flint and Penyffordd walks on Facebook and Twitter be printed for walk leaders use. It was agreed to a 250 run to start and to review the matter.

4. Treasurer's Report.  
The balance in hand was £9633.87. The only expense from the last meeting was £50.02 Secretary's expenses.

5. Quarterly Returns July to September 2019  
222 walks                      3477 walkers                      29 new walkers
  
6. Ideas from attendees to identify new walk leaders  
DC said there was a lack of involvement in many areas of the voluntary sector as well as Walkabout Flintshire.  
MF and EW suggested that each walk leader encouraged one existing trained walk leader to learn a walk in their area to cover for holiday or illness cover. NH said this should be done informally on a one to one basis. Secretary to action.
  
7. No questions from walk leaders/walkers were received.
  
8. AGM Friday 21st February 2020 at Rhydymwyn Valley Visitor Centre 2pm  
Weather permitting this will be preceded by a site walk commencing at 1pm. NH has arranged for a tunnel door to be opened and if the weather is inclement a War Department film will be screened instead.