



<b>Notes</b>	<b>Title of Meeting:</b>	<b>Heart Town</b>
	<b>Time:</b>	<b>09:30am</b>
	<b>Date:</b>	<b>11<sup>th</sup> March 2014</b>
	<b>Venue:</b>	<b>Town Hall, Room 3</b>
	<b>Reference:</b>	<b>AI /SL</b>
	<b>Chairman:</b>	<b>Cllr Ken Wyatt</b>

**In attendance:**

Cllr Ken Wyatt – Chair  
 Alison Iliff – Public Health RMBC  
 Lauren Mallinson – BHF Fundraising Volunteer Manager  
 Jo Ward – BHF Volunteer  
 Leon Wormley – RMBC Sports Development  
 Ben Atkinson – SHU student on placement with Sports Development  
 Hayley Mills – DC Leisure  
 Rochelle Scott – DC Leisure  
 Trish Lister – Start a Heart 247  
 Susan Leckey – Public Health RMBC

**Apologies:** Tracey Holmes, Linda Jarrold, Emma Scott, Steph Dilnot, Phill Spencer, Chris Siddall, Andrew Hartley, Kay Denton-Tarn, Mark Cummins, Emily Newman, Lisa Williams

<b>1.</b>	<b>Welcome / Introduction and Apologies</b>	
<b>2.</b>	<b>Minutes of Last Meeting/Matters Arising</b>  Alison has sent a letter to David and June Thomas to thank them for their contribution to Heart Town and to wish them all the best for the future.	
<b>3.</b>	<b>Presentation and action planning: Research</b> <b>Research:</b> We will build on our position as a research-driven charity, the UK's leading independent funder of cardiovascular research  The BHF was founded in 1961 and research in to preventing, diagnosing and treating heart disease and the medical advancements they have been part of have contributed to major benefits for the nation's hearts. For example, deaths from coronary heart disease have halved since the 1960s, and eight in ten babies born with a heart defect now survive into adulthood.  In 1976, BHF Professor Michael Davies demonstrated that blood clots cause heart attacks. This understanding of the role of blood clots led to research into how and why they formed and how narrowed and hardened arteries, caused by deposits of cholesterol, contribute to heart attacks.	

	<p>Professor Paul Evans with BHF-funded research has shown why green vegetables are healthy by finding a chemical in them that has protective effects against heart disease.</p> <p>The understanding of anatomy and improved surgical techniques such as keyhole surgery has seen congenital heart disease fall by more than 80%. Dr Timothy Chico (Sheffield University) is looking at pioneering research on zebra fish – an animal capable of mending its own heart.</p> <p>Professor Humphries is studying an inherited disease called Familial Hypercholesterolaemia (FH) which causes dangerously high levels of cholesterol in the blood from an early age. Early identification of FH means people can make changes to their lifestyle, including their diet, and be given medication such as statins to give them the best chance of preventing heart disease and living a longer, healthier life.</p> <p>Professor Humphries' team has developed genetic screening methods for FH. They have used these techniques to establish a national DNA diagnostic service, which has already found many people with FH patients by tracing the relatives of known FH patients.</p> <p>The BHF have raised over £400 million and have over 100 research project, 6 centres of research, 30 world leading professors and account for over half of all heart research in the UK.</p> <p><b>Question for steering group:</b> How can we demonstrate the impact of BHF research on local people and services?</p> <p><b>Actions:</b></p> <ul style="list-style-type: none"> <li>• <b>Invite Ben Kolb and Tim Chico to speak at stakeholder event in June</b></li> <li>• <b>Invite the Advertiser (and one or two other key influencers/potential funders) to a tour of the research labs in Sheffield</b></li> <li>• <b>Identify case study of person/people in Rotherham who has benefited/could benefit from the BHF research via cardiac nurses</b></li> </ul> <p>There will be a South Yorkshire research appeal launched in May to coincide with the anniversary of Richard Fieldsend's death. We can tie in promotion of BHF research and local impact with this appeal.</p>	<p>LM</p> <p>LM</p> <p>AI/LM</p>
<p><b>4.</b></p>	<p><b>Heart Town Award – first presentations</b></p> <p>Phill Spencer has been in touch with companies already making the requirements; 5 out of the 6 have responded.</p> <p>The window stickers are being printed and we getting ready to do the presentation. Discussions were held as to whether to have a one off event or a series of smaller ones. It was agreed that a visit should be made to the first 5 and an event should be held for the others at a later date.</p> <p><b>Actions:</b></p> <ul style="list-style-type: none"> <li>• <b>PS to liaise with KW for presentation dates</b></li> <li>• <b>PS to liaise with David Barker on press release</b></li> </ul>	<p>PS/KW</p> <p>PS/DB</p>
<p><b>5.</b></p>	<p><b>Heart Town stakeholder event</b></p> <p>It was agreed that the stakeholder event should be held on the 10<sup>th</sup> June in</p>	

	<p>place of the steering group meeting. The venue will be the John Smiths room at the Town Hall with a 9:30-10:00 start and a 12:00 lunch. Attendees should include people who attended last year's event, people on the newsletter circulation list, all of the companies/venues that have a defibrillator and HT award recipients.</p> <p><b>Actions:</b></p> <ul style="list-style-type: none"> <li>• <b>AI, KW, LM and JW will meet to plan the event</b></li> <li>• <b>KW will book the room</b></li> </ul>	<p><b>AI KW</b></p>
<p><b>6.</b></p>	<p><b>Health and Wellbeing event</b></p> <p>The second health and wellbeing event, <i>Working Together for a Healthier Rotherham</i> is on the 16<sup>th</sup> July at the New York Stadium. The event is being funded by the CCG and the guest speaker is Roy Lilley. In the morning there will be talks from John Radford, RDASH and Healthwatch along with stalls and in the afternoon there will be a number of workshops available.</p> <p>Heart Town, Sports Development and DC Leisure will share a stall on the day.</p>	
<p><b>7.</b></p>	<p><b>Heart Failure pilot project</b></p> <p>DC Leisure and the heart failure nurses have been looking at where physical activity pathways can be clarified and people can benefit from greater promotion. A 12-week pilot has been funded where 10 patients will have functional assessments before and after a tailored exercise programme to identify the difference it can make to their health and daily activity.</p> <p>A request was made for steering group members to help promoting the scheme.</p>	
<p><b>8.</b></p>	<p><b>Fundraising/volunteering update</b></p> <p>The BHF No Smoking Day event is being held at TRFT on 12 March 2014.</p> <p><b>Circle of Hope – Saturday 28 June 2014</b></p> <p>This event was held in the town centre last year and AI and LM have talked about moving it back to Clifton Park as the take up for this was higher.</p> <ul style="list-style-type: none"> <li>• LM will focus on the walk and ask the Sheffield branch if they can also help.</li> <li>• KD will get the schools on board with fundraising in June</li> <li>• AI will contact CS and HM about activities outside Riverside.</li> <li>• Themed food will be available at Riverside Café.</li> </ul> <p><i>Post meeting note: another event is on in Clifton Park on the Saturday to considering moving it to Sunday. LM to update in April</i></p> <p>Discussions were held on the Heart Town heart-shaped mile walk being in Clifton Park. Leon advised that there is already a marked walk in the park. <b>Action: LM will contact CS to discuss.</b></p> <p>The neonatal ward at the hospital has a special room called the purple butterfly room to help give a more positive end of life. At the moment there is no such room on the Cardiac Ward and there is also no information for patients leaving hospital to help them or sign post them to other service</p>	<p><b>LM</b></p>

	<p>that can benefit them. SD, LM and local teams will meet to discuss how they can help. DC Leisure can also help with patients who have been discharged back in to physical activity. These patients would need to be assessed as individuals would need specialised care with appropriate exercise.</p> <p><b>LM to give HM contact details of the hospital fundraiser to get thing moving forward</b></p> <p>Continuing promotion of volunteering opportunities underway including RFT volunteer recruitment event with VAR, VAR leading on recruitment at the local colleges, a feature will appear in the Advertiser on the need for a new branch chair.</p>	<b>LM</b>
<b>9.</b>	<p><b>Prevention and care update</b></p> <p>Steph was not at meeting.  <i>Post meeting note: two workshops on heart health and diabetes for the BME community have been offered to Rotherham. Planning of these underway with Nizz Sabir.</i></p>	
<b>10.</b>	<p><b>Communications update</b></p> <p>LM has now obtained the access rights to Facebook and Twitter and information will be circulated with the minutes.</p>	
<b>11.</b>	<p><b>Any other business</b></p> <p>DC Leisure and Public Health and Sports Development have been discussing long term conditions to ID the gaps in signposting to exercise in relation to strokes, COPD, Cancer and Obesity. A pilot scheme is in place for COPD and Strokes and Active Always leaflets have been circulated.</p>	
<b>12.</b>	<p><b>Date and Time of next meeting</b> – 29<sup>th</sup> April 2014 9.30</p>	