
Cowal Health and Wellbeing Network Update

- 1. HWN – has set it's provisional dates for the coming year. It has been agreed that we should look at a variety of times and days to allow individuals and partner agencies more opportunities to attend the group.**

: New dates will go out to membership list

- 2. Transport :**

Continues to be an ongoing concern and in some cases a barrier for non-drivers to access clubs and groups. Anyone north of Ardentinny junction will struggle to access the town in the winter timetable due to lack of regular bus service.

: Social Isolation continues to cause concern

- 3. Key messages**

- Existing members have been encouraged to invite more people to the hwn meeting.**
- Facilities for children will be provided at twilight network meetings to allow partners to attend if they cannot access childcare**
- Partners will update at meetings where possible to avoid constant emails with info going to the mailing list – saturation was becoming an issue.**

- 4. Activity**

HWN Fund – Cowal is now open. Health priorities are

Increasing Physical Activity or self care with a Long Term Health Condition

Funding deadline is 30th May. A multi disciplinary scoring panel is set and applications will be assessed and discussed on the day.

Date of Next Meeting

Wednesday 12th June 5pm - Venue TBC

To join the Cowal Network please email
chwn@homestartmajik.eclipse.co.uk