



Hampstead Heath Sports & Wellbeing Forum

Monday 5 July 2021, 5.30pm

Online ([Meeting Recording](#))

Attending

Anne Fairweather (Chair)	AF	Chair, Hampstead Heath Management Committee
Richard Sumray (Deputy Chair)	RS	Hampstead Heath Consultative Committee
Eleanor Kennedy	EK	Parliament Hill Fields Lido
Ruth Hallgarten	RH	Kenwood Ladies' Bathing Pond
Mike Sands	MS	Mixed Bathing Pond
Jeremy Watson	JW	Highgate Men's Bathing Pond
Joseph Lowe	JLo	Athletics
Sandy Nairne	SN	Licensed Activity - Croquet
Simon Taylor	ST	Rugby
Robert Gibbs	RGi	Angling
Marc Hutchinson	MH	Licensed Activity - Winter Swimming Club
Anandi Shah	AS	Licensed Activity - ParkRun
Adam Lennox	AL	Licensed Activity - ParkRun
Karin Oleinikova	KO	Heath Hands
Colin Houston	CH	Heath Hands
Cindy Galvin	CG	Trustee representing Heath Hands
Debbie Bush	DB	Pro-Active Camden (PAC).
Ray Booth	RB	Mental Health
Dr Frankie Blackmore	FB	Target groups and underrepresented groups
Jo Lynch	JLy	Target groups and underrepresented groups
Bob Warnock	BW	Superintendent of Hampstead Heath
Colin Buttery	CB	Director of Open Spaces
Paul Maskell	PM	Officer from Hampstead Heath
Declan Gallagher	DG	Officer from Hampstead Heath
Richard Gentry	RGe	Officer from Hampstead Heath
Paul Jeal	JP	Officer from Hampstead Heath

Apologies

David Walton	DW	Hampstead Heath Consultative Committee
Rudolf Benjamin	RB	Tennis coaching
Richard Caylor	RC	Bowls & Croquet
John Carrier	JC	Target groups and underrepresented groups
Jane Myatt, GP	JM	Target groups and underrepresented groups
Marie Laurie Morelli, GP	MLM	Target groups and underrepresented groups

Meeting Action Points & notes

AOB

ACTION – RGi to meet with COL regards Licenced Angling School sessions at the Men's Pond North Bank.

Terms of Reference and the Forward Agenda Plan for 2021/22

Following discussion it is proposed that the agenda for the next meeting will include:

- Health Connections
- Update on London Borough of Camden's Health & Wellbeing Strategy, and strategic focus on Children & Young People (including weight and mental health).
- Capital Bids for Swimming & the Athletics Track
- Future meeting arrangements (in person or virtual meetings)

ACTION -DB to provide an update on Camden Health & Wellbeing strategy, and target works relating to Children and Young People at the next meeting of the Forum.

Social Prescribing & Health Connections

Heath Hands are currently progressing a number of areas related to Heath Connections including leading and supporting guided walks (including those linked to the Caversham Listening Space), chaperoning ([Heath Hands - Inclusion and access on Hampstead Heath](#)), signposting activities and programmes linking recovery through nature. Heath Hands volunteers completing 60+ hours of volunteering are eligible for free mindfulness sessions, and use of the Heath facilities, such as the Swimming facilities (11 volunteers), Tennis courts (3 volunteers) and Athletics Track (2 volunteers).

The Heath's free mobility scooter hire scheme is available and has the capacity to provide up to approx. 100 hours of access a week. The Swimming Team are currently working with local schools, playcenters, and the Dost Centre for Young Refugees and Migrants to provide water awareness courses and introductions to swimming.

Collating existing opportunities and resources will allow people unfamiliar with the Heath to explore and take part in activities. A central database will also assist Social Prescribers in signposting people to the Heath. A current barrier for access is having information on where to locate activities and facilities, this could be provided via maps or guided introductory walks. A graduated exercise approach would be useful, especially for activities, such as walking, in providing longer term support for conditions including long-covid.

ACTION – COL/Heath Hands to review provision of walking maps and routes, with a focus on shorter/accessible walking routes.

ACTION – COL to engage with Walk Talk Walk.

ACTION – COL/Heath Hands to work with Partners to draw together a list of existing resources/activities/opportunities available to break down barriers to access.

'Give it a Go'

2022 event planning will commence later this summer. The 2022 event will be programmed to take place before the 2022 school summer holiday's commence, and will include a link with wellbeing.

Consideration will be given to follow up events, led by Clubs, to further encourage Give it a Go participants to remain active within the sport/activity they have recently tried.

Step 4 - Easing of Lockdown Restrictions on Hampstead Heath

ParkRun will return to the Heath from 24 July 2021.

Athletics Track and Swimming operating arrangements will be reviewed following the Government Guidance. Managing facility maximum user capacities remains critical.

AOB

Thanks were recorded for Bob Warnock for his on-going commitment and support during his tenure as Superintendent of Hampstead Heath.

Date of the next meeting

Monday 4 October 2021