



Hampstead Heath Sports & Wellbeing Forum

Tuesday 12 October 2021, 5.30pm

Online ([Meeting Recording](#))

Attending

| | | |
|--------------------------|-----|---|
| Anne Fairweather (Chair) | AF | Chair, Hampstead Heath Management Committee |
| David Walton | DW | Hampstead Heath Consultative Committee |
| Eleanor Kennedy | EK | Parliament Hill Fields Lido |
| Mary Powell | MP | Kenwood Ladies' Bathing Pond |
| David Gilbert | JW | Highgate Men's Bathing Pond |
| Charles Marks | CM | Mixed 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 |
| Rudolf Benjamin | RB | Tennis coaching |
| Karin Oleinikova | KO | Heath Hands |
| Colin Houston | CH | Heath Hands |
| Debbie Bush | DB | Pro-Active Camden (PAC). |
| Ray Booth | RB | Mental Health |
| John Carrier | JC | Target groups and underrepresented groups |
| Richard Gentry | RG | Acting Superintendent, Hampstead Heath |
| Paul Maskell | PM | Officer from Hampstead Heath |
| Declan Gallagher | DG | Officer from Hampstead Heath |

Apologies

| | | |
|----------------------|-----|---|
| Richard Sumray | RS | Hampstead Heath Consultative Committee |
| Jo Lynch | JLy | Target groups and underrepresented groups |
| Richard Caylor | RC | Bowls & Croquet |
| Dr Frankie Blackmore | FB | Target groups and underrepresented groups |
| Jane Myatt, GP | JM | Target groups and underrepresented groups |
| Cindy Galvin | CG | Trustee representing Heath Hands |
| Ruth Hallgarten | RH | Kenwood Ladies' Bathing Pond |
| Mike Sands | MS | Mixed Bathing Pond |

Meeting Action Points & notes

Action Points of the last meeting (5.7.2021) & matters arising

Angling at the Men's Pond North Bank - Following site meetings with the Hampstead & Highgate Angling Society (HAHAS), the Heath Ecologist will undertake a review of the Hampstead Heath Ponds and Wetlands Strategy in relation to the recommendations relating to Angling access at the Men's Bathing Pond North Bank.

ACTION -COL to further engage with Walk Talk Walk regarding a Hampstead Heath event.

ACTION -COL to share link to the Hampstead Heath website updated walking page.

([Walks and trails in Hampstead Heath - City of London](#))

Capital Bid for the Athletics Track

A Capital Funding Bid has been submitted for the Parliament Hill Athletics Track for reconstruction of the Track surface. The funding request (£1.52m) will be considered by the City of London Resource Allocation Committee in late 2021. External funding, to support the bid, is being sought and Officers will continue to engage with Stakeholders as the process progresses.

ACTION -DG to undertake an Athletics Track site meeting with DW at Finsbury Park Athletics Track.

Social Prescribing / Health Connections

The Heath Team have worked with the Founder of Mental Health Swims to arrange swim sessions at the Lido (approx. 35/40 people). A session has also been arranged at the Mixed Bathing Pond on 16 October (approx. 27/30 people). Since May, the Heath Team have also worked with the NHS to arrange regular cold water swim sessions for key Workers, led by an open water Olympic swimmer. A meeting has been arranged to consider arrangements for 2022. The Lido has also been made available for an hour after closing (during winter season hours) to facilitate swims for people who need to shield/ are particularly vulnerable to Covid-19.

Heath Hands have had a busy summer and have worked to re-establish connections. Funding is in place to run nature mindfulness programmes to support mental health, and forest bathing sessions are also provided in support of mental health. The Heath Hands Team have worked with the Lido to arrange swim sessions for groups they have been working with in order to help build their confidence with the facilities around Parliament Hill.

A new Social Prescribing group is being developed within Camden to focus on embedding Social Prescribing within the integrated care partnerships which are being developed. The model will bring various offers together to provide seamless connections for Camden residents. The group is at an early stage, with a second meeting taking place tomorrow.

ACTION -DB to provide an update on the Camden Social Prescribing group at the next Forum meeting.

The Men's Bathing Pond have a number of swimmers who would be able to support a buddy system, to help introduce new/inexperienced swimmers to open/cold water swimming.

Give it a go/ Taster sessions

Heath Hands organise an annual Community Event around the Parliament Hill bandstand 3/4 weeks ahead of Give it a go. Past events have included guided walks and tai-chi. The event could support Clubs/Associations putting on taster sessions ahead of the Give it a go.

It was suggested that taster sessions can be tailored to target specific groups, such as 'this girl can'. Targeting larger community groups can help to encourage participation.

ACTION – Clubs/Associations able to support Give it a go to get are encouraged to get in touch with the Leisure & Events Manager.

ACTION – Clubs/Associations arranging taster sessions to get in touch with the Leisure & Events Manager to discuss how these can be supported and promoted by the Heath and Heath Hands.

Camden's Health & Wellbeing strategy and strategic focus on Children & Young People (including weight and mental health).

The Strategy is being refreshed and will be going out for consultation later in October 2021. The strategy aims to draw together all parts of the Camden Health and Wellbeing sector.

ACTION -Strategy to be shared with the Forum for feedback.

The health related behaviour survey (a cross health survey) across two secondary school age groups is currently being undertaken across Camden. Tackling obesity in children is a priority for Pro-Active Camden, and this target group has been informed by past survey data.

A review of Camden youth services is also being undertaken (including the leisure, sports and arts offers), and there is a push for feedback from young people.

Swimming Capital Bid Project

An Architect and Project Manager have been appointed. The project is at the formative stage, and engagement and consultation with users will follow.

ACTION -COL Conservation Team to review Men's Bathing Pond North Bank ground conditions, to ensure safe access for Licensed Angling sessions.

AOB - Free Morning Swims for U16's & 60+ at the Bathing Ponds

A proposal from the Men's and Ladies' Bathing Ponds was discussed, in relation to extending the free morning swim arrangements to align with Transport for London's free 60+ travel arrangements.

ACTION -COL to review proposal as part of the annual fees and charges review for 2022/23.

Date of the next meeting & Meeting Format

ACTION -January 2022 meeting date options to be circulated to Members.

ACTION -Forum Members to confirm preference in relation to the format of future meetings (online / in person at Parliament Hill).