

## **Alcester Health and Well Being Board 2017-2018**

The Board has continued to meet formerly quarterly, with an increasing amount of work taking place throughout the year. We are very well supported by many local and county wide organisations.

### **Introduction:**

The Alcester H&WbB takes a steer from the Warwickshire Health and Well Being Strategy (2014-2018). The work of the Board is to support the health and wellbeing of individuals, to encourage the quality of life for all people in the community. A very big ask with decreasing funding for statutory services and an increasing elderly population.

The Board was established by several people, importantly the late Lennox Cumberbatch and Mark Cargill

The Board is unique in the County and recently Wendy Sherwood and I were invited to present a paper to the National NALC conference in London. What we are doing here seems to be very unusual and greatly admired.

### **Priorities:**

Whilst we are able to identify three strategies we are very aware that other issues need to be addressed and importantly the priorities do inter-relate.

#### **Priority 1: Older people and loneliness.**

The Alcester H&WbB established a priority to work with older people, recognising the local demographics and the health and social care consequences of loneliness.

It is intended that continuing the work with older people will remain a priority. Working with members of the community and with established community groups is proving successful. The establishment of a 'Lunch Club', which is becoming self-sustaining, is a developing success. An allotment on the School Road site is currently being developed.

The older people project has the great benefit of two part time members of staff Suzette Wright and Wendy Sherwood.

#### **Priority 2: Mental Health of Children and Young People**

Local, national and international evidence has identified the need for support for children, adolescents and young adults in relation to their mental health and mental wellbeing. The intention is that education, training and intervention at an early stage may reduce, even eliminate, issues developing at a late stage in life. An emphasis on mental healthiness and 'mental health first aid' is appropriate.

A task group is being convened consisting of stakeholders; members of the community, concerned professionals and members of relevant voluntary organisations. This group will attempt to clarify issues as identified by children, young people and others. It will subsequently address ways in which the community can support them and their families, by developing strategies and by supporting existing provision.

Priority 3: Carers, including Young Carers.

The Board has identified the reliance by society on people of all ages, who care for other people. The form and extent of that care is very variable, from informally befriending a friend or neighbour, to the 24 hour care for someone living with, for example, dementia or multiple sclerosis.

The task group will explore how to co-operate with the developing WCC Strategy provisions as well as with local groups and organisation.