

Notes from Health and Wellbeing Partnership Meeting 18th October 2023

sticky note activity

Mental Health

- 1:1 volunteer support in the home
- Mental health support group
- Access to ad-hoc counselling for one off sessions rather than IAPT
- Mental Health First Aid Training
- Community gardens
- Mum 2 mum support groups
- Support group for new mums
- Health checks
- Walking for mental health
- Domestic abuse support
- Divorce recovery workshop
- Promote 5 ways to wellbeing
- Community choir
- Cookery classes
- Mental health for refugees

Healthy Ageing

- Walking sports
- Chair yoga
- Transport and trips
- Older peoples lunch club
- Develop and support intergenerational projects to reduce social isolation and loneliness
- Health checks
- Community café
- Home social visits
- Cooking classes
- Healthy meals on a budget
- Community garden
- Exercise classes for older people

Children and Young People

- Cookery classes
- Healthy meals on a budget
- More youth groups
- Community sports day

- Expand their youth provision set up a youth council to give young people more voice
- Young carers support
- Cyber crime and using the internet safely
- Youth football sessions
- Buggy walks
- Targeted behavioural support/activities for parents and children
- SEND youth group
- Special needs support group
- 1:1 support in the home
- SEND parent peer to peer group
- Community garden
- More playgroups for children
- More toddler groups support for single parents
- Mum 2 mum support groups

One idea to take forward as a project - Health Ageing

What is your project idea?

Seated exercises for older people with the goal of improving mental/physical health and wellbeing, improve independence. Could be delivered in partnership with Everyone Active.

It is measurable?

Number of participants. Outcomes STAR survey before someone joins and after attending for a number of sessions.

Is it achievable?

Very achievable. Funding will be required, but the cost of delivering is not high. Could take place at Jubilee Court and at Malt Mill Lane.

Is it realistic?

Have been done in the past. Good history of delivering seated exercises. Explore the possibility of training a community volunteer to become an instructor to make the project more sustainable.

Timebound?

Next year. Everyone Active funding ends in March

One idea to take forward as a project - Mental Health

What is your project idea?

Exercise for mental health and physical. (walking, chair yoga, social element)

Is it measurable?

Improved mental and physical health. Before and after questionnaire, interview, group recorded session.

Is it achievable?

Funding may be required or work in partnership with Everyone Active/someone else?

Is it realistic?

Partnership - Everyone Active and ATC Working Group.

Timebound?

2 - 3 months to set up. 6 months delivery with assessment at the end.

One idea to take forward as a project - Children and Young People

What is your project idea?

Peer to peer parental support group for families with children who have special needs.

Is it measurable?

Attendance at the group. Continued attendance. Survey parents before and after attending.

Is it achievable?

Yes. Room hire. Refreshments.

Is it realistic?

Yes, Think about who organises it/convenes session. 2-3 people to share load.

Timebound?

Straight away. Find ways to contact parents/ Health Visitors/Social Workers/Schools.