



## **Chelmsford Garden Community Council Health and Wellbeing plan and strategy**

## **The Strategy and plan**

Chelmsford Garden Community Council (CGCC) considers that the promotion of health and wellbeing within this Parish is a vital component to assist residents in living contented and fulfilling lives in our area.

CGCC has considered statistics provided by Chelmsford City Council as to health, welfare and deprivation in the area and considered the content of the Health and Wellbeing plan of Chelmsford City Council which in particular looks at physical activity and healthy weight, social isolation, poor housing, addiction and substance misuse and how to age well.

CGCC has also engaged with local health partners to understand services and need in this area.

CGCC has therefore identified certain areas where it can engage with residents.

In particular the actions that the Council can take are as follows:

1. To signpost residents to third party sources of information, support and activities
2. To organise and provide events, assets and facilities
3. To engage with third party organisations to collaboratively bring an event, activity or service to this area
4. To make representations to other bodies in relation to activities or facilities required in this area.

The headline areas upon which CGCC have decided to engage are:

1. Physical Activity and weight management and in particular ways to combat childhood obesity
2. Loneliness and social isolation
3. The provision of defibrillators within the Parish
4. Dementia support
5. Engaging with local partners regarding a new GP surgery and the requirement for a pharmacy.

## Physical Activity and weight management

Current provision	Future actions to consider
<p><b>Signposting</b></p> <ul style="list-style-type: none"> <li>• Certain information is provided as to local groups on the CGCC website</li> <li>• Information in relation to activities and the Community Centre is included on the Council's noticeboard</li> <li>• The Council's Facebook feed has promoted local groups such as Community Gardens and the Bowls club</li> </ul>	<ul style="list-style-type: none"> <li>• To work on a comprehensive directory of local clubs and organisations (e.g. Active Essex) for residents to be included on the website.</li> <li>• To engage with local organisations so that they are able to advise the Council of specific events and activities that can be promoted to residents.</li> <li>• To promote public health messages to residents on an ad hoc basis</li> <li>• Promoting the location of facilities and parks in the Parish e.g. Boleyn Gardens outdoor gym and local Public Rights of Way to promote walking and cycling</li> </ul>
<p><b>Organising events</b></p> <ul style="list-style-type: none"> <li>• Consideration is being given to events that can be organised particularly to promote physical activity such as a Fun Run and Santa Run and in the future a Park Run</li> </ul>	<ul style="list-style-type: none"> <li>• To engage with the Communications Committee to organise physical activity events that can be organised for residents of all ages.</li> </ul>
<p><b>Organising services</b></p>	<ul style="list-style-type: none"> <li>• To consider what services CGCC could either provide or facilitate with the aid of third parties.</li> <li>• To engage with the new Health Centre and local social prescribers to either signpost to activities or to work with the organisations to see what could be provided for residents in the area.</li> </ul>
<p><b>Assets</b></p>	
<p><b>Collaborating with third parties</b></p> <ul style="list-style-type: none"> <li>• Providing, in collaboration with Chelmsford City Council, the Play in the Park event for children age 3-11</li> </ul>	<ul style="list-style-type: none"> <li>• To consider what other events could be facilitated and provided in collaboration with other local authorities, individuals and community groups and organisations</li> </ul>

## Social Isolation

Current provision	Future provision
<b>Signposting</b> <ul style="list-style-type: none"> <li>Certain information is provided on the CGCC Website in relation to clubs and activities</li> </ul>	<ul style="list-style-type: none"> <li>To work on a comprehensive directory of local clubs and organisations for residents</li> <li>To work with the Health Centre and social prescribers</li> </ul>
<b>Organising events</b> <ul style="list-style-type: none"> <li>The Council has organised a number of events to promote community cohesion such as information drop in events and the D Day commemorative event</li> </ul>	<ul style="list-style-type: none"> <li>To consider future events that could address this issue</li> </ul>
<b>Organising services</b>	<ul style="list-style-type: none"> <li>To consider organising some form of club to address this issue which could also be collaborative with a third party</li> </ul>
<b>Assets</b>	<ul style="list-style-type: none"> <li>To consider having a designated chat bench</li> </ul>
<b>Collaborating with third parties</b>	<ul style="list-style-type: none"> <li>To consider events/clubs with a third party organisation that could address this issue</li> </ul>

## Defibrillators

Current provision	Future provision
<b>Signposting</b>	<ul style="list-style-type: none"> <li>Providing information on the website as to defibrillators in the area</li> </ul>
<b>Organising events</b>	<ul style="list-style-type: none"> <li>To consider organising first aid events</li> </ul>
<b>Organising services</b>	
<b>Assets</b>	<ul style="list-style-type: none"> <li>To acquire defibrillators around the Parish</li> </ul>
<b>Collaborating with third parties</b>	

## Dementia support

Current provision	Future provision
<p><b>Signposting</b></p> <ul style="list-style-type: none"> <li>Information in relation to Dementia Friends events has been made available on the website and Facebook</li> </ul>	<ul style="list-style-type: none"> <li>Providing more detailed information on the website on this topic</li> </ul>
<p><b>Organising events</b></p>	<ul style="list-style-type: none"> <li>To consider organising dementia themed events which may also be in collaboration with third party providers</li> </ul>
<p><b>Organising services</b></p>	<ul style="list-style-type: none"> <li>To consider whether to apply for the Parish to be considered dementia Friendly</li> <li>To consider organising a dementia cafe</li> </ul>
<p><b>Assets</b></p>	
<p><b>Collaborating with third parties</b></p> <ul style="list-style-type: none"> <li>The Council has provided grant funding to the Community Centre to provide events which have included dementia themed events.</li> </ul>	<ul style="list-style-type: none"> <li>To consider supporting dementia themed events</li> </ul>

## **Provision of activities and/or events**

In considering what activities to bring to the area, CGCC will give consideration to existing activities and services so as not to duplication but to meet the identified needs of the Community.

## **Representations in relation to facilities**

The Council has engaged with local GP practices and the local Integrated Care Board (ICB) in relation to the provision of services and in particular regarding the delivery of a new health Centre at Beaulieu Square. Representations have also been made within planning applications as to the need for future health centres to be delivered in a timely fashion.

CGCC has identified the delivery of the new health centre and the delivery of pharmacy services as a priority for the Parish and although not in a position to deliver these services will continue to make robust representations and attend meetings to press these points to the ICB

Moving forward, CGCC will continue to look to identify specific areas where representations can be made on behalf of residents to make appropriate representations to relevant stakeholders in relation to Health and Wellbeing services and assets generally.

## **Contact CGCC**

If residents wish to make their views known or engage in any way with the Council, then it can engage as follows:

Email the Executive Officer: [clerk@chelmsfordgardencommunitycouncil.gov.uk](mailto:clerk@chelmsfordgardencommunitycouncil.gov.uk) or telephone 07495 473240

Contact a Councillor – contact details may be found on the website

Or by post care of Beaulieu Community Centre, 17 Centenary Way, Chelmsford Essex CM1 6AU