



# Ninety Nine Problems But The People's Pantry Ain't One

Hill Top & Caldwell Big Local

Health & Wellbeing



Nuneaton and Bedworth



Healthy Living Network



# Plan Priorities

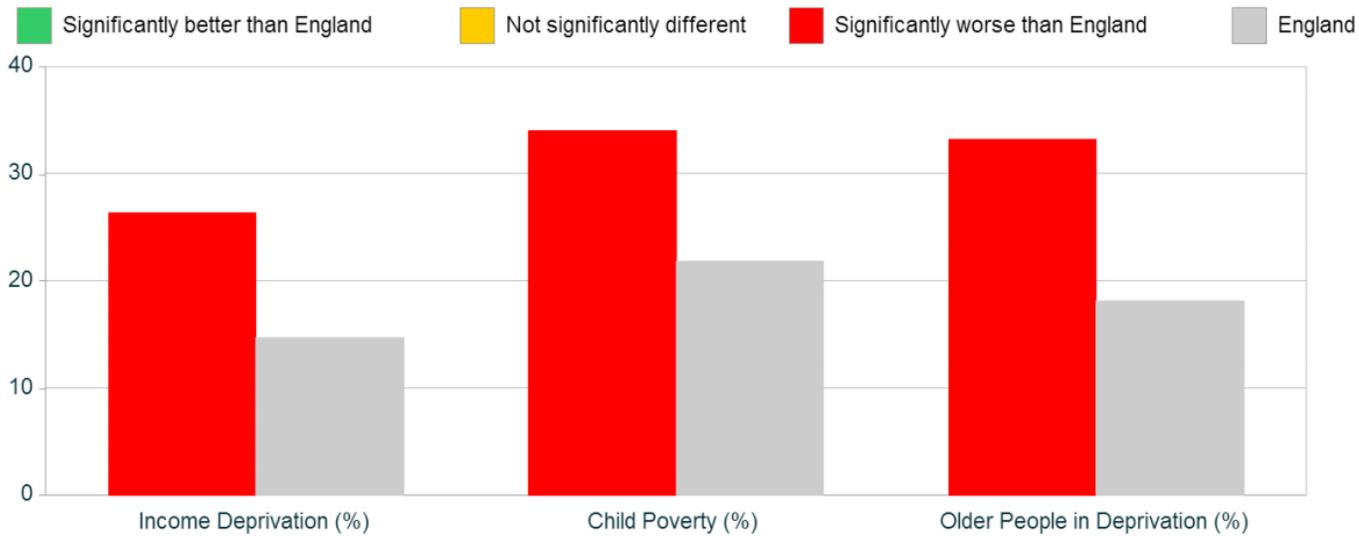
- 1) Increasing opportunities for employment & skills**
- 2) Increasing aspirations & community wellbeing**
- 3) Counteracting poverty**



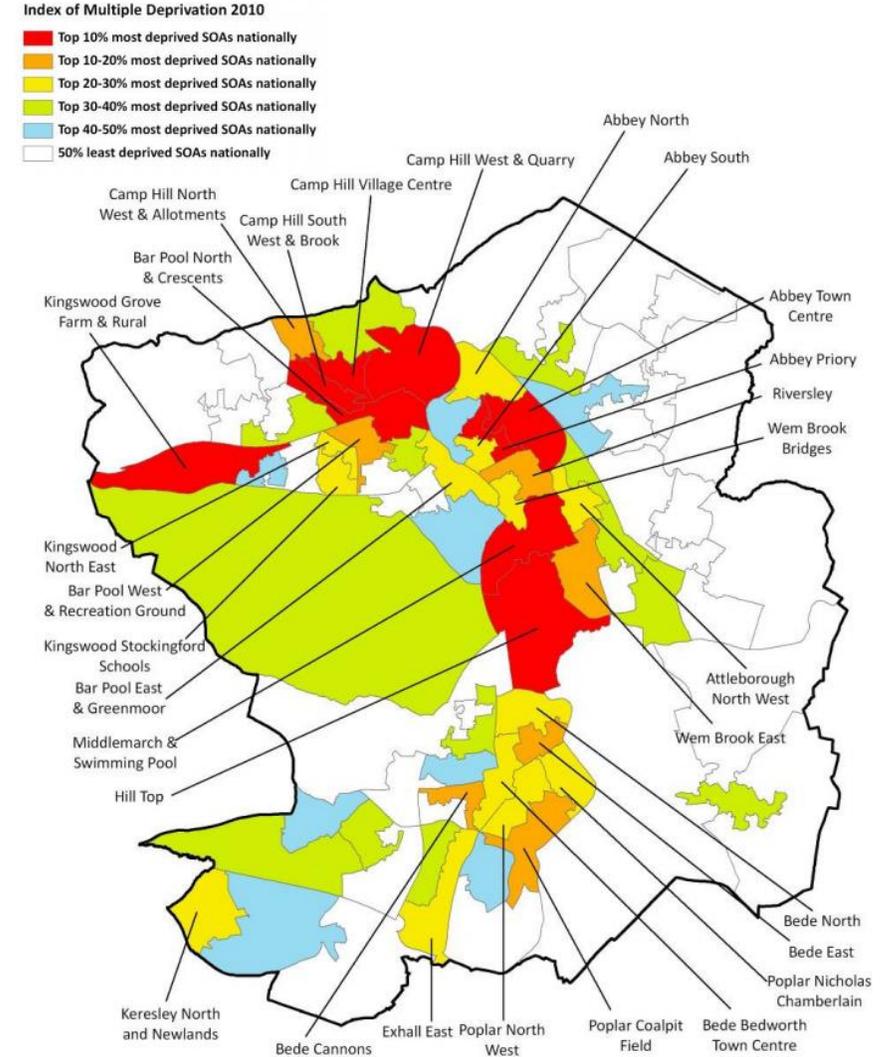


# Plan Priorities

Index of Deprivation, 2010, % Selection (comparing to England average)

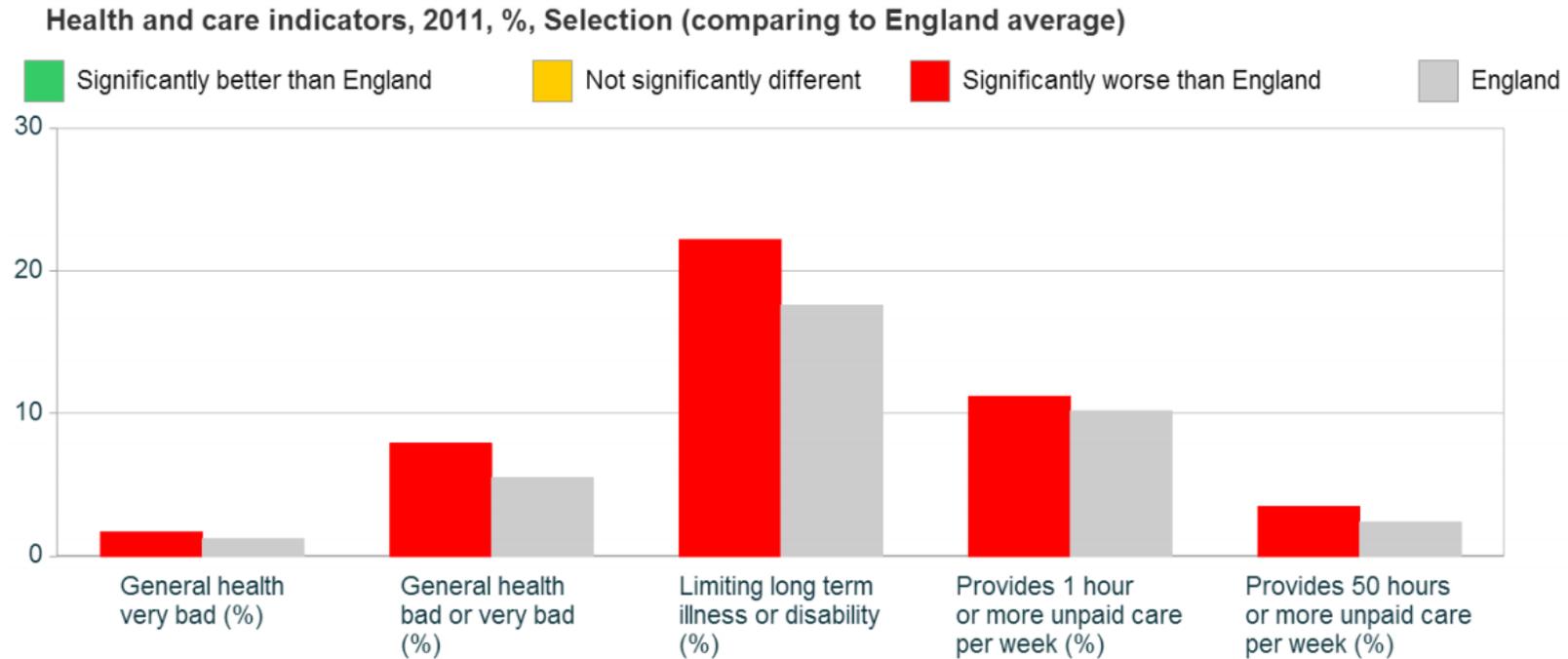


Index of Multiple Deprivation – Nuneaton & Bedworth Borough





# Plan Priorities





# HTC Health & Wellbeing

Give every child the best start in life

Enable all children, young people and adults to maximise their capabilities and empower them to control their lives

Facilitate access to fair employment and decent work for all

Enable a healthy standard of living for all

Improve and develop healthy and environmentally sustainable places and communities

Support and strengthen work with partners in their role to prevent ill health

Equal access to services and care

Counteract isolation





# Why the Healthy Living Network?

Buying into their expertise, contacts, support networks, knowledge

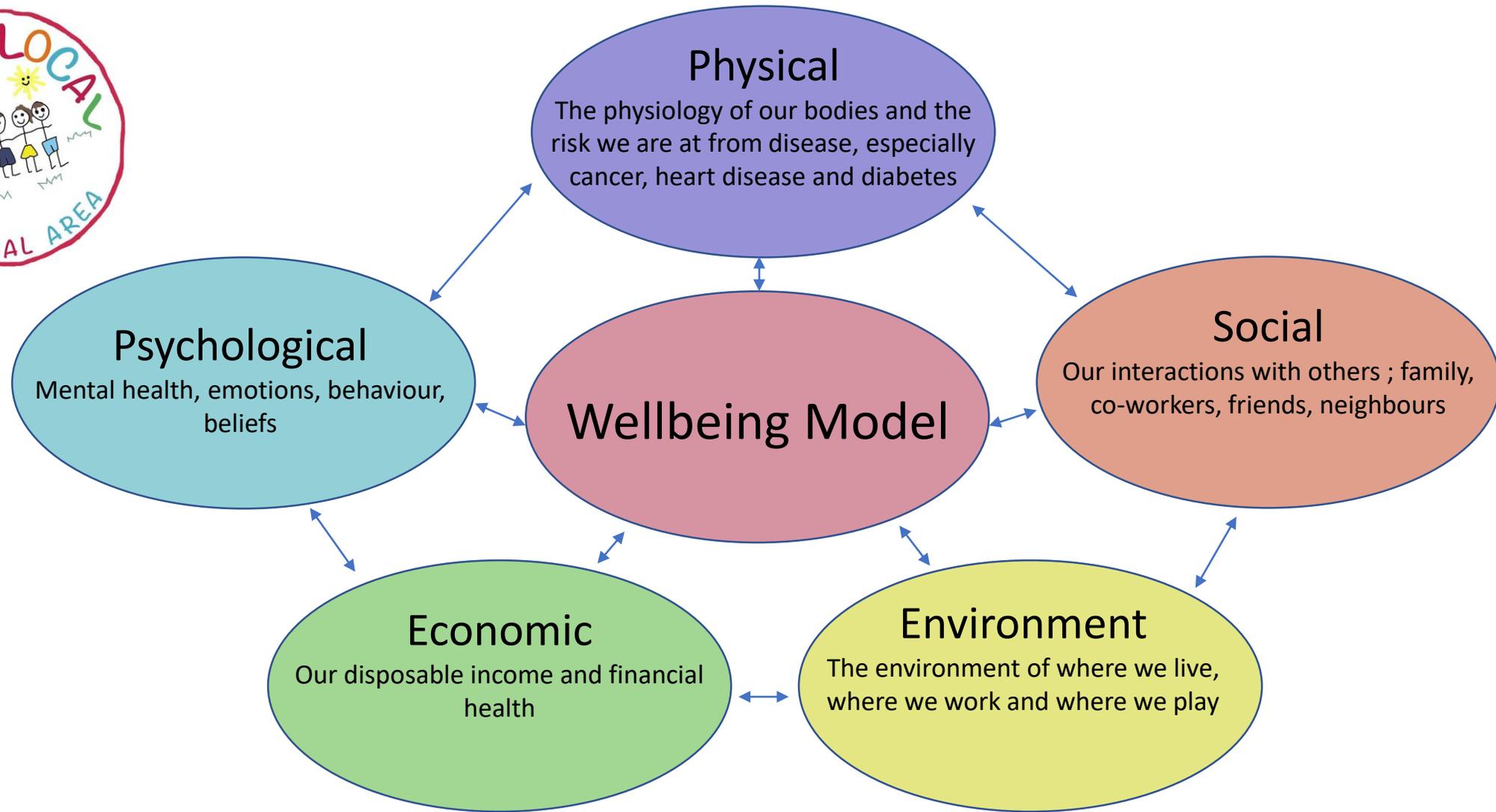
Relevant, pitched at the right level to audience so they are capable of making informed decisions

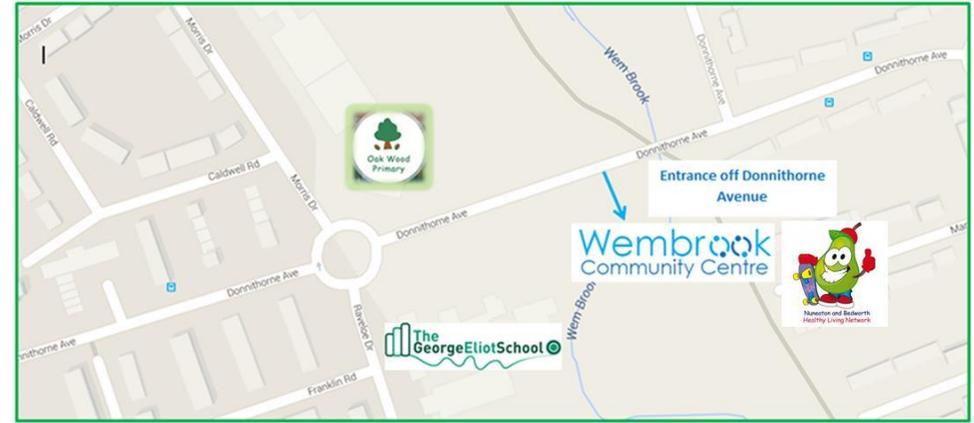
Rights of individuals to choose their own lifestyle, to be there and accessible when needed - Health & wellbeing matters in the hands of the individual not 'professionals'

Holistic – whole person approach

Education / Behavioural Wellbeing Model - information giving, promoting better knowledge and understanding





Three black icons: a bowl with steam rising from it, a set of cutlery (spoon, fork, knife), and a pie with steam rising from it.

# People's Pantry



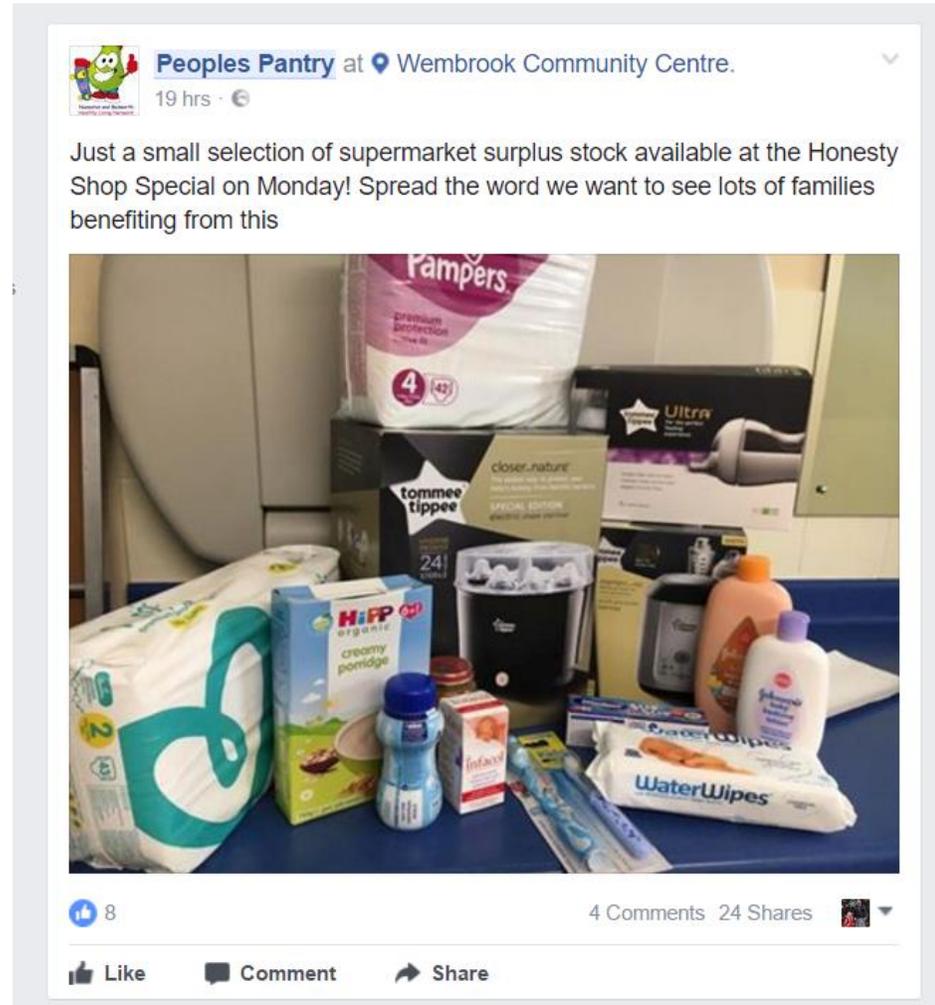


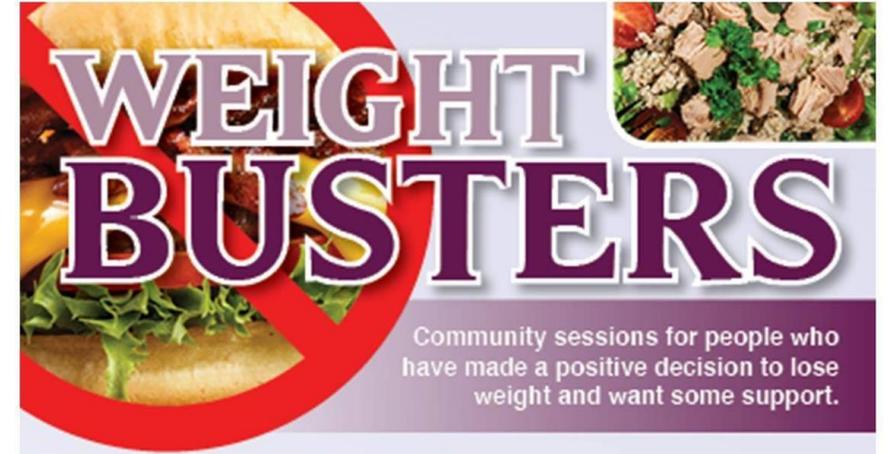
# Social Eating – Transport Trial





# Honesty Shop





# WeightBusters

Weight Busters offers an affordable weight loss programme to people who are interested in losing weight and want to join a programme.

It provides weekly meetings with information about healthy eating and lifestyles, weight monitoring and support from a group leader.

The programme encourages small but sustainable life style changes that promote weight loss and the maintenance of a healthy weight. wants to lose weight can join.





# Physical Activity



**YOGA**  
£2.50  
a session

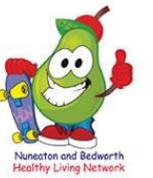
**WEDNESDAY - 9.15 to 10am**  
At the Newtown Centre, Newtown Road, Nuneaton.



**Come and give it a go first session free!**

Improve your balance and strengthen your body. Boost your physical and mental wellbeing. Open to all ages and all abilities

For more information call 02476 322048



Registered charity number 1149396



# One Off Events



[www.magisto.com/video/LV0FOkALBmkyXEZiCzE](http://www.magisto.com/video/LV0FOkALBmkyXEZiCzE)

*relax and get pampered!*

Wembrook Community Centre

MAY 3

You deserve to unwind every now and again so why not treat yourself to a **FREE** pampering from the team at North Warwickshire and Hinckley College.

Enjoy a glass of fizz (non alcoholic, sorry!) while you enjoy any or all of these delights;

- Ladies and Children's Haircuts
- Cut and Blow-dry (pre-wash hair please)
- Curling and Straightening
- Gent's Traditional and Fashion Haircuts
- Beard Shaping
- Hand and Nail Services

100% FREE

North Warwickshire & Hinckley College

HTC LOCAL BIG LOCAL AREA

Wembrook Community Centre





# Pop Up Restaurant

## Top Award for Helping to Make People Healthier

A Nuneaton based charity has been presented with a top award for encouraging people to become healthier and happier.

The Mayor of Nuneaton and Bedworth, Councillor Jill Sheppard, presented Manager Sonya Johnson and Max Slater from the board of directors with the badge and certificate at a special pop up restaurant event just before Christmas.

Sonya said, “It was a delightful surprise and a great accolade for us. The Mayor was attending our special pop up restaurant at Wembrook Community Centre when she came over out of the blue and presented the award to us. It is great that we have been recognised for the work we do!”

The pop up restaurant came about after a pledge was made to get over 600 likes for the charity’s Facebook page. People were then asked to vote which community venue they would like to see the restaurant pop up at.

Sonya added, “Wembrook had the most votes, so we dressed the room up with flowers, candelabras, lights and love to turn it into a suitable venue for a very special event for special people. The public then nominated people who they thought deserved a night out to thank them for the work they do in their local community.”

Nearly 40 people were dished up a three course meal which included canapés on arrival.





# How Would You Spend the Money?

Each table has £5000 HTC pounds to spend

In your groups, decide what your Wellbeing / Health priorities for each aspect and deposit your money in each bank





# Thank You

Hill Top & Caldwell Big Local

## Health & Wellbeing

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Nuneaton and Bedworth



Healthy Living Network