

Community Wellbeing

23rd April 2016

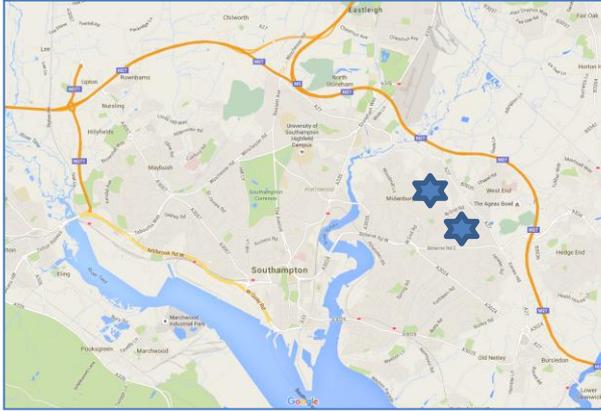
SO18 **BIG LOCAL**

*Making a difference in Harefield,
Midanbury & Townhill Park*



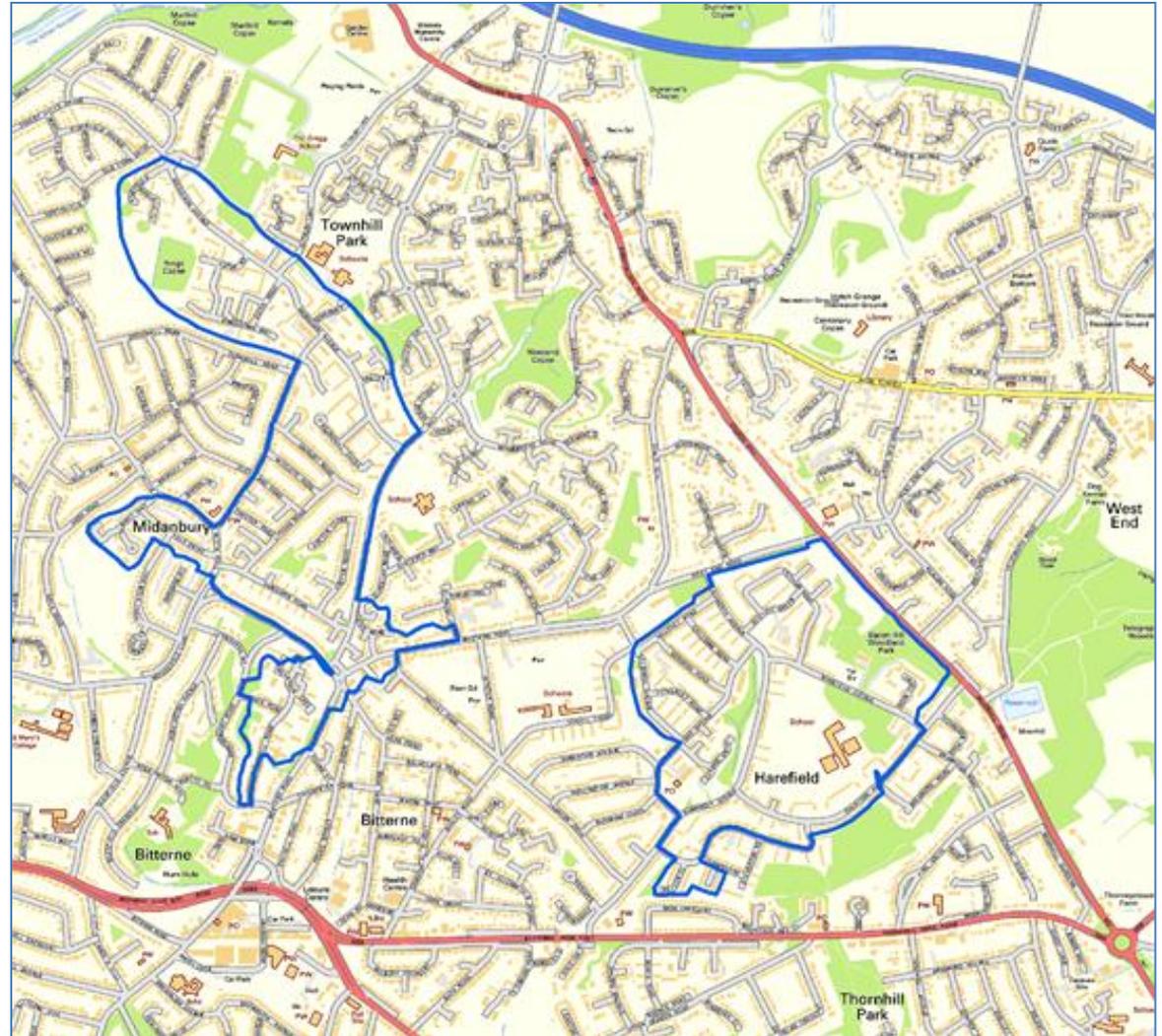
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SO18 Big Local



2 separate areas

East side of
Southampton





Our Area





It's quite green

Our Area



Substantial redevelopment

Year 1 & 2

Concentrated on things we thought we could deliver (and that the community would notice!)



**Winter Parade
and Spring
Community Day**



Harefield Hub



End of Year 2 review

- Our Year 2 'away day' focussed particularly on our theme of 'supporting people'
- We decided to rethink this, and from discussion decided on 'community wellbeing'
- We gathered a group to take this forward

Community Wellbeing Vision Statement

**‘To make a more connected,
healthier, supportive
community with good links
and information sharing’**

4 strands of work:

- Reduce isolation and promote community spirit
- Promote and improve health
- Develop inter-generational links
- Improve access to information

Year 3

- Bi-monthly meetings focused on wellbeing
- GP Surgeries in the SO18 area were asked for input
- Harefield Hub – meetings, groups, information access
- Townhill Park Community Centre - displaying information
- Wellbeing Fun Day event

Wellbeing Fun Day – 17th October 2015

Townhill Park Community
Wellbeing Fun Day

Saturday 17th October
11am - 3pm
Townhill Junior School
(Between Cutbush Lane & Benhams Rd)

Taster sessions & demonstrations:
Zumba * Pilates
Karate * Judo * Kung Fu
Self defence * Dancing
Gymnastics * FitSteps
See over for timetable

FREE mindfulness sessions running during the day

Free painting workshops held throughout the event!
(Sign up on the day)

FREE drop-in event open to the whole community - try your hand at new activities, talk to local health organisations and find out what's on locally

Plus: Refreshments stall, outdoor activities and the bike doctor!

Townhill Park Community Wellbeing Fun Day
Timetable of events

All activities are free
Small charge for refreshments

Pilates taster sessions:
Places are limited - sign up on the day!
1130-1200
1215-1245
1300-1330

Taster sessions & demonstrations:
(in the main hall - come and join in!)
1115 - Rince Ryan Irish Dancing
1145 - Bassett Freestyle Kung Fu
1245 - FitSteps
1300 - Southampton Samurai Judo Club
1330 - Fun-nastix Gymnastics
1400 - Kyudokan Goju Ryu Karate Ass'n
1430 - Zumba

Silk painting workshops
Places are limited - sign up on the day!
11.15-12.00
12.30-13.15
13.45-14.30

Mindfulness sessions
11.00-11.45
12.00-12.45
13.00-13.45
14.00-14.45
Places are limited - sign up on the day!

Running for the duration of the event:
Inflatable football pitch * Outdoor activities with YMCA
Bike doctor - bring your bicycle along for a health check of its own!
Stalls including blood pressure checks, crafts & refreshments



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For more information email info@so18biglocal.org.uk or call 07528 338104



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Some outside activities may have to be cancelled in the event of very wet weather
For more information email info@so18biglocal.org.uk or call 07528 338104



Wellbeing Fun Day – 17th October 2015

Townhill Junior School



Over 180
people
attended



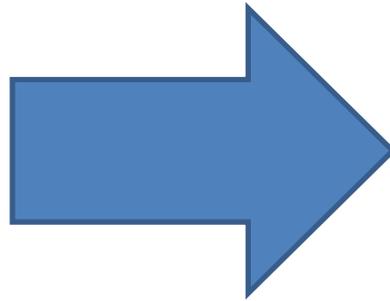
*“it was one of the
best organised of
these types of
events I have ever
been to”*

Challenges

- No input from GP Surgeries so far
- Spasmodic attendance at the follow up bi-monthly meetings
- Residents focussed on community issues of immediate concern rather than Wellbeing

What did we learn?

Moved from
'buying in'
particular
groups



to helping 'join up'
existing provision
& link it into our
area

Coming up in Year 4 and beyond

- SO18 Big Local & Woodlands Community Wellbeing & Fun Day
- Nurturing local people with a special interest
- Liaising with agencies – making events welcoming to all
- Getting agencies & organisations who work in the BL area together
- Developing access to information in the SO18 BL area
- Integrate the Wellbeing aims & approach with other themes

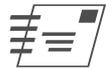
Questions

- What does ‘community wellbeing’ mean to you? What aspects of community wellbeing are you working on in your area?
- Is it a challenge to get it onto local people’s ‘agenda’. What works to achieve this?
- Who are your partners? Do you ‘buy in’ work or do things yourselves? What works best?

Contact us



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