

# Community Wellbeing

*23<sup>rd</sup> April 2016*

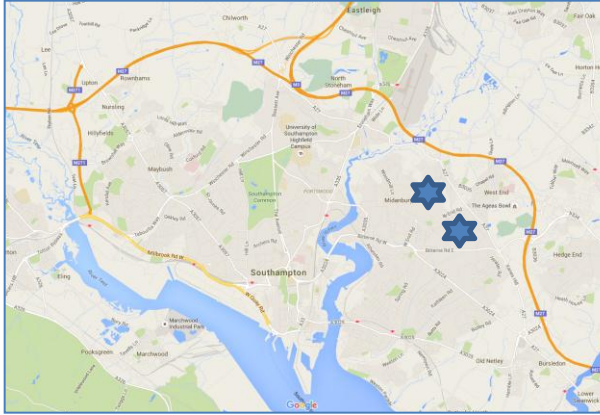
## SO18 **BIG** LOCAL

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



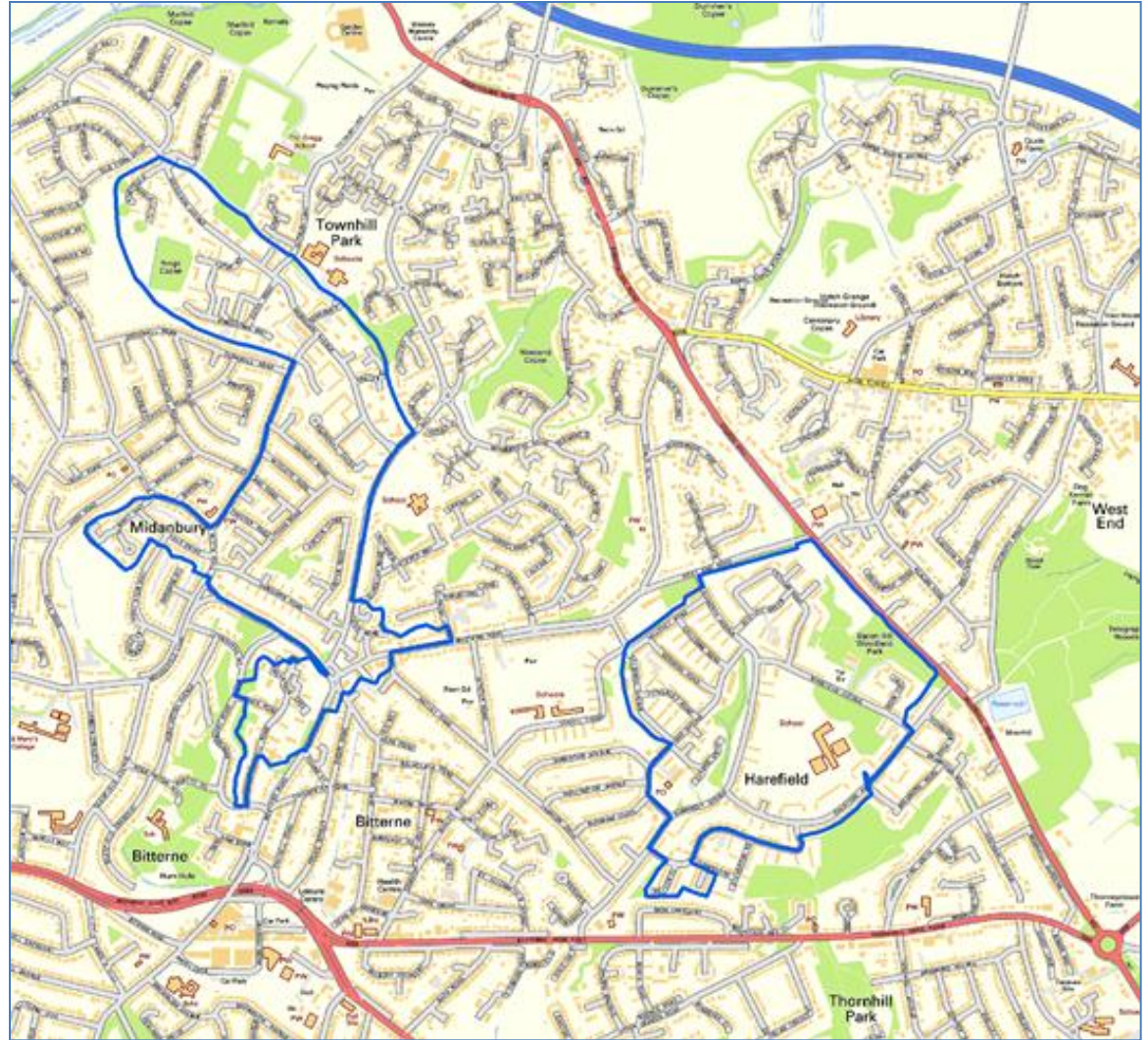
[www.SO18BigLocal.org.uk](http://www.SO18BigLocal.org.uk)

# 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 – 17<sup>th</sup> 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!



**SO18 BIG LOCAL**



For more information email [info@so18biglocal.org.uk](mailto:info@so18biglocal.org.uk) or call 07528 338104

**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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Some outside activities may have to be cancelled in the event of very wet weather  
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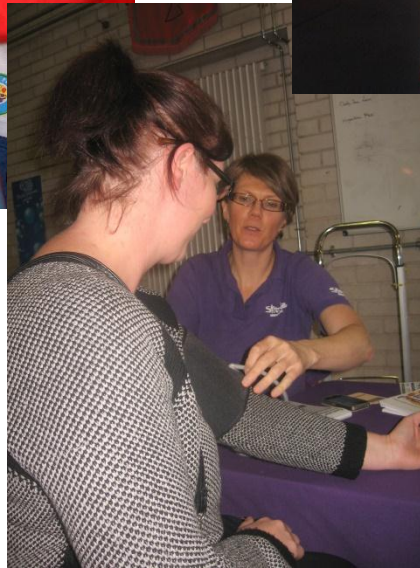


# Wellbeing Fun Day – 17<sup>th</sup> October 2015

## Townhill Junior School



Over 180  
people  
attended



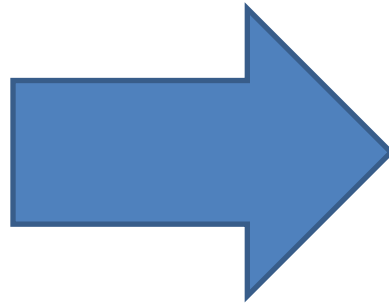
*"it was one of the  
best organised of  
these types of  
events I have ever  
been to"*

# 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



[www.SO18BigLocal.org.uk](http://www.SO18BigLocal.org.uk)



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