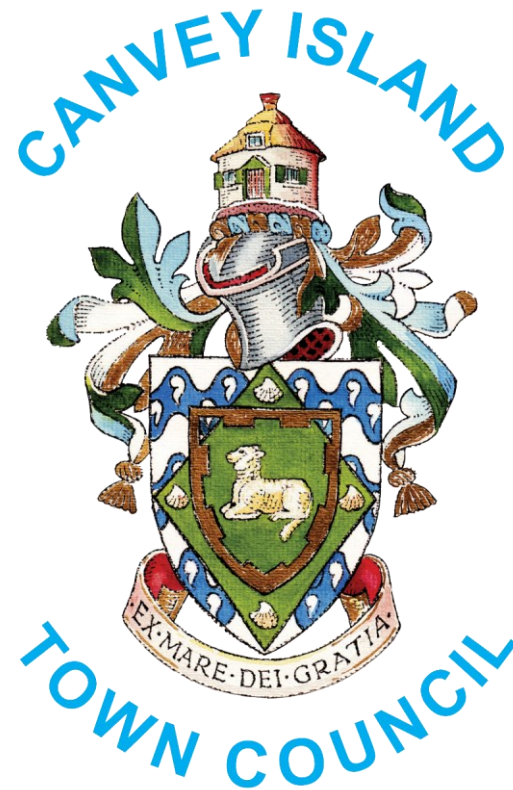


Canvey Island Town Council Health and Wellbeing Plan



Town Council Contact Details

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COUNCIL OFFICE

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Main Tel: 01268 683965
Events: 01268 683971
Website: www.canveyisland-tc.gov.uk

OFFICE OPENING TIMES

Monday – Closed Tuesday - 9.30am to 12noon Wednesday – 12.30pm to 2.30pm Thursday – 9.30am to 12noon Friday – Closed

Town Clerk – Elaine De Can
clerk@canveyisland-tc.gov.uk

Deputy Clerk – Julie Smith-Port
finance@canveyisland-tc.gov.uk

Community & Events Officer – Laura Gould
events@canveyisland-tc.gov.uk

Community Warden – Adele Wakenell
communitywarden@canveyisland-tc.gov.uk

Introduction

Canvey Island Town Council want to make a difference in the Health and Wellbeing of our residents.

We want all people in Canvey Island to live healthy, happy and full lives and to be able to fulfil their potential, including those who might be vulnerable. We want everybody to live in a strong, sustainable and supportive community with good opportunities for work and other meaningful activity and a healthy standard of living. We want everybody to be able to maximise their capabilities with control over their own lives, including the ability to make healthy lifestyle choices for themselves and their families. We want to ensure that everyone has the opportunity to enjoy life long into old age. We want everyone to have access to high quality health services delivered in the right way at the right time when they need specialist help and support.

Canvey Island has an estimated population of 38,689 with more than 55% being over 65. There are areas within Canvey Island that has low income and high health deprivation along with above average levels of obesity and below average life expectancy.

For some social isolation can be a huge issue. Social isolation is as deadly as smoking and can lead to all sorts of ill health including, mental health issues, weight management issues and inactivity.

In some cases, health impacts can be negated through non-medical means. For example, volunteering even for an hour can make people feel needed, respected and fulfilled. Taking part in a guided walk or sitting on a 'chat a while' bench and talking briefly to a stranger can lead to more social inclusion and a happy life.

Either setting up our own initiatives or by engaging with partners focus should be made in four areas:

- Improving mental health and wellbeing
- Addressing obesity, improving diet and increasing physical activity
- Influencing conditions and behaviours linked to health inequalities
- Enabling and supporting people with long-term conditions and disabilities.

Ways to help

Area of Support Available:	Physical Activity	Preventing Social Isolation	Improve Mental Health	Weight Management
<p>Here are some ways to improve health and wellbeing on Canvey Island.</p> <p>The Town Council must continue to look for ways to assist improving the health and wellbeing of our residents.</p>	<ul style="list-style-type: none"> • Providing Allotments gives opportunity to be active and enjoy being outdoors. • Enjoy our Open Spaces – these include Canvey Lake, Concord Tidal Pool and the Seafront Gardens • Canvey Island Discover Wildlife Walks Leaflet – we already produce a leaflet which details some of the nature walks available on Canvey Island. • WalkTall – walking group meets Labworth Car Park Wednesdays 10:30 (45 minute walk) – sport@rochford.gov.uk 	<ul style="list-style-type: none"> • Promote social groups – Age Concern, CISCA House, Canvey Island Youth Project. • Promote CT schemes – Wyvern Community Transport & Castle Point Social Car Scheme • Promote Library services – these include Baby Rhymetime, Reading groups, Craft groups and Knit and Natter • Promote United in Kind – Our local rep is Anna Wilson 07458 300897 / anna.wilson@ceess.org.uk 	<ul style="list-style-type: none"> • Allotments – being outside improves mental health • Develop a Community Garden where small groups can grow vegetables and cut flowers. • Staff & Councillors to undertake Mental Health Awareness course (contact Provide) • Promote “Essex Wellbeing Service” • Promote “Livewell” campaign • Promote schemes for Carers – respite for Carers is proven to be important to maintaining good mental health. Contact Carers First 0300 303 1555 (https://www.carersfirst.org.uk/essex/) 	<ul style="list-style-type: none"> • Promote “My Weight Matters” • Promote “NHS Weight Loss Plan” • Publicise the various keep fit and active groups that take place around Canvey on our FB page – such as Move it or Lose it

Local Voluntary Groups and Organisations

Contact details for local voluntary groups and organisations that may be useful when sign posting residents to services available:

Canvey Island Youth Project

Yellow Door Youth Hub
Poplar Road
Canvey Island, SS8 7BN
Tel: 01268 683431

CISCA House

11 Long Road
Canvey Island, SS8 0JA
Tel: 01268 683985

BOPH

Unit 6-7 Charfleets Close
Charfleets Industrial Estate
Canvey Island, SS8 0PW
Tel: 01268 515794

Age Concern (Canvey Island)

The Paddocks Community Centre
Long Road
Canvey Island, SS8 0JA
Tel: 01268 515888

Wyvern Community Transport

The White House, r/o Council Offices
Kiln Road
Benfleet, SS7 1TF
Tel: 01268 753513

Castle Point Association of Volunteer Services

The White House, r/o Council Offices
Benfleet, SS7 1TF
Tel: 01268 214000

Castle Point Phoenix Club for the Disabled

Meets every Wednesday at The Paddocks
Long Road
Canvey Island, SS8 0JA
Tel: 07850 526062

Bobby's Big Heart

25 Sussex Way
Canvey Island, SS8 9XW
Tel: 07725 909992

National Charities

Action on Elder Abuse	0808 808 8141 (Mon-Fri 9-5)
Alzheimer's Society (Dementia Connect Support Line)	0333 150 3456
Childline	0800 1111 (24 hrs)
Cruse Bereavement	0800 808 1677 (Mon-Fri 9-5)
Mind	0300 123 3393 (Mon-Fri 9-6)
National Bullying Helpline	0845 225 5787 (Mon-Fri 9-5)
National Centre for Domestic Violence	0800 970 2070
National Domestic Abuse Helpline	0808 2000 247 (24 hrs)
NSPCC	0808 800 5000 (24 hrs)
Respect Mens Advice Line	0808 801 0327 (Mon-Fri 9-5 or 8pm)
Samaritans	116 123 (24 hrs)
Victim Support	0808 168 9111 (24 hrs)

Ideas for Community Engagement to help with Health and Wellbeing

The Town Council office is already a Keep Safe location, J9 Domestic Abuse Safe Place and Dementia Friendly hub. We run volunteer programmes such as Lake Watch and Speed Watch as well as setting up Beach cleans and litter picks throughout the year which offers individuals the opportunity to get out of their house, feel a sense of worth and creates a community spirit.

We would like to build on these but they need to be relevant to our residents and their needs. We are lucky to have some fantastic volunteer groups and organisations already operating in our area that we need to be able to offer something that isn't necessarily already available.

Projects that are currently being investigated include:

- A Men's Shed / Repair Clinic – create a group targeted towards men that would help combat social isolation whilst they are engaging in an activity that makes them feel useful and gives them a sense of purpose within their own community.
- Computer, Tablet, Laptop and Smart Phone help & advice sessions – friendly drop in help and advice sessions where one-to-one support can be given. These sessions can be held at our offices, with volunteers, where attendees could use either our laptops or bring in their own devices.
- A Community Garden – investigate to possibility of setting up either one main community garden with scheduled guided sessions as well as the opportunity for individuals to work outside these sessions or look at utilising small pockets of open space around the island to create small gardens that can be used by schools and groups local to them.
- E-Safety Training Sessions – work in partnership with local secondary schools to provide e-safety advice and guidance on how to stay safe, cyber bullying and on-line abuse to set year groups. These sessions would be provided by e-Safety Training, also known as “The 2 Johns”, who work with schools and other organisations.

- Active Essex – engage with Active Essex to work in partnership to provide services such as 3030 Essex and Essex ActivAte
- Community Engagement – allow local community groups to use our meeting room as a “pop-up” space so they can promote their group and hopefully residents will become aware of services in their community that are already operating.
- Art / Photography Club – our involvement would be to facilitate the project by sourcing a venue, a suitable person to mentor the attendees and providing advertising.
- School Holiday Fun Days – contact local businesses that provide sports clubs for children and arrange a day in school holidays where free sessions could be provided. Working in partnership we could provide a space, if needed, they would provide the service with the possibility of gaining new members.
- Guided Walks – make best use of our Wildlife Walks leaflet and create a walking group with a guide. The idea would be to start with our leaflet and for the group to develop and form into an ongoing weekly activity they organise themselves.

