

New and emerging programmes of Health improvement activity

West Essex Falls prevention –A collaboration between Epping, Harlow & Uttlesford District Councils has resulted us securing funding from CCG to deliver a compressive falls prevention programme throughout West Essex. This will mean that there will be 4 weekly falls preventions programmes delivered throughout Uttlesford with sessions at Stansted, Saffron Walden, Thaxted and Great Dunmow every week. Promotional material is currently being produced with the first wave of activities will be delivered virtually until face –to face group sessions can commence.

Health & Wellbeing Board refresh- The Health and Wellbeing Board have met twice during the Covid pandemic and are currently in the process of a delivery plan refresh to support the Covid 19 recovery. This will allow for any modifications to existing projects and if needed the creation on new ones to address the new and emerging health needs of residents throughout the district.

Sport England Emergency Fund – Grants for local clubs and groups.

During lockdown Sport England released an The Emergency Sports Fund to support local clubs. This was promoted via numerous platforms and resulted in 13 of the districts clubs getting funding sharing a total of £33453.

Health & Wellbeing response to Covid 19

Priority Me- UDC Communities Team manage referrals for support from Priority Me Essex Welfare Service- Once triaged a request is submitted onto the Uttlesford Community Response portal approx. 100+ referrals from Priority Me to date.

Emergency Food parcels 32 emergency food parcels delivered to isolated or vulnerable residents throughout the district (these are in addition to government food parcels)

Government Food parcels- Currently 97 residents receive a food parcel this was up to over 120 at its peak. All unwanted food parcels have been collected by the foodbank for redistribution. Approx. 100 in total. Food parcels will stop at the end of July. (All 97 residents that currently receive a food parcel will be contacted week commencing 13th July to discuss alternative arrangements).

Welfare calls & visits –UDC Communities have made in excess of 550 welfare calls phone calls and 40 welfare visits have been made to vulnerable residents.

Postponed delayed activities/projects due to Covid 19 lockdown

Dr Bike - Cycle maintenance project - Funded via sustainable transport grant the pilot aimed to encourage those residents that had a bike in a poor state of repair to bring it along to a mechanic to get it usable again and to get people cycling again. This was due to take place in early June in Great Dunmow. We will revisit in September as may be able to be delivered with social distancing in place etc.

School Health Heroes pilot- Working closely with Essex Healthy Schools we identified 10 schools to pilot this whole school approach towards health improvement. We were just beginning to receive schools projects plans when we went into lockdown. We will re-visit this in September but the project scope may need to change due to the constraints that schools are experiencing

Saffron Walden Junior Park Run – After securing funding from PFI leisure contract we had begun the process of organising a Junior Park Run in Saffron Walden. The venue was confirmed as the common and we had all of the logistics in place and was hoping to have the first run in June. This has been put on hold until further notice.

Dementia Friendly Activities

Dementia Friendly Cricket - The Dementia Friendly Cricket sessions began on the 12th March. These were going to take place every other week at 11:30-12:30 at the Mountfitchet Romeera Leisure Centre. Unfortunately the sessions only took place three times as Covid arrived in England. The cricket coach who was running the sessions came from Essex Cricket, so we hope to get these up and running again once restrictions have reduced further. Prior to lockdown we had secured some additional funds from the PFI leisure contract to expand the provision into other areas and were in discussion with the Alzheimer's society about having additional sessions in Great Dunmow. This is now on hold until group activities can recommence.

Healthy Weight

My Weight Matters sessions in partnership with ACE (Anglian Community Enterprise) were taking place at London Road council offices every Thursday from 10:00-11:30am for individuals to drop in when they wished and attend a session with Lucy our Health Improvement Officer or our Volunteer, Katrina. Unfortunately due to Covid arriving in the UK we had to stop the sessions however individuals that want to join or were already using the service can still make contact with ACE to receive over the phone help with their weight loss which is positive. There are 4 other venues in the Uttlesford District which held these sessions including the Lord Butler Leisure Centre, so hopefully we can get these up and running in venues across the district again soon.

An information sheet detailing available services and also healthy eating advice and recommendations has now been produced and is available on Frontline.

Seated exercise

Thaxted Seated Exercise class – This took place every other Thursday 14:30-16:00 in the Thaxted Baptist Church. We had approximately 20 local individuals attend from 62-94 years of age. This has been running from April 2018. Many positive improvements have been made with all of the individuals which attended the classes. Participants were also encouraged to engage in some of the exercises at home so that improvements could be made further. Since Covid arrived in the UK, Lucy has kept in contact with the group. Everyone in the groups has a copy of the exercises, so they are continuing to engage in daily seated exercises during this pandemic. Most of these individuals do not have access to the internet so a zoom class hasn't been optional at this stage. However, if any individual needs assistance with the exercises Lucy is there on her mobile if needed for this class.

Walking For Health

The six health walks we had in the district were going well before Covid arrived. We had 483 walkers on the National Walking Scheme in Uttlesford. These walks have been

unfortunately been suspended until further notice. Hopefully we can get these up and running again in Hatfield Heath, Stansted, Hatfield Forest, Thaxted, Dunmow and Saffron Walden again soon, after they have been suitably risk assessed.