



# Your Local Community Network

**Burnham LCN**

# Agenda

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1. Appoint the Vice-Chair of the Local Community Network
2. Update from the Young People's working group
3. Feedback from the Highways working group
4. Planning questions
5. Topic discussions: Transport and Health & Wellbeing
6. Meeting dates and high priority issues



SALC are working with Somerset Council, and other partners, to help support Somerset's city, town and parish Councils to actively engage in and deliver, Community Health & Wellbeing projects locally.

# HEALTH & WELLBEING



**Health** – “physical, mental and social well-being” (WHO)



**Wellbeing** – is harder to define, but can be based on a whole set of social, health, economic and emotional factors



**Equality** then factors into delivery of any projects to improve Health & Wellbeing

As individuals we participate in activities that keep us physically fit, help us relax or bring joy and laughter into our lives.

The ways in which we do that are as diverse as the people we are and our interests change as we move through life.

Just take a few minutes to think of all the activities that help you with your health & wellbeing...

...and what might prevent you from participating?



## Factors that might impact health & wellbeing

Culture & Creativity

Employment, Education & Training

Environment & Climate Change

Equality & Diversity

Finance

Food & Nutrition

Health & Community Services

Housing & Infrastructure

Physical Activity

Social Connections & Families

Transport



As councils and you no doubt support or deliver many community health & wellbeing projects.

Please think about some of the ways in which you've delivered support.

Has that support been **Reactive OR Proactive**

# Reactive

- Taking over services dropped by other authorities
- Giving grants to local organisations who apply
- Taking action following information from residents

OR

# Proactive

- Carrying out a Community Plan or Review
- Creating a Strategic Plan
- Working with and/or offering grants to local organisations who deliver services highlighted by review
- Looking at innovative ways to develop new services or deliver existing ones

A Community Health & Wellbeing project might involve:

- Bringing people together to share food and be sociable.
- Support or activities for young people or older people.
- Tackling transport issues in a rural parish.
- Helping establish a walking or cycling group.
- Bringing in experts for financial or other advice
- Setting up art, drama or music groups

This is also about collaboration - you don't need to reinvent the wheel. Everywhere there are local groups, charities and voluntary organisations.

We can help you work together to come up with innovative projects to improve people's lives.

We are hoping to encourage long lasting projects. We understand this will mean a financial commitment from your council so to help kick start ideas we have grants available:

**Seed Grants** to scope out ideas – **up to £1500**

**Small Grants** for smaller projects or smaller councils - **up to £2500**

**Large Grants** for larger projects, maybe a group of Councils working together - **up to £35,000**

**This Community Health & Wellbeing programme is about us helping  
you to support your communities to live happier healthier lives**

**To discuss your ideas contact:**

**Fodo Higginson**

**Community Health & Wellbeing Officer**

**Somerset Association of Local Councils**

**HWBSupport@somerset-alc.org.uk**

**Mb: 07932265419**

**Website**

**<https://somerset-alc.org.uk/health-wellbeing/>**



# Health and Wellbeing discussion

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- What Health and Wellbeing concerns are there for residents in our communities?
- Reflections from speakers and discussions
- How prepared is your community for this “this winter”?
- How can we find out more from residents on the impact of local transport?

# Dates for future Meetings

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- Tuesday 28<sup>th</sup> January
- Tuesday 25<sup>th</sup> March
- Tuesday 17<sup>th</sup> June AGM