

ALCESTER TOWN COUNCIL

LEAD COUNCILLOR REPORT

NAME:	Kathryn Cargill
TOPIC:	Health and Wellbeing
DATE:	March 2025
	<ul style="list-style-type: none">• The ND Alcester project is preparing to make the awareness film, which will be filmed in the Spring. <p>The ND Friendly Town logo and sensory bags have been produced.</p> <ul style="list-style-type: none">• The SPEND support group plans continues to be well attended and is still looking for potential committee members.• The Youth Club and Well Connected were both nominated for the Community Group of the Year award.• Alcester Community Shed has been holding member sessions every Tuesday morning. Members now number 24, with an average of 10 attending each week.• The Repair Café has been trialling extra sessions at the Community Shed. An early evening weekday session was successful, with the venue pretty full and approx. 12 members of the public attending. A Saturday morning session proved even more popular.

FUTURE PLANS:

- We have started a new Integrated Care Systems project.

To help improve access to health and care services as well as tackle growing health inequalities, local NHS organisations are creating place-based partnerships with local councils, the voluntary and community sector and others. These partnerships are called Integrated Care Systems (ICS) and have been formed to plan, coordinate and deliver services to make sure everyone gets the best care possible and can live happier, healthier lives. They aim to remove barriers between services, join up care and address other factors that might affect people's health such as housing, education and access to jobs.

ATC are working with WALC and WCAVA to help decision makers understand the specific needs and challenges of our community on health and social care. We are one of four local councils who have worked together to design and deliver a customised survey, unique to Alcester. This survey is part of a research campaign which is included in the Spring newsletter. This invites residents to contribute their thoughts on health and care in Alcester. The research will help inform the delivery of integrated health and care across Warwickshire.

- The next Working Group meeting is arranged for 10th April 2025

**FOR
CONSIDERATION/
DISCUSSION AT
FULL COUNCIL:**

- SHALI Wellbeing gave the working group taster demonstrations of meditation and tai chi. They are a CIC hoping to offer wellbeing sessions to community groups (eg the Alcester Dementia Café). They have already done a session for the SPEND group. The problem is, as always, funding. We hope to explore possible funding avenues to offer to a group of older residents, as we did with Get a Move On! Ideas for funding opportunities would be most welcome.