

Health and Wellbeing Plan

October 2020





Introduction

This plan considers the work of Great Notley Parish Council both during the current circumstances and into the future. It will be updated and amended in light of any new information, guidelines or strategic goals the Parish Council sets.

It will illustrate how Great Notley Parish Council will consider Social Isolation, Mental Health, Learning Disability, Physical Activity and Weight Management into their vision for the Parish.

How the Parish Council shares key information

You can find out information and contact us as follows:

Website: www.greatnotley.org.uk

Facebook: <https://www.facebook.com/groups/1650769741831891/>

Email: greatnotleyclerk@gmail.com

Phone: 01376 331251

Noticeboards can be found at:

The Community Centre,
Notley Green School,
At the entrance to White Court
Ellen Way

Councillor contacts can be found on the Parish Council website.

Great Notley Parish Council COVID-19 Support:

Great Notley GP Surgery:

The Square, Notley Green, Great Notley CM77 7US

phone: 01376 341411

Pharmacy services available at the Tesco Store

Government Hotlines:

NHS: 111 or 111.nhs.uk

School Closures: 0800 0468687

HMRC: 0800 0159559

Universal Credit: 0800 3285644

Local Coronavirus Support:

If you are a resident in self isolation or unable to leave the house, Volunteers are available to help from the following sources.

The Church in Great Notley hub: 01376 567971 or 07956 441711

Essex Welfare Service: 0300 303 9988 <https://www.essexwelfareservice.org.uk/>

Community 360: 01376 550507 <https://www.community360.org.uk/>

Essex Coronavirus Action: <https://www.facebook.com/essexcoronavirusaction/>

British Red Cross Support – 0808 1963651

As well as practical support they offer a befriending service and a hardship fund

Other support agencies

Carers First 0300 303 1555 or email hello@carersfirst.org.uk

Domestic Abuse: 03303337444 or www.essexcompass.org.uk

Mental Health Support: www.mind.org.uk

Alzheimer's Society – 0333 150 34356 www.alzheimers.org.uk

Learning difficulties – www.mencap.org.uk/search/groups

Agencies that will refer to other sources of support

Healthwatch Essex 0300 5001895 or info@healthwatchessex.org.uk (can help people understand and navigate health, social care and wellbeing services in Essex)

Community Agents 0800 977 5858 or enquiries@caessex.org.uk (help in finding independent living solutions)

Connect Well Essex – www.connectwellessex.org.uk – a self referral tool containing over 400 local activities and services.

Health and Wellbeing Support Provided

Physical Activity	Social Isolation	Mental Health	Learning Disabilities	Weight Management
<p>The Parish Council manages the following areas for the use by residents:</p> <ul style="list-style-type: none"> Levens Way Play area The Recreational Area for Teenagers (RAFT) <p>The Parish Council promotes use of the Public Right of Ways.</p> <p>For the General health and well being of the parish, the Parish Council purchased a defibrillator which is housed at the Church in Great Notley.</p>	<p>The Parish Council organises community events such as the Torchlight Procession, the Remembrance day event and ad hoc activities such as the bluebell planting project</p> <p>The Parish Council promotes to residents Volunteer groups and the services they offer.</p> <p>The Parish Council works collaboratively with local groups for example: supporting the NGCA regarding the organisation of the fete.</p> <p>The Parish Council provides financial support to local volunteer groups via its small grant scheme.</p>	<p>The Parish Council promotes awareness of the issue and signposts services.</p> <p>The Parish Council hosted a Dementia Friends session for the community and will continue to consider hosting similar events in the future.</p>	<p>The Parish Council promotes awareness of the issue and signposts services.</p>	<p>The Parish Council promotes awareness of the issue and signposts services.</p>

Covid 19 specific activites:

COVID-19 Mitigation

- Council business is continuing within Government restrictions and the Clerk continues to work from home.
- All Parish Council meetings are operating through remote technology.
- All Open Spaces are being maintained and litter picking is continuing and in addition there is more frequent emptying of bins.
- Play parks were shut through lockdown but following production of a risk assessment, have since been re-opened with appropriate information provided about required precautions.
- Planning applications are still be reviewed and comments sent in.
- Parish Council social media platforms have been used to disseminate information to residents. In particular substantial amounts of information have been posted on the Parish Council Facebook page in relation to health and wellbeing issues and volunteering in the Parish.
- An informal Health and Wellbeing Working Group has been set up with NHS and community stakeholders, to promote liaison with Community groups and to agree on any local initiatives and communication activities required.

Work being considered for the future

- The upgrade of the RAFT is progressing and the planning application has been submitted.
- Consideration of hosting events to promote health and wellbeing initiatives.
- The Parish Council continues to work towards the position where it will be able to provide allotments for residents



Dealing with money

The Parish Council is utilising online banking facilities to continue operating during COVID-19.

We are strongly encouraging people to make use of online payment services wherever possible in dealing with the Parish Council and all payments by the Council are now made using online banking facilities.

The Parish Council highlights the possibility of online fraud when made aware by the Police.

Staying Covid Safe

For those who choose to volunteer it is important to stay safe and look after both your own and your loved ones wellbeing.

We do not want any Volunteer placed at unnecessary risk, [please observe the NHS advice \(https://www.nhs.uk/conditions/coronavirus-covid-19/\)](https://www.nhs.uk/conditions/coronavirus-covid-19/) which is updated daily and follow all health and safety requirements e.g. washing your hands frequently and wearing a face where necessary.

The government has specifically stated that those of us who are leaving the house *“to provide care or help to a vulnerable person”* will be allowed to carry on.