



# Buckinghamshire Council

## Wendover Community Board

### Minutes

**Minutes of the meeting of the Wendover Community Board held on Tuesday 28 July 2020 in Virtual meeting via Microsoft Teams, commencing at 7.00 pm and concluding at 9.15 pm**

#### **Members present**

B Adams, J Bloom, S Bowles, B Chapple OBE, S Chapple, M Collins, A Harrison, R Khan, R King, S Morgan, R Newcombe, C Paternoster, G Powell, M Stamp, P Strachan and J Ward

#### **Others in attendance**

C Beevers, M Parker and R Patel

#### **Agenda Item**

##### **1 Introductions and Membership**

The Chairman and the Vice-Chairman introduced themselves and welcomed members to the meeting.

##### **2 Declarations of Interest**

There were no declarations of Interest.

##### **3 Vision and Role of Community Board**

Ms M Parker, Community Board Coordinator, Buckinghamshire Council gave an overview of the slides appended to the minutes.

The Chairman gave a brief overview of the Terms of Reference.

There was further discussion around the budget for the community board, it was advised this had been picked up and was being dealt with offline. There would be an email to confirm the outcome shortly.

Each Community Board had an individual coordinator to focus on the area to ensure the vision moved forward.

#### **4 Public Health Profile**

Mr R Patel, Public Health Consultant, Buckinghamshire Council gave an overview of the presentation appended to the minutes.

Cllr S Bowles, Buckinghamshire Council gave an update on The Garden Way- The ambition was to create a linear park of connected green spaces surrounding Aylesbury to deliver a fully connected green and blue infrastructure corridor which would encircle the town. It would connect local parks, woodlands, playgrounds, community gardens, waterways, natural areas and heritage sites as well as new local green spaces providing points of interest along the route. A secondary route of greenway routes connected to the Gardenway which would link with the wider countryside and surrounding villages forming part of a town wide walking and cycling network encouraging people to walk and cycle.

#### **5 Business Intelligence**

The Chairman advised the report had been seen by the board and requested if there were any further comments. There were none.

#### **6 COVID Reflections**

The Chairman opened the conversation for members of the board to talk about local stories of Covid-19 support.

It was repeated across the conversations that Covid-19 had really brought the area together as a community and it was wanted for the community spirit to continue moving forwards.

#### **7 Priority Setting**

Following discussions, the priorities remained unconfirmed, they remained open for comments until Friday 14 August 2020.

1. Support our local community to recover from COVID-19
2. Focus on the Health and Wellbeing of our local residents
3. Support our adults, vulnerable residents, and children to live their best lives.
4. Work towards sufficient Transport, Highways and Infrastructure for the area
5. Ensure that the area is a safe environment for local residents

#### **8 Sub Committees**

Ms M Parker would send out an email to ask for volunteers for sub-groups for the priorities agreed.

## 9 Any other business/ Actions

There were no items of AOB.

Action	Completed By	Completion Date
To invite Key speakers to the next meeting: <ul style="list-style-type: none"><li>• RAF Halton</li><li>• HS2</li><li>• Bucks Disability Service</li></ul>	Ms M Parker	ASAP
To confirm the outcome of budget discussions.	Ms M Parker/ MS K Wager	ASAP
To clarify use of substitutes for Community Board meetings.	Ms M Parker	ASAP
To send out recommendations that can be hared locally to support locals in a 2 <sup>nd</sup> wave of Covid-19.	Mr R Patel/ Ms M Parker	ASAP
To promote the 'Eat out, help out' Scheme locally.	Board Members	ASAP
To send out an email requesting comments/ideas for priorities.	Ms M Parker	ASAP
To send any comments/ideas for priorities to Ms M Parker.	Board Members	ASAP
To send out an email requesting volunteers for sub-groups.	Ms M Parker	ASAP

## 10 Date of next meeting

01 October 2020, 7pm.

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# Welcome to Wendover Community Board

The meeting will start at 7pm – please turn off your camera and microphone until the meeting starts.

If you have any technical issues, please let us know in the chat box and we will do our best to accommodate.



Community boards will bring the council and community together to find creative ways of improving their local area

## TACKLING LOCAL ISSUES TOGETHER



Building strong connections with communities



Responding to local needs



Improving outcomes for residents

# Creating community conversations

- ❖ An exciting new initiative backed by £3.9 million to make a real difference to local communities
- ❖ 16 Community Boards will:
  - ❖ Enable local conversations about local priorities
  - ❖ Identify needs within local communities and work to produce creative solutions
  - ❖ Represent the voices of local people
  - ❖ Be creative in how thoughts, ideas and suggestions are captured
  - ❖ Take a collaborative approach
  - ❖ Explore areas of interest
  - ❖ Influence decision making and delivery of public services
  - ❖ Support Covid-19 local recovery

## KEY BENEFITS



Stronger connections between Buckinghamshire Council councillors and communities.



Better and more responsive public services that meet the different needs of communities.



Greater resident and community involvement in decisions about how services are run locally.

# How will Community Boards work

- ❖ We want them to be vibrant, creative and take action locally
- ❖ Mixture of formal and informal meetings
- ❖ Focused sub groups will explore and deliver projects on specific issues
- ❖ Engage with the community in lots of different ways to collect ideas and focus on what matters to them the most
- ❖ A wide membership that provides valuable intelligence, helping to understand and respond to local need
- ❖ Using technology and getting creative
- ❖ A tailored approach for each board
- ❖ Good links back into the council

## POTENTIAL AREAS OF FOCUS



# Who is involved

Anyone can support their community by getting involved with a Community Board



# Public engagement is key



- ❖ We are creating a space and facility for community conversations on local issues
- ❖ Engaging with the public will be a key element of this
- ❖ The boards and the issues they are working on will be open and accessible to all
- ❖ They will bring people together to work on specific projects, initiatives or look into local issues together
- ❖ Involving people across the whole community, making use of their skills and knowledge to make real change
- ❖ Using innovative and audience specific tools to engage on different topics, priorities and projects, for example:

Focus groups Petitions Online forums Social media Polls

# Working with our partners

- ❖ Local partners will be key to making the boards effective
- ❖ Impressive community spirit of Buckinghamshire during response to coronavirus
- ❖ Building on the great connections made already
- ❖ Sharing data, insight and resources to make a real difference
- ❖ Local recovery plans focused on understanding local need

“The Community Boards bring a new opportunity to work together more effectively to address directly local issues, and for us as a service to identify any new or emerging risks enabling a more effective and timely response.”



**David Norris**  
**Head of Prevention,  
Response & Resilience**



**Buckinghamshire**  
**FIRE & RESCUE SERVICE**  
*we save lives*

# Community Board Budgets

- ❖ Overall budget for community boards is £3.9m:
  - £1.5m Community Area Priorities Fund
  - £500K Health & Wellbeing Fund
  - £1.9m Local Infrastructure Fund
- ❖ Budgets based on population, levels of deprivation and proposed housing growth
- ❖ Coronavirus Councillor Crisis Fund £250k and an additional £50k from Rothschild Foundation has been allocated to support local initiatives across the county
- ❖ Budgets will be allocated to projects that directly address agreed local priorities and represent good value for money
- ❖ Local organisations will be able to apply online for funds for projects that address the agreed local priorities

# New Highways conversations

- ❖ Highways and network improvement conversations will take place outside of the formal meetings in new focused sub groups
- ❖ 2 meetings a year in each of the north, central and south areas with senior highways officers providing a more strategic approach to maintenance concerns like pot holes, gullies, grass cutting, weeding and trees
- ❖ Smaller sub groups will address local network improvement issues in the community board area like road safety, traffic calming, parking (waiting) restrictions
- ❖ This will give residents, community groups and local organisations the opportunity to discuss in detail with the right people
- ❖ Other elements of transport such as growth, strategy, sustainable transport and passenger services would still continue to interact with community boards

# The benefits of a more focused approach

- ❖ Opportunities for Town and Parish Councils and residents to report and track issues via fix my street
- ❖ Opportunities for Town and Parish Councils and Buckinghamshire councillors to meet 3 times a year (including the TfB conference) with senior highways officers to discuss issues more strategically
- ❖ Prevents community boards becoming too dominated by highways issues
- ❖ More efficient use of LATs and Senior Managers time and ensures expertise in focused sessions
- ❖ The opportunity to invite a highways officer to a formal Community Board to address a specific issue is still available

# Your community board coordinator

I will:

- ❖ Be dedicated to championing the local area
- ❖ Be the driving force for a new style of collaborative working which stretches far beyond traditional meetings
- ❖ Be creative at collating local voices and supporting informal discussions
- ❖ Develop a board action plan that helps tackle issues
- ❖ Support local devolution conversations
- ❖ Be the connector to engage local partners, groups and organisations
- ❖ Energise the boards and harness ideas
- ❖ Work closely with the Chairman



**Michelle Parker**  
Wendover Community  
Board Coordinator



# Wendover Public Health Profile

Presented by:

Dr Rishi Patel

Public Health Registrar



# Wendover Business Intelligence Profile

# Wendover Community Board Profile Overview



Population

There are 26367 people living in the Wendover Community Board area



Vulnerable groups

6% of children are living in poverty in the Wendover Community Board area, compared with 10% across Buckinghamshire



Housing

1% of households lack central heating in the Wendover Community Board area, compared with 1% across Buckinghamshire



Crime & safety

There are lower levels of crime in Wendover compared with the Buckinghamshire average (IoD 2015 Crime Rank)



Health & wellbeing

9% of people have a limiting long-term illness in the Wendover Community Board area compared with 9% across Buckinghamshire



Education & skills

15% of people have no qualifications in the Wendover Community Board area compared with 17% across Buckinghamshire



Economy

44% of people are in full time employment in the Wendover Community Board area compared with 42% across Buckinghamshire



Access & transport

10% of households have no car in the Wendover Community Board area compared with 13% across Buckinghamshire

Please select one community board

Amersham	Buckingham and Villages	High Wycombe	<b>Wendover</b>	Buckinghamshire
Aylesbury	Chesham and Villages	Missendens	Wexham and Ivers	South East
Beaconsfield and Chepping Wye	Denham, Gerrards Cross and Chalfonts	North West Chilterns	Wing and Ivinghoe	England
Beeches	Haddenham and Waddesdon	South West Chilterns	Winslow and Villages	

# COVID Reflections

Great Community Spirit

Wendover Good Neighbour Scheme

Supported the vulnerable / shielded residents

Quick Response

Wardens for every street

Good links with community groups and businesses

# Priority Setting:

Suggested priorities for discussion:

- Coronavirus Recovery
- Supporting adults and vulnerable residents
- Supporting sufficient youth provision
- Health and Wellbeing of our residents
- Transport, Highways and Infrastructure
- Community Safety



# Sub Committees Discussion



AOB  
&

# Topics for Next Meeting 1 October 2020

# Public Health Community Board Profile 2020 – Wendover

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## Why are communities important for our health?

The community we live in is one of the most important factors for our health. We thrive in communities with strong social ties, a feeling of togetherness and a sense of belonging. Our local social, economic and physical environment can affect our health directly, the health behaviours we adopt such as being physically active, and sometimes whether we access health and care services. The local environment we live in is vitally important throughout the whole of our life course, from *before* we are born right up until the end of our lives.

The indicators included in this Community Board Profile are all important markers of the health and wellbeing of your community, and highlight areas where things are going well but also importantly where improvements can be made. Strong communities will be a key driver for recovery from the impact of the COVID-19 pandemic.

**Please note that this profile is a high level overview of health and wellbeing indicators from existing data. Communities will have more intelligence on local issues and assets which can be incorporated into the full picture of local needs and how they can best be met.**

## The people in your community

It is important to understand who lives in your community to understand their health and wellbeing. Factors such as age, ethnicity and level of deprivation influence our physical and mental health. Understanding these factors may help decide which interventions may be needed to improve the overall health and wellbeing of the community.

### Wendover community board:

- Has a population size of **26,158**
- Has a **slightly older age profile** compared with the County overall, with 6.3% of the population < 5 years old (County average = 6.0%) and 20.1% > 65 years old (County average = 18.7%)
- Has a **less ethnically diverse population** compared to the County overall – Black, Asian and Minority Ethnic (BAME) population = 5.3%, compared with 13.6% in the County
- Has **the 4<sup>th</sup> lowest score on the national Index of Multiple Deprivation measure<sup>1</sup>** in the County (a higher score indicates a greater level of deprivation based on a range of aggregated indicators)
- Has a **slightly lower life expectancy for both men and women** compared with the County average (but slightly higher than the England average for both)

## Natural & built environment in your community

Being in contact with the natural environment is vital for our mental wellbeing and physical health at all ages. Air pollution contributes to a range of poor health outcomes including low birth weight babies,

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<sup>1</sup> The Index of Multiple Deprivation (IMD) is The Government's official measure of relative deprivation in small areas in England called lower-layer super output areas. IMD includes seven domains to provide an overall measure. The domains are: income deprivation; employment deprivation; education, skills and training deprivation; health deprivation and disability; crime; barriers to housing and services; and living environment deprivation.

stroke, dementia, lung disease and heart disease. The environment affects our mental health and ability to adopt healthy behaviours such as being physically active.

#### Wendover community board:

- Has a **lower proportion of green space coverage** compared with the South East average (2.2% vs 3.2%)
- Has a **similar level of air pollution** is compared with the South East average

#### Growing up in your community

What happens in pregnancy and early childhood impacts on physical and mental health all the way to adulthood. Important factors in the early years include being born at a healthy birth weight, growing up in a household with sufficient income, receiving a good education and adopting healthy behaviours from childhood.

#### Wendover community board:

- Has the **9<sup>th</sup> highest number of live births** in the County
- Has a **higher proportion of low birth weight babies** (9.2%) compared with the County average (7%)
- Has a **lower proportion of children living in income deprived households or poverty** (7.2%) compared with the County average (12.1%)
- Has a **higher proportion of 'School Ready' children** (79.5%) compared with the County average (74.2%)
- Has a **lower proportion of overweight or obese Year 6 children** (24.8%) compared with the County average (29.4%)

#### Health behaviours in your community

The four main health behaviours – smoking, physical inactivity, unhealthy diet and alcohol misuse - account for 40% of all years lived with ill health and disability. Addressing these four behaviours could lead to a reduction by up to 80% in new cases of heart disease, stroke and type 2 diabetes and a reduction of 40% in new cases of cancer. It has been shown that obesity in adults is a risk factor for worse outcomes following infection with coronavirus (COVID-19) as well as other poor health outcomes.

#### Wendover community board:

- Has a **lower smoking prevalence** (12.3%) than the County average (14.6%)
- Has a **higher proportion of physically inactive adults** (19.8%) compared with the County average (16.5%)
- Has a **lower proportion of obese adults** (28.5%) compared with the County average (31.4%).
- Has a **lower rate of residents receiving treatment for alcohol and non-opiate misuse** (103.3/100,000) than the County overall (128.5/100,000)

#### Long term conditions and healthcare usage in your community

Long term conditions such as diabetes not only cause significant amounts of poor health to individuals but they also lead to higher use of health care and social care. These conditions are often preventable by adopting healthy behaviours as above, but also through dedicated prevention strategies such as the NHS

Health Checks programme. People with some long term conditions like diabetes and heart disease appear to be at higher risk of poorer outcomes following infection with coronavirus (COVID-19).

#### Wendover community board:

- Ranks **amongst the highest** for proportion of adults with cancer, **and in the mid-range** for **proportion of adults with high blood pressure, depression, diabetes and dementia** compared with the other Community Boards
- Ranks **amongst the highest for emergency admissions to hospital for cancer and respiratory disease** compared with the other Community Boards
- Has a **lower rate of uptake of NHS Health Checks** (41.1%) compared with the County average (43.8%)

#### Vulnerable groups in your community

Individuals in certain vulnerable groups (e.g. those who are socially isolated, unemployed or living on low incomes) experience worse mental and physical health outcomes compared with the general population. People who experience social isolation and loneliness are more likely to experience depression and anxiety, be physically inactive, smoke and drink alcohol and have an increased risk of heart disease and dementia and die prematurely.

#### Wendover community board:

- Has a **similar proportion of unemployment benefit claimants** (2.4%) to the County average (2.9%)
- Has **3,416 residents living in households at higher risk of food poverty** – 4.3% of the County total, and slightly lower than the County average
- Has a **lower rate of domestic abuse related incidents and crime** than the County average
- Has a **higher personal debt per person** (£897) amount to the County average (£787)
- Has areas in which **risk of loneliness (65+ years) are amongst the highest** in the County
- Has a **similar proportion of residents seeking support from the Citizens Advice Bureau** compared with the County overall (most frequent issue advice was requested for before the COVID-19 lockdown was **benefits and tax credits** and following the lockdown was **Universal Credit**)

#### The impact of COVID-19 in your community

COVID-19 has undoubtedly had an impact across Buckinghamshire. The pandemic has brought out the best in many communities in terms of community spirit and volunteering efforts. However, COVID-19 has also affected groups in the community in terms of unemployment, debt, food poverty and mental health.

#### Wendover community board, as of 26th May 2020:

- There were **918 residents shielding** – 5.1% of the County total
- There were **164 residents receiving government food deliveries** – 5.7% of the County total
- There were **41 residents requesting essential supplies** – 5.0% of the County total
- There were **201 residents requesting help with basic care** – 5.4% of the County total

## Recommendations based on this public health profile

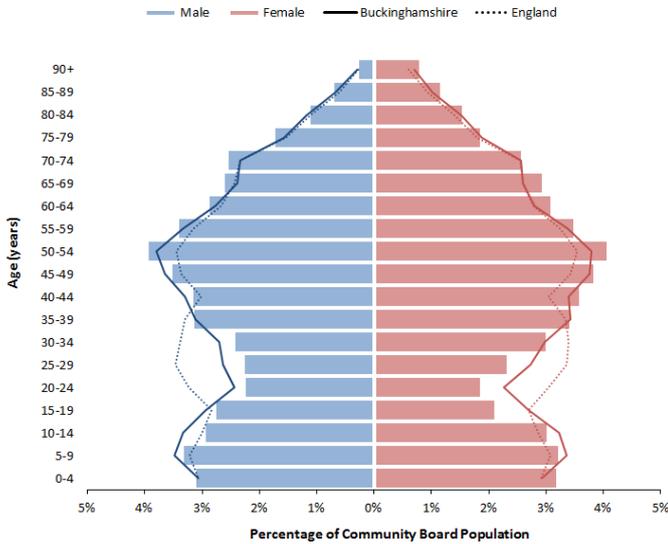
1. Reducing **smoking, childhood obesity** and **physical inactivity** are key areas for your community as they are major causes of preventable ill health and death. The Council's Live Well Stay Well service can support your community to stop smoking, lose weight and get active. Anyone can self-refer themselves to this service.
2. This community has **one of the highest proportions of low birth weight babies** in the County. Low birth weight is associated with poorer health outcomes later in life. Interventions that support women to achieve a healthy pregnancy, particularly older mothers, can reduce the risk of babies being born with a low weight.
3. Wendover ranks amongst the **highest for proportion of adults with cancer** compared with the other community boards. Risk of cancer is linked to a number of factors including smoking, being overweight, physical inactivity, sun exposure and excess alcohol consumption. Screening and early detection do not prevent cancer but are linked to better outcomes.
4. **Loneliness for people aged 65 years and older** is a key area for some parts of your community. Programmes to build community cohesion or encourage befriending should be explored.
5. This community has been impacted by **COVID-19**. People with long term conditions like **diabetes and heart disease** appear to be at higher risk of poorer outcomes following infection with coronavirus. Wendover has a **lower rate of uptake of NHS Health Checks** compared to Buckinghamshire overall. This programme addresses the risk factors of heart disease and kidney disease and therefore **promoting the NHS Health Checks is strongly encouraged**. Other programmes to support community members at risk of COVID-19 due to their long term conditions should also be considered.
6. Additionally, providing support to residents affected by increasing levels of **debt** during the pandemic should be considered. **Financial stress can negatively impact mental health**, which may already have worsened by other aspects of the pandemic including restrictions due to lockdown.

# Wendover

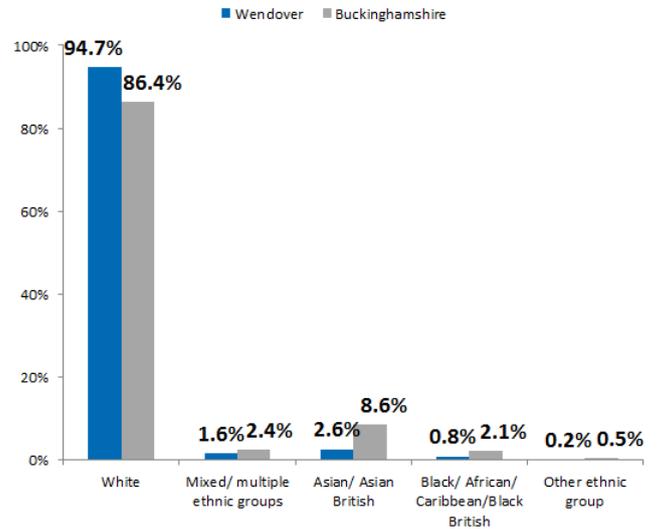
## Public Health Community Board Profile 2020

The people in your community (population size = 26,158)

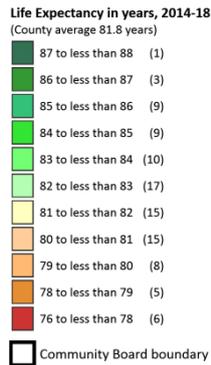
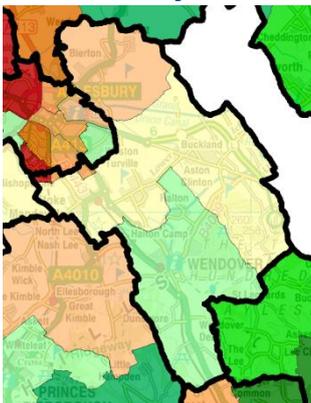
### Age structure (2018)



### Ethnicity (2011 Census)

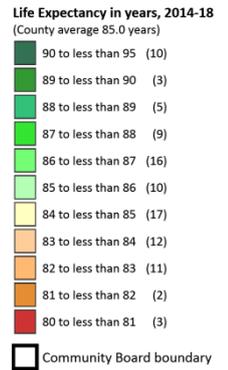
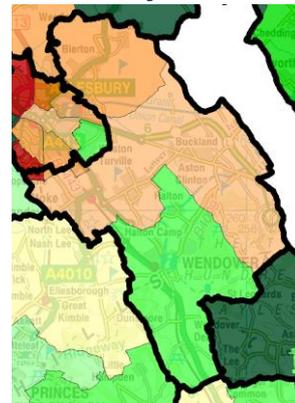


### Life Expectancy at birth (males) by ward, 2014-18



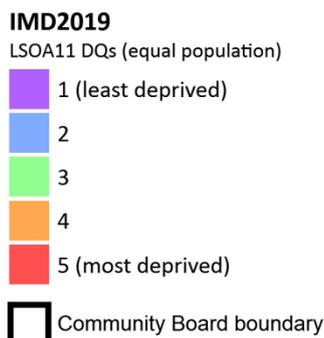
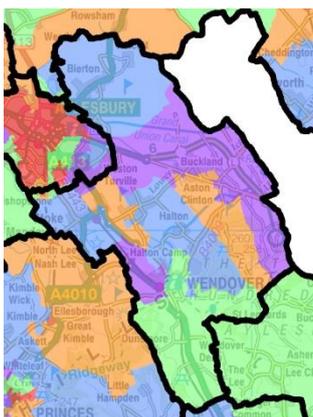
**80.9 years** Wendover  
**81.8 years** Buckinghamshire  
**79.6 years** England

### Life Expectancy at birth (females) by ward, 2014-18



**83.9 years** Wendover  
**85.0 years** Buckinghamshire  
**83.2 years** England

### Index of Multiple Deprivation, 2019



**Wendover 6.1**  
**Buckinghamshire 10.1**  
**England 21.7**

(a higher value indicates a greater level of deprivation)

## Growing up in your community



**261** Number of live births (2018)

**9.2%** low birthweight babies

Bucks (2018) 7.0%; England (2017) 7.4%



**Data pending**

Number of children known to social services

Bucks X; England X



**7.2%**

Children in poverty (2018)  
Bucks 12.1%; England 18.2%



**79.5%**

School Readiness (2018/19)  
Bucks 74.2% England 72.0%



**24.8%**

Year 6 children are overweight and obese (2018/19)  
Bucks 29.4%; England 34.3%



**Data pending**

Pupil average attainment 8 score  
Bucks 52.7%; England 46.9%

## Health behaviours in your community



**103.3**

people (aged 18+) receiving treatment for alcohol & non-opiate misuse per 100,000 population  
Bucks 128.5 per 100,000 (2018-19)



**12.3%**

Smokers aged 15+  
Bucks 14.6%; (Jan 2020)  
England 16.7% (2018/19)



**28.5%** <sup>1</sup>

Adults recorded as obese (June 2020) on primary care registers  
Bucks 31.4%



**19.8%**

Physically inactive adults (2017/18)  
Bucks 16.5%; England 21.4% (2018/19)

## The impact of COVID-19 in your community - As of 26<sup>th</sup> May '20



**918**

No. of residents shielding  
Bucks 17,833



**164** <sup>2</sup>

No. of residents receiving government food deliveries  
Bucks 2,860



**41**

No. of residents requesting essential supplies  
Bucks 827

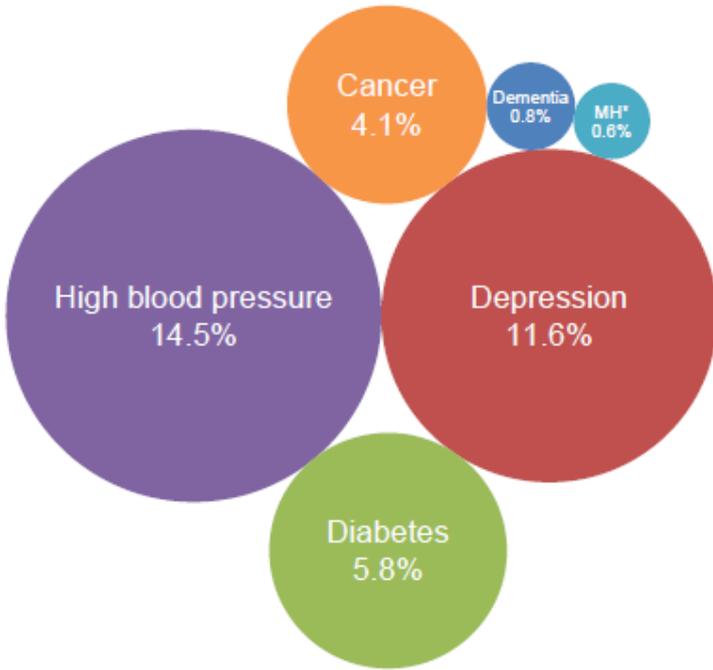


**201**

No. of residents requesting help with basic care  
Bucks 3,688

# Long term conditions and healthcare usage

% of people registered at GP practices on disease registers (as of June 2020)<sup>3</sup>



\*Patients with schizophrenia, bipolar affective disorder and other psychoses as recorded on practice disease registers.

Emergency admissions to hospital (2018-19)

Compared to the other community boards (where 16th is the lowest rate of admissions)

8<sup>th</sup> out of 16 for overall emergency admissions

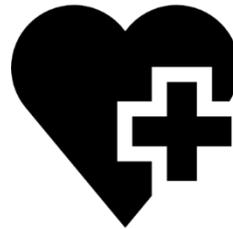
3<sup>rd</sup> for cancer

5<sup>th</sup> for respiratory disease

7<sup>th</sup> for children aged 0-5 years and dementia

9<sup>th</sup> for cardiovascular disease

12<sup>th</sup> for mental health



NHS Health Checks

41.1%

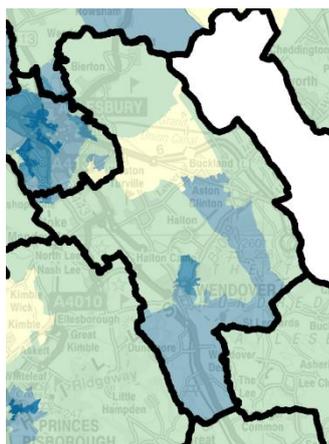
676 uptake

Bucks 43.8% (2019/20)

# Vulnerable groups in your community

Risk of Loneliness at age 65+

(Darker colour = higher risk)



Risk of loneliness at age 65+  
Darker = higher risk

-4.79 to -4.48

-4.48 to -4.17

-4.17 to -3.86

-3.86 to -3.55

-3.55 to -3.22

Community Board boundary

£897



Personal debt per person

Bucks £787;  
England £698  
(Sept 2019)

4

390

Unemployment Benefit Claimants

Wendover 2.4%; Bucks 2.9%;  
England 5.0%  
(April 2020)



3,416 (13.4%)

Number of residents living in households at higher risk of food poverty (Sept 2019)  
Bucks 79,896 (14.9%)



## Sources:

**Population** - Office for National Statistics, Mid-Year Estimates 2018

**Ethnicity** - 2011 Census

**Life expectancy** – Office for National Statistics and Buckinghamshire Public Health Intelligence, 2014-2018

**Index of Multiple Deprivation (IMD)** – Department of Communities and Local Government – 2019 Indices

**Live births** - Civil Registration Data - Births, NHS Digital, 2018

**Low birthweight births** – Public Health England Fingertips and Buckinghamshire Public Health Intelligence

**Children in poverty** – Department for Work and Pensions, 2018. Data taken from Local Insight<sup>5</sup>

**School readiness** - Business Intelligence, Buckinghamshire Council

**Childhood excess weight** – National Child Measurement Programme 2018/19 and Buckinghamshire Public Health Intelligence

**Pupil attainment** - Business Intelligence, Buckinghamshire Council

**Alcohol treatment** – 2016/17 to 2018/19, ILLY Links Carepath database and Buckinghamshire Public Health Intelligence

**Smoking prevalence** – General Practice registers, obtained via Graphnet

**Adult excess weight** – Public Health England, Fingertips, 2018/19

**Physical inactivity** – Local Insight<sup>4</sup> and Public Health England Fingertips

**Disease registers** - Graphnet Population Segmentation Summary report

**Emergency hospital admissions** – Hospital Episode Statistics and Buckinghamshire Public Health Intelligence, accessed through Data Access Environment (DAE), NHS Digital

**NHS Health Checks** - TCR Nottingham database 2019/20

**Impact of COVID-19** – Business Intelligence, Buckinghamshire Council

**Risk of loneliness** – 2011 Census

**Personal debt per head** – UK Finance, 2018, accessed through Local Insight<sup>5</sup>

**Unemployment benefit claimants** – Department for Work and Pensions, April 2020, accessed through Local Insight<sup>5</sup>

**Food poverty** - OA 2018 Mid-Year Estimates from NOMIS. University of Southampton - Estimating household food insecurity in England: 2019 MSOA estimates

**Domestic abuse** – Strategic crime assessment, 2018/19

**CAB support** – Citizens Advice Bureau 2020

Icons made by Freepik from [www.flaticon.com](http://www.flaticon.com)

## Notes

<sup>1</sup> Obesity data is calculated as a % of those with a BMI recorded. The number of patients with a recorded BMI will vary across practices and therefore the figures presented in this profile are to be used as an indication only.

<sup>2</sup> Data available for all persons registered with a Buckinghamshire CCG practice. Data not available for Buckinghamshire county residents who are registered with a non-Bucks practice (approximately 5% of population).

<sup>3</sup> Figure is likely to be an underestimate as missing postcode data for around 1,000 residents in Buckinghamshire on that daily download.

<sup>4</sup> Food poverty risk calculated based on household composition and benefits claims, calculated by University of Southampton.

<sup>5</sup> Local Insight data is based on modelled estimates

## The impact of COVID-19 on communities in Buckinghamshire

COVID-19 has been shown to have a differential impact on communities. Factors such as **older age, male sex**, being from a **Black, Asian or Minority Ethnicity (BAME) group**, **residing in a more deprived area, occupation and certain long-term conditions** (e.g. diabetes and obesity) are associated with either a greater risk of developing COVID-19 or a poorer outcome following COVID-19 infection. The impacts of COVID-19 are still emerging and include direct and indirect health impacts due to the virus itself and the impact on health of the responses to COVID including lockdown. While many communities have shown an increase in community spirit and volunteering in many areas, many people have experienced adverse impacts. The impacts include **increased risk of social isolation** and **mental health problems** including anxiety and depression, loss of income and employment affecting ability to buy food and afford essentials – all of which affect health and an increase in unhealthy behaviours for some during lockdown.

***What have been the impacts of COVID-19 in your community? What are you hearing from your community members about how COVID-19 has impacted their day to day lives?***

### Small Area Vulnerability Index (for COVID-19)

The Small Area Vulnerability Index (SAVI)<sup>1</sup> is a measure of COVID-19 vulnerability created by researchers at the University of Liverpool. It investigates the association between each predictor (below) and deaths due to COVID-19 (March to May 2020). **A darker colour (higher score) indicates a greater COVID-19 vulnerability score.**

- proportion of Black, Asian or Minority Ethnic (BAME) groups
- measure of income deprivation
- number of residents over 80 years old
- proportion of care home available beds
- number of residents living in an overcrowded house
- admissions to hospital in the past 5 years for a chronic health condition (cardiovascular disease, respiratory disease, diabetes, kidney disease)

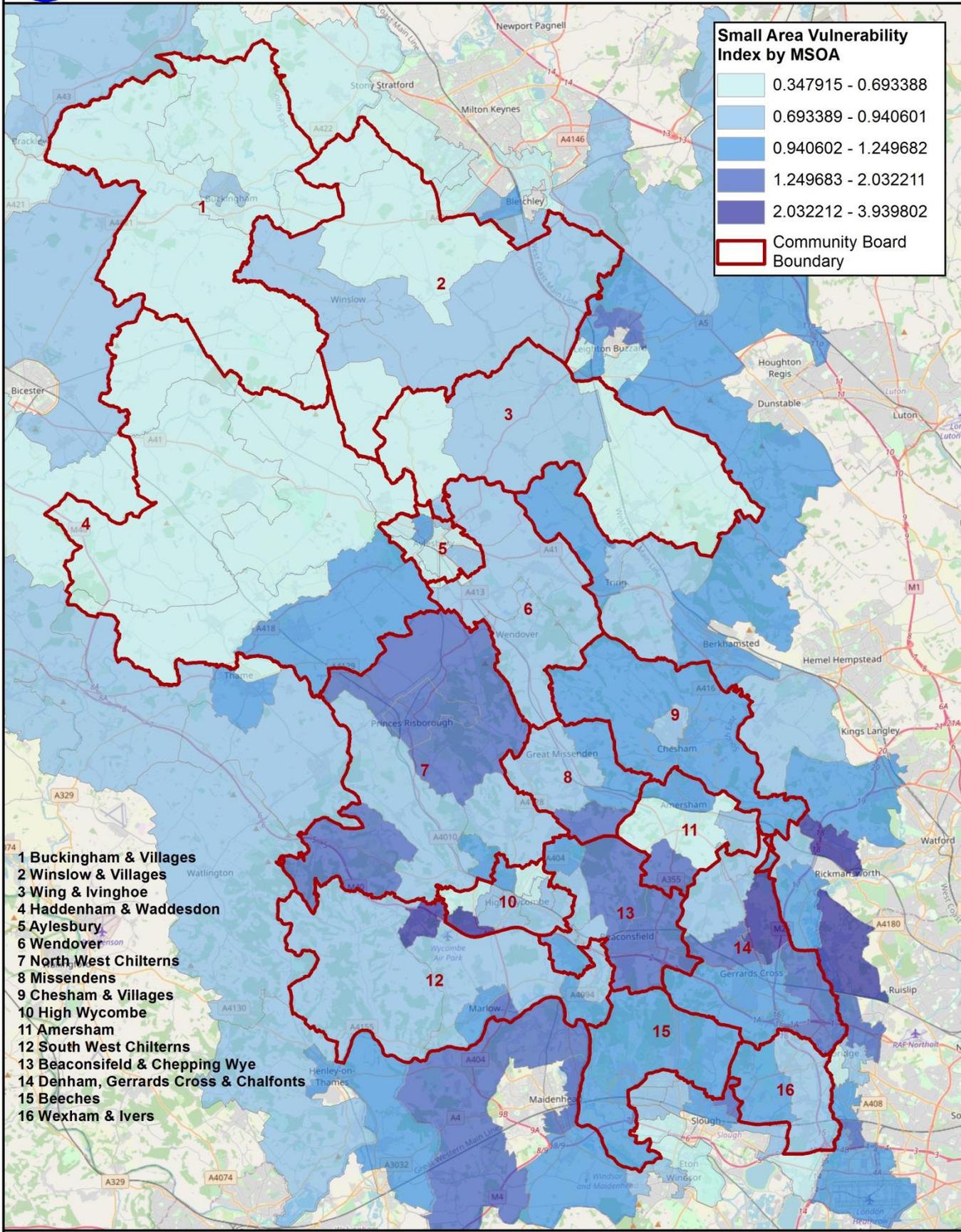
This index provides a measure for each area that indicates the relative increase in risk of death due to COVID-19.

The map for Buckinghamshire below shows higher risk in the South of the county, particularly around areas including Wycombe, Princes Risborough and Beaconsfield.

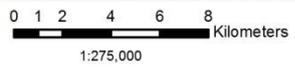
<sup>1</sup><https://pldr.org/2020/06/18/exploring-the-vulnerability-to-covid19-between-communities-in-england/>



# Small Area Vulnerability Index in Buckinghamshire, by Middle Super Output Area (MSOA), June 2020



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Produced by Public Health Intelligence  
 Buckinghamshire Council  
 13/07/2020

Ideas for Community Health and Wellbeing Initiatives			
Name of activity	Brief description	Link to more information	Approximate cost to deliver
<b>Food Poverty/Healthy Eating</b>			
Community growing	<p>Community food and growing projects provide opportunities for local people to come together, improve the appearance of open spaces, eat healthily, interact with the natural environment, improve mental wellbeing, undertake regular exercise and team work, to create a sense of empowerment and to gain skills for life through an understanding of how to grow healthy, seasonal food.</p> <p>A community orchard project is lower-maintenance and one-off growing sessions e.g. grow your own strawberries or peashoots can be a starting point for wider community engagement</p> <p>You will need to set up a local group and decide on your focus but a wide range of ideas and tips are available from RHS. You will need public liability insurance which you can get via RHS in region of £75-£100.</p> <p>Membership of RHS might be advantageous, and you will need to consider basic materials such as seeds etc depending on what you want to do.</p> <p>This activity can take place outdoors with social distancing</p>	<p>Community GROW <a href="https://www.facebook.com/pg/CommunityGROWproject/about/?ref=page_internal">en- gb.facebook.com/pg/CommunityGROWproject/about/?ref=page_internal</a></p> <p>Incredible Edible <a href="http://www.incredibleedible.org.uk/what-we-do/">www.incredibleedible.org.uk/what-we-do/</a></p> <p>RHS community gardening <a href="http://www.rhs.org.uk/get-involved/community-gardening">www.rhs.org.uk/get-involved/community-gardening</a></p> <p>Social farms and gardens <a href="https://www.farmgarden.org.uk/">https://www.farmgarden.org.uk/</a></p>	<p>Initial funding for start-up and tools etc.</p> <p>Approximate start-up costs £500 for tools and insurance</p> <p>Additional items could be needed e.g. shed for storing tools, raised beds in case land is contaminated, initial professional support e.g. permaculture design to ensure project longevity £1000-£2000</p>
Cookery sessions	<p>Setting up cookery sessions in local communities can help to inspire children and adults to develop a range of basic cookery skills, and the ability to cook healthy meals.</p> <p>Depending on the target audience and the provider cookery</p>	<p>Wycombe Wonderers Sport and Education Trust – Fit and fed programme <a href="http://www.wwset.co.uk/fit-and-">www.wwset.co.uk/fit-and-</a></p>	<p>Dependent on initiative and provider.</p> <p>A professional facilitator could charge £150 to £300 per day for</p>

Ideas for Community Health and Wellbeing Initiatives			
Name of activity	Brief description	Link to more information	Approximate cost to deliver
	<p>sessions may support adults to make to most from food bank boxes, or support families to eat a nutritious meal over the school holiday period. They could even be linked to local community growing programmes using what is grown locally. A project which trains up volunteers in their own community could offer sustainability in the long-term.</p> <p>Some local organisations are delivering interactive cookery sessions online, so this is possible while covid restrictions are in place</p>	<p><a href="#">fed/</a></p> <p>Chiltern Foodbank <a href="http://chiltern.foodbank.org.uk/get-help/more-than-food/eat-well-spend-less/">chiltern.foodbank.org.uk/get-help/more-than-food/eat-well-spend-less/</a></p> <p>Empower to Cook <a href="http://www.empowertocook.co.uk/">www.empowertocook.co.uk/</a></p> <p>Khepera <a href="http://www.facebook.com/kheperaorg/">www.facebook.com/kheperaorg/</a></p> <p>Good Food Oxford Cooking Framework - a resource for those who teach cooking skills <a href="http://goodfoodoxford.org/gfcf/">goodfoodoxford.org/gfcf/</a></p> <p>Good Food Oxford Cooking Toolkit <a href="http://goodfoodoxford.org/cooking-toolkit/">goodfoodoxford.org/cooking-toolkit/</a></p>	e.g. six sessions.

Ideas for Community Health and Wellbeing Initiatives			
Name of activity	Brief description	Link to more information	Approximate cost to deliver
Community gleaning and harvesting	<p>For people who have less time to put into a regular growing project, community gleaning and harvesting can be a great way to build community connections, spend time outdoors, and make the most of food that is abundant on trees and hedgerows. This can be as simple as a shared community map of fruit trees and hedgerow harvests, but can also include community sessions such as tree pruning, gleaning sessions, apple pressing, chutney- pickle- and jam-making.</p> <p>Some elements of this activity can take place outdoors with social distancing</p>	<a href="http://www.abundancenetwork.org.uk/">www.abundancenetwork.org.uk/</a>	Initial funding for website. Start-up costs for equipment such as apple pressing (£500) and pasteurising (£200) equipment, jam pans and thermometers (£100), pruning tools (£100).
Regular community meal	<p>With a committed team of volunteers, a weekly community meal becomes a possibility. This could be for a specific group, for example older people, or for the whole community. Making the most of donated food surplus (e.g. from Fareshare or SOFEA, or using food sharing apps) can be a fun way of raising awareness of food waste and how to reduce it. Regular costs could include kitchen and community centre hire but in some cases this can be waived or covered using a "pay as you feel model". With social distancing, volunteers could instead distribute food parcels or hot meals.</p>	<a href="http://www.foodcycle.org.uk/">www.foodcycle.org.uk/</a>	Basic costs for posters and flyers, webpage, decor, tablecloths, cooking equipment, crockery and cutlery and glasses £500-£1000. Potentially kitchen and room hire.
Community fridge	<p>The Community Fridge is a simple way of sharing good food that would otherwise go to waste. The model provides communities with a way of providing each other with mutual support without the need for formal intervention. Hubbub has a full set of guidance and it can be signed off by Environmental Health Officers. Anyone can put food in (not high-risk foods) and anyone can take food out. Volunteers</p>	<a href="http://www.hubbub.org.uk/the-community-fridge">www.hubbub.org.uk/the-community-fridge</a>	£250 for fridge, thermometer, record books. £100-£200 for promotion - flyers, posters, website.

<b>Ideas for Community Health and Wellbeing Initiatives</b>			
Name of activity	Brief description	Link to more information	Approximate cost to deliver
	also tend to collect surplus food weekly from local shops.		
Community larder / food club	With larger quantities of surplus food, often donated by Fareshare, communities can get together to create a club-type membership system. Volunteers get free membership and everyone else pays around £5 a week for £20-worth of good quality surplus food. The larder "pops up" in a community centre once a week for people to collect their items. This is different to a food bank in that people pay a small amount and get to choose which items they want. Some health considerations can be put into place, for example limiting the number of sugary items and allowing plenty of fruit and vegetables	<a href="http://fareshare.org.uk/">fareshare.org.uk/</a>	£200-£300 for equipment e.g. crates, tables, storage, etc. Room hire if not offered free of charge.
Community shop	A community shop can be a fantastic community hub offering many different services from a low-cost shop and café to a good neighbour scheme or bike repair scheme. Communities who are committed for the long term can create lots of fantastic and great value benefits.	<a href="http://www.sandfordtalkingshop.org/">www.sandfordtalkingshop.org/</a>	£5000 to £7000 start-up to draw up community plans and consult on local need - but this could leverage grant funding and local donations or a community share offer.
<b>Physical Activity whole community approaches</b>			
Active Movement community focus	<ul style="list-style-type: none"> <li>- Create an active movement community</li> <li>- Resources for residents to help them to reduce their sedentary behaviour</li> </ul> <p>Possible with social distancing</p>	<a href="https://www.activemovement.co.uk/active-community">https://www.activemovement.co.uk/active-community</a>	Depends on size of community and materials needed – likely to be around £5000
A non-digital offer for people with reduced	An intervention to encourage people with reduced digital capability to be more active		Phone call – co-ordination of instructors and cost of their time

Ideas for Community Health and Wellbeing Initiatives			
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digital capabilities	<ul style="list-style-type: none"> <li>- A phone call activity session – with local residents and local instructors. Simple, fun activities that can be done over the phone to help get people more active</li> <li>- Distribution of physical packs – ideas of how to be physically active. Could this be made interactive? E.g. sharing your ideas or plans with your local community</li> <li>- Collaboration with local radio stations – can we get 10 for today on one of the local radio stations? <a href="https://10today.co.uk/tune-in/">https://10today.co.uk/tune-in/</a></li> </ul> <p>Possible with social distancing</p>		<p>Printing or development of packs for residents (could be done centrally if enough interest)</p> <p>Local radio station – unknown as to how much a 10 minute slot each day would cost</p>
Marked walking routes with instructions for exercises at different points along the way	<ul style="list-style-type: none"> <li>- The marking of accessible routes of varying lengths around the local community with different activities at each point. E.g. 10 star jumps or 10 toe taps at this point</li> <li>- Routes need to be clearly marked, interesting and fun to do and of varying lengths suitable for all abilities</li> <li>- Can team up with Simply Walks volunteer walk leaders to do this</li> <li>- Incorporate local green spaces</li> </ul> <p>Possible with social distancing</p>		Depends on the length of the walking route and the type of markers
3, 2, 1 routes	<p>Routes of 3, 2 and 1 miles respectively for either walking/ jogging/ running, clearly signposted and marked for people to follow.</p> <p>For example: 3-2-1 is Run England's project which aims to provide a range of marked out running or jogging routes across the country</p>	<a href="https://runtogether.co.uk/about/archive-news/2013/2/22/find-a-marked-running-route-near-you/">https://runtogether.co.uk/about/archive-news/2013/2/22/find-a-marked-running-route-near-you/</a>	Cost of markers to mark out routes and advertise them

Ideas for Community Health and Wellbeing Initiatives			
Name of activity	Brief description	Link to more information	Approximate cost to deliver
	<p>that anyone can have a go at. It's a way of providing a meaningful challenge to help more people to get running when it best suits them.</p> <p>Local providers - working in partnership with athletics clubs and Run England groups - can mark routes that are 3, 2 and 1 miles, kilometres or laps – suitable target distances for anyone who wishes to have a go! Due to popular demand, there are now 4km and 5km markers on sale too!</p> <p>With physical activity in your local area encouraged during covid-19 this may give local people ideas about different routes they could try.</p>		
Tailored Active Bucks beginner activities	Set up of new activities based on community population, insight and need. For example, walking football, dance fitness, men's sheds	Email <a href="mailto:suzi.andrews@buckinghamshire.gov.uk">suzi.andrews@buckinghamshire.gov.uk</a>	Seed-funding for each activity – between £500-1000 per activity
Beat the streets	Beat the Street turns towns into giant games. Earn points, win prizes and discover more about your area by walking, running and cycling. Pick up a Beat the Street card and tap Beat Boxes across your community	<a href="https://www.beatthestreet.me/UserPortal/Default">https://www.beatthestreet.me/UserPortal/Default</a>	Depends on the size of the game, could be £10k upwards for a small game
Bike Libraries	<p>The concept of a Bike Library is simple – it's a location or mobile unit with a fleet of bikes which are available for children and families to borrow for free!</p> <p>These bikes can be used to participate in a range of activities to promote healthy living, social inclusion and to have fun! Activities may be as specific as a guided ride in the local community, a basic bike skills or maintenance course or simply just to give everyone the freedom to ride on a safe</p>	<a href="https://bikelibraries.yorksire.com/about/">https://bikelibraries.yorksire.com/about/</a>	Depends on the size of the library. Estimate between £1-5k

Ideas for Community Health and Wellbeing Initiatives			
Name of activity	Brief description	Link to more information	Approximate cost to deliver
	<p>route with family and friends.</p> <p>Measures could be put in place to make this activity covid secure</p>		
Community Growing	See info in food poverty section		
Cross-generational garden projects working with care homes and older adult assisted living facilities	<ul style="list-style-type: none"> <li>- Develop green space, similar to community gardening</li> <li>- Focus specifically on spaces where there may be socially isolated individuals such as care homes or assisted residential settings</li> <li>- Encourage local families to get involved</li> </ul>	<p>Example of a skip garden</p> <p><a href="https://www.kingscross.co.uk/global-generation">https://www.kingscross.co.uk/global-generation</a></p>	
FANs (Friends and Neighbours) projects	A project to enable residents of care homes to play an active role in developing closer links with their local community to help improve their own health and wellbeing.	<a href="https://www.careadvicebuckinghamshire.org/Resources/Councils/Buckinghamshire/gict/FaN-Newsletter.pdf">https://www.careadvicebuckinghamshire.org/Resources/Councils/Buckinghamshire/gict/FaN-Newsletter.pdf</a>	Dependent on initiative and partner organisation
Green Gym	<p>Green Gyms are fun and free outdoor sessions where you will be guided in practical activities such as planting trees, clearing play areas, sowing meadows and establishing wildlife ponds.</p> <p>Participants take part in a wide range of worthwhile activities, improving strength, flexibility, mental wellbeing and feelings of optimism.</p> <p>This activity can take place outdoors with social distancing</p>	<a href="https://www.tcv.org.uk/health/">https://www.tcv.org.uk/health/</a>	Low cost, run by volunteers. May need a small contribution for initial set up/ tools etc
Play Streets	A model where neighbours close their street to through traffic for a couple of hours, creating a safe space for children	<a href="https://playingout.net/about/what-is-playing-out/">https://playingout.net/about/what-is-playing-out/</a>	Support with applications for street closures and advertisement

Ideas for Community Health and Wellbeing Initiatives			
Name of activity	Brief description	Link to more information	Approximate cost to deliver
	to play out.		
Simply Walk	<p>Walking is a great way to get out and about and meet new people while improving your health and wellbeing. Simply Walkers are out in all weathers, smiling, talking and enjoying each others company.</p> <p>Our volunteer-led walks run all year, with over 700 walkers who join us on one of over 80 walks across the county every week. Volunteer leaders are there to help you walk at your own pace, so there is no need to worry about being left behind, lost or feeling left out.</p>	<a href="https://www.bucksc.gov.uk/services/environment/exploring-the-countryside/simply-walk/">https://www.bucksc.gov.uk/services/environment/exploring-the-countryside/simply-walk/</a>	Free but donations required for sustainability and for new routes. Each walk costs around £700 to fund yearly
Sustrans – change your streets	For communities thinking about making changes to their street to solve issues and/or create a better street environment	<a href="https://www.sustrans.org.uk/our-blog/get-active/2019/everyday-walking-and-cycling/13-things-you-can-do-with-your-community-to-improve-your-street/">https://www.sustrans.org.uk/our-blog/get-active/2019/everyday-walking-and-cycling/13-things-you-can-do-with-your-community-to-improve-your-street/</a>	Sustrans managed projects require funding of at least £10,000. Other projects can be less costly depending on what you want to implement
Jogging or running groups e.g. Parkrun	<p>Parkrun organise free, weekly, 5km timed runs around the world. They are open to everyone, free, and are safe and easy to take part in.</p> <p>There are currently six Parkruns in Buckinghamshire:</p> <ol style="list-style-type: none"> <li>1. Buckingham</li> <li>2. Aylesbury</li> <li>3. Wendover</li> <li>4. Church Mead</li> <li>5. Wycombe</li> <li>6. Marlow</li> </ol>	<a href="https://www.parkrun.org.uk/">https://www.parkrun.org.uk/</a>	May need some funding for initial start up and running costs

<b>Ideas for Community Health and Wellbeing Initiatives</b>			
<b>Name of activity</b>	<b>Brief description</b>	<b>Link to more information</b>	<b>Approximate cost to deliver</b>
Living Streets	Not only are we exceptional walkers, we're also experts in planning and urban design, positive behaviour change and have a huge number of on the ground projects that are boosting communities across the UK. We offer a range of bespoke consultancy, project management and behaviour change initiatives, as well as products that will help your business or school reap the benefits of increased walking levels.	<a href="https://www.livingstreets.org.uk/products-and-services/projects">https://www.livingstreets.org.uk/products-and-services/projects</a>  <a href="https://www.livingstreets.org.uk/products-and-services">https://www.livingstreets.org.uk/products-and-services</a>	Depends on initiative
<b>Physical activity schools/ early years settings</b>			
Daily Mile	The Daily Mile is a social physical activity, with children running or jogging one mile each day – at their own pace – in the fresh air with friends. Children can occasionally walk to catch their breath, if necessary, but should aim to run or jog for the full 15 minutes.	<a href="https://thedailymile.co.uk/">https://thedailymile.co.uk/</a>	Free
Physical Literacy	Move to Improve is a collaboration between Buckinghamshire County Council and Leap. The Move to Improve resources were developed in response to national guidance and local consultation with teachers. They called for additional resources to support nursery staff and teachers to imbue the teaching of fundamental movement skills within the 3 – 7 year age group.	<a href="http://www.movetoimprove.org.uk/">http://www.movetoimprove.org.uk/</a>	Free
Reducing sedentary behaviour in schools and workplaces	<p>The focus of Active Movement is not on exercise regimens and diet, but establishing a behaviour and mindset that will last every child a lifetime.</p> <p>The Active Movement programme is designed to evolve with the children's own mobility, communication, education and maturity.</p>	<a href="https://www.activemovement.co.uk/">https://www.activemovement.co.uk/</a>	£3000 per school setting

<b>Ideas for Community Health and Wellbeing Initiatives</b>			
Name of activity	Brief description	Link to more information	Approximate cost to deliver
	From nursery to secondary school, the programme constantly changes to educate and inspire children to reduce their sedentary behaviour and increase low-level activity as part of the home and school life.		
Satellite Sports Clubs	Satellite clubs provide a link between a community activity provider and an education establishment or youth organisation by creating relevant, appealing and convenient sessions for inactive 11-25 year olds outside the sport club environment	<a href="https://www.leapwithus.org.uk/satellite-clubs/">https://www.leapwithus.org.uk/satellite-clubs/</a>	Funding of up to £2k available; but could be match funded by Community Boards to extend the scope of the local project
School Travel Planning	As well as reducing congestion and the number of parents that drive to school, a school travel plan helps to focus on promoting active, safe and sustainable travel.	<a href="http://schooltravelplanning.com/">http://schooltravelplanning.com/</a> <a href="http://schooltravelplanning.com/schools/initiatives/">http://schooltravelplanning.com/schools/initiatives/</a>	Varies depending on initiative
<b>Mental Wellbeing</b>			
Bucks Time To Change (TTC) Display Stands for Community Events	<b>Brief description</b> The Bucks TTC Hub is a partnership of local organisations and people who are committed to ending mental health stigma and discrimination. Collectively and independently they initiate and run regular local activities to challenge mental health prejudice, coming together to align and maximise the impact of their combined activity. With the support of the Bucks TTC hub, the national TTC movement has the opportunity to change the way society thinks about those with mental health problems.	Link to more information <a href="http://www.timetochangebucks.org">www.timetochangebucks.org</a> or email the Hub Coordinator via <a href="mailto:Champions@bucksmind.org.uk">Champions@bucksmind.org.uk</a>	Free
Mental Health	Bucks Mind delivers various educational sessions to adults,	Link to more information	Approximate cost to delivery:

<b>Ideas for Community Health and Wellbeing Initiatives</b>			
<b>Name of activity</b>	<b>Brief description</b>	<b>Link to more information</b>	<b>Approximate cost to deliver</b>
Awareness Sessions	<p>parents, carers, community groups and those working with young people. These sessions include assemblies, workshops and full training days on mental health awareness to normalise conversations about mental health and reduce stigma and discrimination and also to support work with young people. The team creates bespoke training, from a one-hour workshop to a full day's training on topics as follows:</p> <ul style="list-style-type: none"> <li>• Prevalence of mental health difficulties in young people</li> <li>• Mental health and media</li> <li>• How to talk about mental health with young people</li> <li>• Available support for young people</li> <li>• Available support for parents and families</li> </ul>	<a href="https://www.bucksmind.org.uk/services/children-and-young-peoples-services/mental-health-education-in-schools/">https://www.bucksmind.org.uk/services/children-and-young-peoples-services/mental-health-education-in-schools/</a>	Usually £100 for an hour's workshop
Wider activities	Many of the other activities included in this document that involve participating in your community, learning new skills and being physically active will also boost mental health.		
<b>Communities</b>			
Street Associations	Creating stronger more connected communities by encouraging residents to look out for their neighbours and raise awareness of scams and hidden issues. An information pack is given to residents with tools and resources to be the eyes and ears on the street. Positive outcomes include referrals to preventative services and reducing isolation through connections with other neighbours/local activities.	<a href="https://www.bucksgov.uk/services/community/helping-your-community/street-associations/">https://www.bucksgov.uk/services/community/helping-your-community/street-associations/</a>	
Dementia Friendly communities	A dementia-friendly community is a city, town or village where people with dementia are understood, respected and	<a href="https://www.alzheimers.org.uk/get-">https://www.alzheimers.org.uk/get-</a>	Free (there may be a small amount of pump priming for

## Ideas for Community Health and Wellbeing Initiatives

Name of activity	Brief description	Link to more information	Approximate cost to deliver
	<p>supported.</p> <p>The Alzheimer’s Society has a recognition scheme which celebrates the work of dementia-friendly communities across the country. Communities can be supported to establish and run a local Dementia Friendly Alliance.</p> <p>Dementia Friends Awareness Sessions can be delivered to local communities and businesses and local champions can be given training to deliver the sessions in their community</p>	<p><a href="#">involved/dementia-friendly-communities/what-dementia-friendly-community</a></p>	<p>meeting expenses, training and any activities the alliance might be interested in – eg the Dementia Bus)</p>
Virtual Dementia Tour Bus	<p>An immersive training experience provided by Training2Care which gives participants a powerful insight into some of the physical and sensory challenges associated with living with dementia. An effective tool for bringing together local partners and potential stakeholders.</p>	<p><a href="https://www.training2care.co.uk/virtual-dementia-tour.htm">https://www.training2care.co.uk/virtual-dementia-tour.htm</a></p>	<p>Several events have been funded by Local Area Forums at a cost of approximately £1000 per day (36 participants)</p>
Movers and Shakers	<p>Movers &amp; Shakers is community led health and wellbeing initiative that supports older people to stay fitter longer. Members attend weekly sessions that encourage a healthier lifestyle. A typical session consists of an hour of physical activity, an hour of craft activity, a health/social care related presentation and a healthy lunch in a communal setting.</p>		<p>Small amount of pump priming (£500 - £1000 depending on venue and tutor costs), as groups should be self-sustaining</p>