

# Public Health Community Board Profile 2020 – North West Chilterns

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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.

### North West Chilterns community board:

- Has a population size of 38,205
- Has an **older age profile** compared with County, with 4.8% of the population < 5 years old (County average = 6.0%) and 24.2% > 65 years old (County average = 18.7%)
- Has a **less ethnically diverse population** compared to other areas in the County – Black, Asian and Minority Ethnic (BAME) population = 6.1%, compared with 13.6% in the County overall
- Has the **a lower score on the national Index of Multiple Deprivation measure<sup>1</sup>** compared to the County average (a higher score indicates a greater level of deprivation based on a range of aggregated indicators)
- Has a **higher life expectancy for both men and women** compared to the County average (and higher than the England average)

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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.

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

### North West Chilterns community board:

- Has a **lower proportion of green space coverage** compared with the South East average (1.5% 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.

### North West Chilterns community board:

- Has the **6<sup>th</sup> highest number of live births** in the County
- Has a **similar proportion of low birth weight babies** (7.3%) to the County average (7.0%)
- Has a **lower proportion of children living in income deprived households or poverty** (8.8%) compared with the County average (12.1%)
- Has a **higher proportion of 'School Ready' children** (76.9%) compared with the County average (74.2%)
- Has a **lower proportion of overweight or obese Year 6 children** (27.6%) 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.

### North West Chilterns community board:

- Has a **lower smoking prevalence** (12.3%) than the County average (14.6%)
- Has a **higher proportion of physically inactive adults** (18.8%) compared with the County average (16.5%)
- Has a **higher proportion of obese adults** (32.1%) compared with the County average (31.4%)
- Has a **lower rate of residents receiving treatment for alcohol and non-opiate misuse** (111.2 per 100,000) to the County overall (128.5 per 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).

### North West Chilterns community board:

- Ranks **amongst the highest** for proportion of adults with dementia, **in the mid-range** for mental health and cancer, **and amongst the lowest** for depression and diabetes compared with the other Community Boards
- Ranks **about average for emergency admissions to hospital for adults** and ranks as **one of the highest for children aged 0 – 5 years** compared with the other Community Boards.
- Has a **similar uptake of NHS Health Checks** (43.0%) to 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.

### North West Chilterns community board:

- Has a **lower proportion of unemployment benefit claimants** (2.0%) compared with the County average (2.9%)
- Has **4,935 residents living in households at higher risk of food poverty** – 6.2% of the County total, and lower than the County average
- Has a **lower rate of domestic abuse related incidents and crime** than the County average
- Has a **lower personal debt per person** amount (£754) to the County average (£787)
- Has areas in which **the risk of loneliness (65+ years) are among the lowest and others among the highest** in the County
- Has a **lower proportion of residents seeking support from the Citizens Advice Bureau** compared with the County average (most frequent issue advice was requested for was **benefits, tax credits and 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.

### In North West Chilterns community board, as of 26th May 2020:

- There were **1,769 residents shielding** – 9.9% of County total
- There were **202 residents receiving government food deliveries** – 7.1% of the County total
- There were **68 residents requesting essential supplies** – 8.2% of the County total

- There were **331 residents requesting help with basic care** – 9.0% of the County total

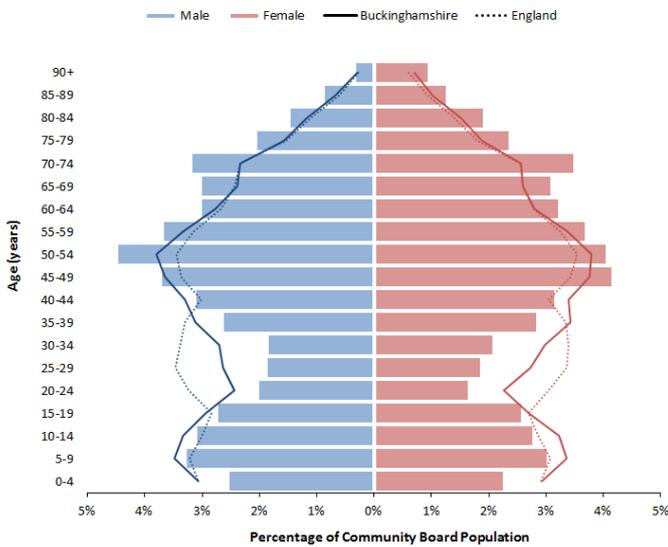
## Recommendations based on this public health profile

1. Reducing **smoking, adult obesity** and **physical inactivity** are key areas for your community as they are major causes of preventable ill health and death. These are particularly relevant as they are all risk factors for dementia, and your community has a **higher level of dementia than Buckinghamshire**. 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. A **large number of children aged 0 to 5 years require emergency hospital admissions** in the community. A better understanding of why this is would be of value for this community so that appropriate support and programmes can be delivered.
3. North West Chilterns has an **older age profile** and a **higher proportion of residents with dementia** compared with the County overall. Dementia-friendly initiatives should be explored. Other interventions that should be considered are ones that promote and encourage physical activity amongst middle-aged people; the evidence shows physical activity reduces the risk of dementia.
4. **Loneliness for people aged 65 years and older** is a key area for parts of your community. Programmes to build community cohesion or encourage befriending should be explored.
5. As for many areas, North West Chilterns has been impacted by **COVID-19**. There are a **relatively high number of residents shielding and requesting essential supplies and help with basic care**. As part of the local recovery plan, initiatives to identify whether these residents require additional or ongoing support should be considered.

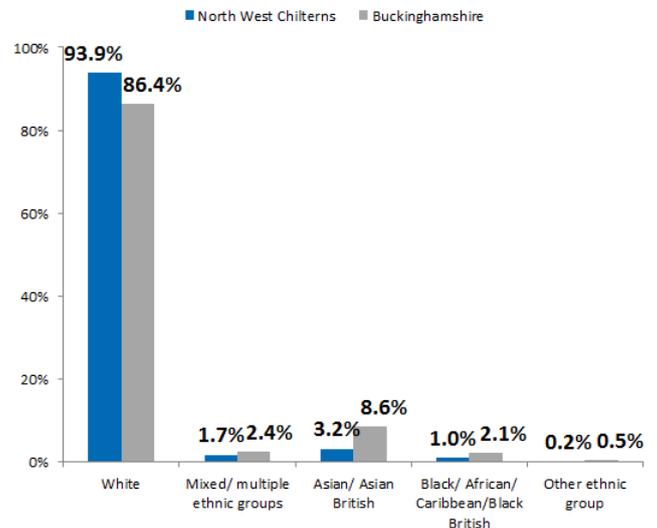
# North West Chilterns Public Health Community Board Profile 2020

The people in your community (population size = 38,205)

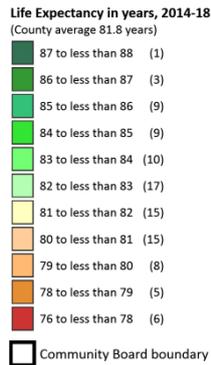
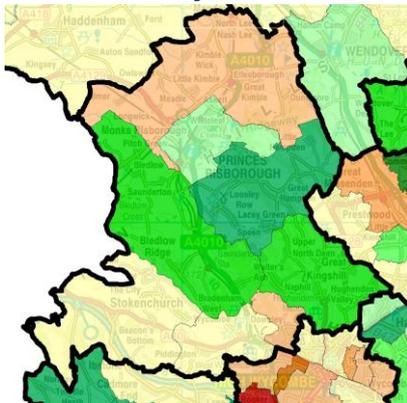
### Age structure (2018)



### Ethnicity (2011 Census)

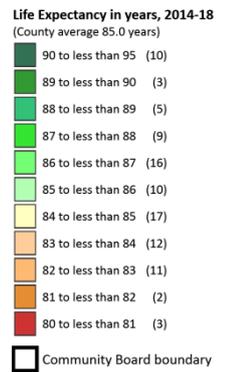
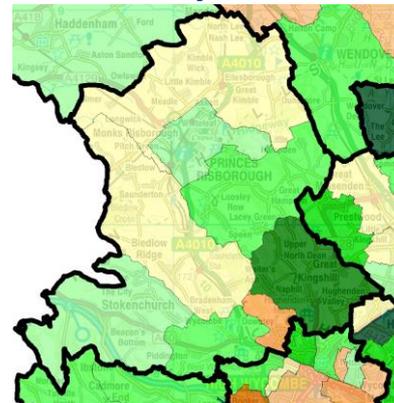


### Life Expectancy at birth (males) by ward, 2014-18



**82.5 years**  
**81.8 years**  
**79.6 years**

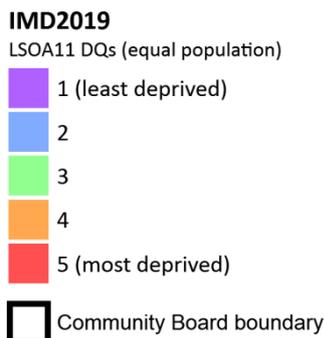
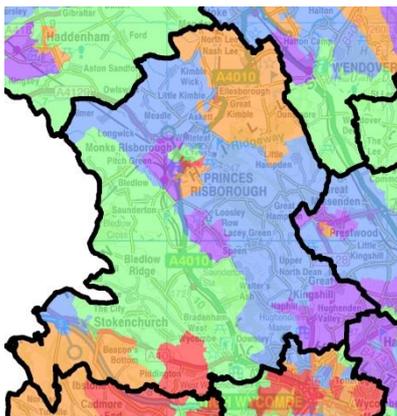
### Life Expectancy at birth (females) by ward, 2014-18



**North West Chilterns**  
**Buckinghamshire**  
**England**

**85.6 years**  
**85.0 years**  
**83.2 years**

### Index of Multiple Deprivation, 2019



**North West Chilterns 6.9**  
**Buckinghamshire 10.1**  
**England 21.7**

(a higher value indicates a greater level of deprivation)

## Growing up in your community



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

**7.3%** of low birthweight babies

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



**Data pending**

Number of children known to social services

Bucks X; England X



**8.8%**

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



**76.9%**

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



**27.6%**

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



**111.2**

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)



**32.1%** <sup>1</sup>

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



**18.8%**

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



**1,769**

No. of residents shielding  
Bucks 17,833



**202** <sup>2</sup>

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



**68**

No. of residents requesting essential supplies  
Bucks 827

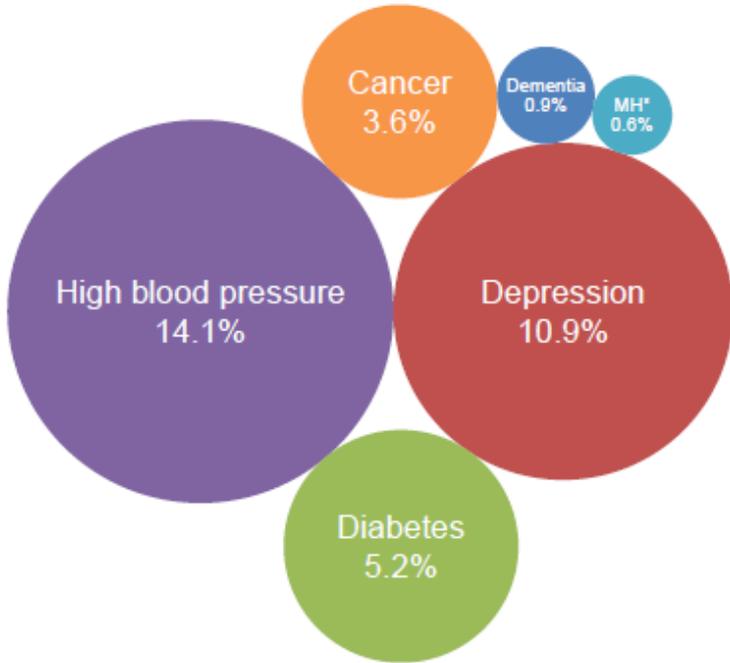


**331**

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)

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

2<sup>nd</sup> for children aged 0-5

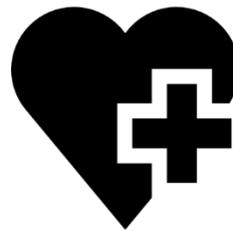
7<sup>th</sup> for mental health

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

10<sup>th</sup> for dementia

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

13<sup>th</sup> for cancer



NHS Health Checks

43.0%

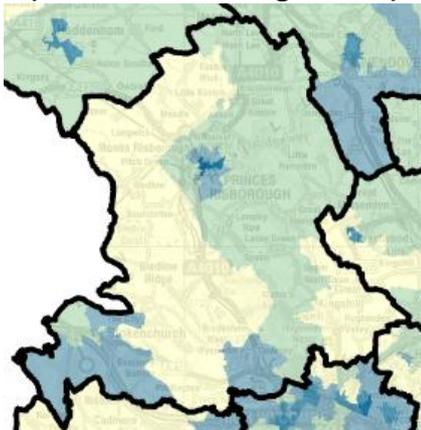
1,046 uptake

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

£754



Personal debt per person

Bucks £787;

England £698

(Sept 2019)

425

Unemployment Benefit Claimants  
North West Chilterns 2.0%;  
Bucks 2.9%; England 5.0%  
(April 2020)



4,935<sup>4</sup> (12.8%)

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



4

## 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 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 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 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)

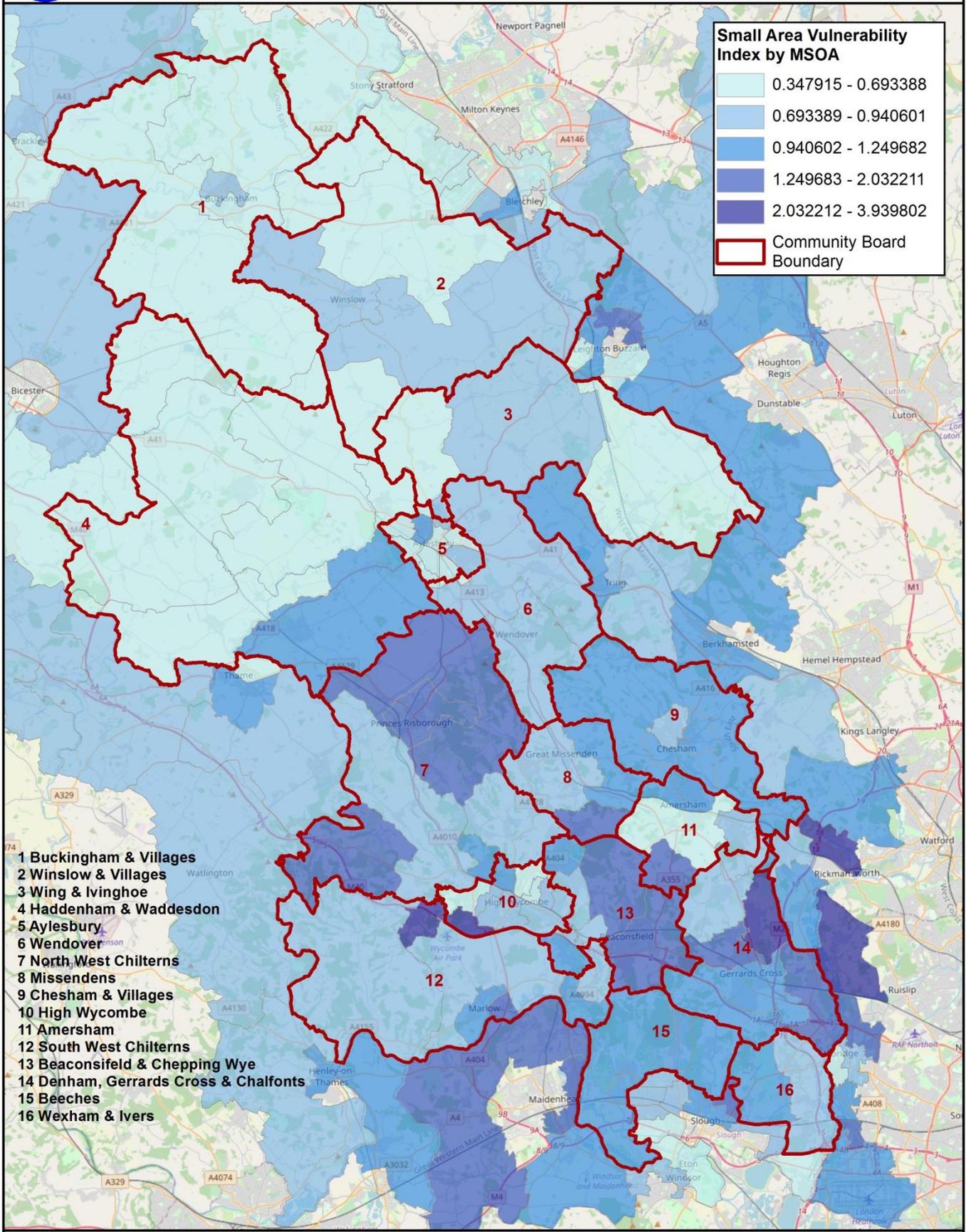
The Small Area Vulnerability Index (SAVI) is a measure of COVID-19 vulnerability. It investigates the association between each predictor (below) and deaths due to COVID-19 (March to May 2020). **A darker colour (higher score) indicates a greater COVID-19 vulnerability score.**

- 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)

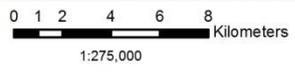
This index provides a measure for each area that indicates the relative increase in risk of death due to COVID-19. The map for Buckinghamshire below shows higher risk in the South of the county, particularly around areas including Wycombe, Princes Risborough and Beaconsfield.



# 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  
02/07/2020

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>			
<b>Name of activity</b>	<b>Brief description</b>	<b>Link to more information</b>	<b>Approximate cost to deliver</b>
	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			
Name of activity	Brief description	Link to more information	Approximate cost to deliver
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

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	<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

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	<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

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	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 four parkruns in Buckinghamshire:</p> <ol style="list-style-type: none"> <li>1. Wendover</li> <li>2. Aylesbury</li> <li>3. Wycombe</li> <li>4. 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
Living Streets	Not only are we exceptional walkers, we're also experts in	<a href="https://www.livingstreets.org.uk/">https://www.livingstreets.org.uk/</a>	Depends on initiative

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	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="http://www.livingstreets.org.uk/products-and-services/projects">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>	
<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 imbed 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

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	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.	<b>Link to more information</b> www.timetochangebucks.org or email the Hub Coordinator via <a href="mailto:Champions@bucksmind.org.uk">Champions@bucksmind.org.uk</a>	Free
Mental Health Awareness Sessions	Bucks Mind delivers various educational sessions to adults, parents, carers, community groups and those working with	<b>Link to more information</b>	<b>Approximate cost to delivery:</b> Usually £100 for an hour's

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	<p>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>	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 supported.	<a href="https://www.alzheimers.org.uk/get-involved/dementia-">https://www.alzheimers.org.uk/get-involved/dementia-</a>	Free (there may be a small amount of pump priming for meeting expenses, training and

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	<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>	<a href="https://www.alzheimersociety.org.uk/what-dementia-friendly-community">friendly-communities/what-dementia-friendly-community</a>	any activities the alliance might be interested in – eg the Dementia Bus)
Virtual Dementia Tour Bus	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.	<a href="https://www.training2care.co.uk/virtual-dementia-tour.htm">https://www.training2care.co.uk/virtual-dementia-tour.htm</a>	Several events have been funded by Local Area Forums at a cost of approximately £1000 per day (36 participants)
Movers and Shakers	Movers & 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.		Small amount of pump priming (£500 - £1000 depending on venue and tutor costs), as groups should be self-sustaining