



East Hunsbury
Parish Council

Community, Health and Wellbeing Strategy for East Hunsbury

2024 - 2026

Final version – approved CE24/035



Health and Wellbeing Strategy

East Hunsbury Parish Council's Health and Wellbeing Strategy feeds into the Integrated Care Northamptonshire 'Live Your Best Life' strategy.

CONSOLIDATES

- Community events
- Community groups and organisations
- East Hunsbury Life
- Access to local information
- Parks and open spaces
- Environmental responsibility

RESOURCES

- LAP Data and Priorities
- Data from events & community initiatives
- Local Insight Data
- Community engagement
- The role of Parish & Town Councils in Health and Wellbeing by Sadie Beishon
- Open discussion with residents

PARTNERS AND SUPPORT

- Local schools
- Local community groups e.g. East Hunsbury Community Fridge
- Hunsbury Library
- Danes Camp Medical Centre
- Trilogy - Danes Camp Leisure Centre
- The Abbey Centre
- Volunteers
- Local community

What?

Why?

How?

Our purpose and aim

Purpose

The purpose of this strategy is to identify and address the unique health and wellbeing needs of the East Hunsbury community, fostering an environment where every individual has the opportunity to achieve optimal health and wellbeing.

Aim

To enhance the health and wellbeing of all East Hunsbury residents through proactive, community-led initiatives and inclusive health and wellbeing delivery.



Mission Statement



East Hunsbury
Parish Council

East Hunsbury Parish Council is committed to leading and collaborating on efforts that support a healthy, vibrant, and resilient community. Our mission is to empower individuals and families to lead healthier lives, reduce health inequalities, and make East Hunsbury a place where everyone can thrive. Through strategic partnerships, evidence-based programs, and a commitment to innovation and excellence, we will work to improve the physical, mental, and social health of our community for generations to come.



Our Priorities

1 Obesity and physical inactivity

2 Loneliness

3 Deprivation

Live Your Best Life Ambitions

Best Start in Life

Access to the best available education and learning

Opportunity to be fit, well and independent

Employment that keeps them and their families out of poverty

Housing that is affordable, safe, and sustainable in places which are clean and green

To feel safe in their homes and when out and about

Connected to their families and friends

The chance for a fresh start when things go wrong

Access to health and social care when they need it

To be accepted and valued simply for who they are

How East Hunsbury supports The Integrated Care Northamptonshire “Live your best life” ambitions

Ambition and outcome	How do we currently align/support	How can we develop and increase support
<p>BEST START IN LIFE - Women are healthy and well during and after pregnancy. Children grow and develop well so they are ready and equipped to start school</p>	<ul style="list-style-type: none"> • Pre-school provision in Blacky More Community Centre. • Hunsbury Library under 5’s activities • Established Breakfast Club during school holiday periods 	<ul style="list-style-type: none"> • Working with EHPS to realise their ambitions for wrap-around care • Development of parent/children groups and activities including Mums Group/Story Time etc. • Grow support for parents/carers during school holiday periods
<p>ACCESS TO THE BEST AVAILABLE EDUCATION AND LEARNING Education settings are good and inclusive and children and young people, including those with special needs, perform well. Adults have access to learning opportunities which support them with work and life skills</p>	<ul style="list-style-type: none"> • Good local schools available across East Hunsbury • Primary and secondary provision • SEND units in local schools • EHPC support via grants • EHPC network with local schools • School of Life project • Youth club provision • Wellbeing Hub • Volunteering opportunities • Sharing of information via website and parish magazine 	<ul style="list-style-type: none"> • Better links between local schools and Councillors working to address higher level issues. • Developing links with Adult Learning to promote learning opportunities locally • Grow support for parents/carers during school holiday periods • Links with the Library on the Summer Reading Challenge and development of other reading opportunities • Increase Breakfast Club to include crafts/reading/board games and other activities • Other swap events like Coat Swap – Christmas Jumpers/Fancy dress/Baby clothes • Developing closer links with Abbeyfield secondary school

How East Hunsbury supports The Integrated Care Northamptonshire 'Live your best life' ambitions

Ambition and outcome	How do we currently align/support	How can we develop and increase support
<p>OPPORTUNITY TO BE FIT, WELL AND INDEPENDENT - Children and adults are healthy and active and enjoy good mental health. People experience less ill health and disability attributed to lung and heart diseases.</p>	<ul style="list-style-type: none"> • Access to Danes Camp Leisure Centre • Get Active Seniors – tai chi, yoga, strollers etc. • Public play equipment for young people • MUGA at Blacky More open space • Outdoor gym equipment at Penvale Park • Good upkeep of our local parks and open spaces • Support of local projects including Community Fridge • Welcome Wednesday • Wellbeing Hub and Climate Hub • Summer holiday Breakfast Club • Signposting to external services and organisations • Volunteering opportunities 	<ul style="list-style-type: none"> • Better links with Danes Camp Leisure Centre to develop initiatives for residents • Play equipment for older children • Refurbish MUGA to increase use • Development of dedicated Health and Wellbeing role in the parish council • Widen the opportunities for volunteering • Development of a Get Active programme for the wider community • Better links with local doctors surgeries and social prescribers • Childrens Metal Health 3rd-9th February 2025 – consider how the parish council can support this • Calmer activities, e.g. meditation, mindfulness
<p>EMPLOYMENT THAT KEEPS THEM AND THEIR FAMILIES OUT OF POVERTY - more adults are employed and earn a 'living wage'. Adults and families take up benefits that they are entitled to.</p>	<ul style="list-style-type: none"> • Promotion of local businesses in the parish magazine • Access to WNC Community Help at Hunsbury Library • Access to information at Hunsbury Library • EHPC are signed up to the Armed Forces Covenant 	<ul style="list-style-type: none"> • Increase in services provided by the parish council will lead to development of new roles
<p>HOUSING THAT IS AFFORDABLE, SAFE AND SUSTAINABLE IN PLACES WHICH ARE GREEN AND CLEAN - the local environment is clean and green with lower carbon emissions.</p>	<ul style="list-style-type: none"> • Maintenance of open green spaces and parks • Meaningful comments on planning applications by EHPC • Parks and Open Space Maintenance Plans reviewed and updated by the POS Committee • Maintenance of bins, and installation of anti-litter signs • Supporting local schools with parking issues • Access to Bikes scheme delivered in local schools 	<ul style="list-style-type: none"> • Continue development of links with developers and planning officers to ensure that housing meets the needs of residents and is affordable, safe and sustainable • Developing Safer Routes to School with local schools and Highways

How East Hunsbury supports The Integrated Care Northamptonshire 'Live your best life' ambitions

Ambition and outcome	How do we currently align / support	Future plans / ideas to develop and increase support
<p>TO FEEL SAFE IN THEIR HOMES AND WHEN OUT AND ABOUT - People are safe in their homes, on public transport and in public places. Children and young people are safe and protected from harm.</p>	<ul style="list-style-type: none"> • EHPC has regular engagement with Neighbourhood Police Team • Police reports are received at every parish council meeting • “Cuppa with a Copper” events held every 4 weeks at Hunsbury Library • Speed Activated Devices operated by EHPC in the parish • EHPC engagement with the Safer Roads team • Installation of defibrillators and bleed cabinets • Work with RAIN to deliver flood mitigation measures 	<ul style="list-style-type: none"> • Better links with Highways to understand and address hyper-local issues • Understanding where CCTV could help in some locations and how this could be implemented • Supporting first aid, defib, critical bleed training for residents • Awareness of emergency planning for households • Awareness of flood defences for households
<p>CONNECTED TO THEIR FAMILIES AND FRIENDS - People feel well connected to family, friends and their community. Connections are helped by transport and technology.</p>	<ul style="list-style-type: none"> • Events and initiatives by EHPC are opportunities to reduce isolation and loneliness and promote community inclusion • Promotion of events and activities at the Abbey Centre • Promotion of events and activities at Blacky More Community Centre • Opportunities for residents to join groups and take part in activities including The Big Sing, Pub Quiz in the Library, Seniors Club etc. • Volunteer opportunities available supported by EHPC and other organisations • Grants available to support local groups and causes • Promotion of transport links e.g. Ability 	<ul style="list-style-type: none"> • Lobby Stagecoach and WNC for better bus services across the parish, and connectivity to the immediate area • Connectivity across Northamptonshire with viable alternatives to driving • Development of Welcome Pack for new residents
<p>THE CHANCE FOR A FRESH START WHEN THINGS GO WRONG – people have good access to support</p>	<ul style="list-style-type: none"> • EHPC signpost to support information • Information available from Hunsbury Library • Access to WNC Customer Services drop-in’s at Hunsbury Library 	<ul style="list-style-type: none"> • Develop better connections with doctors surgeries and social prescribers • Development of dedicated Health and Wellbeing role in the parish council

How East Hunsbury supports The Integrated Care Northamptonshire 'Live your best life' ambitions

Ambition and outcome	How do we currently align / support	Future plans / ideas to develop and increase support
<p>ACCESS TO HEALTH AND SOCIAL CARE WHEN THEY NEED IT - People can access NHS services, personal and social care when they need to. People are supported to live at home for as long as possible. Services to prevent illnesses (e.g. health checks, screening and vaccines) are good and easy to access.</p>	<ul style="list-style-type: none"> • Communication with Social Prescribers • Links to local doctors surgery • Provision of Get Active Seniors • EHPC is able to signpost residents to other organisations and services • Promotion of relevant organisations including Ability, Step Up with Lewis, Happy at Home etc. 	<ul style="list-style-type: none"> • Better links to local dr's surgeries • Better links to social prescribers and ensure they understand how we can help • Development of a dedicated Health and Wellbeing role in EHPC
<p>TO BE ACCEPTED AND VALUED SIMPLY FOR WHO THEY ARE - People are treated with dignity and respect, especially at times of greatest need like at the end of their lives. Diversity is celebrated. People feel they are a valuable part of their community and not isolated or lonely.</p>	<ul style="list-style-type: none"> • EHPC provide a warm welcome to anybody who uses our spaces or engages with us • Events and initiatives attract a broad demographic from within the parish • Actively seek out opportunities to engage with all sectors of the community • School of Life initiative works across age ranges and with SEND units in local schools 	<ul style="list-style-type: none"> • Increasing the diversity of events that the parish council celebrate/recognise – Diwali, Black History month, Chinese New Year