



Moulton & Surrounding Areas Health & Wellbeing Strategy

2023 - 2028

Introduction

Everyone is passionate and involved in various ways about improving the lives of our local population and area. The aim of this strategy is to harness our collective passion so that we achieve far more together to improve the health and wellbeing of our local population than we could do as individual organisations.

What is wellbeing?

This can be defined as “A positive state of mind and body, feeling safe and able to cope, with a sense of connection with people, communities and the wider environment”.

Moulton & Surrounding Areas Health & Wellbeing Strategy 2023-2028

We have developed our Health and Wellbeing Service Delivery using three key strategies:

- Building on the success of the Moulton & Surrounding Areas Health & Wellbeing Strategy 2016-2020
- West Northants Health and Wellbeing Board 'Live Your Best Life' Strategy
- Business Case for proposed new Health & Wellbeing Centre (Moulton Surgery) to be built on land opposite Moulton Community Centre

A new purpose-built Moulton Health & Wellbeing Centre (formerly known as Moulton Surgery) will be an integral part of the Community Hub. This will be an expanded centre where the:

- **Vision** is “To help our patients have the best possible life from the cradle to the grave” and
- **Mission** is “To deliver the most effective and personalised Health and Wellbeing service that improves Quality, Outcomes and clinical standards for all of our patients”.

The new centre will allow more integrated care to be delivered closer to home and has five care setting principles from a patient impact perspective that are:

1. Improved self-care & Prevention
2. Improved Access to Moulton Health and Wellbeing Care
3. Primary Care Plus – provision of more specialised care by a wide range of professionals
4. Crisis Response – supporting more people with serious health conditions within their own home
5. Urgent & Emergency Care – quick access to emergency care professionals when required

The key elements of our service delivery mirror those detailed in the West Northants Health and Wellbeing Board 'Live Your Best Life' Strategy and are summarised below:

Ambition and Outcome	What we are doing to help achieve this
1. The best start in life – women are healthy and well during and after pregnancy. All children grow and develop	<ul style="list-style-type: none"> • Providing Baby weighing scales • Facilitating Sling club • Access to free nappies/baby essentials

<p>well so they are ready and equipped to start school</p>	<ul style="list-style-type: none"> • Rhyme time, stay and play – different sessions to cover all pre school age groups • Mini Maestros – music and instrument sessions • Story times including Storytime Specials with third party organisations i.e. Pets as Therapy/PCSO • Development of healthy menu in the café with staff undertaking training in child nutrition • Family Film Club • New Mums group begins Autumn 2023
<p>2. 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"> • Reading group for primary school age children • Free wifi and access to computers • Large interactive screen • Working in partnership with third party organisations i.e. Born to Perform to provide opportunities for young people with special needs to work in the café or library • After school Homework Club • Mirroring the National Curriculum with arts and crafts sessions, activities, book displays etc to support local schools • Providing holiday activities for all ages – arts, crafts, theatre performances, pottery workshop, magic shows, soft play including SEN sessions • Organising gaming bus visits to encourage interaction with older children • Colouring Station available at all times • Promoting Borrow Box – digital library service • Facilitating Summer and Winter Reading Challenges • Organising Emergency Services Day and including PCSO storytimes • Promoting children’s mental health week • Continue to develop a Reading Programme for all ages – birth -2 years, 2-5 years, 5-10years, 11+plus – young librarians • Introducing textile workshops for all ages • Free breakfast table provided throughout school holidays (free fruit and snack basket available every day

	<ul style="list-style-type: none"> • Providing Childrens cookery classes • Facilitating an Adult reading group • Organising Author events • Organising free information talks and advice drop-in sessions
<p>3. Opportunity to be fit and well and independent – children and adults are healthy and active and enjoy good mental health. People experience less ill-health and disability due to lung and heart diseases.</p>	<ul style="list-style-type: none"> • Organising weekly games morning for older residents • Providing a community lunch twice per month • Crafternoons – held weekly • COPD choir – held weekly • Community Calm – held monthly • Meet greet and move your feet – seated exercise, coffee and lunch – held weekly • Homeopathy workshops • Mens breakfast – held monthly • Chatty café – held monthly • Film Club – held monthly • Local history archive group – meets weekly • Operate a jigsaw lending library – no membership required. • Host a community jigsaw table
<p>4. Employment that keeps them and their families out of poverty – adults and families take up benefits they are entitled to.</p>	<ul style="list-style-type: none"> • WNC advisory team and Supporting Independence clinics held weekly • Working with the Hope Centre to alleviate hardship and hunger provide a weekly Community Larder • Bus passes renewals available by appointment • Host carers and volunteers week • Provide a kindness rail -summer – school uniforms winter – coats, blankets etc • Organise a Christmas Hamper Appeal – distribute hampers containing food and gifts to residents in need • Provide free Wellbeing packs – dental health and personal toiletries. • Provide free Sanitary care packs • Provide free sanitary wear in all toilets

<p>5. Good housing in places which are clean and green – the local environment is clean and green with lower carbon emissions</p>	<ul style="list-style-type: none"> • Ensure all open green spaces are well maintained • Provide a wide variety of play equipment to discourage car travel • Safer routes to school strategy enhanced via new housing developments • Community Orchard project beginning Autumn 2023 • Facilitate a Wellbeing Walk - weekly
<p>6. 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"> • Established good working relationship with local policing team who also work with local schools • Host regular PCSO surgeries and advisory sessions to assist residents
<p>7. Connected to their families and friends - people feel well connected to family, friends and their community. Connections are helped by public transport and technology.</p>	<ul style="list-style-type: none"> • Provide a warm, welcoming, safe space that is open to everyone • Provide a dedicated Health and Wellbeing area in the library using essential oils, fidget and sensory toys and plants • Continue to develop our offering of groups and events to encourage a sense of community • Continue to develop and enhance IT offering • Space is dog friendly, residents encouraged to bring their pets with them when visiting • Organise and facilitate story times and activities in Public Gardens • Using Crowfields Common and Busbys Meadow, create a nature walk/forest school – Autumn 2023 • Hold monthly coffee mornings at Chappel House
<p>8. The chance for a fresh start when things go wrong -</p>	<ul style="list-style-type: none"> • Support other organisations in any way we can
<p>9. Access to health and social care when they need it -</p>	<ul style="list-style-type: none"> • Working in partnership with Moulton Surgery – refer any concerns directly to them
<p>10. To be accepted and valued simply for</p>	<ul style="list-style-type: none"> • Provide an inclusive space

<p>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 valued part of their community and are not isolated or lonely.</p>	<ul style="list-style-type: none">• Engage in LGBTQ+ History month, Black History month etc• Inclusion and Diversity Assistant employed from Autumn 2023• Promote Festivals for different faiths i.e. Christmas, Diwali, Eid Mubarak etc• SEN families encouraged to visit
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