

Enhancing Health and Wellbeing for Isolated and Vulnerable Individuals in Southern Wiltshire

Executive Summary

This report outlines the strategies and initiatives proposed by the Southern Wiltshire Area Board to establish a Southern Wiltshire Health & Wellbeing Group. The focus of the group's activity will be to enhance the lives of isolated and vulnerable individuals in our community. Our aim is to provide targeted support and promote overall health and wellbeing by improving information flow, joining up transport services, fostering community support, and strengthening dementia support arrangements. By collaborating with existing volunteer groups, care providers, and community partners, we aim to create a collaborative and joined-up approach that builds upon the excellent work already being done by our community partners.

Introduction

The Southern Wiltshire Health & Wellbeing Group is committed to addressing the needs of isolated and vulnerable individuals in our community. This report outlines our mission, aims, and objectives, along with the proposed strategies to achieve them.

Mission Statement

Our mission is to enhance the lives of isolated and vulnerable individuals by providing targeted support and promoting overall health and wellbeing. We aim to create a caring and inclusive environment where individuals can access necessary information, receive assistance with mobility, benefit from community support, and participate in activities that contribute to their physical, mental, and emotional wellbeing.

Aims and Objectives

Improve Information Flow

- Collaborate with local organizations, healthcare providers, and community leaders to ensure accurate and up-to-date information is accessible to all individuals in need, building on the success of methods adopted by the Silver Salisbury Outreach Project in particular, and working closely with village newsletter editors

Join Up Transport for Improved Mobility

- Working with existing providers and volunteers tailor and further develop a local transportation service to assist isolated and vulnerable individuals in attending community events, medical appointments, and social activities.
- Encourage and facilitate training for volunteers to provide safe and reliable transportation, ensuring accessibility for individuals with mobility challenges.

Foster Community Support

- Encourage and promote "good neighbour" initiatives, linking volunteers to offer assistance, companionship, and support to isolated and vulnerable individuals.
- Organise community-building events, such as social gatherings, workshops, and awareness campaigns, to foster a sense of belonging and inclusion within the community.

Build a Dementia Support Collaborative

- Establish a dedicated support group for individuals affected by dementia, as well as their caregivers and family members.
- Provide a platform for sharing experiences, offering advice, and accessing resources related to dementia care and management.
- Organise group activities, such as memory-enhancing exercises, cognitive stimulation sessions, and educational workshops, to promote overall well-being and improve the quality of life for those impacted by dementia.

Strategies and Implementation

The proposed strategy aligns with the key themes and aims outlined in the Wiltshire Council Business Plan, with a specific focus on promoting active lifestyles and fostering healthy, resilient, and thriving communities. It will adhere to the guiding principles established for the Wiltshire Neighbourhood Collaboratives Initiative, utilising an established framework to effectively implement the strategy. By integrating these principles, we ensure a cohesive approach that enhances community well-being and drives positive change in the region.

Data Collection and Analysis

- Collaborate with local authorities, healthcare providers, and social service organizations to gather accurate and up-to-date information about the demographics and needs of isolated and vulnerable individuals in the area.
- Conduct surveys, interviews, and focus groups to gain insights into specific challenges faced by the target population.
- Analyse the collected data to identify key areas of support and prioritise resources effectively.

Partnership Development

- Reach out to existing volunteer groups, care providers, and community organizations to establish partnerships and leverage their expertise, resources, and networks.
- Collaborate with local charities, volunteer groups, and community partners to identify potential volunteers to grow a pool of dedicated individuals who can provide support and assistance.

Coordinated Services

- Facilitate regular meetings and workshops with community partners to discuss shared goals, coordinate efforts, and share best practices.
- Establish referral networks and streamline processes to ensure smooth transitions and efficient access to services for individuals in need.
- Develop joint initiatives and programs with partners to address specific health and well-being challenges identified in the community.

Volunteer Training and Support

- Organise training programs for volunteers that focus on topics such as communication skills, empathy, cultural sensitivity, and confidentiality.
- Provide ongoing support and supervision for volunteers, including regular check-ins, debriefing sessions, and access to resources and training opportunities.
- Recognise and appreciate the efforts of volunteers through appreciation events, certificates, and public acknowledgments.

Awareness Campaigns and Outreach

- Collaborate with local media outlets, community centres, and online platforms to raise awareness about our initiatives and the services we offer.
- Organise outreach events, health fairs, and information sessions to reach out to isolated and vulnerable individuals and provide them with information on available support.
- Utilise social media platforms and local newsletters to disseminate key messages, success stories, and updates on community activities.

Conclusion

The Southern Wiltshire Area Board is committed to improving the lives of isolated and vulnerable individuals by implementing targeted strategies and collaborating with community partners. By creating a Health and Wellbeing group, focused on improved information flow, transportation services, community support, and dementia support, we aim to provide targeted support that enhances overall health and wellbeing. With the collaboration and support of existing volunteer groups and care providers, we are confident that our efforts will have a meaningful impact on the lives of those in need. We look forward to working together with our community partners to create a caring and inclusive environment for all.

CLlr Rich Rogers
Chairman, Southern Wiltshire Area Board
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