

Summary of Activities from October 2016 to September 2017 Health and Well Being Champion Tisbury and Mere Rural areas

Villages covered Stourton and Gasper, Kilmington, Zeals, Mere, West Knoyle, East Knoyle, Chicklade and Pertwood, Hindon, Semley and Sedgehill, Donhead St Andrew, Donhead St Mary and Charlton, Ansty, Chilmark and Berwick St John, Swallowcliffe, Sutton Mandeville, Tisbury, West Tisbury and Wardour, Tollard Royal, Alvediston, Berwick St Leonard, Fonthill Gifford and Fonthill Bishop.

The main roles assigned to the new champions (AM Dean, Mere and Tisbury and V O'Keefe, Wilton) were to:

- Champion the voice of vulnerable people in the Mere, Tisbury and Wilton Community Areas.**
- Help to establish a new sub-group of the Area Board, a Health and Wellbeing Group looking at looking provision and priorities. The first meeting for this group will be held in December 2016.**
- Develop connections with local support groups.**
- Monitor and report on the quality and effectiveness of local activities, and make recommendations for future provision to the Area Board.**

Throughout the year I have attended a Champion Training Day in Devizes, meeting the older peoples champions and other health and wellbeing champions from Wiltshire, a champions forum organised for the Health and Wellbeing champions and older people's champions across Wiltshire as well as receiving training on falls, healthy consultation, carers awareness and what success would look like. My training has also included Sight loss awareness

In December I worked to extend invitations to group members for attendance at the JSA in Tisbury as well as taking the lead on one of the tables at the event.

A large and time consuming project was to develop spreadsheets to encompass all the activities which are being held across South West Wiltshire and research and update these sheets. These have been completed and issued to relevant users. As a result it was possible to analyse and produce a village review of where there are shortfalls in activities.

Following on from this was the attendance at a number of groups within the South West to begin monitoring their effectiveness. These included the Mere Day Centre, Church cafes, T@3's, Nosh and Natter, Community Lunches, Sunshine Group. Group leaders were contacted and time was spent out and about including Mere, Ludwell, Donheads' and Berwick St John talking to residents. Visits were made to local Doctors surgeries, Attendance at the Tisbury Community Safety partnership, liaison with Dementia friends' champions to broaden the coverage of Dementia friends in our area. Community engagement with Youth groups of Tisbury (George V sports day and Mere (Seeds 4 Success Teas in Mere and Donheads). I attended various summer fetes and fayres and manned a stall at the WSUN 25th Anniversary day and at the Nadder Campus opening.

I have reinforced my connections with Health watch, Alzheimer's Support, Alzheimer's Society, Age UK, The SW care coordinator Active Alive and the Wiltshire and Swindon user's network.

As Dementia and social isolation were 2 of the areas identified by the JSA in December I attended a Dementia Awareness meeting to identify the actions required if SW Area board gives its approval for the S. West Area to become a dementia Action Alliance and became the Dementia Champion for East Knoyle. I have also participated in workshop meetings of the Dementia Action Alliance and Dementia Forum's in Trowbridge and Salisbury and attended Dementia past and present at Salisbury cathedral.

As I am well known in both Tisbury and Mere from my previous role in the area as a Wiltshire Good Neighbour I am continually approached by residents for assistance with their problems- throughout the year these have included, residents were asking for help re winter warmth, moving house and liaison with Homes 4 Wiltshire, abuse, finance, DVLA and dementia, social isolation, carers, problems re a resident at Nadder Close, burglaries.....

I am an active member of the SW Wiltshire Health and Wellbeing group and Have investigated possible methods to eliminate Social isolation and loneliness in SW Wiltshire with Sunday Teas, Chat Maps, alternative Pop up cafes and a day centre in Tisbury

Time has been spent to identify if I could develop a Memory Group in Mere run on the same lines as the one I have developed in Tisbury. I have assisted with the Chilmark emergency plan and have been helping progress the provision of Safe places within the South West and have handed out over 200 ice cards to potentially vulnerable people.

I assisted with the planning and coordination of the Health Fair in September I liaised with Tisbury Parish Council re justification for the start-up of Carers Support café and their funding and I launched a pop up café in Hinton Hall on alternate Wednesdays to complement the Memory Group.

An application has been placed for funding for the development of the Sensory Garden in Tisbury which is a project instigated by myself for and on behalf of the Tisbury Memory Group and Tisbury Community.

I continue with my voluntary community work running the Sunshine Group, Pop up Café and The Tisbury Memory group which directly complements the work carried out as the Health and wellbeing champion.

Future developments over the next 6 months include

- Continuing with the pop up café in Tisbury with the involvement of local surgeries.
- The planning, preparation and implementation of the sensory garden in Tisbury now that the ownership of the land has been finalised.
- Develop a carers support pop up café in Mere
- Develop if possible, further teas in surrounding areas
- The introduction of chat maps in Tisbury and Mere
- Investigate the possibility of Big Breakfasts
- The introduction of music and movement of health workshops.
- Update the village spreadsheets.

This has to be dependent on the availability of volunteers. I only work 5 hours a week and am spread pretty thinly across the area!

Ann-Marie Dean 21st November 2017

Statement – Val O’Keefe

In the last 12Months I have continued to support & refer The S.W.Rural Community, by way of Health & Social isolation as The older Persons Champion. I continue to take Telephone calls from sometimes desperate, lonely & isolated older people, I feel I am there to talk to. They can call on and trust me (which is desperately required) Myself & Ann-Marie had a large input in having The very successful Health Fair at The Nadder Centre, Tisbury in 2017 and I believe The Networking has continued and I have continue to refer.

I am now under the ‘Umbrella’ of Wilton's Land Trust but I will continue to support any person who requires my help or support in The area I cover.