



Stonehenge Area Board Health & Wellbeing report

The Stonehenge Area Board's Health & Wellbeing group met at Evergreen Court on Wednesday 17th November and was well attended by a range of groups and organisations. Cllr Monica Devendran chaired the meeting.

Older People's Survey

The meeting heard about some of the results from the Older People's Survey which was undertaken by Safe & Supportive Salisbury. Please see the summary report attached.

Funding available

Jacqui reported that there was £2,450 left in the budget.

There is currently an application for £1,500 (see below) which would leave £950 left to award. Grant applications were welcome which would support older people or vulnerable adults. Jacqui reminded the group that the

Stonehenge Area Board priorities were: **Support for Mental Health, Improve Digital Inclusion, Climate Change / Environment, Opportunities for Young People, tackling Isolation and Loneliness.** Grant applications were particularly welcome in these areas.

Grant application: The meeting heard the application form James Dwyer, (GUL). The request is for £1500 to support the Mental Health of frontline workers who are finding it difficult to access any other support. The project is ready to start immediately. Match funding is provided. The H&WB group agreed to **recommend this project to the Area Board meeting on 16th December.**

Round table feedback / issues:

It was noted that Wiltshire Council's Housing Related Support would be ending at the end of March Residents at Greensquare, Addison and Parsons Green would be affected. Eamon as Resident Engagement Manager would be assisting residents and Jacqui as CEM would be able to direct people to community support available. In addition, the Prevention and Wellbeing team would be in place for referrals to support people on a 1:1 basis. It may be that the Covid volunteer groups could also assist.

Social Prescribing was now up and running in Amesbury and along with the Care Co-ordinators, referrals from primary care were already 40 to 50 a month. The social prescribing team could help people with mental health difficulties, stress, anxiety, employment, volunteering opportunities and accessing community activities in general.

Referral form within a month or so – new staff.

Extremely useful information around activities was also available here: [Home | Your care Your support Wiltshire](#)





Stonehenge Area Board Health & Wellbeing report

My Black Dog – Neil Read informed the meeting about Mental Health chat support that was available at the Bowman Centre face to face once a fortnight, part of the My Black Dog project: [My Black Dog | Free Online Mental Health Chat Support](#) Neil is hoping to increase provision to once a week. Currently there is 2 hours of chatting – fortnightly First Tuesday 19 – 21; Also 3rd from February, People can accompany anyone who wants to talk. Please contact: Neilread1979@hotmail.co.uk

Vicky O'Shaunessy from Abri informed the group about support available to all around employment, training & volunteering, life coaches & various other courses. These were usually face to face in cafes and a support plan produced, open to **everyone** and not just Abri residents. There was also a FREE self employment course on Teams – “Create”
Nicole reminded everyone that funding was available from Abri – focus on Archers Gate and Amesbury

District Sports South were providing FREE sports and multi-games at the Bowman Centre on Thursdays 5.30pm to 6.30m and there were a number of places available, ages 6-10yrs.
16th December 2021 at “A Date with Thyme” 11.00 AM to 1 PM please drop in and join us – refreshments & cake (Unit 6, Stonehenge Walk, Amesbury, Salisbury SP4 7DB)
Reminder Area Board meeting Thursday 16th December 6.30m online – bring a mince pie to your desk!
23rd December – Family Christmas event Bowman Centre – refreshments, snacks, activities, surprises for families 2.30pm – 5.30pm all welcome.
Next H&WB group meeting would be in February, Jacqui to send date.



Stonehenge Area Board Health & Wellbeing report

Feedback from the Silver Salisbury consultation exercise – including the Amesbury area

Moirá's summary of some high-level findings:

1. most respondents were happy, satisfied with their lives, felt their lives were worthwhile and had not been anxious yesterday. About 5-6% disagreed with the first three statements with 14% feeling anxious the previous day.
2. Loneliness seemed to be a key issue; one in seven of our older people often or always felt lonely, compared to one in fourteen adults often or always feeling lonely in the ONS survey nationally.
3. People were keen to get out and about again after lock down. There was increased interest in going to the theatre and concerts, group fitness activities and group creative activities and a massive 75% increase in interest in learning new skills. There was a decrease in volunteering activity; about a quarter of the people who volunteered pre-lockdown were not intending to volunteer post-lock-down. This tallies with comments we've heard from local community groups about the challenges of re-opening post-lockdown.
4. Top things that were preventing people from leading the life they wanted to, were: government Covid restrictions; mobility issues; confidence using computers and smart phones, and physical health.
5. Things that would make people more likely to take part in future group activities were local venues, more information on activities, knowing older people are welcome and low-cost trial sessions.
6. Please see updated version 8th November for amended copy of the report which will be posted on the website

It was noted that

- *the loneliness figure tallied with the recent findings of the Community Foundation.*
- *Even though large numbers of older people are not savvy with social media, many others are confident and actively use it*
- *A Silver Salisbury Facebook page was proposed so that we can post things and advertise events under our own name. Alex offered to set one up and test how much time it would take to maintain. Irene to introduce her to Liz Batten to avoid over-lap with other groups.*