

# Setting up a local Health & Well-being Group

Southern Wiltshire is made up of 15 Parish Councils. Because of the fragmented nature of the area, we are encouraging local Health & Wellbeing Groups that can focus on specific local actions to tackle the needs of older people, disabled and vulnerable.

Based on the excellent work taking place in Downton and Winterslow we have created this toolkit to help the rest of the parishes in Southern Wiltshire set up their local H&WB group. So far Downton have set up Safe Places, an initiative where businesses display a Safe Places sticker. Safe Places are for people who may feel in need of a little extra help or support for various reasons; for example, during times of anxiety, fear or distress.

## About Southern Wiltshire:

Age 81.9 male, 85.5 female  
11.2% provide unpaid care  
2<sup>nd</sup> highest recorded dementia  
16.5% disability

**£** Grant/project funding available: £6,700  
Support for volunteer costs: £1000

## Who should get involved in the group

You may not get every one of these groups around the table however you might want to call them in depending on the focus of the group. You could just start with some interested local people!

- Existing clubs/organisations not just for older people
- Local surgery
- Pharmacy
- Police
- Community volunteers
- School
- Businesses
- National charities/campaigns (Eg. Alzheimer's Society, Age UK)
- Churches
- Parish councillors
- Local care homes/providers

## Tips! Be clear about what you want to achieve

- Focus on realistic outcomes
- Build on any existing projects
- Keep it local and specific to your community

## Who are you trying to help?

Eg. Older people, disabled, housebound, dementia etc.

## Are there common issues that can be addressed?

Eg. Social Isolation, lack of information, transport and access.

## Identify local issues and actions

Eg. Opportunities to socialise, Transport, Support for people with dementia, take a friend to a club day, Safe Places

- Identify local needs and ways of meeting them – make it specific to the village
- Supported projects like:  
Set up Dementia Action Alliance and/or Safe Places
- Choose only two or three actions that can be completed – so that progress can be seen

Help is on hand from your Community Engagement Manager, Tom Bray  
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