

Public Health Initiatives for Castle Point 2018/19: Current projects

Priority 1: Reducing levels of overweight and obesity

Activity	Time Frame	Other organisations involved	Funding	Anticipated Outcomes	Progress to date
Breastfeeding Welcome A joint initiative supporting Public Health England and the Unicef Baby Friendly Initiative which aims to help mothers find breastfeeding welcome locations in their local area	Ongoing	Essex Child and Family Wellbeing Service	N/A	Increased rates of breastfeeding as more places make it known that they welcome women to breastfeed and more women feel comfortable and supported to breastfeed when out and about	Information sent out to all establishments on database via Env. Health
Youth worker (health promotion) Funding to employ a sessional youth worker to link directly with two youth club projects for one year delivering healthy, physical activity	Sep 18-Aug 19	Megacentre	£1690.50	Young people, particularly females, taking part in regular physical activity and making healthier lifestyle choices	Awaiting update

Priority 2: Improving mental health and wellbeing

Activity	Time Frame	Other organisations involved	Funding	Anticipated Outcomes	Progress to date
Looking After Yourself 15-week course for adults with mental health problems and related issues comprised of 60 guided learning hours. Sessions will include learning how to cook and eat healthily, followed by a fitness activity (gardening for fitness, power walking, yoga). Participants will gain an Entry Level 3 qualification in Personal and Social Skills	Feb - April 2019	Trust Links	£4250	Improved confidence and self-esteem; Improved knowledge about what constitutes a healthy, balanced diet and how to cook and prepare healthy meals; Improved physical and mental health outcomes; Increased fitness through physical activities;	12 participants in Rochford, 10 in CP

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				Gain a qualification, leading to other learning opportunities and improved career prospects	
Sport For Confidence To facilitate weekly physical activity sessions led by an occupational therapist and coach for those with mental health issues, physical and/or learning disabilities	One year from Oct 2018	Active CP	£1500	To facilitate access to community sport and leisure facilities, increasing social and community inclusion To facilitate participation in fitness orientated activities To provide opportunities for individuals to develop their social communication and interaction skills	Awaiting update

Priority 3: Supporting people to lead independent lives to stay in their own home for as long as possible

Activity	Time Frame	Other organisations involved	Funding	Anticipated Outcomes	Progress to date
Let's Keep Moving Hall hire for a weekly health and wellbeing support group for older adults held at The Paddocks on Canvey Island	March 2018 – March 2019 and then will continue funding from April onwards		£1237.50	Older adults participating in regular physical activity and in turn leading healthier lifestyles through a healthy diet, exercise and an improved sense of wellbeing	Awaiting update