

Maldon **livewell** partnership Public Health Bulletin



For any queries about health and wellbeing in the Maldon District, please contact **emily.fallon@maldon.gov.uk**

JANUARY 2020

OPPORTUNITIES

PHYSICAL ACTIVITY

DISCOUNTED GYM MEMBERSHIP AT BLACKWATER LEISURE CENTRE

Blackwater Leisure Centre are offering unlimited access to gym, swimming and classes for £25 for a limited time. Join now: <http://bit.ly/34zqFZR>

WALKING FOOTBALL

Over 50's walking football is every Wednesday at the Plume school, Farnbridge Road 17:00-18:00 at £1 per player.

Just play football for over 16's is on Monday 17:00-18:00 at the Plume School, Farnbridge Road, free to participants.

THE DAILY MILE

Essex Child and Family Wellbeing Service are running the daily mile every Friday at 13:30. The group meet outside Maldon Library, Carmelite Way, Maldon, CM9 5FW and will stroll out in the fresh air to the Leech Memorial park or the Promenade.

If your primary school is interested in participating in the daily mile, please contact Stuart Tryhorn at **Stuart.Tryhorn@ActiveEssex.org**

Multisport SEND groups

New Multisport sessions are running in Heybridge Primary School hosted by 'Ability Using Sport'. The sessions started on 11th January at 11:00-12:00.

£3 a child and £1 for every other child. Please contact Kevin at **ozsports2@gmail.com** or **07963602330** for more information.

SAVE THE DATE



Crucial crew 30th March – 2nd April

Community Safety Partnership are organising a free of charge crucial crew at Five Lakes Resort for year 6 children. Workshops will include information about gangs and exploitation, knife crime, drugs and alcohol, and nutrition. All primary schools in the Maldon District have been invited to attend.

If you would like more information please contact: **claire.hanrahan@maldon.gov.uk** or 01245 606919.

Time to Talk about Mental Health Coffee Morning 06/02/20

For #timetotalk day on 6th Feb, there will be a free coffee morning offering the opportunity to talk about mental health. This will be held at Maldon Town Hall Foyer, Market Hill, Maldon, CM9 4RL.

COMMUNITY GROUPS

ACE WEIGHT MANAGEMENT

ACE Weight Management is an award-winning weight loss programme that helps people to lose weight, gain confidence and lead healthier and sustainable lifestyles. The programme is community led and enables local people to significantly contribute to the health improvement of residents.

There are a range of services in the Maldon district, please call **0800 022 4524** to find local services near you if you are interested in joining the programme to lose weight, or, to volunteer to help others to lose weight.

If you are interested in setting up an ACE Weight Management service in your local area, please contact emily.fallon@maldon.gov.uk.



STEEPLE COMMUNITY GROUP

Coffee, cakes and company are offered every Wednesday 14:00-16:00 at Steeple Village Hall, CMO 7JY.

DAY CARE SERVICES

Action for Family Carers host Day Care Centres in Maldon that provide breaks for Carers and the opportunity for them to meet others in a stimulating environment. A varied activity programme is offered catering for a range of interests in a safe environment, with hot lunch included.

For more information, please contact **03007 708090** or care@affc.org.uk.

ESSEX BEFRIENDS

Essex Befriends offers free adult befriending services to Carers, older people and those with mental ill health or a learning disability, with the intention to reduce loneliness and isolation by connecting people in Essex.

For more information, please contact **03007 708090** or care@affc.org.uk

FEELING GOOD, CARING WELL

Action for Family Carers have launched a new initiative to help support Carers with their Physical, Emotional and Mental Wellbeing. Activities include • Stress reduction techniques • Head/Neck Massage • Light Physical fitness • Reflexology • Outdoor Activities.

For more information, please contact **03007 708090** or care@affc.org.uk

IT DROP IN HUB

MOAT Foundation run a free weekly drop in session to teach basic IT skills. This runs on alternate Thursdays and Fridays at the MOAT Foundation Hub. Please contact **Nicky.Plumb@moat.co.uk** for more information.

SHED INSIDE

MOAT Foundation host Shed Inside weekly at the MOAT Foundation Hub from 10:00-12:00 which provides the opportunity for people to complete practical projects and engage with games in community spaces.

BABY BEGINNINGS

Essex Child and Family Wellbeing Service are hosting weekly groups for parents and their under 1's to form new friendships, learn about child development and babies to explore sensory play. This occurs every Monday 10:00-11:30 at Maldon Library, Carmelite Way, Maldon, CM9 5FW and every Thursday 10:00-11:30 at Dengie Delivery Site, Ormiston Rivers Academy, Burnham, Essex, CM08QB.



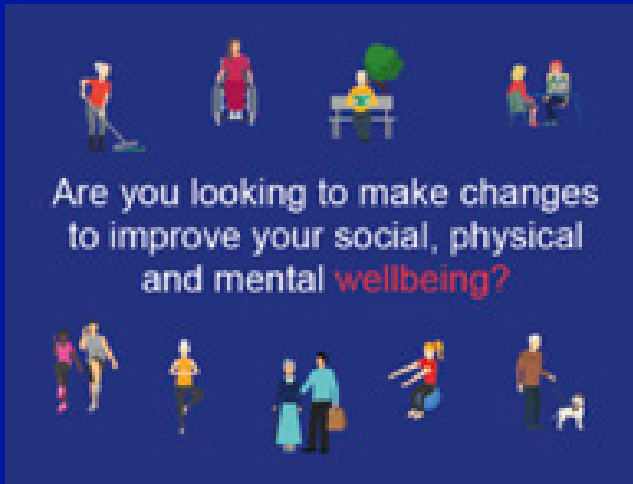
Park Run Tollesbury needs an Event Director

If you are passionate about promoting physical activity in the Maldon district and would you like the opportunity to lead a brand-new park run in Tollesbury please contact emily.fallon@maldon.gov.uk for more information.



Health Improvement Services

LIVE WELL LINK WELL



Live Well Link Well is a free and confidential Social Prescribing service that provides practical or emotional support of a non-medical nature.

Live Well Link Well can help you to access support with:

- Healthy living
- Weight management
- Lifestyle advice
- Maintaining physical and mental wellbeing
- Supporting independence
- Mobility and equipment
- Looking after someone
- Getting out and about
- Home adaptations
- Money worries
- Social Inclusion

If you are living in mid Essex and aged over 18, you can contact the service directly without having to go through your GP. Call: 0300 303 9988 (Monday to Friday from 08:00 – 19:00).

E: livewell.linkwell@nhs.net

Self-care and self-referrals: connectwellessex.org.uk

WORKING WELL

Working Well is a free programme led by Provide that delivers health promotion advice and support services to small, medium and large workplaces in the private, public and voluntary sectors across Essex.

Maldon District Council are a proud partner of Working Well and have recently relaunched their Work Well Committee 'Mind, Body and Sole'.

If your business is interested in signing up to this scheme or finding out more information please call: 0300 303 9988 or email Essex.workingwell@nhs.net or dwenn@nhs.net.

COMMUNITY FRIDGE MALDON LIBRARY

Maldon Family Hub have signed up to Neighbourly and are now collecting surplus food from ALDI on a Monday and Tuesday and LIDL on a Friday. They normally receive vegetables, fruit and bakery goods. This community fridge is for everyone to use so please pop in and help yourself.



COMMUNITY HEALTH DROP IN FOR 4-19 YEAR OLDS

Essex Child and Family Wellbeing Service run community health drop in sessions every Wednesday at Maldon Family hub from 15:30-16:30 term time only. The sessions provide Health and Wellbeing support, including emotional wellbeing for 4-19 year olds.

TRAINING:

Suicide Prevention

Everyone should have some basic training in #suicideawareness and we can take just 30 minutes out of our day to complete the Zero Suicide awareness training and we are now ready to have a potentially lifesaving conversation.

You can too: <http://bit.ly/ZSAinSt>

Making Every Contact Count (MECC)

MECC is a behaviour change light touch intervention that focuses on lifestyle changes to promote improvements to health.

These include:

- Stop smoking
- Alcohol reduction
- Healthy eating
- Physical Activity
- Weight management
- Mental health and wellbeing

Essex County Council have created an Essex themed localised training resource which is a 30-minute e-learning module, accessible via: www.meccessex.co.uk

If you would like to offer feedback about this training, please email emily.fallon@maldon.gov.uk

Joint Strategic Needs Assessment 2019

A new summary of Public Health in Maldon has been produced by Essex County Council Data Intelligence. Please view the resource at: <https://data.essex.gov.uk/dataset/essex-jsna-reports-2019>



www.livewellcampaign.co.uk



EVENTS:

Maldon and District CVS

Soup

27th January

The Maldon CVS are hosting a free Soup event where you can hear about local projects that aim to keep residents warm and healthy throughout winter. You can also gain support, advice and information about a range of local services and activities. This includes Home Start, Mind, Open Road, Places Leisure, Provide, Essex Child and Family Wellbeing Service, United in Kind and Phoenix Futures.

Come along for a free bowl of soup on 27th January from 12:30-13:30 at Fullbridge Church, Maldon.



Gangs Parent Awareness Session

22nd January

Gavin McKenna, founder of reach every generation, will deliver a specialist session to parents about gangs and criminal exploitation. Topics covered include: what is a gang, how do they operate, risks of joining a gang, how to avoid them, the support available and a real-life testimony. The information sessions are being held on 22nd January from 18:30-20:45 at Plume Maldon's Community Academy, Fambridge Road, Maldon, CM9 6AB.

To book your free place contact: Claire.hanrahan@maldon.gov.uk or call **01245 606919**. Places on a first come basis.

