

Community & Wellbeing Team (Active Oadby and Wigston)

Year in Review
April 2021 – April 2022



Oadby & Wigston
BOROUGH COUNCIL

Our Workstreams

Over the last year:

- COVID-19 community response & recovery- including Community Health Champions
- Health & wellbeing programmes, campaigns and interventions- tackling health inequalities
- Community engagement (residents forums...)

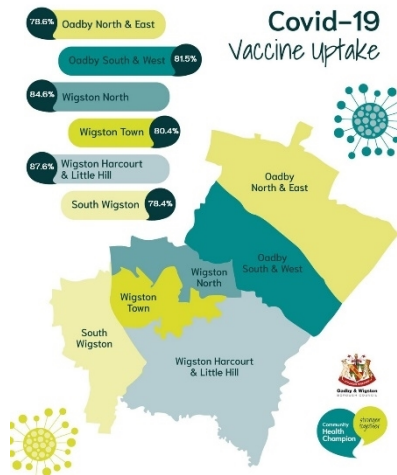


Key Successes & Challenges

Successes	Challenges
Partnership working- diverse range of partners from across public, private and third sector	Boosting community capacity- improving leadership amongst the community
Public facing team- over 50 events completed	Effectiveness of non-digital access channels to communicate key messages to target groups
Impact: “Really nice group of people with the same purpose in mind and a supportive leader/instructor with the knowledge to help with any worries or concerns.” (Active Oadby and Wigston programme participant)	Understanding and demonstrating the longer-term impact of our work- what happens to participants 6 months, a year down the line?

COVID-19 Community Response and Recovery

- 3 pop up Covid-19 Vaccination Clinics. Total people vaccinated = 684
- Lateral flow tests distributed regularly
- Consultation on barriers and enablers
- Volunteer Community Health Champions

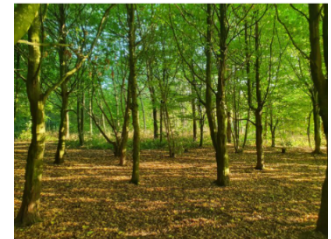


Neena Gahir is at Brocks Hill Country Park. 4h · Leicester · ...

Today is #WorldMentalHealthDay so I'll be reflecting on how I maintain my mental wellbeing. I find that being outdoors and connecting with nature works wonders for me. I love going for walks and skipping at Brocks Hill Country Park. It's a beautiful place where I like to go and focus my attention on the present moment, such as how the air feels or the crunching sound as I walk over the autumn leaves. I'd definitely recommend it as somewhere to explore if you haven't already. You can find more info here: <https://www.activeoadbywigston.org.uk/green-spaces1>

If being outdoors isn't for you, then make sure you take some time out to do something that makes you happy. 🍀

Active Oadby and Wigston



Explore mental health resources from experts.

Explore

Health & Wellbeing programmes, interventions and campaigns

- Over 50 community-facing events/activities, including community days of action
- 8 continuous community programmes
- Funding and support provided to local partners and groups for post-Covid recovery
- Working with range of partners (Age UK, Leicestershire Autistic Society, VASL)



Tackling health inequalities

Tuna Burger

Prep time (minutes) **25** Makes **6-8**

Ingredients

200g tinned tuna
 2 baking potatoes, peeled, boiled, mashed & cooled
 1 onion, finely chopped
 1 carrot, peeled and finely chopped
 1 celery stick, chopped (optional)
 1 tablespoon Worcestershire sauce
 1 teaspoon grated lemon zest (optional)
 Plain flour, for dusting
 Oil, for brushing
 6-8 burger buns
 Salad, to serve

Method

2 of your 5 a day

1. Peel, boil, drain, and mash the potatoes. Allow them to cool.
2. Mash the tuna in a bowl. Add the mashed potatoes, onion, celery, Worcestershire Sauce and lemon zest. Mix well. Preheat the grill to high.
3. Shape mixture into 6-8 flat, round burgers. Dust lightly all over with flour. Brush lightly with oil.
4. Grill for 6 minutes on each side until golden brown, turning once.
5. Serve each burger in a burger bun with salad.
6. Enjoy!

Did you know?
 A healthy, balanced diet should include at least 2 portions of fish a week, including 1 of oily fish.

Alternative:
 You can replace the tuna with chickpeas!

Find us on social media:
 'Active Oadby and Wigston'



A smear test lasts 5 minutes.
 The impact of cervical cancer lasts a lifetime.
 Attend your smear test. Reduce your risk.

Jo's cervical cancer trust
 Contact us: 0808 802 8000 jostrust.org.uk
Registered & Regulated Health Care Provider (Cancer) 117178 Registered Charity No. 112041 10301208

Top Tips To Improve Your Mental Wellbeing

What is good mental health?

Looking after your mental health is not something we should just do if we are struggling, or feeling low, anxious or stressed. It's actually something we should think about all the time and really invest in, just like with our physical health.

Staying on top of our mental wellbeing is good for us now but also helps us deal with and manage difficult times in the future. Over time, it can also reduce our risk of physical health problems.

Have a look at these Top Tips!

1 Reframe unhelpful thoughts

The way we think, feel and behave are linked. Sometimes we develop patterns of thoughts or behaviours that are unhelpful, so recognising them and taking steps to think about things differently, can improve your mental health and wellbeing.

3 Get good sleep

Good-quality sleep makes a big difference to how we feel mentally and physically, so it's important to get enough.

5 Live a healthy life

Being active, enjoying the outdoors and having a healthy, balanced diet all boost how we feel. Also, burning bad habits like smoking, and cutting down on alcohol and caffeine can have a positive effect on our mood.

2 Be in the present

If we take time to be aware of ourselves and be in the present moment, noticing our own thoughts and feelings, and the world around us, we can gain a better perspective. Sometimes this is known as being more mindful.

4 Connect with others

Spending quality time with friends or family, talking to someone about how we are feeling or finding ways to help other people can all help us away from feeling lonely and improve our mental health and wellbeing. This can be online by phone or seeing someone in person.

6 Do something for yourself

From enjoying your favourite hobby, learning something new or simply taking time to relax, it's important to do things that make you happy, like trying a new hobby or learning a new skill!

Sources: 'Be Fit, Be Well: 1 on 1'

Website: <https://www.activeoadbywigston.org.uk/>

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Designed by Oadby and Wigston Borough Council's Community Health Champions

If you need to talk right now, call Samaritans on 116 123 or text SHOUT to 83258



BARRIER BREAKERS
 #GETMOVING

QUESTION
 I've lost my confidence after covid, what do I do to get active?

ANSWER
 Start small and do something sociable that you will enjoy. Go for a walk with a friend (or a pet!), or join our group walk. Explore our fantastic green spaces that will refresh both the mind and body, and help you to get back to enjoying the benefits of physical activity.

Ross Levy
 Community Health Improvement Officer

Got a question you want answering?
 Email us: active.together@oadby-wigston.gov.uk



Impact

"I feel much more confident and happier than before"

"Need more activities like this in the community"

"I feel confident it gives me a reason to get out of the house and make friends"

"It makes me get out and exercise, if I weren't meeting the group I may not go"

"I feel more involved in my community"



Impact

- 100% satisfaction rate on our surveys
- 100% likely to recommended to a friend
- 100% rated aspects of the programme as 'good' or 'very good'
- 80% 'agree' or 'strongly agree' that they feel healthier



Community Engagement

Your Views Matter!



Join our Residents' Forum meetings

Oadby - Tuesday 17 May, Walter Charles Centre, 6.30pm

Wigston - Wednesday 18 May, Council Chambers, 7pm

South Wigston - Tuesday 24 May, South Wigston Methodist Church, 7pm

To send agenda items or to request to attend virtually, please email:

ross.levy@oadby-wigston.gov.uk

or call: 07939 367979



Search 'Oadby & Wigston Borough Council' to stay up to date:



The Hub Club

Meet, chat and get involved
with local organisations



On 10 March 2022, the **Hub Club** will open its doors for the first time at The Kings Centre in Wigston.



The **Hub Club** is a community driven project aiming to provide adults with a space to meet a range of community services and organisations, chat, and do activities while having a cuppa.



The **Hub Club** is supported by Hope Community Church, Oadby and Wigston PCNs, Helping Hands, Leicester South Foodbank and Oadby and Wigston Borough Council, who will provide information and advice to support your physical, financial, emotional and social wellbeing.



Every Thursday between 2pm - 4pm.



No need to register, just turn up!

For more information, please contact:

active.together@oadby-wigston.gov.uk



Every Thursday, 2pm - 4pm
The Kings Centre
56 Bull Head Street, Wigston, LE18 1PA