

Resolution from the Health and Wellbeing programme Report

The Parish Council would commit to have four areas of focus regarding the health and wellbeing of our community:

1. Mental health and wellbeing
2. Physical health. Not just in terms of exercise but also diet
3. Ageing well. Again, not just exercise but also active mentally, dementia, frailty
4. Community resilience – making connections, overcome loneliness, giving purpose, feeling part of the community

Following the RCCE suggestion Ashingdon Parish Councils would create **A Community Resilience Plan**. This means we would review eight components within our community:

1. Social participation [consultation]
2. Respect and social inclusion
3. Civic participation and employment
4. Communication and information
5. Community support and health services
6. Housing
7. transportation
8. Outdoor spaces and community buildings

Initially we would

1. **Look and list the actions the council is already doing**
2. **Coordinate with volunteer groups to promote initiatives and remove blockers**
3. **Consult with local leaders to understand any barriers and plan for the future**
4. **Use social media and websites to promote initiatives but also printed resources where possible and get verified factual advice**

As a starting point we would create a leaflet both to highlight and promote current initiatives and to begin the communication with the community regarding Health and wellbeing.