Staying Well in Calderdale

Reducing social isolation and loneliness

Caron Walker: Calderdale Council
Aims of the programme

1. Reduce loneliness and social isolation in Calderdale and positively impact on:
   a) Improving the health and wellbeing of individuals and communities, including reducing health inequalities
   b) reducing demand on GP practices and unplanned admissions to hospital

2. Create more connected communities

3. Improved inter-sectoral / systems working
   • Health
   • Social care
   • Neighbourhoods
   • Communities
   • Voluntary organisations
Council perspective:

• Timeliness
  – loneliness
  – Health and care demand

• Happier and healthier people and communities

• Radical approach
  – participatory budgeting
Community perspectives:

- Communities in control
  - links to people and place
  - cohesion
- Bravery and trust
- Impact and sustainability
Challenges

• Directly funding local voluntary sector hubs
• Trust and control
• Evidence base and local translation
• Shifting individual health spend to population prevention
The legacy of Staying Well

• Helped debate around system change
• Wellness hubs in localities
• Integral to Council priorities
  – Reducing inequalities
  – Growing the economy
  – Sustainable future
• Calderdale Vision 2024
  – enterprising, talented, resilient, kind and distinctive
Beyond the challenges

• Now all age, Calderdale wide
• Further funding for micro-commissioning – Community Foundation
• Inclusion of people who are unable to get out of their home – physical and/or mental health

• Fire Service Safe & Well checks
• Affordable Warmth
• Dementia friendly
Thank you!

Staying Well workers will help you take the first step out of the door...

Loneliness and social isolation is really damaging to health. One of the ways that we have been helping to combat this is by introducing people to the hundreds of social and physical activities available in the community, through the Staying Well service.

The Staying Well team works with adults in Calderdale to get involved because we know that people with active social lives tend to be happier and healthier.

How do I find out more or get support?

We receive lots of contacts directly from individuals and their families and many more from social care and health staff, housing providers and charities and support groups.

Call 01422 392767
stayingwel@calderdale.gov.uk
www.stayingwellhub.com

Grab the lilo and the sun cream and rush on down to ..... the church on the corner!

All over Calderdale this summer we have seen Holiday at Home schemes bringing the decedence of a holiday right to peoples doorsteps.

Hipperton Church has taken people outside their usual routines with a virtual trip to China and amongst other places. Open days included themed activities, films, tea and cakes as well as a home-cooked lunch.

The days attracted many visitors including a therapy dog, Paddington bear and local MP Craig Whittaker who popped in to say hello and join in some food!

And Hipperton was not the only place putting on its own end - Bertha Church in Elland spent early July decorated with palm trees - taking a virtual trip over the seas.

Most Holiday at Home Schemes have now finished for the summer but to get involved in what happens next year give us a call.

Staying Well are now doing a drop in at Number 42, Market Place in Halifax with the Community Social Work Team. Every Tuesday – 1pm - 4pm. Pop in and say hello!