

EXETER CITY COUNCIL

EXETER HEALTH AND WELLBEING BOARD 24 September 2013

Community approaches to improving health and wellbeing

1. BACKGROUND

This report highlights two community based approaches to improving health and wellbeing that are evolving within the City:

- improving links between primary care services and community initiatives
- supporting existing, as well as developing, new community networks and organisations to promote health and wellbeing by delivering community activities

2. CONTEXT

- 2.1 There is evidence, particularly from the evaluation of healthy living centres (University of the West of England 2009), that by engaging in a range of social and environmental initiatives can help break down social isolation and improve people's health and wellbeing.
- 2.2 There is currently keen interest from a number of partners in the City including the Clinical Commissioning Group to strengthen networking to enable patients to be 'prescribed' community activities as opposed to medication.
- 2.3 At the same time there are a number of community groups across the City who have, of their own initiative, started organising health and wellbeing related social activities.
- 2.4 The opportunity exists for the Board to help support both these strands of work, which also include physical activity initiatives, utilising the public health grant.

3. RECOMMENDATION

It is recommended that the Exeter Health and Wellbeing Board members request a report to be brought to the next meeting which:

- provides more detail of the nature of the work in each strand,
- specifies the outcomes that are being addressed and
- sets out a funding proposal as to how the impact of the work can be enhanced.

COMMUNITY INCLUSION OFFICER