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FOREWORD

This booklet of case studies is designed to be used by county associations or local (parish and town) councils as an example of work that can be completed within your community. These are all examples of best practise and demonstrate actions large and small to benefit the health and wellbeing of residents.

This booklet is segregated into chapters; Creating Healthier Communities; Transport; Crohn's and Colitis; Dementia; Loneliness; Mental Health; Social Prescribing and Young People. It is designed to incorporate all areas of health and wellbeing and will be added to in due course.

If your council has done something similar; please contact
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CREATING HEALTHIER COMMUNITIES

Binfield Parish Council, Berkshire

The café space, known as The Foxes Den Community Café, has been established as a Community Interest Company (CIC). The café is a vital hub where people can spend time with friends and family, learn new skills, make new friends and foster strong community links and support local art, talent and businesses.

Cholsey Parish Council, Oxfordshire

Cholsey Parish Council run's a Children's Centre and employs a Family Support Worker, Older Persons Support Worker and Mental Health Support Worker. The Family Support Worker works some hours in the Children's Centre and has very close links with the village school. The Older Persons Support Worker works closely with the old people's day centre and Cholsey Older Persons Activities group. The Mental Health Support Worker runs a weekly drop in session where users do an activity together and prepare and eat lunch together. All of the roles include some one-to-one work and as we are not a statutory service the workers signpost users to the relevant service. There is obviously a huge cross over between the roles and we coordinate everything through their busy council office.

Coleshill Town Council, Warwickshire

The Coleshill Hub offers a wide range of facilities and services; some are run by the town council and others through informal partnership. Information, support and signposting are available during the week, alongside a wide range of activities: Weekly Knit & Natter Group; Job Club; Debt, Finance and Pensions; Mind and Wellbeing; Computer Club and, Community Financial Support Team.

The Hub was originally established in 2012 and is in the Sumner Suite of Coleshill Town Hall. The Hub aims to improve the lives of the people in and around the Coleshill area by providing facilities and services which combat social isolation and the specific issues that are particularly present within our semi-rural location. This project promotes health and wellbeing, to tackle disadvantage, to encourage the development of a sustainable, cohesive and supportive community.

Denholme Town Council, West Yorkshire

An exciting project the town council project manages is the production of a 'Welcome Pack' incorporating leaflets and information about groups and activities in the village. These have been given out to every new household on two developments and to new residents moving to the area. The packs can be collected from local shops and are also distributed via the Neighbourhood Watch scheme through the co-ordinators for each street.

Didcot Town Council, Oxfordshire

The council runs Willowbrook Leisure Centre in partnership with SOLL leisure. The fully equipped, air-conditioned facility includes a gym with a wide range of state of the art cardiovascular equipment; a dedicated training area; free weights and

spacious changing rooms; a group exercise studio; cycling studio with 20 bikes for members and one for the instructor and a sports hall which can be transformed to accommodate indoor football, basketball volleyball, tennis and handball matches.

Feok Parish Council, Cornwall

The Parish Council has been invited to take part as a pilot area (one of only two pilots in the UK), in a European Interreg 2 Seas Project starting in Spring 2020 in association with the University of Exeter and other European partners. The project will build on Community Connect and work with and for people aged 60+ to develop services and facilities of benefit to them. The aim is to reduce the loneliness and feeling of isolation which can affect many of us as we grow older. An important part of the project will focus on building on the strengths of our community and inter-generational activities

The project will develop and test systems that empower and enable older people (aged 60+ and no longer employed) in rural areas to:

- define what support they need;
- participate in the design and delivery of services;
- develop solutions for themselves to reduce loneliness and improve quality of life, health and wellbeing, based on their own interests, capabilities and preferences, and supported by the voluntary, private and public sectors.

The project aims to:

- reduce isolation and loneliness & improve wellbeing in the 60+ age group;
- increase collaboration between participating agencies and Voluntary & Community Sector Organisations (VCSOs);
- improve rural community vitality;
- increase active participation of older people & voluntary sector in service design & delivery;
- create new models of service delivery.

Helston Town Council, Cornwall

The council established a job club to tackle unemployment. Helston and the Lizard Works was launched as a result of the need, identified by Helston Jobcentre, for a joined-up approach to matching jobseekers and work opportunities in the whole of the local area. There is a particular focus on support for jobseekers over 50 and lone parents and anyone claiming Jobseekers Allowance (JSA) or Employment and Support Allowance (ESA).

Opportunities include both work placements with local businesses and opportunities to volunteer, as both are key steps on the journey into the world of work. Volunteering is a great way of boosting self-confidence, acquiring new skills and as a set of opportunities for work-related experience, as well as the added value of the community benefit that volunteering can generate.

Hook Parish Council, Hampshire

In 2018, Hook Parish Council held a Christmas Day lunch at the local community centre for local residents who would otherwise have spent the day on their own. Support from local businesses enabled the council to provide the lunch free of

charge and transport to and from the community centre was offered to those who needed it.

Kent Association of Local Councils

Kent Association of Local Councils (KALC) set up a Health & Well-Being Advisory Committee, which is made up of members from their Executive Committee who has relevant knowledge and experience (they have similar Advisory Committees on Planning, Transport and Partnership Working). The Advisory Committee will take a holistic look at health and wellbeing opportunities and challenges affecting local councils across the county, including dementia-friendly communities; loneliness; social isolation; and, mental health in the workplace. The Advisory Committee's overarching objectives will include consideration of national and county developments and initiatives around health and wellbeing.

They met with the Director of Public Health at Kent County Council and Director of Public Health at Medway Unitary Council on 19 August 2019 and agreed that they would work collectively on communicating the new NHS architecture and how local councils can fit into that. Whilst also working on a strategic document that promotes health and wellbeing through very local community activity. This document would be for local councils and would provide tangible examples of good practice, tools, information and training which local councils could tap into.

KALC continues to promote dementia-friendly communities and dementia friends to member councils as part of our strategic commitment on dementia. Work with Heart of Kent Hospice on a Compassionate Neighbours Scheme. They also continue to work with Kent Fire & Rescue Service to promote their Safe & Well Visits.

Milton Parish Council, Cambridgeshire and Peterborough

The council runs a well-regarded community warden scheme. Elderly and infirm residents can sign up to receive regular social contact from the community care warden, including daily contact and a personal visit at least once a week. The scheme costs £6 per week for the basic package and £10 for the enhanced package and aims to help residents remain in their own homes for longer.

Peterlee Town Council, County Durham

Peterlee Town Council introduced Taste Buddies in March 2019 to encourage members of the community experiencing loneliness to come together on a weekly basis. The session provides participants with a 2-course meal at a subsidised cost to reduce barriers for people on a low income. People attending Taste Buddies are encouraged to interact after the meal through the provision of a mixture of activities including Bingo, a quiz, arts and craft activities, community cinema and cookery sessions.

The session takes place in the Bistro in our Community and Sports facility with staff from the Sports and Wellbeing team facilitating activities and Bistro staff preparing and serving the meal. Taste Buddies has also created a great

volunteering opportunity and we currently have 4 registered volunteers helping with the session.

There are on average 20-25 people attending the session on a regular basis, both males and females, some people come along with a family member, carer or a friend. Some participants have formed friendships and meet up outside of Taste Buddies, whilst others have formed friendships within the group and like to sit together during the meal. Peterlee Town Council are looking at sustaining the session once funding runs out.

Prescot Town Council, Merseyside

Prescot Town Council supports 'The Red Box Project Prescot' by hosting a red donation box in the town hall. Local residents are encouraged to pop in and donate sanitary items, underwear, wipes and deodorant by placing them in the red box. Donated items are then delivered to local schools so that no girl misses school or faces embarrassment because of her period.

Ravenfield Parish Council, Yorkshire

The council manages and maintains Ravenfield Parish Hall. A number of local community groups hold meetings in the hall, including Ravenfield Old People's Social Fund, Ravenfield Toddler Group, Rotherham Lace Makers and the local branch of the Womens Institute. The hall is also available for private hire on Saturday afternoons and Sundays.

Royal Sutton Coldfield Town Council, Warwickshire

The council have created a Community Development Plan and set out their priorities for 2020 and beyond. They gathered the views of residents and asked people to mark what they prioritise. The Community Development Plan outlines medium and long-term actions and responsibilities to support the health and wellbeing of Sutton Coldfield residents. The council came up with the following priorities:

1. Engage residents to inform activities and support them to address their own health and wellbeing priorities;
2. Support the VCSE sector to deliver these improvements;
3. Improve the quality of life of an aged and aging population;
4. Improve the quality of life of those cared for and their carers;
5. Improve the lives and opportunities for disadvantaged young people.

Rugeley Town Council, Staffordshire

Rugeley Town Council manages the Rugeley Rose Theatre, having overseen extensive refurbishment in 2002. The community venue consists of a theatre seating 210 people, a suite seating 80 people. Both rooms are available to hire for events including meetings, weddings, parties and corporate away days. At present many local community groups meet in the theatre on a regular basis,

including the local branch of Weight Watchers, the Rugeley Musical Theatre Company, the Rugeley Art Society and the Stars Academy. The theatre is also used to host professional theatrical performances such as the annual Christmas pantomime.

Sandgate Parish Council, Kent

Sandgate Parish Council runs Sandgate Library on behalf of Kent County Council. The library is open five days a week and offers a wide range of facilities and services. This includes the loaning of books, CD's and DVD's; free Wi-Fi; free public computers; an ancestry buddy to help people use IT to research family history and use of a colour printer/photocopier. The library also hosts a number of local groups which meet there, including knit and natter, scrabble club, reading club, talk time and preschool read and rhyme.

Stratton St Margaret Parish Council, Wiltshire

Stratton St Margaret Parish Council took over management of Beechcroft Road Library from Swindon Borough Council, saving it from near certain closure. The library is a thriving community hub, with local residents invited to borrow books; grab a “cuppa” at the onsite coffee shop and, attend one of the many group meetings taking place at the library.

Urchfont Parish Council, Wiltshire

The council put in a successful application to have The Lamb Inn registered as an asset of community value until 2022. An entry has been made on the Land Register and the owner of the asset cannot dispose of it without satisfying a number of criteria, in consultation with Wiltshire Council. Today the pub is a thriving community hub, home to men's and ladies skittles teams, a pétanque court and a monthly quiz night. A variety of organisations also hold meetings in the pub, ranging from the local Woman's Institute to the cricket club and neighbourhood development steering group.

West Sussex Association of Local Councils

It has been well documented that the country is facing NHS and local authority social care funding cuts, GP shortages, an ageing population and social isolation.

The West Sussex Association of Local Councils (WSALC) recognised this and commissioned an innovative report to find out what local councils in the area were doing to support the health and well-being of their communities and explored opportunities for further involvement in this area. WSALC has continued partnership working with local bodies and the voluntary sector and encouraged its local councils to engage with their communities around health and well-being.

Over the past year, WSALC has been encouraging local councils across the three counties (West Sussex, East Sussex and Surrey) to run Dementia Friends information sessions and asked them to join its Dementia Action Alliance. A follow-up survey was sent to all 140 local councils in 2018 to establish the value of

the work. Findings showed that a third of respondents took action on health and wellbeing following the publication of the WSALC report, and a quarter made an allocation in their budgets for health and well-being work in 2018/19.

CROHN'S AND COLITIS

Farnham Town Council, Surrey

Farnham Town Council works with local businesses to facilitate a community toilet scheme, which encourages local businesses to provide additional clean, safe and accessible toilets during their opening hours without a purchase being necessary. At present three businesses and the council are in membership, who displays a green sticker saying 'Farnham Community Toilet Scheme, you are welcome to use our facilities.' The council also maintains three public toilets in the town centre.

Ilkey Parish Council, Addingham Parish Council, Burley Parish Council, Menston Parish Council, Haworth Cross Roads and Stanbury Parish Council, Baildon Town Council, Bradford

After Bradford Council had to close some of the toilets around the city, local councils, as well as community groups have been working hard with Bradford Council to explore ways of retaining this service. Ilkey Parish Council, Addingham Parish Council, Burley Parish Council, Menston Parish Council, Haworth Cross Roads and Stanbury Parish Council, Baildon Town Council have all taken on the running costs of public toilets in their communities to ensure that residents have easy access to toilets.

Royal Wooton Bassett Town Council, Wiltshire

After Wiltshire closed the public toilets at Borough Fields in 2016, Royal Wooton Bassett Town Council took the service upon itself in 2017 and re-opened the toilets after renovating them. The work to revamp the toilets cost in the region of £60,000 to £80,000 and required an increase in the town council's precept for the first time in a number of years.

Wilmslow Town Council, Cheshire

In 2017, the town council opened some new public toilets which included two unisex toilets with baby changing facilities. The council charge 20p who goes to covering the cost of cleaning and maintenance. The overall cost of the project is in the region of £108,000, £30,000 of which has come from section 106 monies passed over by Cheshire East Council and Wilmslow Town Council are covering the rest.

DEMENTIA

Wembury Parish Council, Brixton Parish Council, Yealmpton Parish Council, Holbeton Parish Council and Newton and Noss Parish Council, Devon

This group of councils created the 'Dementia Friendly Parishes around the Yealm, 'building inclusive communities, changing lives', a group of local councils committed to improving the lives of people with dementia and their families and friends. Working alongside local groups, businesses and organisations, the partnership aims to make it possible for people with dementia to continue doing the things they love and are important to them. The partnership's work is designed with five main aims in mind: to support the lives of people with dementia and their families; to enable people with dementia to remain active and involved in community life; to work with local groups and organisations to develop suitable activities and services; to raise awareness and understanding of dementia both locally and nationally and to remain with the family throughout their journey. This is achieved by regular individual support to families by the part-time paid coordinator, which the group fundraises for. Their website is a hub of information and resources. The partnership organises a range of regular inclusive groups which welcomes all members of the community. This includes a weekly reading group, walking group and a move to music group. A monthly singing group, afternoon tea and a new board games group in collaboration with the local Women's Institute and, finally, a bi-monthly art and crafts group! The group stands by the phrase: 'We can't change the person living with dementia but we can change the experience they have within their own community'.

Holmes Chapel Parish Council, Cheshire

The council works with the Holmes Chapel Partnership to make Holmes Chapel a Dementia Friendly village. Several councillors and an officer attended a talk organised by the partnership and subsequently agreed to become dementia friends. The council is also assisting the partnership with the design and administration of a planned sensory garden which is intended to be of particular benefit to those with dementia. This will see the existing garden reformed, with many new plants and shrubs planted which have been specifically chosen to bring a variety of smells, textures and sound to the area.

Hythe Town Council, Kent

The Dementia Awareness Forum, started in 2015 by Hythe Town Council, aims to bring awareness to its residents of the people living in the town who have dementia and the needs of their carers. The forum meets every third Thursday of the month at the town council offices. Their website highlights key information and signposts to other organisations that may be of use to someone with dementia. Local clubs include: events at the library; 'COGS club'; Dementia Daybreak; Stepping Out with Carers; and, the Dementia Awareness Forum.

The Forget Me Not Activity Club, Mountnessing Parish Council, Essex

Founded in 1999, The Forget-Me-Not Club provides invaluable support to those living with and caring for people with dementia. With a dedicated and highly qualified team of staff and volunteers, the activity club run a host of activities in Banchory and upper Deeside. Whilst providing a diverse programme of activities at Bennett House, a resource centre in Banchory, they have also set up a branch of their charity named Active Forget Me Not. This allows many younger and

physically fit people living with dementia an opportunity to continue taking part in sports and active pursuits that they love.

Forget-Me-Not also advises and educates carers on the complexities of the illness, providing information and knowledge of things that can be done to help, from coping strategies to financial advice, allowing clients to stay in their own homes for longer. The Forget-Me-Not Club currently provides over 600 hours of free care per week, only taking donations and relying on fundraising in order to provide varied and extensive services.

The club is open on Mondays at St John's Hall in Mounthnessing, and then lunch is at The Prince of Wales pub nearby. The focus of activities is very much on cognitive and physical ability - tapping in to those precious skills and taking part in light physical exercise. Regular activities include pool, table tennis and volleyball, singing, and comedy to name a few. The club have a wonderful relationship with a local primary school that visit for intergenerational activity and take the members out to various places of interest. The club prides itself on giving their members the best day possible whilst providing respite to family carers.

Purton Parish Council, Wiltshire

The council works with Royal Wootton Bassett and Cricklade Area Board, Purton Doctor's Surgery and other associated bodies to raise awareness of dementia locally. As part of this the council runs regular Dementia Friends sessions, offering insight into the condition and giving support to those suffering, their care givers and families.

Wythall Parish Council, Worcestershire

The council hosts a Dementia Café on the third Wednesday of every month. Those living with dementia and their care givers are invited to attend the café, based in Wythall village hall, and enjoy bottomless tea, coffee and homemade cakes. Each café session also features a guest speaker or theme.

LONELINESS

Bourton and Draycote Parish Council, Warwickshire

The parish holds a weekly lunch in the village hall for the elderly for free, 2 courses and a drink and, stay & talk for as long as you like. Non-residents and non-pensioners can attend for £5. Funded from old parish charity funds many friendships and mutual interest groups have evolved.

Cookhill Parish Council, Worcestershire

The council runs a free weekly computer club. Local residents are invited to the internet café in the village hall every Wednesday from 10am to 12pm to practice computer skills, ask questions and catch up with fellow residents over a hot drink and biscuit.

Corbridge Parish Council, Northumberland

The council developed a Loneliness campaign that increased awareness of the loneliness issue in their community, and highlighted existing programmes that are available through the Parish Council, their community NHS Health Centre, Churches, and the Northumberland Age UK organisation, and their residents, to assist and support their lonely residents. This 'joined-up' approach is unique and effective in tackling loneliness collaboratively. Corbridge also runs lunch clubs which are a valued and long established part of village life as they have been running since the 1970s. By joining up with their local branch of Age UK and their local health centre, councillor Griffin hopes to defeat loneliness.

Eye Town Council, Suffolk

Eye Town Council funds Eye Community Centre, a local community hub. The centre consists of a large hall, lounge area and bar and can be hired for a wide range of events. The main hall is equipped with a projector and pull down screen and plays host to the cinema at Eye, a neighbourhood cinema hosting film screenings at the end of each month.

Fillongley Parish Council, Warwickshire

Silver Sunday: The parish council, for the last 5 years has participated in the celebration of older people by providing afternoon entertainment and a meal, free of charge. 70 to 80 people attend out of an invited list of around 275 and are encouraged to participate in other activities which promote community inclusion.

Lunch Club: A local lunch club with invites via the parish magazine; specific people are approached who may be isolated due to family circumstance, illness or sometimes dementia sufferers and their carer's. Run by local volunteers, the club is hosted by the parish church.

Forest Row Parish Council, East Sussex

The council hosts community lunches three times a week. Every Wednesday, Thursday and Friday between 12:00pm - 13:30pm local residents can enjoy a three course meal for £9.50. On the first and third Thursday of each month the council also host a friendship group which meets for tea, cake, outings and special talks.

Haverhill Town Council, Suffolk

Haverhill Lifelink, helps address social and wellbeing needs of residents which can also impact on health. This has led to people gaining confidence, getting back to employment, volunteering, and has helped improve physical and mental health as well as reducing debt and loneliness. West Suffolk councils have been backing the pilot in Haverhill with other agencies including the NHS West Suffolk Clinical

Commissioning Group (CCG) and ONE Haverhill Partnership, where almost 200 people have been supported in just over a year since its inception.

Hawthorn Parish Council, County Durham

The council organises an annual 'Big Lunch' with the aim of getting residents together in a 'simple act of community, friendship and fun.' This year's event, a picnic in the village play area, featured children's entertainment, a fire engine, an open garden walk and a photo exhibition in the nearby community centre.

Hurley Parish Council, Berkshire

'Come and Meet Each Other' has been running for several years and is very successful. Tea and cakes are provided and a variety of past times games, quizzes, outings etc. and sometimes speakers. The local Community Wardens also attend at times to pick up on problems or pass on advice. They also have a Film Club in the village hall set up by the village association which some older members of our community attend.

Raunds Town Council, Northamptonshire

Raunds Town Council introduced a monthly film afternoon in response to informal consultations showing that many people in Raunds felt isolated. Film screenings take place at Saxon Hall, a modern village hall managed by Raunds Town Council. The first screening in August 2017 saw 43 local residents attend. By Christmas 2017 attendance had increased to 140 mostly older residents. The popularity of the event has inspired other local community groups to support the screenings, including the WI, who now provide tea and cakes and Serve, a local community organisation who provide transport to the screening for residents that need it.

Stony Stratford Town Council, Buckinghamshire and Milton Keynes

The council hosts an annual 'Big Lunch' bringing people together. The 2019 Big Lunch will take place at Wolverton Road Recreation Ground and will feature street food vendors, a bouncy castle, Punch and Judy show, balloon modelling and a planting activity with Stony Stratford In Bloom. The Bradwell Silver Band will be there to entertain people as well. The council also hopes to have a Flypast by a Spitfire from the Battle of Britain Memorial Flight (subject to operational conditions).

Suffolk Association of Local Councils

Since 2003 a Rural Coffee Caravan has travelled around Suffolk, funded in part by local councils in the county. The caravan targets villages with no village hall or one that is little used. As well as offering coffee, cake and someone to talk to, the caravan also acts as an information service, with members of voluntary organisations such as Age UK and local councils invited to come and talk to residents.

Woodhouse Parish Council, Leicestershire

Established in 2016, The Woodhouse and Woodhouse Eaves Good Neighbour Scheme aims to provide short term help to the adult residents of Woodhouse and Woodhouse Eaves, including transport, domestic support and household assistance, using local volunteers. Organised by a steering group of local volunteers, they work together to encourage self-help, friendship and, neighbourliness within the local community in conjunction with other groups and statutory services.

MENTAL HEALTH

Essex County Association of Local Councils

In May 2019 with funding from Essex County Council, the Essex Association of Local Councils employed a Health and Wellbeing Officer. Danielle's role is to help the parish and town councils to understand and engage in the Health and wellbeing agenda, specifically around Mental Health, Learning Disabilities, Social Isolation, Activity and Diet and Weight Management. They have created their own Health and Wellbeing Board for Local Councils with membership from clerks, councillors and the voluntary sector. This Board will look at all the initiatives coming from the Essex County Council health and wellbeing Board and the many partners involved and use them to help parishes to engage but it will also be a 'doing' Board. It will publish best practice, map activity across the county and guide local councils to have HWB as an agenda item and as part of their strategic plan.

They have created a Special County update based on some of the parishes and the activities they already have in their parishes. The idea for this is to illustrate how many parishes are already engaged on the agenda they just don't call it Health and wellbeing.

They have promoted the Mental Health First Aid Training and so far it has proved to be a success with over 35 parishes taking up the training. The feedback has been very positive and the word is spreading. Last month the J9 Domestic Abuse Training was rolled out and the uptake on that has been very promising too. Both these sets of training will help councils to be able to signpost residents to get support and factor in to decision making when councils decide on initiatives in their parishes.

Each week an e-bulletin of training is published which includes, national and county initiatives and some information about the various partners that are involved in the agenda.

St. Ives, Cambridge

An article in The Guardian covered the story of St. Ives, who has become the first 'calm town' in the UK. They champion mental health and connections between their residents by organising events, raising money for Calm, the mental health

charity and raising the profile of mental health to encourage conversations about it.

SOCIAL PRESCRIBING

Alcester Town Council, Warwickshire and West Midlands

The council set up a Health and Wellbeing Board in 2015 which mirrors the county structure. Members include representatives from the local NHS trust and clinical commissioning group and charities such as Age UK and Citizens Advice. The council receives grant funding from Warwickshire County Council to employ two part time health and wellbeing coordinators. With one third of residents of Alcester aged over 65, the coordinators aim to tackle isolation among older people and focus on preventative steps. The coordinators work with existing clubs and societies and also help set up new groups. One new group set up as a result of this scheme is a weekly lunch club. The club is now self-sustaining and serves hot lunches to 40 members each week.

Poynton Parish Council, Cheshire

The council employs a community coordinator to promote existing and new initiatives which benefit both the older and younger populations of Poynton. The coordinator works closely with partner organisations including Age UK, Citizens Advice Bureau, Open Hands, U3A, local schools, the Police and Poynton's medical centre. The coordinator drives existing local council initiatives including Men in Sheds, Poynton Fun Days, youth activities, intergenerational projects and Poynton's resilience plan. The coordinator is also involved in promoting Poynton's events, groups and organisations for residents with dementia. This includes a health and wellbeing fair for older people, which is held in partnership with patient participation groups.

Simpson and Ashland Parish Council, Buckinghamshire and Milton Keynes

The council holds a weekly drop in at the village hall from 10am to 12pm on a Tuesday. The session is billed as 'Coffee and Chat' and people come along to talk, play games, and drink tea and coffee. Although not aimed at any particular group, the people who come along tend to be older and single.

TRANSPORT

Bishop's Stortford Town Council, Hertfordshire

Bishop's Stortford Town Council manages a fleet of community minibuses on behalf of Bishop's Stortford Minibus Trust. The minibuses are available for hire by local community organisations and groups who operate on a not for profit basis in the Stort Valley. There are also a number of regular services around Bishop's Stortford and the surrounding area. This includes the Stortford Shuttle, operating once an hour Monday to Friday on a circular route not covered by commercial bus companies; the Hadham Hopper, a free service operating every Thursday from Much Hadham and Perry Green to and from Bishop's Stortford and the Saturday

Shopper Hopper, taking people from the Parsonage, the town centre and Thorley to the Tesco's in Bishop's Stortford.

Burnham on Sea and Highbridge Town Council, Somerset

The council voted in favour of granting £5,000 to keep a local bus service running. Burnham on Sea and Highbridge Town Council is one of eight local (parish and town) councils to have entered into an agreement with Somerset County Council that has seen the bus service continue, with local councils meeting most of the running costs.

Chigwell Parish Council, Essex

Chigwell Parish Council used £1.2m in section 106 contributions from developers to fund three new local bus services. Two services will run on different routes during the morning and evening peak periods on a hail and ride basis. The council are also introducing an off peak service which will stop at set points in the village between 10:00am and 14:00pm. All three services will be free and for local residents only. Local residents can apply for a Chigwell Bus pass to confirm eligibility.

Cogenhoe and Whiston Parish Council, Northamptonshire

Cogenhoe and Whiston Parish Council worked with Shire Community Services to provide a not for profit bus service following the withdrawal of all county bus subsidies by Northamptonshire County Council. Set up costs were funded with a £5,000 grant from South Northamptonshire Council. Cogenhoe and Whiston Parish Council calculated the running costs, applied for the bus operator's license, helped recruit bus drivers and created local publicity around the service. Initially the service was run by Shire Community Services; however the parish council took over the running of it from 1 October 2019.

Disley Parish Council, Cheshire

Disley Parish Council operates a not for profit community transport scheme. For a payment of £1, local residents can become a member of the scheme and book to travel on the 9 seater mini bus. The mini bus makes a number of trips each month to places of interest outside the village, including historic venues, garden centres, markets and picturesque villages. It is also available for hire by local community groups who register as members and provides a real boost to older residents.

Feock Parish Council, Cornwall

Feock Parish Council provides a community transport scheme for residents of all ages. People left stranded without access to transport in Devon, Feock and Carnon Downs can call up and book a volunteer driver who will give them a lift to places such as the doctors, dentist, the local shop or the hairdressers. The scheme has now been running for five years and provides on average 18 trips a week.

Lyme Regis Town Council, Dorset

When Dorset County Council cut subsidies for bus services, Lyme Regis Town Council stepped in to save the number 71 bus. Initially the town council offered a temporary two-day-a-week service; however this has now been extended to 5 days a week for the next three years.

Sedlescombe Parish Council, East Sussex

The council runs an informal lift scheme for local residents who find it difficult to attend doctors/hospital appointments because of a lack of transport. Names and contact details of volunteer drivers are posted on council notice boards outside the village shop and doctors surgery. Residents who require a lift can phone up any of the volunteer drivers and arrange a lift directly with them. Individuals who are interested in becoming a lift scheme driver are encouraged to contact the council so they can be added to the list.

YOUNG PEOPLE

Bitton Parish Council, Avon

Bitton Parish Council took over the running of Oldland Common Youth Club from South Gloucestershire Council. A range of activities are offered at the youth club, now called the New Tracks Youth Club, including pool, table tennis, table football, music, electronic games, TV, cooking and arts and crafts. There is also a weekly games and sports session with a sports coach and occasional outings. The youth club is open two nights a week and is for young people aged 11 to 18.

Coxhoe Parish Council, County Durham

Coxhoe Parish Council developed their own youth services provision following the withdrawal of investment in youth services by Durham County Council. The council now employs a dedicated youth team who run junior, senior and girl's only youth clubs in Coxhoe and Quarrington Hill. Activities available include arts and crafts, parachute games, video games, pool, table tennis, football, music and dance. Last summer the council also ran a programme of summer activities and trips for young people. This included a: movie night, disco, afternoon tea party, pizza night, outings to a farm, go karting track and Planet Leisure.

Cranleigh Parish Council, Surrey

The council provides funding for the 'Friday Night Project,' a youth club for 11 to 17 year olds. The youth club is part of a new strategy from Waverley Borough Council to engage with young people in the community and offer them an opportunity to get involved in new activities, socialise with others of similar ages or relax in the café. The youth club offers a wide variety of activities including: table tennis, workout classes, virtual cycling, racket ball, squash and pool. Funding also comes from Waverley Borough Council, Active Surrey and Places Leisure.

Dunstable Town Council, Bedfordshire

Dunstable Town Council provides an extensive programme of activities for young people in Dunstable. All young people aged 8 to 18 are invited to play Pokémon at

the weekly Pokémon club. The Junior Youth Club offers those aged 10 to 13 the opportunity to participate in art and crafts, board games, free pool, use the online bank of computers and take part in themed nights. Whilst the Young People's Drop In gives those aged 13-18 the opportunity to come together and hang out in a safe space. Most sessions take place at Grove Corner, Dunstable Town Council's dedicated young people's centre. To support this work, the council employs a community and young people's services manager, a senior community and young people's services officer and a community and young people's seasonal worker.

Ferndown Town Council, Dorset

The council provides a programme of activities for young people aged 10 and above in the Ferndown area. Young people in the town are offered the choice of attending either an informal drop in session free of charge or, for £1, a more formal activity based session. Drop in sessions offer young people the opportunity to choose what they want to do, with laptops available for those who need them to complete homework. The more formal activity sessions help broaden young people's views and experiences by promoting other cultures and ways of living as well as providing information and awareness days. At all sessions there are a range of activities and sports on offer such as pool, games consoles, arts and crafts and darts. There is also a coffee bar selling sweets and refreshments. Attendees are encouraged to take responsibility for the youth club by helping to run sessions and standing for a place on the youth council.

Great Ness and Little Ness Parish Council, Shropshire

Great Ness and Little Ness Parish Council pay for a qualified youth worker to continue at Nesscliffe Youth Club following Shropshire Council's decision to cut its youth service budget. Funds were raised by increasing the precept by £3,500 per annum, a move that was taken following consultation with residents.

Ryde Town Council, Isle of Wight

Ryde Town Council developed 'Network Ryde', a new youth project supporting young people in and around the town to achieve their potential and have fun. The first phase of this project has seen the opening of '147,' an internet café offering services for young people aged 11 to 19 years and disabled adults to 25 years. Current sessions held at 147 include a trainee enhancement programme for young people aged 15 to 24 who are not in education, employment or training; a lunchtime drop in session for home educated young people; an arts and crafts session for young people with additional needs and their siblings and a weekly Xbox and Wii tournament night. The council also works with other local venues to facilitate events under the 'Network Ryde' banner, such as, a weekly games night at Waterside Pool.

Sevenoaks Town Council, Kent

In 2012 Sevenoaks Town Council opened a youth café. The facility, for those aged 11 to 18. This cafe has computers, electronic games, a pool table, musical

instruments, and a chill out area, access to professional support and provides reasonably priced hot meals. To ensure the cost of public transport was not a barrier to young people accessing the café, in 2015 the council introduced a free bus pass for 11-18 year olds which can be used on the number 8 bus in the town.

Skelton and Brotton Parish Council, Cleveland

Skelton and Brotton Parish Council funds fitness sessions for local children during the school holidays. Young residents in the parish aged 5-11 year olds can be signed up for an afternoon featuring taekwondo, a kids boot camp and chart dance show in the dark, all completely free of charge.

Westerham Parish Council, Kent

Westerham Parish Council funds family fun sessions in the town during school holidays. The sessions, for children aged 2 to 12 year olds are held in the Westerham Sports Association building and King Georges playing field. Sessions are free to attend and feature inflatable's, crafts and games.

Woughton Community Council, Milton Keynes

Woughton Community Council provides an extensive youth programme for young people aged 9-19. The programme is designed to meet young people's needs and desires by including informal education, recreation and life skills activities. The council hosts different clubs in different areas of Woughton with the aim of breaking down territorial boundaries and increasing community interaction. Activities currently include: sports, games, dance, pool, squash, crafts, cookery and music. Young people can also simply drop in and relax with friends. There is also a weekly teenage parent group providing support, with free lunch and a crèche.

Yate Town Council, Avon

Yate Town Council runs the Armadillo Youth Venue and Café, in Yate, South Gloucestershire. The Youth Venue and cafe has been built to provide a contemporary, safe environment for all young people of the locality aged between 11-17 year olds to use and enjoy. The centre offers high quality facilities including: a cafe area, DJ booth, a community cinema, pool table, table tennis, air hockey table, X-Box and games and, workshops giving young people the opportunity to learn new skills. For young people not interested in attending a youth centre the council offer the opportunity to obtain help and advice in a mobile minivan known as, the Urban Vehicle for Information and Education (URBIE).