

ESSEX ASSOCIATION OF LOCAL  
COUNCILS



Rebuilding Committees



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1. Health and Wellbeing Plans
  2. Facilitating and promoting the links with partners
  3. Supporting Local Councils in making their communities more accessible for all

Areas of Support Available	Physical Activity	Social Isolation	Mental Health	Learning Disabilities	Weight Management
<b>Actions for Council</b> 1. Look and list the actions your 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					
	<ul style="list-style-type: none"> <li>Rules on physical activity, including play parks, open spaces and skateparks.</li> <li>Knowledge of all relevant PROWs</li> <li>Active Essex website and Youtube channel</li> <li><a href="#">Active Essex</a></li> <li>Social Media platforms for exercise</li> </ul>	<ul style="list-style-type: none"> <li>Identify and share Volunteer groups operating at this time and the services they offer.</li> <li>Provide initiatives which can be done by all abilities and physically seen rather than via technology. (Puzzle libraries etc)</li> <li>Telephone befriending service</li> <li>VE Celebrations with social distancing</li> <li><a href="#">United in Kind</a></li> <li><a href="#">Essex Map</a></li> </ul>	<ul style="list-style-type: none"> <li>Promote awareness, services.</li> <li>Promote good neighbour schemes</li> <li>Council could do online suicide prevention training</li> <li>Create a Parish contact group</li> <li>Promote Social media platforms and Provide website</li> <li>Undertake the Free Mental Health First Aid Training</li> <li><a href="#">Free Mental Health First Aid Training</a></li> <li><a href="#">Dementia Friends</a></li> <li><a href="#">Essex Adult Learning Courses</a></li> </ul>	<ul style="list-style-type: none"> <li>Promote good neighbour schemes</li> <li>Promote online support</li> </ul>	<ul style="list-style-type: none"> <li>Promote government diet advice (fruit and veg less sugary foods)</li> <li>Better Health has a range of tools and support to help you take better care of your health. Find what works for you at: <a href="#">NHS Better Health</a></li> <li>Promote recipe exchanges</li> <li>Promote online resources for good nutritional advice on a budget.</li> <li>Access the Ace Lifestyle programme to help you change eating patterns.</li> <li><a href="#">Ace my weight matters</a></li> </ul>

Areas of Support Available	Physical Activity	Social Isolation	Mental Health	Learning Disabilities	Weight Management
Who are the partners?					
What are the blockers?					
Objectives and timeline					

# Partnership Links



# Adding Value

- Adding play equipment for universal access
- Creating walks for wheelchair users
- Adding sensory gardens
- Linking youth groups and community groups
- Linking businesses and community groups
- Meeting of the Leaders in the community
- Undertaking the FREE training in Mental Health, J9 Domestic Abuse and Dementia Friends and making those changes.