

Alcester Health & Wellbeing Board

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Chair of H&Wb Board



Alcester

A market town in Warwickshire

Alcester is a very attractive market town with Neolithic, Roman and medieval heritage.

Shakespeare's Stratford upon Avon is some six miles away, just a stroll away for William.

Coughton Court, just outside the Town has a strong association with the Gunpowder Plot.

Alcester's two rivers, the Arrow and the Alne were an attraction to the Romans and the Roman Salt Road still recognisable in the town, brought the essential salt from nearby Droitwich



From Church Tower



Pretty but
what's it
really
like?

Alcester has two rivers which flood, and old drainage and sewage systems.

Alcester is surrounded by green belt.

Alcester has a lot of protected historic sites.

Alcester old town is a conservation area.

Alcester doubled in size in 1960's when an SDC Council estate was built.

Alcester has been allocated an additional 350 houses.

Alcester has a population of approx. 6000, but provides many local villages with services and leisure facilities.

Population of Alcester

Higher proportion of residents aged 65+ in Alcester:

- Alcester 27%, vs Warwickshire 22%

Alcester had a lower rate of population growth when compared to the district average, however, it had a higher rate of population growth between 2014/15 when compared with the district average (+1.4% vs 0.3%).

Population growth and the ageing of the population will impact on services locally and needs to be considered.

Mosaic - older age profile but more renters



- 11% of Alcester households belong to Mosaic Group N 'Vintage Value' (*Elderly people reliant on support to meet financial or practical needs*) compared with 5% of households in the district and 5.6% of households in the county.
- 6% of Alcester households belong to Mosaic Group L: 'Transient Renters' (*Single people privately renting low cost homes for the short term*) compared to 1% at district level.
- 8% of households belong to the Mosaic Group M 'Family Basics' (*Families with limited resources who have to budget to make ends meet*) compared with 2% at district level.

Health and Social Care

Proportionally more residents in Alcester rate their health as 'bad' or 'very bad':

5.6% vs 4.2% Stratford-on-Avon District vs 4.9% Warwickshire

Lower percentage of Early Help Evaluations with positive outcomes in comparison to district and county figures

65% vs 88% and 91% respectively

Higher rate of children on Child Protection Plans than both the district and county rates:

41.4 per 10,000 children compared with 26.5 and 38.4 per 10,000 children

The H&WbB

Formed in 20?? by Alcester Town Council, who continue to administer the Board.

Chaired by the late Cllr Lennox Cumberbatch

Meets every three months.

Regular members from WCC, SDC, ATC statutory and voluntary agencies and organisations.

The Board — Early Days

The Board formed a useful and effective forum for sharing ideas, events and services.



The needs of the people of Alcester were identified with reference to county and district objectives. Considering the demographics, it is not surprising that older residents, and possible loneliness, were identified as issues to initially target.



Other issues were identified, but the Board agreed to be realistic and work on this as an initial project.

Aims of working with older people

to maintain, indeed improve
the quality of life (QoL),
health and social, of older
people.

to help to reduce, loneliness,
visits to GP's, admissions to
hospital, use of medication

enhance staying at home and
living in Alcester

What have we achieved.

Some examples,
Dementia Café,
Dementia Day Care.
Many less obvious,
male voice choir,
silver band Alcester
singers, churches,
Rotary, Bretvins,
Probus, Knit and
natter, WI,

Got to know what
the Town has:

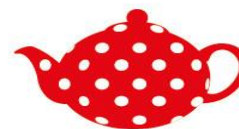
- Statutory services
- Voluntary services

Lots!

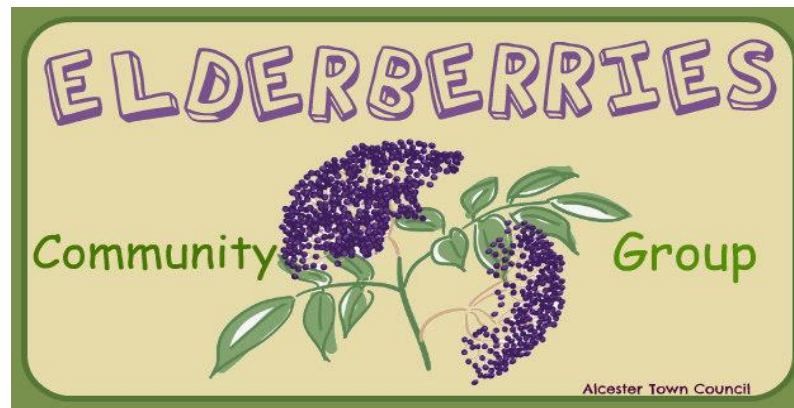
Alcester Musical Theatre Company



Alcester Café
Supporting people with Dementia and their carers



New initiatives



ELDERBERRIES IS A FUN, WELL ATTENDED COMMUNITY GROUP FOR PEOPLE AGED 55 AND OVER.

WE SERVE A 2 COURSE LUNCH AND AIM TO OFFER A VARIED PROGRAMME OF EVENTS EACH WEEK.

WE ARE WANTING TO INCREASE TO THE EXISTING DEDICATED TEAM OF VOLUNTEERS. PERHAPS YOU MAY HAVE, OR KNOW SOMEONE WHO HAS, A FEW SPARE HOURS ON A WEDNESDAY EACH WEEK TO VOLUNTEER.

Please express your interest to Suzette – Health and Wellbeing Coordinator on 074840820303

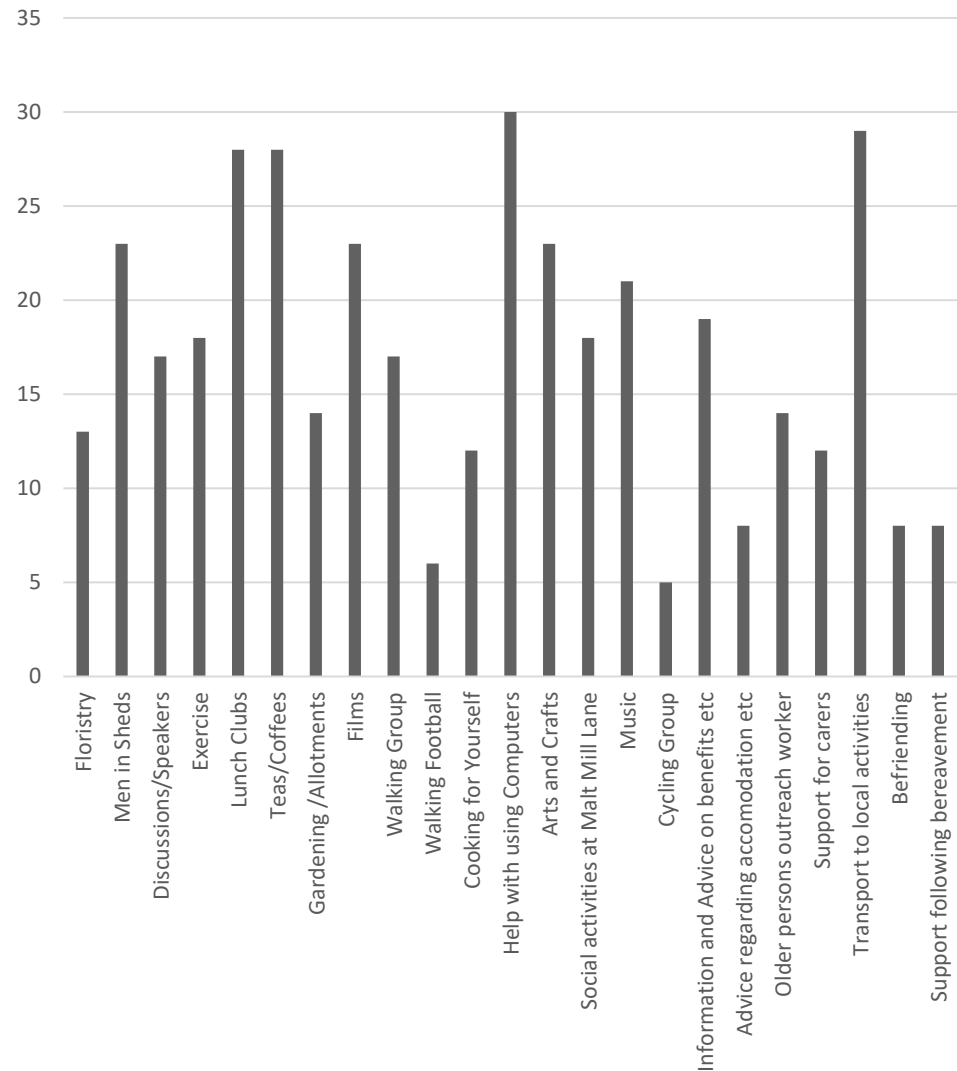


Elderberries Community Group



Where are
the gaps
in service?
Research
into needs

Most Important Priorities



Future Initiatives

Men in
Sheds/Gardening/Allotment
Project

Digital Inclusion

Art and Craft in the
Community delivered by
local businesses

Social Events in local pubs
and cafés

Seated Yoga

Local community centre
becoming a social enterprise
and offering a one stop shop
for everyone, including a
café and social space

Local Transport Service

What Next?

2018

evidence
and
perceived
need for
work with:

- Carers of all ages
- Mental wellbeing of younger people, up to 25 years of age.

CARERS

Initially to try to work with existing groups supporting carers:

- Local Authority Carers' support services
- G.P. Services
- Befriending Groups
- Young Carers' Groups
- Alcester (Dementia) Café (for example)

To try to identify further needs.

Mental Health and Well Being for Young People

- Alcester has three secondary schools, two with sixth forms, serving large area
- There's not a lot to do
- To support a 'happy' time
- To support at an early, or very early stage
- To try to also support 18-25 year olds

Mental Health and Young people

Lifespace (mentoring service in schools)

Support for young parents

Walk-in and chat centre

Mental Health First Aid

Encourage the development of counselling services

Mental Health Getting started

- Recruit a task and finish group.
Who should be in it?
- Desk study
- Focus groups
- Survey (partly to advertise)
- Develop project



Any Questions?

Questions/Discussions

- Is it the role of town and parish councils to improve the quality of lives of people in their community?
- Are there specific target groups?
- Do you need a Health and Wellbeing Board?
- What purpose would it serve?