

## **Health and Well-being Working Group**

### **Progress update for Burnham Town Council Meeting 24<sup>th</sup> Jan 2022.**

Councillors will recall that the working group's remit is to develop a health and well-being plan for Burnham-on-Crouch. The plan will be aligned to other plans in Essex, for example Maldon District Councils Health and Well-being Plan, Essex County Council's 'Livewell' plans, and the Essex Association of Local Council's (EALC) plans. The plan will identify, raise awareness of, and signpost people to, existing local support for their health and well-being and will help us find out what else is needed and how the gaps can be filled.

The idea is to promote healthy and active lifestyles and help build a healthy and resilient community especially as we emerge from the COVID pandemic.

#### **Progress to date:**

- We have researched what's already available to support our residents health and well-being and Cllr Stanbury has compiled a database with over 100 entries including charities, sports clubs, etc.
- We are working closely with the Maldon CVS who are keen to help us bring well-being events to Burnham such as the Essex Book Festival, and other community activities because they recognise that Burnham often misses out on community events.
- We have made links with all three schools in Burnham as we feel it is important to engage the young people in our project as well as their parents and wider family groups.
- We have identified methods of communication we would like to use to spread the word about what's available in the Town. Methods will include leaflets, posters, newsletters via churches and schools as well as free magazines, Facebook, websites and other social media routes.
- We also envisage having a presence at Town events to help spread the word and get feedback from residents.
- As leaflets and events will come at a cost the working group has requested a £5k budget in the 2022/23 Council's budget.
- We are on track to bring the draft Health and Well-being Plan to the March 2022 Town Council Meeting. Once approved it can be published and summarised for communicating widely throughout the community.

We welcome feedback and input from Town Councillors.

Cllr Munford and Cllr Stanbury.