



## **BURNHAM ON CROUCH HEALTH AND WELLBEING PLAN 2023**

### **Enjoy living in Burnham**

#### **Introduction**

Research has shown that Isolation, Healthy Eating, Physical Activity, and Mental Health are important issues and for some people not knowing where they can reach out to find resources to assist them in Burnham on Crouch is a problem.

To start addressing some of these issues Burnham Town Council have researched the H&WB resources available in and around Burnham and are continually seeking out the 'gaps' in that provision. We have produced a list of those Resources found to date and it is the Council's aim to signpost people to groups/places/organisations for assistance by publicising widely what's available.

**See Appendix 1      *A List of Health and Well-being resources in our town***

Throughout this work we have been in discussion with Maldon District Council and Essex County Council to ensure that we are all working together to provide the best information. We are working with the Maldon District Community Volunteer Service (CVS) to promote initiatives in Burnham and the surrounding areas, and to attract help and events to our Town. We are also linking with the local Social Prescribers (GP based) who are responding to and understanding more specific needs.

#### **BURNHAM TOWN COUNCIL HEALTH & WELLBEING AIMS for 2023-24**

For this year the Burnham Town Council aims are to:

- Update the various groups already in place and ensure that they communicate so that residents understand the full range of resources that can be utilized.
- provide and update our Burnham H&WB Resource list (Appendix 1) and to continue to investigate work needed in specific areas including but not restricted to
  - Activities for the Youth in our Town,
  - A Social Drop In facility held regularly for people to socialize and have access to expert help and other projects.
  - Support for people with special education needs and disabilities (SEND)

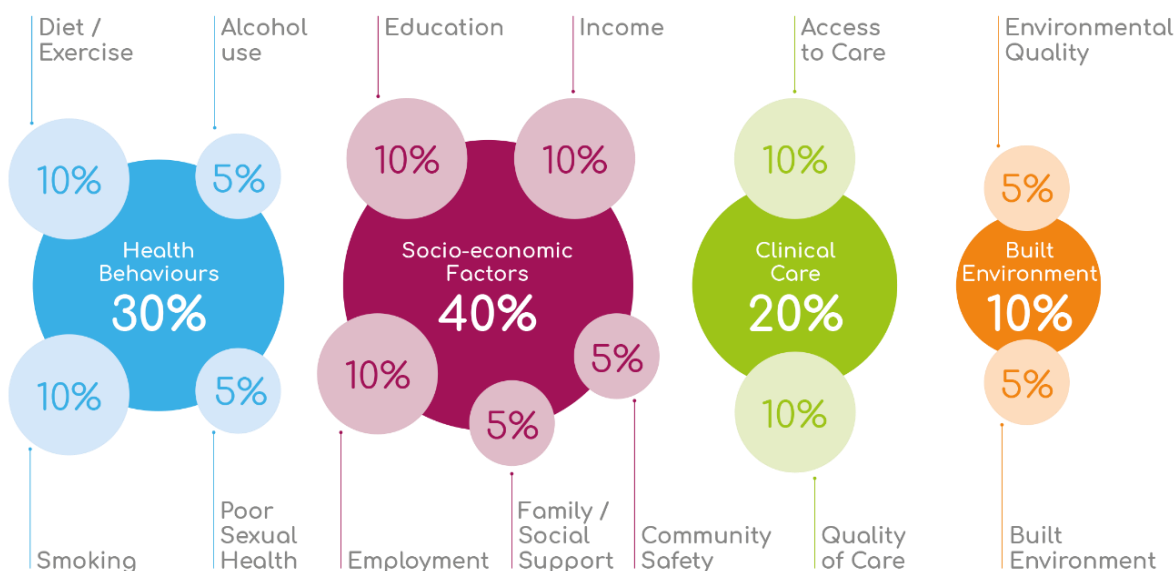
- The Council will also be seeking better ways to make residents aware of the help available and will produce leaflets to be available in public places such as library, doctor surgery etc.

## THE WIDER DETERMINANTS OF HEALTH

Did you know so many things affect our health and our well-being? Our communities, and the things we do, can improve our health. These well publicised diagrams help to explain.



or in more depth, this diagram shows the impact of wider issues on our health, as explained below:



SOURCE: Robert Wood Johnson Foundation and University of Wisconsin Population Health Institute in US to rank countries by health status

- Our health behaviours including diet, exercise, alcohol, smoking and sexual health contribute 30% to our overall health and well-being
- Our social conditions including education, income, employment, family and social support contribute 40% to our overall health and well-being
- Our clinical care from our Health Services contributes only 20% to our health and well-being
- And the quality of our environment, and our buildings contributes 10%.

**Our focus to start with is on Healthy Eating, Physical Activity, Mental Health, Reducing Social Isolation, alongside working with Food Banks, Youth and Schools. We would also like to understand more about provision for those with Special Education Needs and Disabilities (SEND).**

## HEALTHY EATING

Much is being debated about nutrition these days. 'You are what you eat' some say.

Poor nutrition, either insufficient dietary intake or poor quality food can compromise health in a range of ways, such as immunity, mood, body size and shape and many more.

Eating well is the key.

Some agencies will advise the time-honoured low fat, low sugar diets, for example:

Eating a balanced diet that complies with the [Eat Well Guide](#). This will also likely address any micronutrient deficiencies, particularly by eating 5 portions of fruit and vegetables a day (fresh, tinned or frozen), which are rich in vitamins and minerals.

While others will recommend a Low Carb / Keto type diet may be suitable as per this article: <https://www.gov.uk/government/news/a-lower-carb-diet-is-an-effective-short-term-option-for-type-2-diabetes>

Whatever your views, Burnham has groups to tap into to help you eat healthily for your body.

## PHYSICAL ACTIVITY

Exercise is a key component of Health and Well-being and we are blessed in Burnham with so many opportunities. Our 'Resources' list includes many sports clubs, walking groups, yoga, Tai chi and so much more.

Ideally, we would like to see more journeys by foot and by bicycle to reduce unnecessary car journeys and to help people get fitter at the same time.

- We want to keep networks of footpaths open and useable across the Dengie.
- We want to attract more Bikeability [www.bikeability.org.uk](http://www.bikeability.org.uk) courses to Burnham to help adults, children and families cycle safely.
- We will continue to lobby the Essex County Council and Maldon District Council and any potential partners to build a cycle path between Southminster and Burnham, especially for children to get to schools.
- We will continue to lobby Essex County Council for safer roads with safer speed limits to enable cyclists to enjoy our lovely flat peninsula, ideal for this form of transport.

And don't forget the Social Fun Runs for both Adult and Children which take place most weekends at Riverside Park

[home | Burnham on Crouch parkrun | Burnham on Crouch ...](#)  
<https://www.parkrun.org.uk/burnhamoncrouch>

What is Burnham-on-Crouch parkrun? **A free, fun, and friendly weekly 5k community event.** Walk, jog, run, volunteer or spectate – it's up to you! When is it? Every Saturday Adults and Sunday Children at 9:00am. Where is it? The event takes place at Riverside Country Park, Millfields, Burnham on Crouch, CM0 8HS. See Course page for more details. [See more](#)  
<https://www.activeessex.org/find-your-active/>

## MENTAL HEALTH

Essex County Council has information about getting mental health support. Find information here: <https://www.essex.gov.uk/mental-health/get-help-and-support>

Public Health England have launched their new '**Every Mind Matters Campaign**'. For information, support, advice and the ability to develop your own mind plan, please visit: <https://www.nhs.uk/every-mind-matters/>

Find out how you can do things for others on: [www.actionforhappiness.org](http://www.actionforhappiness.org). This includes 10 **keys to happier living**

- Giving – Do things for others
- Relating – connect with people
- Exercising – take care of your body
- Awareness – live life mindfully
- Trying out – keep learning new things
- Direction – have goals to look forward to
- Resilience – find ways to bounce back
- Emotions – look for what's good
- Acceptance – be comfortable with yourself
- Meaning – be part of something bigger

Mental Health First Aid (MHFA) have launched a **My Whole Self toolkit** (<https://mhfaengland.org/mhfa-centre/news/my-whole-self-toolkit-launch/>), the digital centre piece of its new campaign for workplace culture change. The toolkit helps everyone to support their mental health while working from home.

**Livewell Essex** has also put together 10 ways to well-being,

[Living Well in Essex website - Livewell \(livewellcampaign.co.uk\)](http://livewellcampaign.co.uk)

**For urgent Mental Health support contact these numbers:**

If you've had thoughts of self-harming or are feeling suicidal, contact someone immediately such as your GP, a friend, a relative or someone else you can trust.

- Urgent: call 999
- NHS on 111 Option 1 Medical Option 2 Mental
- The Samaritans – call 116 123
- Non-urgent: call your local GP
- Health in Mind (IAPT) – 01376 308704 for a wide range of talking therapy treatments for adults with common mental health problems. Health in Mind is part of a national initiative and individuals can self-refer online [find out more here](#) or call, or visit your GP

## SOCIAL ISOLATION

It is incredibly important to maintain contact with your friends, family and work colleagues to maintain your social connectedness and general well-being. If you would like to join a local group or receive befriending support, please look at the 'Resource Database' (Appendix 1) which lists Clubs/Sports etc available in Burnham on Crouch or if you would like help to signpost you to these facilities speak to Cllr Paula Stanbury 07419 379722. And explore Maldon District CVS website [Find local support in the Maldon District](#)

[maldondistrictconnects.org.uk](http://maldondistrictconnects.org.uk)

## FOOD BANKS

There are dedicated volunteers running the Food Pantry in Southminster. The United Reform Church in Burnham run 'Community in a Cup' events 2-5pm every 3<sup>rd</sup> Thursday of the month which is an opportunity for people to get together for a Chat and a Cuppa and access the food pantry hub which is open every week for food and toiletry collections.

## YOUTH

There are many Sports Clubs in our town for local children (see the Resources Database) ranging from the excellent Rugby, Football, Golf, and Sailing Clubs. There are the Sea Scouts, Scouts, Cubs, for example but not so much is organised for the older children in town. The Council is researching what other facilities could be made available to youth through activities organised by ECC, MDC the Churches and other groups.

[Young people \(essex.gov.uk\)](http://www.essex.gov.uk)

[www.maldoncvcs.org.uk](http://www.maldoncvcs.org.uk)

## SCHOOLS

Following on from the above the Council is aware of issues regarding school placement in Burnham and will be working to understand resulting issues and how best to present these to Essex County Council who are responsible for education in Essex.

## COMMUNICATION

Burnham Town Council will be introducing a series of Open Communication opportunities when Councillors will be available on some Saturdays for residents to drop in and discuss any issues they are facing. These Councillor Surgeries will be held monthly at the Council Offices from 10am to midday the first being 22<sup>nd</sup> July. There will be a break in August and then they will re-commence and a Notice of the dates will be on the Burnham Town Council website.

## USEFUL LINKS

Link to our Burnham Health and Wellbeing Resource Database (See Appendix 1)

<https://burnhamoncrouchtowncouncil.gov.uk/contacts/>

<https://burnhamoncrouchtowncouncil.gov.uk/health-wellbeing/resources/>

[Live Well Link Well | Live Well Link Well | Maldon District Council](#)

[The Livewell campaign | The Livewell campaign | Maldon District Council](#)

[www.maldoncvcs.org.uk](http://www.maldoncvcs.org.uk)

[maldondistrictconnects.org.uk](http://maldondistrictconnects.org.uk)

[Health and wellbeing services: Concerned about your health? - Essex County Council](#)

HWB logo designed by Teddy Clayton Wolf Class 2022 Burnham County Primary School

This plan is constantly under revision and will be refreshed every 3 months