

# HEMPSTEAD PARISH COUNCIL

## HEALTH & WELLBEING PLAN



This plan considers the work of Hempstead Parish Council both at present and into the future. It will be updated and amended in light of any new information, guidelines or strategic goals the Parish Council sets.

We welcome any suggestions you may have.

It will illustrate how Hempstead Parish Council will consider Social Isolation, Mental Health, Learning Disability, Physical Activity and Weight Management into their vision for Hempstead.

Good neighbourliness contributes greatly to everyone's health and wellbeing.

## HEMPSTEAD LOCAL INFORMATION - LINKS & PHONE NUMBERS

David Holland Pharmacy (Norton Road, (Greenfields Way), Haverhill, CB9 8LU) 01440 713365

Thaxted Pharmacy (3 Town Street, Thaxted, Essex, CM6 2LD) 01371 830260

Thaxted Surgery <https://www.thaxted-surgery.co.uk/> - 01371 830213

Clements Surgery, Haverhill - <https://healthgps.co.uk/gp/5948-clements-surgery>. 01440 841300

The Freshford Practice, Braintree [Homepage - Freshwell Health Centre](#) - 01371 810328

The Crocus Practice [Appointments - Crocus Medical Practice](#) - online appts bookings. For emergencies only call 01799 522327

Council for Voluntary Service Uttlesford – [Volunteering opportunities - Uttlesford District Council](#) – 01799 510525

The Community Hub & Foodbank - [Uttlesford Foodbank | Helping Local People in Crisis](#) 07531 436335

Essex Welfare Service – <https://www.essexfamilywellbeing.o.uk> - 0300 247 0013

Uttlesford Citizens Advice Bureau (Saffron Walden) – <https://www.uttlesfordca.org.uk> 01799 618840



Pharmacy/Surgery information based on geographic proximity to Hempstead. Further information can be found via [nhs.uk](https://www.nhs.uk)

SUPPORT AVAILABLE	PHYSICAL ACTIVITY	SOCIAL ISOLATION	MENTAL HEALTH	LEARNING DISABILITIES	WEIGHT MANAGEMENT
<p><b>The Essex Wellbeing Service</b> supports people in the community and at work with a range of wellbeing needs. Commissioned by Essex County Council and delivered by Provide 0300 3039988</p> <p><b>Frontline</b> is a community project. It helps frontline workers and the public to quickly find details on local health and wellbeing services and to contact services through call back and referral options</p>	<p>Residents can use Hempstead footpaths &amp; open public spaces for exercise.</p> <p><b>Active Essex Youtube Channel</b> is full of different exercise types for all ages and fitness levels.</p> <p><b>Public Rights of Way</b> (PRoW) can be found at Essex Highways and walks around Hempstead on the Village Website.</p> <p><b>Wheel Coaching</b> yoga classes online together with wellbeing coaching Programmes.</p> <p><b>Dog Walking</b> – daily relief from stress &amp; anxiety and increased exercise by walks with your own dog or ask to borrow a dog from a neighbour.</p>	<p>Telephone a friend / neighbour or say “hello”.</p> <p><b>Re-engage</b> for telephone befriending services. 0800 716543</p> <p><b>Age UK</b> Call In Time Scheme matches older people with volunteers who share similar interests. Offers a 30 minute call once a week. 0800 4346105</p> <p><b>Silver Line</b> Confidential Helpline for friendship and advice to older people 24 hours a day every day of the year. 0800 4708090 – call anytime if you are feeling lonely or just for a chat.</p> <p><b>Community Agents Essex</b> support older people and carers to find independent living solutions. 0800 977 5858</p>	<p>Residents are invited to make contact with their GP or <b>Mind West Essex</b> or <b>Provide</b> for support.</p> <p>For more help and support if you are experiencing domestic abuse visit <b>Compass</b> - Essex Domestic Abuse Helpline: 0330 333 7 444. Helpline available from 8 am to 8 pm weekdays and 8 am to 1 pm weekends.</p> <p><b>Every Mind Matters MHFA</b> England</p> <p><b>Mental Health Essex</b> (campaign launched September 2020) offers guidance and support.</p> <p>*training for domestic abuse awareness (J9) and mental health awareness is available via Essex Association of Local Councils.</p>	<p>Online communication with existing schools / educational provider.</p> <p><b>Accuro</b> supports people with a disability in West Essex. 01279 870297</p> <p>Contact local <b>Mencap</b> for advice (Saffron Walden and Haverhill groups available).</p> <p>Contact <b>Scope</b> for online support and Guidance.</p> <p><b>Essex Family Forum</b> is a well-connected group of families who support each other. It includes children and young people up to the age of 25 with disabilities or additional needs.</p>	<p>Residents are advised to follow Government policy regarding healthy eating.</p> <p><b>My Weight Matters</b> is a free programme that can be accessed online.</p> <p><b>Slimming World</b> - find a friendly and supportive group or lose weight with a flexible digital service, with an online community.</p> <p><b>Nutritionalist</b> -Learn more about Weight Loss, Diabetes, Irritable Bowel Syndrome (IBS), Polycystic Ovary Syndrome (PCOS), Sports Nutrition and Menopause and the various support available.</p>

Areas of Support Available	Physical Activity	Social Isolation	Mental Health	Learning Disabilities	Weight Management
<b>Who are the partners?</b>	Residents Village Hall Committee Instructors Essex County Council	Residents Neighbourhood Watch Volunteers Charities/organisations	Residents NHS Charities Essex County Council	Charities Schools	Residents Essex Wellbeing Service
<b>What are the blockers?</b>	Safety considerations re: equipment	Immobility Lack of transport	Stigma Access to services	Awareness of local services Accessibility issues	Embarrassment
<b>Objectives and timeline</b>	Promote methods of exercise.	Review and promote local and national campaigns. Establish links with community services and communicate / share these.	Raise awareness of Mental Health support available.	Promote local services across Uttlesford e.g. holiday and friendship schemes.	Promote local support available and access to health eating recipes. Consider recipe exchange.

# ► Citizens Advice Services

PROVIDE ADVICE, INFORMATION AND ADVOCACY TO HELP PEOPLE RESOLVE THE PROBLEMS THEY FACE INVOLVING:-

WELFARE BENEFITS  
HOUSING  
DEBT  
MONEY MANAGEMENT  
EMPLOYMENT  
IMMIGRATION  
CONSUMER  
AND FAMILY AND PERSONAL ISSUES.

ADVICE IS FREE, CONFIDENTIAL, IMPARTIAL AND INDEPENDENT.  
EMAIL: [HTTPS://WWW.UTTLESFORDCA.ORG.UK/EMAIL-US-FOR-ADVICE](https://www.uttlesfordca.org.uk/email-us-for-advice)  
ONLINE ADVICE FROM [HTTPS://WWW.CITIZENSADVICE.ORG.UK](https://www.citizensadvice.org.uk)  
ADDRESS: SAFFRON WALDEN - BARNARDS YARD, SAFFRON WALDEN, ESSEX CB11 4EB.  
TELEPHONE: 01799 618840.

# List of contacts

## **Accuro**

<https://www.accuro.org.uk>  
01279 870297

## **Active Essex YouTube Channel**

<https://www.activeessex.org/find-your-active>

## **Age UK**

<http://www.ageuk.org.uk>  
0800 4346105

## **Community Agents Essex**

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

[enquiries@caessex.org.uk](mailto:enquiries@caessex.org.uk)

0800 977 5858

## **Compass**

<https://www.essexcompass.org.uk>

0330 3337444

## **The Eat Well Guide**

<https://www.gov.uk/government/publications/the-eatwell-guide>

## **Essex Association of Local Councils**

<https://www.ealc.gov.uk/home>

01317 879722

## **Essex County Council – Mental Health Essex**

<https://www.essex.gov.uk/mental-health>

## **Essex Family Forum**

<https://www.essexfamilyforum.org>  
07742 958003

## **Essex Highways Public Rights of Way**

<https://essexhighways.org/Getting-Around/public-rights-of-way/prow-interactive-map.aspx>

## **The Essex Wellbeing Service**

<https://www.essexwellbeingsservice.co.uk>  
0330 3039988

## **Every Mind Matters**

<https://www.nhs.uk/oneyou/every-mind-matters>

## **Frontline**

<https://essexfrontline.org.uk>  
**01799 618855**

## **Mencap**

<https://www.mencap.org.uk>  
0808 8081111

## **MHFA England**

<https://mhfaengland.org>

## **Mind West Essex**

<https://www.mindinwestessex.org.uk>  
01371 876641

## **My Weight Matters**

<https://www.acemyweightmatters.org/home>  
0800 0224524

## **Nutritionist**

<https://www.nutritionist-resource.org.uk>

0333 325 2504

## **Provide**

<https://www.provide.org.uk>

0300 1310111

## **Re-Engage**

<https://www.reengage.org.uk>  
0800716543

## **Scope**

<https://www.scope.org.uk>  
0808 8003333

## **The Silver Line**

<https://www.thesilverline.org.uk>  
0800 4708090

## **Slimming World**

<https://www.slimmingworld.co.uk>  
0344 897 8000

## **Wheel coaching (Beth Wheeler)**

[www.wheelcoaching.com](http://www.wheelcoaching.com)  
[beth@wheelcoaching.com](mailto:beth@wheelcoaching.com)  
07785 564183

## **Clerk to Hempstead Parish Council**

E: [parish.clerk@hempstead-essex.org.uk](mailto:parish.clerk@hempstead-essex.org.uk)

# HOW THE PARISH COUNCIL SHARES KEY INFORMATION WITH RESIDENTS

Hempstead Village website: <https://www.hempstead-essex.org.uk>

Hempstead Village Facebook page:  
<https://www.facebook.com/groups/1697904313824973>

Hempstead, Radwinter & The Sampfords Facebook page:  
<https://www.facebook.com/groups/508598425851455>

Parish Council Noticeboard by the telephone box on Hempstead High Street

Noticeboard by the bus shelter