

Aspire Health and Wellbeing Action Plan

Ref no.	Area of responsibility	Service specific outcome(s)	Output(s)	Activity	Input(s)	RAG Rating
1	Deliver an intergenerational community space in Park Barn	Improved quality of life of older people Improved mental health of residents A fit and active community	Older residents accessing day care support activities and a hot meal. Support adult social care referred dementia customers to live independently Young families accessing the play zone Per week at minimum of 5 community groups using the meeting room and community suite space Each week people accessing reduced rate hairdressing and chiropody service Per quarter young children receiving NHS immunisations Per quarter young mothers and partners engaged in pre and ante natal care and support	Renaming of the Park Barn Centre to THE HIVE Daily cognitive and social activities for older people provided in main lounge space Daily hot meal provided at cost for older people Daily play zone space opened for young children to access Daily coffee shop open with community prices for healthy options food and drink Weekly community support groups using the space for workshops Three times weekly hairdresser and chiropody appointments available 4 NHS immunisation sessions held	Comms Team support Care staff time Community transport staff time and use of the buses Cook time and appetito meals Occasional Wellbeing staff support Coffee shop purchases from contracted providers Volunteer time Partnership coordination with NHS and voluntary sector Central Hub budget Adult social care grant funding support	Amber – certain activities are happening during COVID – but others put on hold. Launch/Rename of the centre will be in 2021

				Weekly pre and ante natal classes provided by NHS.		
	Rationale for linking output to outcome	The Park Barn centre provides a space for less advantaged communities to access services that improves greater health and wellbeing – both physical and mental health. In rebranding the centre as THE HIVE, we are encouraging a space for all people of all ages to attend and build community cohesion. We are also working our asset to support people of all ages across the communities of Guildford via partnership working with our health and voluntary sector colleagues who provide health services and community activities that promote improved physical health and fitness.				
2	Deliver day care and Dementia support to older people at the Shawfield Day Centre Ash	Improved quality of life of older people Improved mental health of residents	older people accessing day care services support – including a hot meal. dementia patients per day accessing specialist support via Meadowlands unit.	Daily cognitive and social activities for older people provided in main lounge space Daily hot meal provided for older people. Coffee shop facilities for residents	Care Staff Time Cook time preparing from scratch meals. Purchase of lunch ingredients and coffee shop stock from contracted food providers Community Transport staff time and use of buses Shawfield hub budget Adult social care grant funding support	Green Elderly care moved to Park Barn Centre. – due to COVID Home visits also happening.
	Rationale for linking output to outcome	The Shawfield Day Centre helps the older people of Ash and surrounding area (some out of Borough) to access day care support services which in turn help reduce social isolation and maintain sound physical and mental health and wellbeing.				
3	Provide Community Transport to communities of Guildford	Improved quality of life of older people Improved mental health of residents A fit and active community	Older groups using community transport to come to The Hive and Shawfield centre to access activities.	Daily transport runs throughout the working day Hire at weekend and evenings for	Community transport staff time Volunteer time Community Transport budget	Amber Current service occurring but expansion on hold due to COVID

			transport to vulnerable individuals who need to access doctors/hospital appointments/shopping Hiring out community transport vehicles to community groups for wider use in evenings and weekends	community groups	SCC grant funding support	restrictions
	Rationale for linking output to outcome	Community transport provides a vital link for those who are less advantaged to access services which prevent social isolation and improve physical and mental wellbeing. In expanding the service to encourage community hire of the vehicles we are encouraging community groups to go to activities that promote physical activity and community cohesion.				
4	Provide Meals on Wheels to less advantaged older people across the borough	Improved quality of life of older people	Providing a hot meal to vulnerable people 7 days a week.	Delivering a hot meal to people in their home 7 days a week between 12pm and 2pm. Safeguarding our most vulnerable residents who live alone.	Community meals on wheels vehicles Community meals on wheels staff time Apetito meals Meals on wheels budget SCC grant funding support	Green – service has increased
	Rationale for linking output to outcome	Meals on wheels are delivered across the borough – to urban and rural locations and serve our most vulnerable older people. Receiving a hot meal improves their quality of life as it ensures they have at least one hot meal a day. This service also provides key safeguarding of vulnerable people who live alone and often do not meet many people.				
5	Supporting communities who experience food poverty and financial insecurity	Improved mental health of residents	Low income families and individuals in need accessing clothing and homewares to ease financial difficulties.	Thrive at The Hive shed opened every Tuesday to communities. Mobile outreach of clothing and	Wellbeing staff time Volunteer time Social media outreach	Green in most part Food parcels are delivered to those in need

			<p>Low income families and individuals accessing homewares and clothing via mobile outreach in the rural areas in the borough</p> <p>Low income families and individuals accessing a community fridge at THE HIVE. Donations and collections.</p> <p>All communities to participate in a daily donation bank of clothing and homewares at THE HIVE to support the Thrive at the Hive project. Volunteers to help sort and collate donations</p>	<p>homewares at churches/parish centres/community halls once a month in a different location each time</p> <p>Community Fridge open every day at The Hive from 9am – 4.30pm Monday to Friday. Kings Students leadership team to support running of the scheme</p> <p>Donation Bank accessible to all for donations 9.30 – 4.30 Monday to Friday.</p>	<p>Community donations</p> <p>Coop/Tesco/Sainsburys/Waitrose daily food donations</p>	<p>Voluntary sector supported</p> <p>The Hive donation bank up and running</p> <p>Amber – mobile outreach delayed due to COVID restrictions</p> <p>Amber – community fridge delayed due to COVID restrictions</p>
	Rationale for linking output to outcome	<p>The council identified food poverty and financial insecurity as a key work area and this work stream helps to action recommendations made by the Executive and OS committee. Food poverty and financial insecurity are key triggers to poor mental health and in addressing the issues around food poverty, mental health of individuals can improve. The workstream also encourages a reduction in food waste and behavioural change which is heavily dependent on community volunteers which in turn promotes community cohesion. Many of the donations come from the public schools in the area and the community fridge will be supported by Kings College students as volunteers.</p>				
6	Addressing holiday hunger amongst less advantaged families in Guildford	<p>Improved mental health of residents</p> <p>A fit and active community</p>	<p>4 family lunch dates at THE HIVE for up to 40 families each day from Park Barn and Stoke during the Easter</p>	<p>2 primary school aged family lunches in Easter holidays provided by Foodwise charity in partnership with us.</p>	<p>Wellbeing Staff time</p> <p>The Hive kitchen resource</p> <p>Foodwise charity providing food</p>	<p>Amber</p> <p>Have not been able to do summer holiday outreach due to COVID.</p>

			<p>holidays 2020</p> <p>12 family lunch dates at THE HIVE for up to 40 families each day from all areas of the borough</p>	<p>2 Senior school aged family lunches provided in Easter holiday provided by Foodwise charity in partnership with us.</p> <p>6 primary school aged family lunches in Summer holidays provided by Foodwise charity in partnership with us</p> <p>6 senior school aged family lunches in Summer holidays provided by Foodwise charity in partnership with us</p> <p>Family activities provided for children whilst food coaches train the adults to cook a healthy meal from scratch.</p> <p>All families sit together to eat</p>	<p>coaches and food.</p>	<p>Working with Foodwise and Stoke Community Support to provide meals for families in need</p>
	Rationale for linking output to outcome	<p>Holiday hunger was identified by the Council as a huge contributor to fragile mental and physical health amongst our least advantaged communities during school holidays because many children are no longer receiving school provided meals. In some cases, parents are going hungry in order to feed their children.</p>				

		<p>Providing meals at THE HIVE enables families in need to access a meal in the school holidays whereas otherwise they may have to go without. It also is a workstream that aims to empower communities to learn how to cook on a budget from scratch and understand the importance of eating together as a family.</p>				
7	<p>Creating community resilience and sustainability within community groups so they can support those in need</p>	<p>Improved quality of life of older people</p> <p>Improved mental health of residents</p> <p>A fit and active community</p>	<p>older customers from Shawfield Centre and 10 children from Jack and Jill Nursery to participate in art and craft intergenerational workshop each week.</p> <p>older customers from THE HIVE and 25 children from Park Barn Nursery to participate in intergenerational music and art sessions each week.</p> <p>Open invite to Dementia patients and carers to attend care support sessions provided by the Ash Parish Dementia Action Alliance. Aim to be self-funding and self-sufficiently run by session 25</p> <p>2 volunteer led Community Street Teams in Ash and</p>	<p>40 art and craft workshops between older customers at the Shawfield centre and children from Jack and Jill Nursery.</p> <p>30 creative minds art sessions run by volunteer to be at The HIVE with park barn nursery and Spinney children's centres</p> <p>50 weekly sessions of the APDAA music and art/craft Memory Lane therapy sessions at the Shawfield Centre.</p> <p>Carer support/respite available during sessions in Shawfield Centre</p>	<p>Wellbeing team time</p> <p>Volunteer engagement</p> <p>Nursery school time/participation</p> <p>Aspire funding</p> <p>The Hive and Shawfield Centre Space</p> <p>Parish council engagement</p> <p>Social Housing Team collaboration</p>	<p>Red – COVID restrictions</p>

			<p>East/West Clandon with community volunteers participating</p> <p>3 Community garden spaces at Friary House, Bedford House and Tarragon Court with vulnerable residents from these social housing schemes participating</p>	<p>Support the parish councils and volunteers in setting up a community street team who work in the local area engaging with residents twice a week about local issues.</p> <p>Residents and wellbeing team create and maintain community garden space in communal areas.</p>		
	Rationale for linking output to outcome	<p>The outputs listed in this section all contribute to the overall wellbeing outcome of older residents and local communities. Wellbeing involves improved mental health and quality of life as well as encouraging fit and active individuals – which are the priority outcomes for housing and community. In delivering these activities, we are enabling local communities to become more resilient as we train volunteers to take ownership of activities and run without council support – which helps reduce dependency in the future.</p>				
8	Providing youth engagement for less advantaged young people	<p>Improved mental health of residents</p> <p>A fit and active community</p>	<p>Youth café drop in for Kings College students every week. Minimum of 35 young people attending with 2 volunteers and 2 wellbeing team supporting. The sessions are led by a steering group of 8 students.</p> <p>A climate change garden in THE HIVE,</p>	<p>Weekly Wednesday drop in sessions at THE HIVE from 3.30pm – 6pm.</p> <p>Various gaming, sports and board games available to the young people</p> <p>Coffee shop training to volunteers</p>	<p>Wellbeing team support</p> <p>Student participation</p> <p>Coffee shop food and drink</p> <p>RHS support</p> <p>Aspire funding</p> <p>The Hive courtyard space</p>	<p>Amber</p> <p>Although unable to provide a venue – have moved to online engagement temporarily</p>

			<p>created and sourced by the young people of park barn to address concerns of climate change. 2 Wellbeing team supporting with sessions led by Kings student Leadership Team.</p> <p>A day in the life of...film created by the young people of north Guildford looking to address the issues that mean most to them. Supported by wellbeing team</p>	<p>Daily after school gardening for students creating climate change space with the support of RHS wisely and wellbeing team in the courtyard space at THE HIVE</p> <p>Students recording thoughts on issues and compiled into a film with professional support via Aspire funding. Students learn how to film and edit.</p> <p>Show case of film at the Hive</p>		
	Rationale for linking output to outcome	The outputs demonstrate a commitment to the mental and physical health of young people by providing space and activity for them to engage with what matters most to them and to have access to activities that they otherwise would miss out on. The outputs address increasing loneliness and isolation amongst young people which are inextricably linked with mental health. We also attempt to encourage behavioural change.				
9	Partnership working to ensure greater health and wellbeing for Guildford communities	<p>Improved quality of life of older people</p> <p>Improved mental health of residents</p> <p>A fit and active community</p>	<p>Joint strategic action plan with ICP and NHS colleagues to address the Health and Wellbeing needs in Guildford</p> <p>Host and Coordinate quarterly forum with</p>	<p>Quarterly forum meetings with NHS partners</p> <p>Quarterly events held</p>	<p>Wellbeing team time</p> <p>NHS partnership coordination</p> <p>Community and voluntary sector support</p> <p>The Hive Space</p>	Green

			community partners on facilities/services available to Guildford residents Adult social care and SCC contracted support for older people's services	at THE HIVE Grant funding support from SCC/adult social care review meetings and monitoring. Annually.	Adult Social Care and SCC funding SCC staff time.	
	Rationale for linking output to outcome	To deliver the outcomes involves a coordinated response and action plan from health, community and voluntary partners. Working together to achieve greater health and wellbeing outcomes for our residents is essential in making sure services are relevant and available to communities of Guildford.				
10	Implement annual action plan Art development as part of community strategy Plan, organise, deliver and evaluate projects with Arts Partnership Surrey (APS) to engage residents in an arts programme that focuses on: <ul style="list-style-type: none"> improving mental health and wellbeing events that celebrate dance and movement training and networking events 	Raise the profile of the arts and highlight how they contribute to health and wellbeing, society and the economy help secure new partnerships to maximise our resource enable artists and organisations to use the strategy for fundraising, advocacy and project planning allow the Council to plan further in	annual detailed action plan and targets range of arts development intervention initiatives to address needs training sessions delivered for workforce additional funding secured by organisations, individuals and clubs to deliver programmes Big Draw - Month long (Oct), annual event of 10 free workshops facilitated by	deliver individual initiatives according to the need e.g. Big Draw marketing, venue bookings, fielding questions, arranging artist support, risk assessing, policies and procedures and reporting etc. undertake any safeguarding needs preparation of information & guidance notes seeking feedback for evaluation review	Officer time Financial resources Example successful interventions elsewhere i.e. benchmark info Arts Organisation contacts School contacts Artists contacts CRB checks Policies and procedures Venues Marketing material	Amber Planning sessions are happening but delivery is delayed

		<p>advance to increase opportunities for arts provision and funding</p> <p>provide a local framework for progressing national and regional policy.</p>	<p>professional artists across 10 venues</p> <p>Arts Partnership Surrey initiatives - annual circa £100,000 project activity benefitting Guildford from £4,500 cash investment plus officer input</p>	organise training		
	Rationale for linking output to outcome	<p>A defined strategy collects together the research and best practise thinking to produce a framework for decision making that is consistent and aligned with corporate priorities</p> <p>raise the profile of the arts and highlight how they contribute to health and wellbeing, society and the economy</p> <p>help secure new partnerships to maximise our resources</p> <p>enable artists and organisations to use the strategy for fundraising, advocacy and project planning</p> <p>allow the Council to plan further in advance to increase opportunities for arts provision and funding</p> <p>provide a local framework for progressing national and regional policy</p> <p>improved mental health / improved quality of life for older people</p>				
11	Implement annual action plan for Sport development as part of community strategy	<p>improve the health and wellbeing of the community through participation in sports.</p> <p>Raise the profile of sport and active lifestyle benefits- preventative approach to reduce inactivity</p> <p>widen access and participation particularly for</p>	<p>range of sports development intervention initiatives to address needs e.g. underrepresented groups such as 50+ or disability</p> <p>training sessions delivered for workforce</p> <p>additional funding secured by organisations, individuals and clubs to</p>	<p>deliver individual initiatives according to their need e.g. Surrey Youth Games – participant booking, marketing, venue bookings, fielding questions, arranging coaching staff, arranging young ambassadors, communicating with schools, communicating with clubs for pathways, CRB checks,</p>	<p>Officer time</p> <p>Financial resources</p> <p>Example successful interventions elsewhere i.e. benchmark info</p> <p>SYG events and programme</p> <p>Booking system participant info</p> <p>Club contacts</p> <p>School contacts</p>	<p>Amber</p> <p>Planning sessions are happening but delivery is delayed</p>

		<p>underrepresented groups</p> <p>provide a strategic plan for using resources effectively- partnerships and resource sharing</p> <p>providing strategic lead for organisations to access external funding</p> <p>improve quality of local coaches, clubs and volunteers to sustain provision</p>	<p>deliver programmes</p> <p>Example: Surrey Youth Games (SSYG)</p> <p>Partnership project and event between 11 Surrey boroughs and districts - coordinated by Active Surrey (County Sports Partnership)</p> <p>Young people aged 6-16</p> <p>11 different sports (including disability sport)</p> <p>6-8 weeks of beginner training sessions</p> <p>weekend festival event over 2 days</p> <p>SSYG Young Ambassadors programme</p> <p>256 participants Guildford (2698 Surrey wide)</p> <p>10% of inactive participants increased activity levels</p> <p>50% participants</p>	<p>safeguarding arrangements, securing sponsorship funding, risk assessing, coordinating with other boroughs, policies and procedures and reporting etc.</p> <p>undertake any safeguarding needs</p> <p>preparation of information & guidance notes</p> <p>seeking feedback for evaluation review</p>	<p>coaches</p> <p>CRB checks</p> <p>Policies and procedures</p> <p>Venues</p> <p>Marketing material</p> <p>Participants meeting criteria e.g. underrepresented groups, over 50, gender based etc</p>	
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			<p>continue to participate after</p> <p>70% participants improved confidence</p> <p>75% partner satisfaction</p> <p>40 sports award nominations</p>			
	Rationale for linking output to outcome	<p>A defined strategy collects together the research and best practise thinking to produce a framework for decision making that is consistent and aligned with corporate priorities.</p> <p>to raise the profile of sport within our borough to benefit our community</p> <p>to use informal sport as a preventative means of tackling inactivity levels</p> <p>to align sport provision with the Guildford Health and Wellbeing Strategy and National Public Health Agenda</p> <p>to identify opportunities to focus the development of sport as identified by our community and organisations</p> <p>to pool resources and facilitate partnership working between organisations</p> <p>to support our clubs, coaches and volunteers</p> <p>A fit and active community / improved mental health / improved quality of life for older people</p>				
12	Implement annual action plan for Play development as part of community strategy	<p>Achieving the intervention activities and programmes within the themes set out in the Play Development Strategy</p> <p>maximise the range of play and leisure opportunities available to young people</p> <p>create a challenging</p>	<p>Delivering the intervention activities and programmes identified in the annual action plan to address needs (including Playrangers, Streetplay, FISH etc)</p> <p>additional funding secured by partner organisations to deliver programmes</p> <p>FISH playscheme.</p>	<p>deliver individual initiatives according to their need e.g. FISH – programme development, venue booking, marketing, customer bookings, fielding questions, staffing, CRB checks, safeguarding arrangements, equipment, sourcing external activity providers, logistics, securing funding, risk</p>	<p>Play development strategy & specialist play knowledge</p> <p>Officer time</p> <p>Temporary/casual staff resource</p> <p>Financial resource</p> <p>Playranger van</p> <p>Equipment resources</p> <p>Transport hire</p>	<p>Amber</p> <p>Planning sessions are happening but delivery is delayed</p>

		<p>space for young people where they can explore and test boundaries whilst being safe from unnecessary harm</p> <p>encourage young people's respect for others and offer opportunities for social interaction</p> <p>support young people's well-being, health, development, knowledge, understanding and creativity through play and leisure opportunities</p> <p>offer young people with additional needs the opportunity and benefits of a mainstream setting</p> <p>widen accessibility by challenging the barriers which prevent some young people from accessing opportunities for play and leisure</p>	<p>deliver 4-week playscheme for 160 young people per day (120 Easter). 1 week at Easter, 3 weeks summer</p> <p>10 keyworker spaces per day (additional needs/disability)</p> <p>Approx. 40 staff per year, 5-10 volunteers</p> <p>Playranger Service</p> <p>outdoor, free of charge, open access play service for all ages (aimed at 8-11 year olds) 3.30-5.30 daily</p> <p>5 outdoor sites per week</p> <p>all year-round service during school term</p> <p>6000 contacts per year</p> <p>additional community events through year and additional service hired for events through year (income)</p> <p>Delivery of Love Outdoor Play week</p>	<p>assessing, policies and procedures and reporting etc.</p> <p>undertake any safeguarding needs</p> <p>preparation of information & guidance notes e.g. Streetplay</p> <p>securing venue hire, transport hire etc</p> <p>maintaining/purchasing equipment</p> <p>seeking feedback for evaluation review</p>	<p>Venues</p> <p>Guidance notes</p> <p>annual staff training programme.</p> <p>CRB checks</p> <p>Knowledge of external activity provision</p> <p>Detailed customer information</p> <p>Booking systems</p> <p>Sources of funding knowledge</p>	
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		parents of children and young people with SEN and disabilities have increased respite provision	(annual event) Streetplay sessions (9)			
	Rationale for linking output to outcome	<p>A defined strategy collects together the research and best practise thinking to produce a framework for decision making that is consistent and aligned with corporate priorities.</p> <p>Children and young people have increased participation and positive experiences of fun, active, social, challenging and creative play activities</p> <p>children and young people improve their social skills, self-confidence and self-esteem through new experiences in a safe and supported environment</p> <p>children and young people experience reduced feelings of isolation and boredom through the school holidays</p> <p>parents have reduced anxiety and about the safety of their children and young people through the holidays</p> <p>A fit and active community / improved mental health</p>				