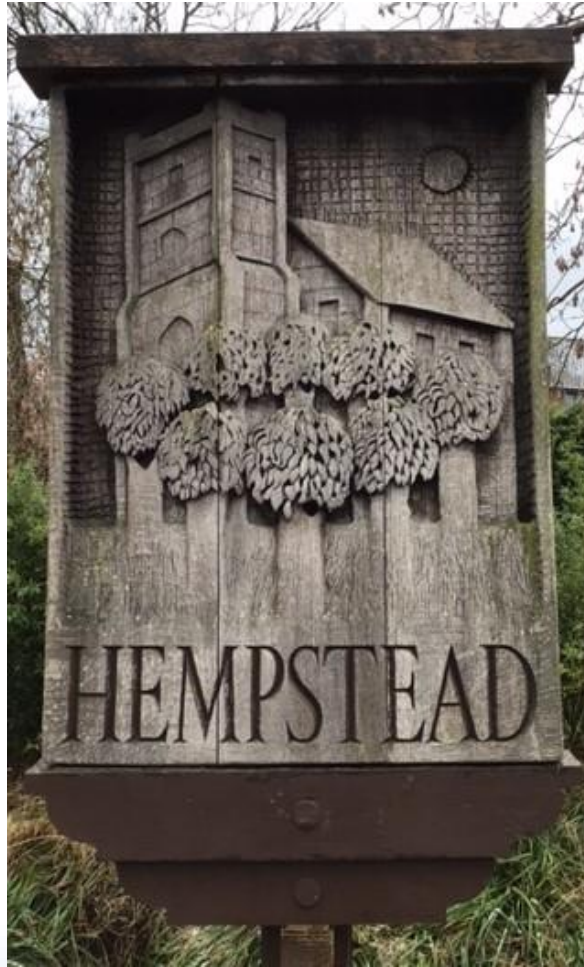


Hempstead Parish Council



Health & Wellbeing Plan

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

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.

First things first...

Thank you for volunteering to help the vulnerable, isolated and 'at risk' Residents in our community during the Covid-19 pandemic.

Without the efforts of the all the dedicated Volunteers and Keyworkers, the lives of our residents would have been even more difficult. They have kept things going during these tough times.

Hempstead COVID-19 Support:

Local Info - 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

[Steeple Bumpstead Surgery](#)

01440 841300

[Thaxted Surgery](#)

01371 830213

[Clements Surgery](#)

01440 841300

[The Freshford Practice](#)

01371 810328

Council for Voluntary Service Uttlesford – The Community Hub & Foodbank

01371 878400

Essex Welfare Service 0300 303 9988

[Uttlesford Citizens Advice Bureau \(Saffron Walden\)](#)

01799 618840

Uttlesford Volunteering Hub

03333 408 218 (8am-8pm, Monday to Friday)

Email: communityresponse@uttlesford.gov.uk



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
Applicable During Covid- 19 Restrictions					
	<p>Residents are permitted to use open public spaces for exercise, adhering to the Government guidelines.</p> <p>Active Essex Youtube Channel is full of different exercise types for all ages and fitness levels.</p> <p>Public rights of way can be found at Essex Highways and walks around Hempstead on the Village Website</p> <p>The Village Hall remains closed at this time therefore exercise clubs are suspended for now.</p> <p>Wheel Coaching continues yoga classes online together with wellbeing coaching programmes</p>	<p>Telephone a friend/neighbour or say “hello” from a distance.</p> <p>Re-engage for telephone befriending services. 0800 716543</p> <p>Age UK 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>Silver Line 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>Community Agents Essex support older people/carers to find independent living solutions. 0800 977 5858</p>	<p>Residents are invited to make contact with their GP or Mind West Essex or Provide for support.</p> <p>For more help and support if you are experiencing domestic abuse visit Compass</p> <p>Every mind matters MHFA England</p> <p>Mental Health Essex (campaign launched September 2020) offers guidance and support</p>	<p>Online communication with existing schools/educational provider.</p> <p>Contact local Mencap for advice (Saffron Walden and Haverhill groups available)</p> <p>Contact Scope for online support and guidance</p> <p>Essex Family Forum 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>Fresh fruit and veg stall in Hempstead every Wednesday</p> <p>My Weight Matters is a free program that can be accessed online (face-to-face program returning soon) program</p>

Areas of Support Available	Physical Activity	Social Isolation	Mental Health	Learning Disabilities	Weight Management
Who are the partners?	Residents Village Hall Committee Instructors ECC	Residents Neighbourhood Watch Volunteers Charities/ organisations	Residents NHS Charities ECC	Charities Schools	Residents NHS
What are the blockers?	Safety considerations re equipment/social distancing	COVID-19 restrictions	Stigma Access to services	Requires expertise/knowledge/funding	COVID-19 restrictions
Objectives and timeline	Ongoing risk assessment, provision as allowed Promote alternative methods of exercise	Create NHW and H&W social media presence, link with village Facebook Explore Village Calling Tree	Raise awareness Mental Health First Aiders	Can access be broadened for community projects?	Recipe exchange Explore if there would be uptake if group was organised?

How the Parish Council shares key information for residents/continues to operate

Hempstead Village Website - <http://www.hempstead-essex.org.uk/>

Hempstead Facebook Page -
<https://www.facebook.com/groups/1697904313824973/>

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

Parish Council noticeboard by telephone box on Hempstead High Street

Noticeboard by bus shelter

The Parish Council are working hard to continue to maintain the village in these unusual and difficult times. We are also continuously planning for the future and would welcome any suggestions you may have.

Stay Safe

List of contacts

Active Essex YouTube Channel

<https://www.activeessex.org/keep-essex-active-youtube/>

Essex Highways Public Rights of Way

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

Wheel Coaching (Beth Wheeler)

www.wheelcoaching.com
beth@wheelcoaching.com

07785 564183

Re-Engage

<http://www.reengage.org.uk/>

0800 716543

Age UK

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

0800 4346105

The Silver Line

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

0800 4708090

Mind West Essex

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

01371 876641

Provide

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

0300 1310111

Compass

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

0330 3337444

Community Agents Essex

www.communityagentsessex.org.uk
enquiries@caessex.org.uk

0800 977 5858

MHFA England

<https://mhfaengland.org/>

Every Mind Matters

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

Essex County Council – Mental Health Essex

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

Mencap

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

0808 8081111

Scope

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

0808 8003333

Essex Family Forum

<https://essexfamilyforum.org/>

07742 958003

The Eat Well Guide

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

My Weight Matters

<https://acemyweightmatters.org/home/>

0800 0224524

Clerk to Hempstead Parish Council

parishclerkhempstead@gmail.com