

# East Cambs Parish Conference

## East Cambs Health & Wellbeing Strategy

### **Officers:**

Liz Knox, ECDC

Lisa Smith, Everyone Health

Lewis Bage, ECDC (support)

### **Discussion:**

East Cambs District Council (ECDC) is in the process of drafting Health & Wellbeing Strategy. Cambs Country Council (CCC) has developed a country-wide Health & Wellbeing Strategy following vast consultation. The aims of the CCC Strategy are being used to focus the East Cambs Strategy.

Littleport has been identified as an area of deprivation. 10% of East Cambs children live in poverty. Life expectancy in the rest of East Cambs is higher than the national average. The Strategy aims to improve these figures.

Everyone Health is a part of the same company as Everyone Active (which is the sport wing of the organisation). On 1<sup>st</sup> June 2015, CCC commissioned to Everyone Health to deliver 6 priorities across the county, programmes include adult weight management, child weight management, health trainer and behaviour change training.

Everyone Health advised that they have experienced difficulties recruiting to health coach posts in East Cambs.

Lisa advised would be very grateful with any offers of venue use from parish councils or other organisations.

Attendees were advised that Everyone Health operate a self-refer scheme and that their services are available to all East Cambs residents, regardless of the location of their GP/doctors surgery. Liz Knox noted that a lot of preventative work was done by ECDC such as grants and work to help keep people in their homes.

It was suggested that it would be worth Everyone Health promoting their services in parish magazines and on parish council websites.

### **Activity:**

The group took part in a activity to map what activities/programmes exist that contribute the aims of the Health & Wellbeing Strategy.