

Project Health

a. Strap line

Project Health is a sustainable course targeting a range of communities with the aim to empower, engage and inform individuals to take responsibility for their own health and wellbeing.

b. Paragraph Summary

Project Health: Connecting Communities to Health (CCTH), as it will be known in communities, will include and reflect key health issues prominent to the local area and address health issues in a bespoke interactive approach. With the aim of educating and informing local residents about healthy lifestyle choices, through conversation and facilitation. The course is designed to build capacity within the community and increase uptake of existing lifestyle services. The six thematic health themes running throughout the course are Smoking, Alcohol, Health Eating, Sexual Health, Mental Wellbeing and Physical Activity reflecting the Wigan Borough Public Health agenda.

c. What is the issue?

Evidently the health in Wigan is significantly poorer than the England and North West average for levels of deprivation, ill health and life expectancy. NHS ALW qualifies in all 5 areas of the Spearhead criteria currently. Based on the purpose of CCTH it allows for the local health inequalities to be addressed, explored and discussed in an interactive way with local people, in a way that's meaningfully and realistic to that individual or community. By empowering individual's to take responsibility for their own health, can only have a positive outcome on the overall aim.

d. The Innovation Solution

Within the CCTH course, six thematic health themes run throughout these being Smoking, Alcohol, Health Eating, Sexual Health, Mental Wellbeing and Physical Activity. The innovate solution is that we have developed specific CCTH course for Men, Young People and Older People. The course is specifically tailored and covers the information in an interactive way that will suit the needs of that audience.

e. Partnerships and Delivery Team

The project has been created by the Health Improvement Workers (HIW) from NHS Ashton Leigh and Wigan. Community members will be trained in the CCTH course within the specific areas and then cascade course out to the wider community.

f. Key Benefits

Community Benefits: Increase the knowledge and understanding of health and lifestyle services available. Empowering individuals to make informed educated healthy lifestyle choices that will have an overall impact on their health and wellbeing. An opportunity for individuals to learn new skills and become an inspiration to others, build confidence and develop communication skills.

NHS ALW Benefits: Up skilling individuals, contributing to a stronger community, improving quality of life and aspiration. It's a unique approach to health in a community, tailored specifically to communities addressing the issues that matter most. The course also allows representatives from all sectors to become trainers allowing for the course to be delivered in a variety of settings at a pace that suits the trainer and the audience.

g. Funding/Return on Investment/Savings

The project received £5000 of RIF funding which will predominately be used in the development of the three different learning resources .The learning resources wont be a 'standard workbook' but an interactive learning resource tool.

h. Potential to Scale and Strategy for Sustainability

Once developed this provides the opportunity for representatives from all sectors to become trainers allowing them to deliver the course within their organisation at a pace and style that suits the intended audience. This means the course can be adapted and delivered around existing schedules and agendas. Health is not just the business of the NHS, through a collaborative working approach; health improvement can be delivered and developed at a locality level.

i. Name and Contact Details

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