

<https://www.livewellcampaign.co.uk/>

livewell Maldon District Public Health bulletin

livewell Schools Christmas Menu Challenge

Early in December 18' we put out a competition asking for schools to put their health and wellbeing hats on and to devise their most ingenious healthy Christmas menu. We received a great response for the first year of this competition and were able to award three prizes to the children. A huge well done to all those that took part.

Child Mental Health Project With Local Schools And Design Council Well Under Way

A team comprising of Maldon District Council (MDC), Barnardo's, Essex Youth Service and Essex County Council are working hard to gather information from local schools about the Year 6 to Year 7 transition period. The next workshop will take place in early February, where the team hope to have collated thoughts and feelings of parents, teachers and children.

Great Work By Volunteers To Expand ACE Weight Management In District

ACE weight management is expanding further in the District which is being driven by volunteers from the District stepping forward to support the District's health. We are however still looking for volunteers to help run weight management sessions in Tollesbury and Mayland. If you or anyone you know are interested in finding out more about volunteering, please contact ben.page@maldon.gov.uk or call 07920 757189.

livewell Strategy

The consultation on our livewell strategy which is Maldon District Council's first health and wellbeing strategy is now closed. All replies have now been considered and we hope to bring more information to you early this year.

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Four T's Village Friend Christmas Lunch Enjoyed By Many

The Four T's Christmas lunch summarised what has been a great year for the village friends, people together enjoying one another's company. Those who attended the lunch were able to have blood pressure checks, view falls and frailty kits and talk to the Fire Service where they could access a home visit to assess for fire hazards. We look forward to seeing the Village Friend initiative grow further this year in other parts of the District.



Healthy Eating – A Community Garden Project

Starting in spring this year a new community scheme to help local families build the confidence to not only grow fruit and vegetables, but to use what they have grown to create low cost, healthy meals. The scheme is being delivered through a partnership between Maldon District Council, Groundwork East and Barnardo's. Look out for more information coming soon!

livewell group funding

Early this year we intend to put out additional funding that will be available for the community to apply for. Please look out for further details that will follow soon.

livewell Group Funded Projects

All projects funded by the livewell group are now well underway and making fantastic contributions in the District. Abberton Rural Training is giving Maldon District residents practical skills who need help accessing jobs, Beacon Hill Rovers U'10 girls recorded their first competitive win of

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the season, Power 75 club continues to provide regular social contact for individuals aged over 75 and Hearing Help Essex are supporting no less than 60 Maldon District residents per month with their hearing aids, accessories and practical support.

Maldon District livewell Group: Mental Health

The next livewell partnership group meeting (health and wellbeing board) will be focusing on mental health in the District. This meeting will allow information and work which is ongoing in the District to be shared. Whilst there will also be opportunity to identify what is being done well and what can be done better, in terms of mental health in the District.

Health And Wellbeing awareness this month

Dry January (1st Jan – 1st Feb) is the annual movement through which millions of people give up alcohol for the month of January. Run by the charity Alcohol Change UK (<https://alcoholchange.org.uk/get-involved/campaigns/dry-january/about-dry-january/what-is-dry-january>).

Cervical Cancer Prevention Week (21st-27th Jan): cervical cancer is the most common cancer in women aged 35, and 75% of cervical cancers are prevented by cervical screening (smear tests) (<https://www.jostrust.org/>).

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