

## introduction

The South West Well-being Programme is led by Westbank Healthy Living Centre in Exminster, Devon. £3.9 million of Big Lottery funds are enabling activities that help improve mental health, increase physical activity and promote healthier eating.

The programme aims to improve the well-being of 20,000 people across the region, through a range of innovative and exciting services.

## updates

### South West Wellbeing Forum

The SWWB team have launched the wellbeing forum site. Please take a few minutes over a coffee to log on and take a look at this new function to help you share your problems and solutions.

If you have forgotten your activation code or would like more log ons set up for your organisation please contact Sarah Forde.

### Website

We would like to introduce a "new" menu section on the SWWB website where we are able to upload seasonal healthy eating menus. If you have any relevant recipes or indeed website links that you think may be beneficial to share with the other portfolios please forward to the wellbeing team and this can then be uploaded onto the Website .

### Volunteering and the Law

An extremely interesting and informative course was recently held at Westbank by Exeter CVS – which provided the opportunity for learning, the sharing of information and good practice in this subject area. There was a lot of note taking place throughout the day, the result of which is now hopefully being taken back to the portfolios. For further info on good practice / relevant forms etc: Volunteering England - [www.volunteering.org.uk](http://www.volunteering.org.uk)  
Volunteer Centre for Brighton and Hove - [www.volunteercentre.bhci.org](http://www.volunteercentre.bhci.org)

## upcoming events

### Wednesday 31st March

Steering Group  
10am. Westbank

### Wednesday 21st April

Networking Day  
10am. Westbank

### Thursday 13th May

Project Manager training  
(for Devon and Cornwall Projects). Westbank. Time TBC

### Thursday 17th May

Project Manager training  
(for other Projects). Balsam Centre, Wincanton

### Wednesday 9th June

Operational Meeting - Physical Activity  
10-15.00. Westbank

## Year 2 Achievements so far

### Over the three year lifespan...

- The portfolio has 3 outcome targets that we have worked hard to achieve as follows.

- To improve the wellbeing of 7000 families through healthy eating, activity & mental health projects

- So far we have achieved intervention with 5209 families through cooking, gardening, indoor and outdoor physical activities, confidence building, healthy lunchbox sessions and mentor support.

- To engage with 12,000 people over 50 to increase awareness of health issues and engage on lifestyle, health and wellbeing activities

- So far 5752 people over 50 have actively taken up services that improve their health and a further 3000 people have increased their awareness. The engagements have included physical exercise within community groups, volunteering opportunities and lifestyle assessments.

- To improve and promote positive mental wellbeing, enhanced confidence and self esteem for 2000 people with low level mental ill health.

- We have achieved engagement with in excess of 25,000 people and have recorded change with 11721 people who have actively engaged on programmes and activities. This is a sensitive area of work that has produced some excellent outcomes and success stories.



For more information about any of the above please contact Sarah Forde on 01392 824752 (option 4/4), or email [sarah.forde-swellbeing@westbankfriends.org](mailto:sarah.forde-swellbeing@westbankfriends.org)

**New Steps**

Case Study: A lady had expressed an interested in admin volunteering. She was under confident and also did not want to be in an office where there would be food as she had suffered with an eating disorder in the past. She had not worked for many years because of her mental illness and eating disorder.

We started her slowly, working short shifts, ensuring the same people were working with her each week, giving her tasks that she could complete independently and at her own pace, but whilst still being in a team work environment. She started to volunteer to work longer shifts, and even offered an extra to complete tasks to her own deadlines.

However the biggest success is that she asked if she could volunteer in our community café. She is now serving food to customers, talking with them, and taking their payments. The move to work with food came was self initiated and has so far been successful. Through her own hard work and the work of our office staff she felt supported enough to tackle her own initial hurdles and we are very pleased with her continued progress and the contribution she is able to give to our organisation.

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**Step By Step (Cornwall)**

We have helped 9 Health Champions get back into employment. Two of our Health Champions won three different Cornwall Celebrates Volunteering Awards: Community Volunteer of the year, Vulnerable Adult Volunteer of the year and overall winner, Volunteer of the Year 2009. We have continued to support 2 Health Champions with their work placement in order to gain their volunteering hours and knowledge for completion of their college courses.

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**Growing Project - Balsam Centre**

New activities have included music sessions for young fathers, coming together as a group, recording, playing in front of people has been a huge self esteem and confidence builder. Drumming groups combine physical activity with well-being. Button workshops and textile work has opened up new horizons for beneficiaries. Cooking for Christmas was a huge success. Creative writing and art therapy have also unlocked frozen resilience and changed people's lives.

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**Upstream**

This lady had previously refused help from us but now was keen to get involved She suffers from depression and is a very anxious lady so found the group rather daunting, especially as they were sewing, her least favourite activity. I stayed for the whole session and noticed that she started to enjoy the company and became less worried about her sewing abilities. When I took her home she told me that she had thoroughly enjoyed herself and would get her husband office several times to say how much she was enjoying the group and that she was very grateful for our help and wished she'd joined earlier. On my last visit her husband remarked to me that she was much happier now and easier to live with. She also agreed to attend the Community Mentor Service Working Party day and she told them that her only complaint was that she wished she'd joined Upstream earlier! to take her the following week. She subsequently phoned the office several times to say how much she was enjoying the group and that she was very grateful for our help and wished she'd joined earlier. On my last visit her husband remarked to me that she was much happier now and easier to live with. She also agreed to attend the Community Mentor Service Working Party day and she told them that her only complaint was that she wished she'd joined Upstream earlier!

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**Pathways to Health-Knowle West**

After her partners bereavement and with a disabled child to care for, one mum was referred to Get The Balance Right by her GP. She explains how it helped her. "Each week we learn different things, tired different fresh food and got tips on cooking at home. It was all new to me: cholesterol and stuff I never knew about. I didn't know how much salt there was in stuff. I didn't used to think about food portion sizes. I've found that cutting out buying rubbish processed food has meant that I've got more to spend on good food. I've chucked the junk. ....I've upped the amount of vegetables I eat and I've changed the kids packed lunches to put in fruit and veg". For Maxine the group has been part of a wider life change that has given her the confidence to find help with caring for her son and to socialize outside the house. Maxine went on to attend Pathways to Health, and has since joined a number of other activities to increase her fitness and interests. "It has helped me get more motivated to get out more and try all sorts of different things. I'm never hardly in now. It's just like: where's the day gone?"

