

Hailsham & Polegate Network – 8th February Continuing our Focus on Mental Health

30 people attended the 8th February Hailsham & Polegate network meeting at the James West Centre in Hailsham. This is a new community space that has so much potential. Thanks so much to the centre manager, Robert, who made us all feel welcome.





We introduced ourselves by describing what our organisations did in relation to these themes in the diagram (left). We were able to cover all four pillars from the groups who attended, with a wide range of opportunities on offer. Some groups focussed on one aspect of wellness but most covered several of the pillars. Connections were made and ideas shared. One reflection was that healthy eating needed more attention. Cookery courses are available, and we have the Foodbank and useful connections with community gardens. The network may be interested in learning about the emerging food networks that operate in Hastings, Brighton and now in Eastbourne.

<https://www.facebook.com/pages/category/Community/Hastings-and-St-Leonards-Food-Project-2036332266688514/>

<https://bhfood.org.uk/>

Contact details were collected and have been shared with participants. It may be possible for 3VA to organise a rolling power point as a good way of understanding who attends, what we do and how to get in contact. Watch this space.



Health and Wellbeing Overview – David Chennell and Kat Jenner Community Regeneration Team at Wealden District Council

David and Kat talked about the national picture and provided useful information on the local situation. A copy of their presentation has been sent out to participants and is available on request. They will be hosting a series of events on wellbeing which will be open to the public. Kat and David hope that groups will be take part in the events. If you are interested in taking part, Kat and David sent the following information:

This is a great opportunity, delivered by Wealden District Council and its partners, to provide key health and wellbeing messages through activities, practical advice and interactive sessions to children, families and older people in the local community.

Last year over 2,200 people attended over the five days. We will be running a further series Activity Days in 2019 at the following locations:

- ***Polegate - Wannock Road Recreation Ground, Polegate, BN26 5JG on Friday 2 August;***
- ***Crowborough - Goldsmith Recreation Ground, Eridge Road, Crowborough, TN6 2TN on Wednesday 7 August;***
- ***Uckfield - West Park Recreation Ground, Markland Way, Uckfield, TN22 2DE – Saturday 10 August;***
- ***Heathfield - Sheepsetting Lane Recreation Ground, Heathfield, TN21 0XG – Friday 16 August;***
- ***Hailsham - Western Road Recreation Ground, Hailsham, BN27 3DY – Wednesday 21 August***

Time: 10am-2pm

This is an excellent opportunity to promote your organisation within the local area.

Attendance for these days is free of charge to local organisations as is entrance to the events.

At this stage, we only ask you to express your interest in attending these events and I will contact you nearer the time to discuss your activity and requirements.

If you have any questions or require any further information, please do not hesitate to contact me on communitydevelopment@wealden.gov.uk.

Suggestions for future networks

- Ideas/other ways to link up with food excess/waste
- Short presentations with a bit more information from each organisation would be very interesting
- Fitting the jigsaw puzzle pieces together



What we are doing and suggestions for change

- Foodbank
- Volunteer through Foodbank
- Look for opportunities to co-ordinate services
- Using Hailsham street market community stall as a resource to spread info
- Variety of exercise sessions for a range of abilities at leisure centres
- Community activity sessions, boccia, curling, new age bowls through Freedom Leisure
- GP referral at Freedom Leisure sites - referrals can be got for anxiety, stress and depression as well as physical ill health

Activities

Participants had the opportunity to experience several activities associated with maintaining a good sense of well-being.

Face Yoga- A great ice-breaker and way of becoming present in the moment by focussing on facial muscles. Carolyn Hodgson and Carlie Gestwicki from Southdown got the group ready for a mindfulness exercise lead by Judy Pearson.

Sugar challenge



Dawn Bamforth from One You East Sussex led a game and discussion about hidden sugars in common foods. Please contact One You East Sussex for a full list of all their activities and services.

ONE YOU
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“We can help you
get back to a
healthier you and
support you to make

**simple changes towards a longer and happier
life. We will provide tools, motivational
support and encouragement every step of the
way, to help improve your health right away.”**

<https://oneyoueastsex.org.uk/>

Alli Styles from Freedom leisure got everyone to take part in some great activities that are designed to be accessible to all age ranges and abilities. Please contact Alli if you would like her to help organise activities for your group.

alli.styles@freedom-leisure.co.uk

Exercise for all



Thank you