The www.livewellcampaign.co.uk website acts as the countywide one stop shop for everything residents need to know about local health initiatives and activities in Essex.

One of the website’s aims is to encourage Essex residents to be more active and to make healthier lifestyle choices for themselves and their families. The website focuses on the issues that are prevalent in the county so that problems affecting the 12 local authority areas can be tackled more effectively.

The livewell website is being regularly updated aiming to be easy for residents to navigate and to be able find the information they need. New activities, events and information are always being uploaded to keep the content relevant and up to date.

### My Weight Matters

Anglian Community Enterprise and Essex County Council are working closely together to design a new community-based Weight Management Service across the County. For many years ACE has delivered an excellent weight management programme called My Weight Matters.

This 12 week weight loss programme has supported thousands of people in Essex to lose weight successfully and importantly to keep the weight off. This programme helps meet the District Council’s key aims to:
- Tackle obesity
- Supporting older people to age well
- Mental health

We agreed to deliver these weekly weigh in’s for the public following the training we received from ACE, to aim to reduce obesity within the Braintree area.

It is an overall 12 week programme that people who would like to lose weight and are over the ‘healthy weight’ BMI can attend. On their first week they get measured and weighed which results in the participant being informed of their BMI. Week 1-6 they receive an information booklet around different subjects to improve their health and they also receive food diaries. They receive a final booklet at week 12 and from then on the participant can continue to be weighed and receive support.

Our drop in session at Causeway House is every Wednesday, 10-11am. We have around 8-12 people attending each week.

### The number of page views on the website in 2018 are shown below:

- May . . . . . . . . . . . . 6,079
- June . . . . . . . . . . . . 4,432
- July . . . . . . . . . . . . . 7,288
- August . . . . . . . . . . . . 5,079
- September . . . . . . 4,959
- October . . . . . . . . . . . . 5,278

### Dementia Friendly

The Braintree District have some activities which offer support for people living with dementia and their carers. They allow you to continue doing something you love, or even give you the chance to try something new, in a safe and supportive environment.

Walk and Talk is a free dementia friendly walk that takes place in Halstead, Braintree and Witham once a month in each town. This is led by Essex County Fire and Rescue Service.

Witham Leisure Centre offer dementia friendly swimming at £2.20 per session every Thursday. These sessions offer support for people living with dementia and their carers. Which over the past 3 months there has been around 30 people taking part in the dementia friendly swimming sessions.

There is a dementia friendly café in Great Dunmow for people living with dementia, as well as their carers and partners, living in and around Dunmow.
Mental Health has become one of Braintree's health and wellbeing priorities. We are currently working on developing a Mental Health Community Tree through Essex Community Tree and Healthwatch Essex. A draft has been created of Braintree's Community Tree and a meeting was held on the 9th of October to finalise this with BDC, Brentwood Community Print and all the organisations on the draft leaflet.

Following on from the Mental Health workshop that Braintree District Council held at the beginning of July, we have collated all the information and now will be having a strategic meeting to discuss this. We also aim to produce a plan to jointly look at actions we can work towards and identify what role we play.

The strategic meeting will hopefully be attended by people from Essex County Council, Mid Essex CCG, EPUT, Essex Police, Provide and MIND for Mid Essex.

Then we will be holding another workshop using the information and feedback from the strategic meeting. This will take place on Friday 23rd of November at Braintree District Council.

As part of Braintree District Council’s livewell Campaign we organised a free, family friendly navigation challenge that is educational, fun and gives children a sense of adventure. The Xplorer event is funded by Sport England and British Orienteering and involves a healthy mix of physical activity and decision making that the whole family can enjoy together.

Xplorer is the perfect outdoor activity for the family, and children aged between 4-11 years. It is using a simple map to explore the park, find the markers, complete the challenge and have fun together. 10 events were held in the Braintree district during the school holidays last year, with over 360 people taking part. This year we held 6 events over three days in the parks Braintree and Bocking Public Gardens, Witham Town Park and Halstead Public Gardens which were proved to be very popular.

Below are the 2018 participation numbers:

- Witham Town Park, 31st July, 11am-1pm and 2-4pm – 112 across the whole day
- Halstead Public Gardens, 7th August, 11am-1pm and 2-4pm – 103 across the whole day
- Braintree Public Gardens, 14th August, 11am-1pm and 2-4pm – 206 across the whole day

2018 figures from 6 events = 421
2017 figures from 10 events = 362
Meaning even by almost halving the events, around 60 more participants took part in 2018!

Healthy Hearts Activity Day

Primary school children from Notley Green, St Peter’s, John Ray and Richard de Clare took part in the Healthy Hearts Activity day funded by Braintree District Council and hosted by Alec Hunter Academy.

The children took part in activities including Parkour, pop up tennis, skipping and a healthy living talk by Tesco who kindly provided the fruit for a smoothie making activity.

At lunchtime, the children examined their lunch boxes to see who had the healthiest lunches.

All children left with a “Healthy Hearts” hat and skipping rope. Schools were provided with a set of pedometers for follow up activities at home.

Mr Lawn, Headteacher at Alec Hunter welcomed the children and opened the event and John Kirschock responsible for livewell presented certificates at the closing celebration.
livewell child
(April-September)

APRIL
The first re-structured project board meeting took place early April with positive discussions about the projects and it resulted in some good actions. A positive meeting was also held between the manager of the local Tesco store, Alex Cook, and a member of the project team to discuss the current relationship between the project and the business and how the relationship will develop as the project moves forward. All of the schools have received their free growing kits courtesy of Innocent Drinks to help schools get gardening clubs started or simply encourage children to grow their own produce.

MAY
Partyman Braintree are set to become a new supporting business of livewell child after a positive meeting was held. The team were in the process of promoting livewell child more by attending all of the schools’ sports days, with Beckers Green already attended, the remaining schools’ sports days are scheduled for the forthcoming weeks in June and July.

JUNE
All livewell child booklets, lunchboxes and water bottles have been packed into individual bags in each of the schools by the team members, to be distributed to all the children in the project. Parents have been giving positive feedback already via the livewell child Facebook page, where there was also a prize draw to win a Tesco voucher. Engagement has been improving with schools and parents since the start of the Facebook page and the new livewell materials have also contributed to this improvement.

JULY
As the schools have broken up for the summer, there has been little to update on in recent weeks in terms of the schools, however the livewell child team have met with a new contact, Philip Rawlinson, from Community 360 who is hoping to be the driving force on their behalf for the project. A more community based approach will be the focus for the coming months and Philip will be a key member of the project.

AUGUST
Programme manager, John Krischock, is in the process of meeting with all the main contacts of all livewell child schools in order to talk more personally about the project and also present each school with a cheque from Tesco’s Bags of Help funding. The team will also be attending a Learning Conference hosted by Richard de Clare school in order to get better parent engagement. More businesses have come forward with prizes that we can use for various competitions or surveys hosted on the livewell child Facebook page, including Colchester Zoo and Partyman Braintree. A parent focus group is also in the process of being organised to be held at Partyman Braintree.

SEPTEMBER
John Krischock has met with 9 out of the 10 schools to present them with their Tesco’s Bags of Help cheque, with positive feedback being received from all schools regarding the project. More dates have been confirmed for the team to attend Christmas events and learning conferences to improve parental engagement in the project. The project board is due to meet early October to discuss future funding opportunities and how the project will develop into its final year in 2019.
Kick start your fitness with KO OPTIMAL HEALTH BOOTCAMP CLASSES, these fun and effective sessions incorporate team games and challenges to help you achieve the results you want in fitness, strength and mobility. The classes are held at Braintree Town Hall every Wednesday from 7:30pm - 8:30pm, all abilities welcome.

To book call 07736384216

BRAINTREE WALKABOUT GROUP

Braintree District Walkabout have just celebrated their fourth birthday and go from strength to strength. We have had over 12 walkers join the scheme in October.

#staywellessex

visit our website for advice and tips #staywellessex

#staywellessex campaign has just launched across Essex to help residents stay well over the winter months. All the livewell partners are working in collaboration to support the national 'Stay well this Winter- Help Us Help You' campaign by delivering key health and well-being through joint social media messages using the hashtag #staywellessex.

The livewell website has also compiled a list of useful information, tips and local initiatives to help individuals in Essex stay well this winter.