

HEALTHY NEIGHBOURS NEWSLETTER

January 2023, Issue 2



HEALTHY NEIGHBOURS



What is the Healthy Neighbours Project?

Healthy Neighbours is a community health and wellbeing programme that empowers local communities to work together and tackle local health issues. Through consultation with the community and recruitment of Healthy Neighbour Volunteers (community champions), the project listens to the needs of the community members and fills gaps in health and wellbeing provision.

In early 2022, Torus Foundation commissioned four organisations to deliver targeted activities in the below areas:



Liverpool
Granby Toxteth, Daneville,
Braybrook



St Helens
Parr, Four Acre



Warrington
Grasmere/Greenwood



Warrington
St Elphins/St Katherines

The project so far

Partners have recruited Healthy Neighbour Volunteers, community champions who live and breathe their community.

Co-ordinators and volunteers have continually consulted with their communities to understand what they need and would like to see, and understand gaps in health and wellbeing support.

A range of support has been provided during community events, as well as giving communities a voice during the door knocking sessions and taking part in questionnaires, coffee and chats etc.

Volunteers continue to be trained and mentored, and by combining their strengths with existing community assets, more people are benefitting from the support being delivered.

Support

Following community consultation, a range of support sessions and activities have been taking place across seven areas, encouraging people to move more, open up and discuss any problems or feelings, look at ways to improve their wellbeing or wider community and more. Activities so far have included:

- Writing clubs
- Coffee and chat
- Breathe work and meditation
- Litter picking
- Community clean up days
- Groups specifically targeting men or women
- Sessions for young people
- Community gardens
- Uniform/coat swap shops
- Get active sessions
- Walk and talk groups
- Baby and Parent play... and more

Case study

Jim was referred for support after experiencing depression and wanted a safe space to connect with others. While he himself was receiving support, Jim was encouraged to consider ways he might want to help others. After completing a range of appropriate and related short courses, including First Aid for Mental Health and Safeguarding, Jim has since been involved in the development of a men's mental health group. As a Befriender, Jim is also helping to signpost others to support, while continuing to be supported and supervised by qualified and experienced mental health staff as part of the Healthy Neighbours Project.

Showcasing a variety of community activities



As part of the project, partners are also working on public health campaigns. While some have been chosen following consultation with the community, others have been selected by Torus Foundation, like the project to help Torus customers look at ways to improve the quality of their air in the home.

Indoor Air Quality project

We spend a large amount of our time inside and Indoor Air Quality (IAQ) is strongly connected to health and wellbeing. Breathable air that's free of health threatening pollutants can lead to a higher quality of life, a lower risk of respiratory illnesses, and a reduced risk of various chronic conditions.

Children are spending more and more of their lives indoors, and the health impact of the air within our homes and schools needs to be taken seriously as a significant source of ill health.

In partnership with Beyond CYP Transformation Programme, Cheshire and Merseyside Integrated Care Partnership, Torus Foundation is delivering a project campaign to support improving indoor air quality across Liverpool, St Helens and Warrington.

200 high-tech, easy to use, indoor air quality monitors have been purchased thanks to funding from the Beyond Programme and Torus, and with the support of Healthy Neighbours Project volunteers, these monitors are in the process of being offered to Torus tenants and residents who have a child(ren) under the age of 11 years in the home.

Each monitor will monitor such things as dust, humidity, temperature, pressure and airborne chemicals from every day household products. Data collected is anonymised, but each participant will be able to check the quality of the air in their home in real time.

Families are being supported to understand their baseline indoor air quality, what it means and how they can improve it, if needed.

Measuring key air quality factors



RADON



PM₁



PM_{2.5}



HUMIDITY



CO₂



VOC



NOISE



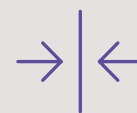
LIGHT



TEMP



PRESSURE



DIFF.
PRESSURE

Parent Champions as part of Healthy Neighbours, Healthy Lungs

Also in partnership with the Beyond Programme, the Foundation's Healthy Neighbours Project partners in Warrington have recently commenced a project campaign called Parent Champions as part of Healthy Neighbours, Healthy Lungs.

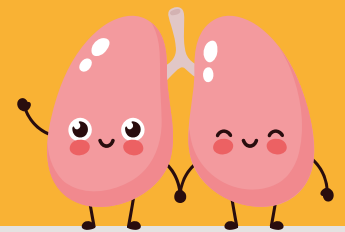
Respiratory illnesses is the most common reason why children under 5 are seen in primary and urgent care settings. Quite often, with respiratory symptoms there isn't a great deal clinicians can do, so parents are encouraged to comfort the child and allow time for the lungs and airways to expand. As you can imagine, this can be a challenging and overwhelming time for families.

Project aim

To recruit volunteers to become Parent Champions, who ideally have lived experience of managing respiratory conditions themselves, or of caring for someone who has. Parent Champions will:

- Share their own experience with other parents/ families from community venues such as children's centres
- Raise awareness of respiratory conditions
- Signpost to information and general health and wellbeing support

Parent Champions have been identified, recruited and are undergoing training this month. Support in the community will start from February 2023.



Healthy Neighbours Project overall outcomes so far



124 volunteers recruited



1471 hours of volunteers completed



686 activities of engagement and support



203 referrals made for additional support

Thank you to everyone who has or is currently supporting and participating in the Healthy Neighbours projects. The difference being made will continue to have a positive impact on Torus communities.

For more information about the initiative, please quote 'Healthy Neighbours' and email info@torusfoundation.org.uk
0300 123 5809 | www.torusfoundation.org.uk/healthyneighbours

