

HEALTHY NEIGHBOURS NEWSLETTER

August 2023, Issue 3



Torus Foundation's Healthy Neighbours Project awarded National Lottery Funding

In April 23, Torus Foundation was thrilled to announce that the National Lottery has awarded an incredible £494k, over two years, to enhance and continue the charity's current Healthy Neighbours Project (HNP) through their Partnerships fund.

This is testament to the success of the initial pilot commissioned by Torus Foundation, and delivered in partnership with local organisations (First Person Project (FPP) CIC in Liverpool, City Healthcare Partnerships St Helens Wellbeing in St Helens and is Friends of St Elphin's Park and Longford Neighbourhood Service Centre in Warrington) who have been integral to the initiative and, of course, the dedicated volunteers and engaged community members who are continuing to make such important impacts across Torus neighbourhoods.

By gathering research and consulting with their community, volunteer champions helped the commissioned organisations to understand their communities better and enhance service delivery. Activities have so far included sessions to help reduce isolation, support people's wellbeing, encouraging community members to stop smoking and increase their physical activity, as well as making improvements to their environment and much more.



Healthy Neighbours Project Year 1 outcomes



156
volunteers
recruited



2592
hours of
volunteers
completed



1081
activities of
engagement
and support



377
referrals made
for additional
support



2346
people
engaged

Healthy Neighbours Programme Manager

There has recently been a change of Programme Manager for Healthy Neighbours, with the previous manager Jordan moving onto a new role.

“It has been an absolute pleasure working on the Healthy Neighbours programme, and with our fantastic project partners and volunteering teams that are making the project what it is! The project has given communities a voice and empowered people to come together – very powerful! I have no doubt that the project will continue to grow while achieving great things over the coming months and years.”

Jordan Brown

Introducing Chris!

Chris started his role as the Healthy Neighbours Programme Manager in July, moving over from his previous role as an Employment and Skills Advisor within Torus Foundation.

“I have really enjoyed my time working on the project so far. I am excited to continue to build upon what has already been achieved, and work with our partners and volunteers to achieve outcomes to reduce health inequalities for our communities.”

Chris Duffy

For any Healthy Neighbours queries, please contact Chris on chris.duffy@torusfoundation.org.uk



Shortlisted for Liverpool Chamber's Innovation in Business Awards 2023

Thanks to the collaborative working with volunteers and delivery partners, the Indoor Air Quality Project has been shortlisted as part of some of the wider health and wellbeing work being delivered by Torus Foundation. Under 'Innovation in Health and Wellbeing' at this year's Liverpool Chamber Innovation in Business Awards, your vote counts for 50% of the final decision, alongside an independent panel of judges.

Please take a moment to help recognise the work that has been achieved. Click on the link to vote – look for 'Torus' and voting closes 1st September.

[Make your vote count - Liverpool Chamber Innovation in Business Awards 2023](#)

Healthy Neighbours

Across the 6 key areas, we continue to consult with our communities to give them a voice and understand their needs. As a result, we utilise an asset-based model, along with the skills and experiences our volunteering teams bring, to bridge those gaps in support. This has so far resulted in a vast amount of initiatives being offered, on a wide range of topics, needs and health issues. The Lottery Funding will allow us to continue what we achieved during the 12 months pilot, while using this as a platform to continually enhance the project and our offer.

We are helping to

- Improve the mental and physical health of men and women and young people
- Bring people together and reduce isolation
- Improve the local environment

Currently, with the support of Healthy Neighbour partners, the following are being provided:

- Men's groups
- Women's groups
- Indoor air quality monitors
- Support to asylum seekers
- Half-term activities
- Meditation and breath work
- Litter picks
- Healthy eating demonstrations
- Craft groups
- Walking groups
- Exercise sessions
- Yoga
- Coffee mornings
- Confidence building
- One-to-one
- And much more!



Working with partners is key to allowing us to work collaboratively to share skills, knowledge and resources to provide the best opportunities for our communities to thrive. If you are a local partner and work within any of the following areas, we would love to hear from you about how we can work together. Please contact info@torusfoundation.org.uk and quote 'Healthy Neighbours'



Liverpool
Granby Toxteth and
Daneville

ST HELENS
WELLBEING

St Helens
Parr and Four Acre



Warrington
Grasmere/Greenwood estate



Warrington
St Elphins/St Katherines estate

Indoor Air Quality

Thanks to fantastic engagement from partners and volunteers, the air quality project was able to support 200 families across Liverpool, St Helens and Warrington. The project has helped increase knowledge, understanding and awareness of indoor air quality while empowering families to make changes to 'clean' their indoor air. This project was commissioned by the Beyond CYP Transformation Programme and Torus Assets.

We have seen a significant improvement in the indoor air quality of the families we have supported through the Healthy Neighbours Programme over the last 12 months and we will continue to spread messages around clear air throughout our communities. Keep your eye out on our socials for an exciting and immersive podcast coming up in partnership with Lancaster University and Made By Mortals, you won't want to miss it!

Healthy Neighbours, Healthy Lungs - Parent Champions

Our Healthy Neighbours, Healthy Lungs project strengthened by parent champions is well on its way in Warrington, supporting families with a child under 5 who have, or are at risk of developing, respiratory problems.

Having a child with these concerns is a very worrying time for families and carers, and our champions understand how it feels. Supportive and informative support sessions are taking place across Warrington and can be accessed free of charge by any families who could benefit from a supportive shoulder, as well as more information on supporting a child with respiratory issues, and what services are available locally to help. More details can be found at torusfoundation.org.uk/healthylungs

Social Isolation and Loneliness in St Helens

With 11% of people in St Helens reporting that they feel lonely (compared to the national average of 7%) (ONS, 2021) and 9% of children having low levels of happiness (compared to 5% nationally) (Good Childhood Inquiry, 2020), this is clearly an area we know we need to focus on. The Healthy Neighbours Project has teamed up with a range of partners and will be supported by the Institute for Voluntary Action Research (IVAR) to better understand the issues communities in St Helens are facing, and what actions need to take place to tackle the issues.

You are invited to complete the [**Helping to tackle loneliness and isolation survey**](#), which closes Saturday 30th September 2023.

If you would like support, or any further details with any of the above campaigns, please email [**chris.duffy@torusfoundation.org.uk**](mailto:chris.duffy@torusfoundation.org.uk) or [**info@torusfoundation.org.uk**](mailto:info@torusfoundation.org.uk)

