

Proposal from Toller Health and Wellbeing (THaW) to Toller Porcorum Parish Council

Aim

To promote awareness of health and wellbeing to the Toller Porcorum and Hooke communities by hosting events to facilitate this aim.

Principles

The events will be held in an informal atmosphere (café style) enabling conversations to take place between health professionals and those attending.

The initial events will “begin small” and feedback from the community will be sought as to topics of interest for future events and the effectiveness of the events.

The events will be open to anyone, excepting on rare occasions when a need to reach a specific demographic has been identified. In this case publicity will specify the particular group the event is designed for (e.g. for men if the topic is men’s health).

There will be no charge to attendees for the events.

The organisers will seek or maintain a collaborative approach between the local community and relevant health stakeholders.

Scope

The events will be designed to:

- Provide free information from reputable sources (e.g. NHS, Dorset Council) on a range of health and wellbeing issues, signposting attendees to sources of help and support
- Address topics applicable to a wide range of people and also for specific groups as interest in these are identified
- Provide an informal atmosphere with refreshments where professionals in different fields may be on hand to signpost enquirers and written information is available to be taken away.
- Promote existing opportunities for enhancing health and wellbeing

Note: The events are not designed for individual health consultations.

Background

The initiative arose as a result of conversations between the following three people about the value of providing information about health and wellbeing and how to make this accessible to the residents of Toller and Hooke. The health professionals leading the initiative are:

Deborah Slate. I have 40 years of experience working in the NHS as a Speech and Language Therapist. Now, post-retirement, I am working part-time for Mid Dorset Primary Care Network as a Long Term Conditions Project Coordinator. I also have a Professional Doctorate. My thesis explored the extent to which people with communication disability feel they can have influence over strategic healthcare delivery decisions.

Caroline Joyce. I am a nurse of 38 years and in previous roles have been responsible for initiatives to improve patient health and experience. As the NHS increasingly struggles to meet people's needs I am passionate about how we can be better informed to look after our own health and about the services that are available when we might need them.

Gill Leppitt is supporting Deborah and Caroline in an administrative and hospitality capacity.

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Partnering

Initial contact with the Chairman and Councillors of Toller Porcorum Parish Council (TPPC) has been very positive and THaW is seeking formal endorsement for this initiative to be recognised and supported by the Council as the lead body (e.g. to promote events on TPPC website). THaW is committed to keep regular contact with the Parish Council Member on the Patient Participation Group for the Ammonite partnership (currently Cllr. Wardle).

The Women's Institute has also responded favourably towards the initiative.

Links

THaW will seek or maintain links with the following organisations, adding to this list as appropriate:

Ammonite Patient Participation Group

Live Well Dorset

PCN (Primary Care Network) Dorset, particularly the Jurassic PCN Social Prescriber

Active Dorset

Possible Topics

This list illustrates the type of topic which could be covered by events:

- Diabetes
- Stroke and heart health
- Care for later years (e.g. mobility services and equipment)
- Eating well and keeping active
- Mental wellbeing
- Cancer care and screening available

Outcomes

It is hoped that outcomes from the events could include:

- A greater awareness of services and support available to residents of Toller and Hooke
- Assisting TPPC develop a health and wellbeing strategy
- Associated events e.g. an afternoon tea for those with caring responsibilities
- Individuals making contact with other residents for mutual encouragement and support

Finance

Health professionals will not charge. THaW will fund the initial event. An application for a grant from TPPC to cover hall and heating expenses for subsequent events has been submitted.

Next Steps

With the endorsement of TPPC, it is envisaged two events can be planned for 2025 the first on 10th June after which an evaluation will be made as to whether to continue with future events (provisionally one in and October and February 2026). Feedback will be sought at every event to inform improvements and direction.