

Board Report - Health & Wellbeing July 2023

Date	Engagement	Purpose	Outcome/Data	Further Development																				
Jan '23 to Date	Developing An Evaluation Approach	Follow on from Engagement Work. Creating a template for evaluating projects.	<p>Project planning template - to be discussed with Melissa. Tool for working to funding deadlines and reflecting on areas of success and areas for improvement.</p> <p>Community Fridge - Effectiveness of data collection via Google Forms reviewed. Has been working well.</p> <p>Helpforce data - there has been a delay in completing follow up survey to capture a picture of outcomes from June 22' June '23.</p> <p>Research MyCAW to look at key questions for visitor evaluation.</p>	In discussion with Melissa																				
On-going	Monthly e-newsletter	Update subscribers to the centre about what has been happening and what's on. Widen our 'audience'.	<table border="1"> <thead> <tr> <th>Date</th> <th>Subscribers</th> <th>Opened by</th> <th>Successful Deliveries</th> </tr> </thead> <tbody> <tr> <td>Apr</td> <td>191</td> <td>119</td> <td>188</td> </tr> <tr> <td>May</td> <td>192</td> <td>136</td> <td>193</td> </tr> <tr> <td>Jun</td> <td>204</td> <td>125</td> <td>201</td> </tr> <tr> <td>July</td> <td>204</td> <td>117</td> <td>202</td> </tr> </tbody> </table>	Date	Subscribers	Opened by	Successful Deliveries	Apr	191	119	188	May	192	136	193	Jun	204	125	201	July	204	117	202	Handover underway with Isabel taking on more of the day to day processes and uploading.
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	Key Engagements																							
April	Gentle Strength & Balance Course 1 (completed)	<p>Improve strength and balance for people with mobility difficulties.</p> <p>Social support & reduce sense of loneliness.</p>	<p>9 participants, 5 completed course</p> <p><i>"I enjoy coming. It's painful straight after the class but I've definitely noticed an improvement in my strength and movement as the day goes on." "I also enjoy the conversation. I live on my own and can feel quite isolated, so it's nice to be able to spend time with other people."</i> Comment from Participant.</p>	In discussion about continuing classes.																				
May	Mental Health	Raise awareness	30+ Participants	Survey results informing future project																				

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	Awareness week	around mental health. Create a dialogue on wellbeing with community.	Included: Yoga taster session, tea in the garden for Otago Class. (discussions around mental health) I can Bee Brave Activity. 9 people completed survey: How has today's activity helped? I feel more relaxed - 4/9 people Enjoyed spending time with others 7/9 people Feel better for coming - 6/9 people I can get support here - 4/9 people	planning. Contact details will be used to engage people in BuggyWalk project.
June	Nutrition Talk for Older Adults	Raise awareness around healthy eating.	6 participants <i>"A good session today. Five of us. Fun and laughter!!"</i> (participant)	Create a dialogue with Senior coffee morning group as a starting point around different workshops they may find useful. (nutrition, exercise, fun activities etc)
June	Sign Language Group - Initiated	Responded to request from community member. Reduce feelings of isolation for hearing impaired/deaf. Build confidence and develop BSL skills.	5+ people Involved in initial setup - will be a self run group, with some background support.	Continue to monitor
July	Gentle Strength & Balance Course 2 started	Improve strength and balance for people with mobility difficulties. Social support & reduce sense of loneliness.	9 Participants. Comment from new starter: <i>"I can now walk up stairs without holding on. I'm more confident in placing my feet and walking."</i>	Explore sustaining classes beyond funding.