

## HEALTH & WELLBEING

**Developing new & supporting existing activities to positively impact the physical and mental wellbeing of the HAVA Community; using a mixture of short-term events to launch long term groups.**

### GENERAL (FOR EVERYONE)

- Develop structured exercise sessions on the Park.
- Invite qualified instructors to deliver sessions on the correct way to use the fitness equipment in the park.
- Invite local initiatives to apply for HAVA funding to provide free to access activities.
- Use local bike banks and related companies to run cycle proficiency courses & re-run the successful 'Tour de Hawksworth Wood'.
- Working with partners & the community develop an updated cookbook & cookery workshops.
- Develop 'Walk around...' competitions to encourage people to count their steps and join a community effort. For example, 'Walk around England's Coastal Path'.
- Sign posting of existing provision of public services such as local gym/ leisure centre memberships including discounted memberships.
- Link into existing community groups/ clubs in the HAVA area to identify gaps in provision. Examples such as Dog Walking groups / walking groups/ gardening groups and look for gaps that HAVA could support the development of new groups.
- Re-run the successful Half Marathon activity in the park – perhaps use it to raise funds for something for the community.
- Speak to and work with Vesper Road Surgery for ideas about a joint approach to patient led health & wellbeing options including social prescribing.
- Utilise community spirit to develop community vegetable gardens using eco-bricks and eco-pods in peoples home gardens. Educating people about how to grow their own fresh produce.
- Encourage the school to adopt the item above and introduce it into the school.
- Sign posting of existing energy efficiency schemes run by the Local Authority to our community.
- Sign posting of help to pay schemes by energy providers
- Co-operatives could help with this - like Richard Jackson was trying to do prior to Covid 19
- Develop a Credit Union

### FAMILIES

- Signposting existing provision of Youth Groups in the HAVA area.
- Develop a PTA with Hawksworth Wood Primary School & onsite children's centre to gauge appetite for a range of groups such as Mums & Tots, exercise classes, walk & talk groups. Advertise more widely throughout the community.
- Work with the school and Children's Centre and gather evidence of deprivation and to gauge what actions they feel would be beneficial.
- Work with the Foodbank and the School to set up a 'Backpack Buddy' scheme for families living in food deprivation.
- Work with the Children's Centre, School, YMCA, Foodbank to become referees for charities such as Zarach who deliver 'bed bundles' (new bed/ mattress/ duvet pillows and other goods) to children who don't have their own bed at home.

### YOUNG PEOPLE

- Work with Hawksworth Wood Primary School & Leeds City Council to identify opportunities for after school activities for pupils of the school.

- Work with current independent providers of youth services in the Community such as St Mary's and GESPIR's youth Club at the Church of Latter-Day Saints as examples.
- Working with Hawksworth Wood Primary School's wellbeing counsellor (based in the on-site Children's Centre) to look for opportunities to support pupils with their mental health.
- Work with the School & Children's Centre to develop a subsidised breakfast and afterschool club to ensure all pupils have access to breakfast before beginning school and a snack after school.
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#### **ADULTS**

- Develop a mixed age / gender gentle sports team team using local knowledge & expertise. For example, walking football, netball, or touch rugby.
- Speak to Leeds City Council and 'This girl Can' to develop a new C25k programme using the pathway around the park.
- Work with HOPS to promote their gentle exercise classes such as yoga and tai-chi to their members and non-members in the community who may wish to join.
- Speak to established providers of 'Man Clubs'. Look at how we can develop this using experience & expertise in our community to provide a safe space for men to talk.