

THE WELLBEING EXETER QUARTERLY

April-June 2021

Welcome to the first edition of the Wellbeing Exeter Quarterly. Our aim is to keep you informed on all things wellbeing, including the Wellbeing Exeter Programme, local wellbeing initiatives and wellbeing in general.

Wellbeing is defined as "the state of being comfortable, healthy, or happy"

CONNECT
KEEP LEARNING
BE ACTIVE
TAKE NOTICE
GIVE

Our first edition will give a general overview and update on Wellbeing Exeter and the following editions will focus on one of the Five Ways to Wellbeing and resources and tips for incorporating them into daily life.

What is Wellbeing Exeter?

Wellbeing Exeter is a partnership of public, voluntary and community sector organisations working together to provide the firm foundations for individuals and communities to improve and promote their own health and wellbeing. Community life and social connections are vital to all our health and wellbeing so as a partnership we offer:

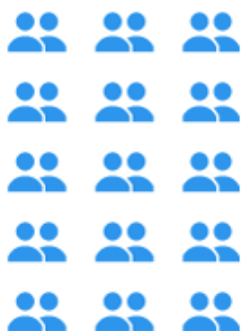
Community Connectors who work alongside individuals and families to get them connected to what matters to them.

Community Builders who support local communities to become more connected, active and resilient.

Community Physical Activity Organisers who focus on physical activity as one of the 5 Ways to Wellbeing.

Who We Are

16 Community Connectors



13 Community Builders



4 Community Physical Activity Organisers



9 Partner Organisations



Funded by:



Devon Sustainability
and Transformation
Partnership (STP) plan

Our Approach

The **Five Ways to Wellbeing** are central to how Wellbeing Exeter works alongside individuals and communities. Scientific studies have shown that if we connect with others, keep learning, take notice of what is around us, give something back to our community and stay active, our happiness and overall wellbeing will increase.



The principles of **Asset-Based Community Development** (ABCD) guide Wellbeing Exeter's approach and as a partnership we strive to bring these to life in our work. This approach seeks to understand and build on what is already strong within individuals and communities and to support a process of change that is led and driven by them. We recognise that communities and the relationships that make them are the foundations of health and wellbeing and as a partnership we work to support and strengthen these.



How Does Wellbeing Exeter Work?

Health and social care services introduce a person or family they believe would benefit from increased social activity and connections to their trusted **Community Connector**. These referrers are GP Practices as well as Care Direct Plus, the Community Rehab and Exercise & Rehab Teams at the R, D and E and both schools in Cranbrook.

The **Community Connectors** works with the person or family to identify what matters to them, and plan a way forward. Together, they start to engage with their local community.

Simultaneously, **Community Builders** are working within communities, identifying social resources, stimulating activity, and helping those communities to thrive and develop. This builds communities' capacity to offer opportunities to residents for connection and interdependence.

The **Community Physical Activity Organisers (CPAOs)** focus on supporting individuals and communities in Exeter to move more in their daily lives in ways that work for them. They work alongside residents and communities to grow community-led, welcoming and long-lasting opportunities for physical activity in local neighbourhoods.

The **Co-ordination Team** support all aspects of Wellbeing Exeter bringing people, organisations and services together and enabling them to work in collaboration to help discover what might be on offer for people.



What is Community Connecting?

Community Connectors work alongside individuals and families to identify and achieve their own health, wellbeing and social goals. This includes introducing people to community groups and activities, supporting people to pursue passions and interests, try new things and sustain changes as well as supporting them to find solutions to the issues that are stopping them from improving their health and wellbeing. Community Connectors start with what's strong, not what's wrong.



How working with a Community Connector can look:

- A person is referred to a Community Connector, Family Connector or Young Person's Community Connector (for 11 - 18 year olds) by their GP.
- The Connector will spend time getting to know the individual or family and begin building a relationship with them, drawing on the positives and what is working well for them right now.
- Working with the person or family's strengths, they will decide what is most important to improve their wellbeing at the time. This can include signposting to online or virtual support that can be accessed independently.
- At this point, a person could be referred to a specialist service like counselling or introduced to a social group, like the Wonford Walking Football Club, for example.
- An individual may choose to access what they have been signposted or referred to independently or the Community Connector can support them to access this. This can include attending a group with them or supporting them to use public transport to access the group.
- The goal of Community Connecting is always sustainability; so that what is achieved by working alongside the individual or family can continue long after the Connector has stepped away.

What is Community Building?

Community Builders are based across all of the wards of Exeter. Their role is to map and understand resources in an area such as community spaces, skills, groups, networks and people. They facilitate new networks, connecting people and opportunities together to:

- Support people to grow their own ideas and try new things to bring people together;
- Improve their wellbeing and help make the community a better place

Community Builders produce regular local updates and newsletters to keep people connected to what is happening locally and grow further ideas and connections. Get in touch with them via the details below to receive these. During lockdown they have organised online Community Cafes and Talks, giving residents a chance to still connect and share their skills, knowledge and what matters to them as with others. As restrictions lift, they will be out and about again in local neighbourhoods, listening to what matters to people and supporting them to turn their ideas in to action.



Connect with your Local Community Builder

Name	Area Covered	Mobile	Email
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exetercommunitybuilders



Community Physical Activity Organisers

The Community Physical Activity Organisers focus on Being Active as one of the 5 Ways to Wellbeing. Their work alongside individuals who aren't currently active to find ways to move more in their daily lives in ways that work for them. They also support the development of community-led, welcoming and long-lasting opportunities for physical activity in Exeter's local neighbourhoods; working with residents, groups and networks to understand their physical activity related ideas and support them to get off the ground and keep going.

As well as running online sessions, during the Covid pandemic, they have been mapping and understanding physical activity opportunities in the city and how they can be more accessible and welcoming for those who are taking their first steps to being more active. As restrictions lift, they have been able to get out and about more and are developing opportunities for small groups to connect and be active together.

If you'd like to find out more, come along to one of their local activities or have an idea you'd like to discuss, please get in touch with your local CPAO by email or find out more about their work on social media.

Ed Shaw

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ActiveExwickStDavids

West Exeter (Exwick & St David's)



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