



Thursday, 16 July 2009

Item 7: Health fund

All Wychavon Strategic Partnership partners and the three LSPs were invited to submit initial expressions of interest for our £10K [health fund](#), provided by Worcestershire NHS.

We received four expressions of interest; summaries of these are set out below.

Project:	'Off The Rails' - Pershore Tarmac Public Art Mural Project
Submitted by:	Pershore Market Town Partnership.
Contribution to LAA health targets:	NI110: Young people's participation in positive activities
Amount requested:	£1,500 Estimated total costs: £20,000
Project summary:	
<p>A partnership of organisations are working together currently to enhance the general appearance of Pershore railway station. This application is for commissioning a unique art mural which will support local heritage and distinctiveness to cover the building surface that faces the station. The expected health outcomes will include:</p> <ul style="list-style-type: none"> ▪ A positive impact on arriving at Pershore Station and 'feel good' benefits ▪ Making the 1 mile walk into town (having decided to take the train and walk rather than drive) ▪ Students being supported in developing a fun and arts based activity working with professional artists to help to create the final design for the site, developing self esteem and a sense of achievement ▪ Students work being exhibited at Number 8 with the full range of proposed ideas for the site – again developing a feel good factor and shortening the gap between old and young in a town centre location 	

Project:	Supporting volunteers with special needs
Submitted by:	Pershore Volunteer Centre
Contribution to LAA health targets:	NI110: Young people's participation in positive activities NI121: Mortality rate from all circulatory diseases at ages under 75
Amount requested:	£1,500
Project summary:	
<p>This is for a pilot exercise to identify interesting volunteering opportunities and develop appropriate support mechanisms for a group of adults with a range of disabilities. The expected health outcomes will include:</p>	

- General improvements in mental health and well-being through
- Increased confidence through participation in new experiences
- Increased sense of self-worth through consultation/focus group
- Increased opportunities for social engagement
- Opportunities to gain new skills
- Opportunities to contribute to self development
- Community involvement and participation

Project:	Your local community market
Submitted by:	Droitwich Spa Area Partnership
Contribution to LAA health targets:	NI8: Adult participation in sport NI56: Obesity among primary school age children in year 6 NI110: Young people's participation in positive activity NI121: Mortality rate from all circulatory diseases at ages under 75
Amount requested:	£1,000
Project summary:	
<p>To establish a monthly community food market in Chawson Valley Community Centre. The main purpose will be to provide opportunity for local allotment holders to sell produce and local groups to sell homemade products to raise funds. The market will have a strong community focus in terms of participation and the customer base. Likely users will be residents from the Chawson and Westlands estates.</p> <p>Expected health outcomes:</p> <ul style="list-style-type: none"> ▪ Improved access to fresh fruit and vegetables ▪ Healthy living advice and activities, e.g. cookery demonstrations ▪ Opportunity for cross-generational participation. 	

Project:	Tai chi classes
Submitted by:	Rooftop Housing Group
Contribution to LAA health targets:	NI8: Adult participation in sport NI121: Mortality rate from all circulatory diseases at ages under 75
Amount requested:	£2,640 Total cost: £7,920
Project summary:	
<p>Tai Chi classes in Broadway, Evesham and Pershore Primarily aimed at over 50s, but open to under 50s dependent on class capacity Venue: RHG sheltered schemes</p> <p>Health benefits: Regular practice of Tai Chi increases oxygen uptake and utilisation (more efficient breathing), reduced blood pressure, slower declines in cardiovascular power, increased bone density, increased strength and range of motion of joints, greater leg strength, knee strength, and flexibility, reduced levels of stress hormones during and after</p>	

practice, improved immune function, and heightened mood states. Tai Chi also contributes to improving balance and falls reduction which are especially to important in the target age group.

We have carried out an assessments of all the expressions of expressions of interest received, and request further information if necessary. We will consider all proposals received at the July meeting of the Wychavon Strategic Partnership and allocate funding accordingly.

Our recommendations:

1. 'Off The Rails' - Pershore Tarmac Public Art Mural Project

Not to allocate funding. Although this is a worthwhile project, there no identifiable health benefits and the benefits in terms of young people's participation are very short term.

2. Supporting volunteers with special needs

To allocate £1,500 and ask that links are made with Working World in Evesham.

3. Your local community market

To allocate £1,000.

4. Tai chi classes

To allocate £2,640

5. That the remaining £4,860 be allocated to the health improvement strand of our LAA Areas of Highest Need project and, if approved, our resubmitted smoking cessation project.

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Worcestershire NHS

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