

Staying Well in Calderdale

Staying Well is a one year pilot project in 4 areas of Calderdale; North Halifax, Elland, West Central Halifax and Hebden Bridge.

With £1 million funding from the Calderdale Clinical Commissioning Group the aims of the project are to reduce loneliness and social isolation and improve health and wellbeing, and to reduce demand on GP practices and hospitals.

To find out more about Staying Well in Calderdale please email Julie.hosty@calderdale.gov.uk



Get up to date with what's on!



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www.halifaxnorthandeast.com

Loads of local news, information and events on the **North and East Blog...**



www.facebook.com/hxnorthandeast

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Get in touch. Get involved.

If you would like to talk to someone about some of the activities going on in your local area and how you can get involved...

Or you think you know someone who might benefit from the project...

Please ring Helen Enevoldson, the Staying Well Worker in North Halifax on 01422 255402 / 07912891206 or email helen.enevoldson@calderdale.gov.uk

Join the Hub!

If you are a local resident in Ovenden, Mixenden or Ovenden, or you currently volunteer or work in the North Halifax area providing a health or wellbeing service then you can join our North Halifax Alliance!

Together we are stronger...

To speak to someone, or to find out more about the Alliance please call 01422 255402 or email team@halifaxnorthandeast.com or call in to the collocated office at Furness:

87 Turner Avenue South, Illingworth, HX2 8EF

North Halifax

Staying Well

North Halifax
Partnership



Staying Well in North Halifax

Together we are stronger...

North Halifax Partnership and Threeways Centre have joined together to launch an exciting new project in North Halifax.

The **Staying Well** project is about making tailored connections between lonely or isolated older people in the community with local groups, activities and services .

Why Loneliness and Social Isolation?

We know that loneliness and isolation can have serious health impacts:

Lacking social connections is said to be as damaging as smoking 15 cigarettes a day.

It has been estimated that lonely people have a 64% increased chance of developing dementia.

Lonely people are more prone to depression, have a higher risk of high blood pressure, stroke, heart disease and developing a disability.

But there's also lots of evidence that shows that friendships and social activity reduce the risk of developing certain diseases, and can help people recover when they fall ill.

An ageing population

In Calderdale 11,520 people aged over 65 live alone. It is estimated that over 2300 older people (1 in 5) is mildly lonely, and another 1152 (1 in 10) is intensely lonely.

If trends continue, in 15 years the number of people aged over 75 will reach 25,900.

If we don't do something about loneliness we are potentially looking at 3000 intensely lonely individuals in Calderdale by 2029.

A North Halifax Hub

Staying Well presents a real opportunity for North Halifax to do things differently.

Loneliness has a detrimental effect on the whole of society – it's everyone's business.

But a whole lot more can be achieved if we work together and this is one of our key aims.

Together we are stronger...

- We're forming a **Health Alliance of local people, local groups and organisations and local businesses**; able to deliver local solutions tailored to the individual.
- **Collocated staff**—Staying Well and Neighbourhood Schemes workers are based within the community alongside Ovenden & Mixenden Initiative, Pennine Housing and West Yorkshire Police.
- £50,000 community-based budget enables us to **build on existing local** community groups and neighbourhood initiatives in North Halifax.

The Steering Group

We're looking for representatives from within the North Halifax Hub to sit on a Steering Group

The role will be to:

- Oversee and drive the project in North Halifax
- Identify the challenges and find local solutions
- Commission activities and projects
- Represent North Halifax at a strategic level

How will the £50k budget work?

The Steering Group will need to agree detailed rules and guidelines for granting money, however some principles for commissioning are:

- Applications will be made to the Steering Group
- The Steering Group will need to ensure activities and projects commissioned are based in need, are sustainable and unnecessary duplication is avoided.
- The Staying Well worker will be available to work alongside groups to develop their idea into a business case and identify possible partnership working.
- The Neighbourhood Team will support groups with publicity and monitoring of projects, and help develop partnership working.