

WARWICK DISTRICT COMMUNITY FORUM Data Capture Sheet

Notes of WARWICK COMMUNITY FORUM – 7th March 2019 at Emscote Infants School, Warwick CV34 5NH

No. of Residents	No. of Councillors County /WDC/Town			No. of Police	No. of Comm & Vol Sector	No. of Officers	Total
6	2	3	2	4	3	5	25

Police priorities:

The agreed policing priorities for the period March 2019 – October 2019 as follows:

- School Parking Patrols
- Hi-visibility policing patrols in parks and open spaces
- ASB patrols on the Heathcote Estate

Progress will be reported at the next Community Forum

Year of Wellbeing 2019 – Nicki Curwood, WDC Media Team

The initiative is being co-ordinated across Coventry and Warwickshire which aims to raise awareness of the subject of health and wellbeing and to encourage us to improve our own health and wellbeing. There are a great number of organisations across the District involved in supporting this year – offering services to help.

What do we mean about health and wellbeing?

Health is fairly straight forward – it is usually related to feeling well, illness and injury free and of course if we do have an illness or injury we will often visit a doctor and hope that they will be able to treat it and make it better

Wellbeing is not as straight forward – it's linked to happiness, sense of purpose in life, a feeling that we are useful in what we do and satisfaction in life. It is something we take for granted and then it's not so obvious if it is affected by something such as:

- Loneliness
- Social Isolation
- Inactivity or boredom.

We may feel unhappy or dissatisfied with life, but actually not realise the reason why, because it's not obvious to us. Sometimes it can be a viscous circle – you feel low, so you pull away from people and then you feel worse and before you know it you are isolated and lonely.

Well this year is all about engaging with everyone, highlighting what affect health and wellbeing and providing information and opportunities to redress the balance, get your mojo

back and improve your sense of wellbeing

So now health and wellbeing has a whole year dedicated to it, it has its own website, vision and calendar of events

If you would like to find out any further information on the year of wellbeing please log onto the link below:

https://www.warwickdc.gov.uk/...wellbeing/.../community_activities_and_health_information

Rethink Mental Health Charity – Luke Pilot

We improve the lives of people severely affected by mental illness through our network of local groups and services, expert information and successful campaigning. Our goal is to make sure everyone affected by severe mental illness has a good quality of life.

We campaign and influence

Driven by people with personal experience of mental illness, we campaign nationally and locally to push mental health up the public agenda and change government policy for the better. Join our movement of passionate campaigners and help us make sure that everyone has access to high quality health care, no matter where they live or what their personal circumstances are.

We listen and advise

Our website provides advice to millions of people through over 200 award-winning factsheets. Our trusted advisors are also on hand to provide advice on the phone on living with mental illness, medication, care and treatment. They can be called as often as needed and will take time to explain and set out options about what to do next. If you are looking for support, you can trust us to get it right.

We care and support

For nearly 50 years, we have supported thousands of people every year to get through crises, live independently and ensure they don't face mental illness alone. Our network of 140 peer support groups offer a listening ear, practical help and social support. Our 200 plus services include everything from supported housing, one-to-one help for carers, to group activities for people leaving hospital.

For further information contact:

Rethink, The Old Bank Wellbeing Hub, 45 Coten End, *The Old Bank* CV34 4NT Warwick
Warwickshire England

01926 41922

www.rethink.org

The Gap Community Hub – Marcos Campos

Our Vision - A vibrant, happy community filled with respect, compassion and confidence,

where aspirations are realised and friendships thrive.

The Gap is a charity based in Warwick which is focused on promoting community togetherness and striving to help you achieve your personal goals. We do this by providing a safe, welcoming environment where you can meet existing or new friends and participate in social and physical activities; support groups; volunteering and learning – all with the aim of enhancing your overall quality of life.

We offer a variety of classes, groups and training sessions, including Zumba Gold; Extend (falls prevention and mobility enhancing exercise class); Friday Friends Stay and Play group; Dog Training; Yoga; Pilates; Knit and Natter; Art Club; IT for Beginners; Tai Chi and many more.

We also run a Youth Club 4 times a week for young people aged between 8-16 as well as a weekly Older Adults Lunch Club. Both activities are very popular with around 25-30 people attending each week

In addition, we host a number of important, specialist organisations such as Alcoholics Anonymous; Recovery Partnership (organisation helping people with additions); Youth Justice; Young Carers (respite for young people caring for members of their family); Twelve Steps; Take a Break (respite for parents with children who live with extreme learning difficulties); Prospects Career Advice to name but a few. Our informal setting makes people feel relaxed and at home, which creates the right environment for building confidence, finding support and aiding recovery.

For details:

The Gap Community Centre, 39 Oakwood Grove

Warwick CV34 5TD

01926 494200

info@thegapwarwick.org

www.thegapwarwick.org

Neighbourhood Services priorities:

If anyone wishes to raise Neighbourhood Service issues such as fly-tipping, problems with litter etc. please log onto the District Council's website where you are able to report any issues in respect of the following:

- Refuse

- Recycling
- Garden & Food waste
- Bulky item collection

Web site address is: www.warwickdc.gov.uk

Grants considered and amounts awarded:

Warwick Town Council – awarded £724

2nd Warwick Sea Scouts – awarded £2,500.00

Next Community Forum: Thursday 24th October at Saltisford Church, Albert Street, Warwick CV34 4JX at 6pm for 6.30pm start.

