

## **Health and Wellbeing (Physical and Mental Health)**

Due to the demands of covid in the last year the team have been delivering the Holiday Activity and Food (HAF) and the Holiday Activity Programme (HAP) in partnership with Gloucester County Council, voluntary organisations, and community providers across the district as well as delivering their day-to-day commitments.

Key achievements for 2021:

1. Delivered the HAF and HAP during Easter, Summer and Christmas 2021 primarily for children on free school meals
2. Launched Active Stroud social media (please follow if you have not already)
3. Restarted and took full control of the GP referral programme at Stratford Park Leisure Centre (SPLC)
4. Launched an Eating Disorder support group called ConnectED
5. Relaunched Mummy and Me exercise classes at SPLC and The Pulse
6. Launched Choose2move exercise classes – pilates, Tai Chi, Older adults and lower limb aimed primarily at our older community looking to increase physical activity levels
7. Continued to provide face to face and virtual healthy lifestyles classes for people with long term health conditions

Key priorities for 2022:

1. Create and deliver a 3-year physical activity action plan for SDC incorporating the priorities of the leisure and wellbeing strategy, the council plan, Gloucestershire Clinical Commission Group (GCCG) and the Integrated Locality Partnership (ILP)
2. Launch She's ready 6-month pilot
3. Launch the new referral portal for the Healthy Lifestyles scheme
4. Develop and deliver the GROW framework – Green Recreational Outdoor Wellbeing
5. Launch long covid active recovery programme
6. Launch reading well collections to primary school/secondary schools across the district
7. Launch Active Tots gymnastics at SPLC
8. Introduce a mobile payment device to support our community class development
9. Procure the next 3 years of HAF funding and continue to work in partnership to deliver the scheme.