



STROUD DISTRICT COUNCIL

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COMMUNITY SERVICES AND LICENSING COMMITTEE MEMBER REPORT

NAME OF ORGANISATION/BODY	Mental Health Champions
DATE OF LAST MEETING ATTENDED	7 February 2022
BRIEF REPORT	
<p><u>Stroud District Canal Strategy Consultation</u></p> <p>As we have no funding to carry out our own projects or provide solutions at this stage, we see our role as bringing together and promoting what is already happening within the council, with partner organisations and share any potentially useful free resources that we come across. To that end, we are focusing on 3 things this time:</p> <ol style="list-style-type: none">1) to emphasise an often under considered but crucial aspect of the canal strategy that helped it secure lottery funding and needs to be demonstrated in delivery to retain the funding - wellbeing.2) To help raise the profile of the amazing work currently going on under the Active Stroud banner with a specific recommendation to share their social media channels around our parishes and3) A free web based resource that some may find useful to support their own wellbeing and resilience using any one of more of social media, an extensive and varied web site, printable material, webinars or an app if you like that sort of thing! <p>As part of the Draft Canals Strategy (which can be found on the website here), it identifies the opportunities which could assist in improving both mental and physical wellbeing of the residents and visitors of the Stroud District. Within the 'Ingredients' section of the Strategy, it outlines the specific measures to improve health and wellbeing, which include:</p> <ul style="list-style-type: none">• Active travel• Reclaiming roads• Canal side living• Cultural and social interactions• Diversifying activities• Public art• Public realm furniture and spaces• Hubs for connecting nature• Events and programmes• Social prescribing• Education opportunities <p>The Strategy is currently out for public consultation which will close on Monday 18 April 2022. Consultation representations can be made by the public by emailing canals.strategy@stroud.gov.uk or in writing to Planning Strategy, Stroud District Council, Ebley Mill, Ebley Wharf, Stroud, GL5 4UB.</p>	

The consultation is seeking particular views on the:

- Drivers for Change
- 14 Canal Strategy Areas
- Placemaking Frameworks
- Ingredients of the Future Place
- Supplementary Planning Document

The public are able to feedback on all aspects of the Strategy and the Planning Strategy team have outlined five specific questions to assist the public in formulating their consultation response which can be found [here](#), one of which relates to the 'Ingredients' section referred to overleaf.

Active Stroud social media channels

Action for Happiness

'Action for Happiness' are a charity whose purpose is to encourage, support and prioritise action for a happier and kinder world in happiness, kindness and wellbeing. They also promote and provide information and tips on small daily actions people can do at home, school, work and in wider society to improve their wellbeing.

They have a free app you can download called 'Action for Happiness' that provides friendly nudges of action ideas each day, sends inspiring messages to boost your mental health and allows individuals to connect and share ideas with others on the app. They also currently have a 'Mindful March' calendar which is available to download, providing examples of small actions that can be done each day of the month to improve your wellbeing. They also list a range of resources and services on their website covering a wide range of aspects relating to happiness and wellbeing for free.

Their website can be found [here](#).

REPORT SUBMITTED BY	Cllrs Victoria Gray, Jenny Miles and Tricia Watson
DATE	15 March 2022