

Healthy Hastings and Rother's Objectives



Reduce variation in access to or quality of services

Empower individuals to improve health and wellbeing

Empower communities to improve health and wellbeing

Enhance support for the health needs of vulnerable population groups

Improve the social determinants of health



Health & Wellbeing Community Hubs in central Bexhill and Sidley

Establish community hubs in six communities of Hastings and Bexhill

Secure and sustain the capacity and capabilities of community hubs to deliver health and wellbeing services.

Enable individuals and communities to gain more control over their health and wellbeing.



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Health & Wellbeing Community Hubs in central Bexhill and Sidley

Who are we?

- Sussex Community Development Association – local charity founded 20 years ago
- The Pelham – local Centre rooted in the community of Sidley
- Meeting local need in-Employability, Health & Wellbeing, Community Development, Advice & Inclusion and Care & Support
- Aim to build stronger, healthier & more inclusive communities in partnership with ESBT Rother DC & Hastings BC & RVA



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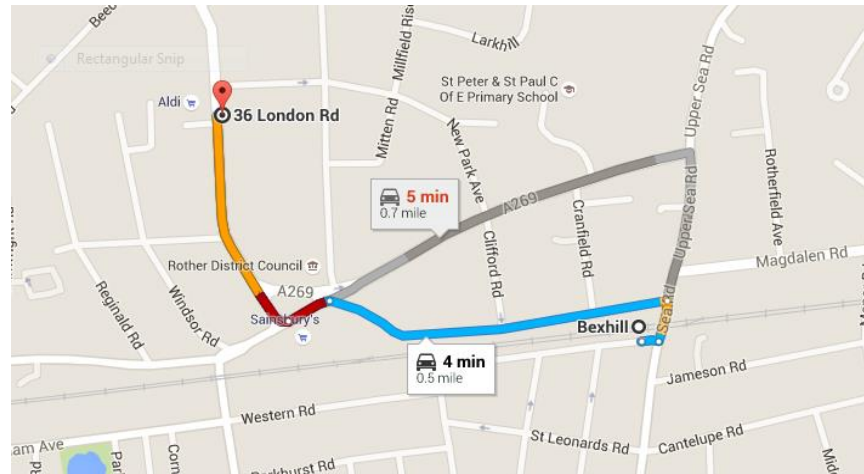
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Where is the Hub based? – central Bexhill



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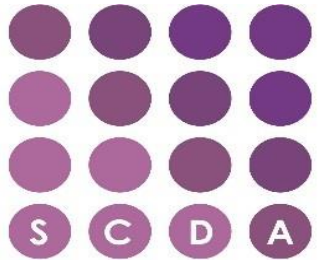
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Where is the Hub based? - Sidley



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Health & Wellbeing Community Hubs in central Bexhill and Sidley

Why a Hub?

- Working with people, rather than seeing them as passive recipients of services
- Asset-based: helping people to focus on the assets, within themselves & communities and helping them realise these assets
- Supporting people to make changes for the better by enhancing resilience, knowledge & self-esteem
- Building or enhancing mutually supportive networks
- Shifting control and design to local communities



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What we will do:

- Involve local people- its your hub!
- Make sure people know about it- marketing, accessibility, improve the buildings
- Promote & value partnerships
- Increase the access & availability of services contributing to improved health & wellbeing and reduced health inequalities
- Increase collaboration with local GPs, ESCC Adult Social Care & Children's' services, Integrated Locality Teams, LPDG
- Increase footfall into the Hubs- increased usage from most deprived



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Health & Wellbeing Community Hubs in central Bexhill and Sidley

What we will do:

- We will transform our centres to 'go to' Health & Well-being hubs offering support to people in living well and independently in the community.
- We will provide cost effective alternatives to admission to permanent treatment/NHS solutions.
- We will be innovative, flexible and help individuals and the wider community.
- We will provide activities and information coordination to support people through transitions in their lives.



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Health & Wellbeing Community Hubs in central Bexhill and Sidley

What we have done:

Charter – publicity: local press, Bexhill & Rother rural networks

Forged close links with RVA, RDC, HBC, other Hubs in Hastings

Close links with ESBT LPDG

Involvement with CHART

Hosted service provision: One You Health Checks, National Diabetes Prevention programme, SOS group, Bexhill Homeless Unity Group, Cruse Bereavement, Employability

Active Rother ‘Planet Janet’ healthy eating initiative



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Health & Wellbeing Community Hubs in Bexhill and Sidley

What we have done:

Pelham – Host & provider of community facilities, activities & events including: Diabetes Prevention, Boathouse Sensory Group, JasFit Ladies Fitness, Walk2Run, CAP drop in, Triple P Parenting, Bexhill Homeless United Group, SafeTALK Suicide Prevention, PA Networks, Job Centre Plus Drop In

Experienced a 35% footfall increase in the 6 months up to April 2018

Has been involved with developing the Bexhill Homeless United Group (HUG) for past 2 years and is now involved with hosting the Community Land Trust Steering Group

Increased Volunteer Opportunities, with over 30 active volunteers each week

Experienced a 35% footfall increase in the 6 months up to April 2018



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What will success look like?

Charter- 'One building' ethos, complete refurb

Pelham- lift installed and first floor developed

Increased footfall- Pelham 35%, Charter 15+%

Health & wellbeing of individuals enhanced and promoted

Stakeholders and community awareness enhanced

Direct referrals from local GPs

Further development of grassroots organisations

Co-location of services – from CCG, PCP, ILE etc.



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Health & Wellbeing Community Hubs in central Bexhill and Sidley

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