

Impact Report

April 2019/September 2020



Bewell, Staywell, Workwell:

A subgroup of the Harlow Health and
Wellbeing Partnership Board

Chair: Jemma Mindham, Rainbow Services

Lead Officer: Chris Purvis, Harlow Council



Bewell, Staywell, Workwell: 2019/20 Priorities



Members of the Bewell, Staywell, Workwell (BWSWWW) sub-group of the Health and Wellbeing Partnership Board met at ((BOUNCE)) Head Quarters in Harlow to review 2018/19, agree priorities for 2019/20 and start the action planning process. Some members participated in a ((BOUNCE)) taster session which was filmed and used to promote the Active Essex 3030 Campaign within

Harlow. Conversations about Mental health with ((BOUNCE)) resulted in all ((BOUNCE)) instructors (600+ individuals) receiving Mental Health First Aid Awareness training at their headquarters in Harlow and a partnership between ((BOUNCE)) and Safer Places in Harlow.

In April 2020, due to the impact of the Coronavirus pandemic, it was agreed that we would not revise priorities for 2020/21 and would continue to work with the 19/20 plan. Therefore this report goes to September 2020.

Priorities & Outcomes

Strategic Priorities	Outcomes
Increase physical activity, active living, active travel and sport	<p>Reduced inactivity level</p> <p>Reduce inactivity levels amongst target groups</p> <p>Support the reduction of air pollution</p> <p>Support the NHS targets of reducing numbers of serious health conditions associated with inactivity</p>
Promote mental health and wellbeing	<p>Increased mental health awareness</p> <p>Greater awareness of support services</p> <p>Increased number of mental health first aiders</p>
Support local economic growth through the development of skills and employment opportunities for local residents	<p>Increased skills and education for the local population</p> <p>Greater employment opportunities for local residents</p>
Champion healthy workplaces by promoting healthy lifestyles and behaviour change	<p>Increased number of workplaces designed in ways in which to promote an active and healthy lifestyle, including regular physical activity healthy diet and positive mental health including mental health first aid training</p>
Provide information and advice on how to livewell	<p>Increased presence and information of how to live well in Harlow</p>

Bewell, Staywell, Workwell: The Impact

BWSWWW members brainstormed an aspirational and dynamic action plan. It was not expected that the action plan would be delivered in its entirety. The action plan provided direction for the group, informed use of the Public Health Improvement Grant and helped to facilitate connections that may lead to positive health and wellbeing outcomes in the future. The action plan was updated throughout the year and the final action plan can be seen in Appendix 1

A total of £15,000 was allocated and a summary of each project that was delivered in 2019/20 is below:

Project 1: Work Well: Championing health and wellbeing in the workplace

This project was predominantly delivered against the priority 'Champion healthy workplaces by promoting healthy lifestyles and behaviour change'.

The objective was to deliver a summit that promoted healthy workplaces to Harlow based employers to encourage healthier workplaces. The desired outcome of this project is that Harlow has more workplaces that promote positive health and wellbeing and that employees in Harlow make positive health and wellbeing choices.



HARLOW

Work Well: Championing health and wellbeing in the workplace

- Friday 28 June 2019
- 12 noon until 2 pm
- Free Lunch
- Harlow Town Football Club
The McCullochs Arena
Elizabeth Way
Harlow, CM19 5BD.

Book now for free at: <https://bit.ly/2YIAFTQ>

HOT TOPICS:

- Are you disability confident?
- Time to Change: Mental health and wellbeing in the workplace
- Physical activity and its role in a healthy work environment
- Workplace Health and Wellbeing Champions: the role employees can play within your workforce
- What are other employers in Harlow doing?

Logos at the bottom: Essex Lifestyle Service, Harlow Council, Active Essex, Department for Work & Pensions, Rainbow services, Bewell, Harlow Council.

Guest speakers at the event included Harlow Council's Chief Executive Officer and Portfolio Holder for Community Wellbeing as well as partners from:



Bewell, Staywell, Workwell: The Impact

The event received positive coverage within local newspapers:



Harlow Guardian 11 July 2019

“Harlow employers inspired to champion health and wellbeing in their workplace By Staff Reporter on July 8, 2019.”
Your Harlow
Essex Magazine

The event received some positive comments on social media using #Harlowworkswell. A selection of activity from Twitter is below:

Top media Tweet earned 2,372 impressions

If you are an employer in #Harlow you need to be at this. It will champion #health & #wellbeing in the workplace. It will take place @HarlowTownFC & includes lunch, networking & showcasing of support services to help you deliver healthy workplaces. And it's free @HelpingHarlow RT pic.twitter.com/XuzYRsy1uh

- Friday 28 June 2019
- 12 noon until 2 pm
- Free Lunch
- Harlow Town Football Club

The McCullochs Arena
Essexway Way
Harlow, CM19 5SD.

Search Work Well in Harlow on Eventbrite to book your place for free.

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1 10 9



Active Harlow @activeharlow

This is a good event for #employers in #Harlow. Search 'Work Well in Harlow' on Eventbrite. It's free, you get fed & can find out about some fantastic free services to help you encourage positive #health & #wellbeing for staff. It takes place 28 June @HarlowTownFC @HelpingHarlow pic.twitter.com/ggY9gbJ7tE

Impressions	4,369
Total engagements	68
Retweets	20
Media engagements	20
Likes	17
Detail expands	10
Link clicks	1

Bewell, Staywell, Workwell: The Impact

Top mention earned 54 engagements

MGM Clinics
@MGMcliclinics · 28 Jun 2019

Great to hear from so many organisations championing workplace health/wellness at 'Work Well in Harlow' event today.

@activeharlow
@ActiveEssex
@Mind_West_Essex @RainbowHarlow
@EmployAbilityCM
@Provide_CIC
@HarlowCouncil
@DWP @EugenieharvE
#Harlowworkswell #BigUpHarlow
pic.twitter.com/flzAzv1Leb



2 4 7

Rainbow Services @RainbowHarlow · 28 Jun 2019
Good turn out at the Work Well in Harlow event. @activeharlow @ActiveEssex @Mind_West_Essex @RainbowHarlow @EmployAbilityCM @Provide_CIC @HarlowCouncil and the DWP! Great selection of free health initiatives for employers and employees in Harlow. #Harlowworkswell



5 10

EUGENIE HARVEY
@EugenieharvE

Proud to open the @HarlowCouncil Work Well event at lunchtime today highlighting the importance of creating workplaces which support health and wellbeing. Healthy, happy staff = productive staff. Lots of ideas to take back to my organisation @FundingNetwork #harlowworkswell

12:54 pm · 28 Jun 2019 · Twitter for iPhone

1 Retweet 14 Likes

MGM Clinics @MGMcliclinics · 28 Jun 2019
Replying to @EugenieharvE, @HarlowCouncil and @FundingNetwork
Thank you for an inspiring talk, and sharing your personal experience which helps towards a larger and more open conversation around health & wellbeing.

2

ActiveEssex @ActiveEssex · 28 Jun 2019
Today some of the team are attending the Workplace Health event taking place this afternoon in Harlow #HarlowWorkswell



2

Top media Tweet earned 2,372 impressions

If you are an employer in #Harlow you need to be at this. It will champion #health & #wellbeing in the workplace. It will take place @HarlowTownFC & includes lunch, networking & showcasing of support services to help you deliver healthy workplaces. And it's free @HelpingHarlow RT pic.twitter.com/XuzYRsy1uh

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1 10 9

The event was evaluated to be a success. Over 60 individuals attended the event. Attendees were asked which presenters they would like to have follow up conversations with following the event and this generated over 40 post event conversations that focused on health and wellbeing support to employers in Harlow.

Project 2: Time to Change Employer Pledge



BWSWWW awarded Mind in West Essex funding to engage with employers in Harlow and support them to sign the Time to Change Employer Pledge. This project was predominantly delivered against the 'Promote mental health and wellbeing' priority.



The funding contributed to increasing capacity within Mind in West Essex and resulted in the following outputs:

- Over 150 employers were contacted
- 14 employers signed the Time To Change Pledge
- As the project ended a further 7 organisations had their pledge in process
- 40 members of staff received mental health awareness training in the workplace
- 40 employees received MHFA training because of signing the pledge
- Over 2000 employees have been reached
- A pledge signing event was held at Mind's Wellbeing Centre in Bush Fair.



Project 3: One You: Sector Specific Mental Health First Aid Awareness Training



Partners of BWSWWW were encouraged to promote Public Health England's One You mental health campaign.



To coincide with the launch of the campaign Mind in West Essex delivered a Mental Health First Aid Awareness workshop for the sport and physical activity sector in Harlow in partnership with Active Harlow and Active Essex. The workshop was attended by 10 participants.



Project 4: Winter Warmer and Harlow Grows

These projects were predominantly delivered against the 'Provide information and advice on how to livewell' priority.

For the Winter Warmer project Rainbow Services received funding from Essex County Council's Winter Warmer funding to deliver two cooking sessions and give away free slow cookers to vulnerable adults and families working in partnership with the Essex Child and Family Welfare Service.



Harlow Grows was developed and delivered during the Coronavirus pandemic. This is a Grow Your Own style project and was a partnership between Herts & Essex Community Farm, Rainbow Services and Harlow Council. Harlow Grows was delivered in 2 phases.

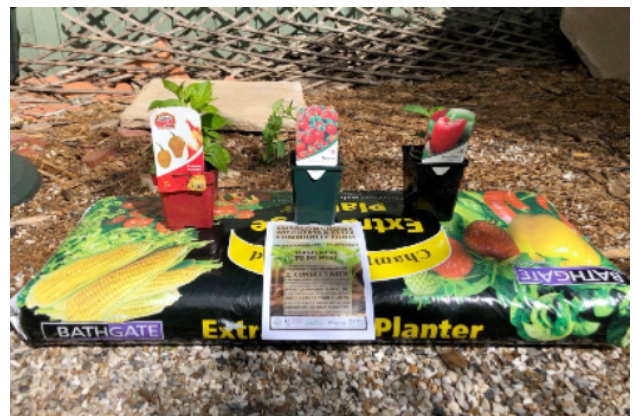
Phase 1 was an open application for free packs and took place during the initial coronavirus lockdown. Residents of Harlow could apply for an indoor or outdoor pack online via the Harlow Council website. A total of 300 packs were available and all packs were allocated (285 outdoor and 15 indoor packs) within three hours of being launched.

Bewell, Staywell, Workwell: The Impact

Phase 1 involved remote coordination of a 'distribution' centre at The Walled Garden in Harlow Town Park.

The distribution centre was operated by volunteers from Rainbow Services and Harlow Volunteer Centre. Packs were then delivered by volunteers from Rainbow Services, Harlow Council Community Hub, Changing Lives in Harlow, The Leah Manning Centre and Passmores Academy.

Recipients of Harlow Grows packs received instructions on how to engage with the project once they had received their pack. This included where they could receive advice and watch instructional videos for growing and caring for their plants along with ideas on how to use the produce in their cooking by watching videos by Herts & Essex Community Farm. Participants were also encouraged to upload photos and engage with other recipients on dedicated Harlow Grows social media accounts. There was a high level of engagement with the social media pages across Facebook, Twitter and Instagram.



A selection of some quotes are below:



'Thank you Harlow Grows, we were so excited to receive our grow pack today. Really looking forward to watching these grow and tasting the results! Home school activity with forever lasting life skills'.

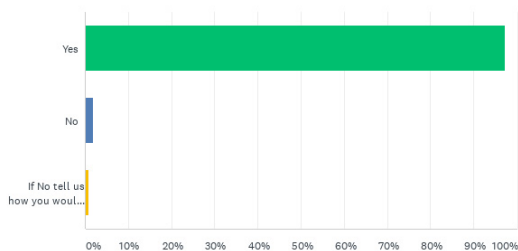
'Dad and daughter working together constructing and planting. We are ready to watch our plants grow!'

'Thank you for our delivery. As we are all shielding in our house it has given us more opportunity to help educate our 3yr granddaughter! We decided to pot ours, looking forward to the harvest'

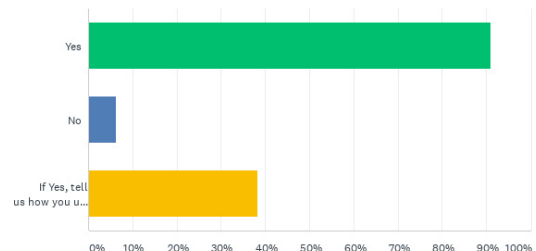
Bewell, Staywell, Workwell: The Impact

Harlow Grows participants from phase 1 were surveyed four months after receiving their packs. The survey was undertaken online. The findings from the survey demonstrate that the project had a positive impact on the health and wellbeing of participants with the majority of participants using the produce, thinking about their eating habits, feeling better overall, wanting to engage in similar projects in the future, had learnt a new skill and engaged in the social media part of the project. Some of the responses to the survey can be seen below:

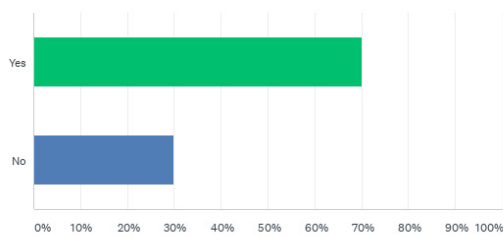
Q2 Did you feel supported in learning how to grow and use the plants?



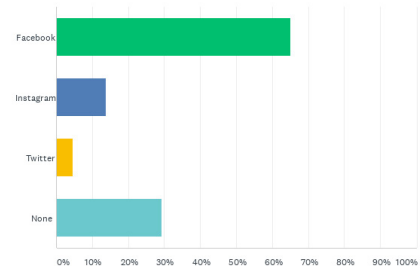
Q3 Did you use the produce?



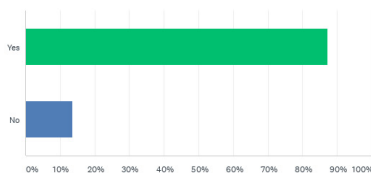
Q4 Did this encourage you to think about your eating habits?



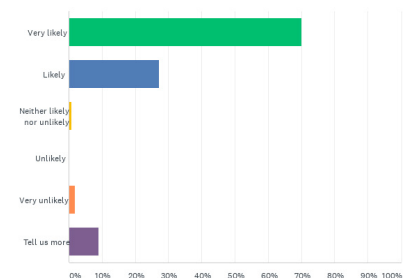
Q5 Did you get involved in our social media groups?



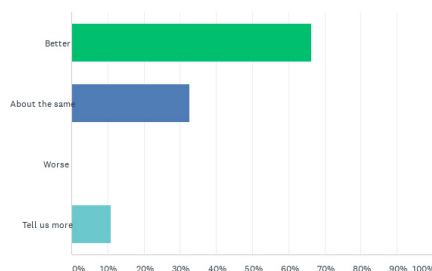
Q6 Have you/your family learnt a new skill as a result of participating in Harlow Grows?



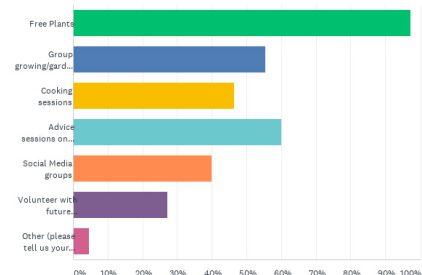
Q7 Will you continue to grow your own vegetables/herbs following this?



Q8 What was the impact of this project on your/your family's health and wellbeing?



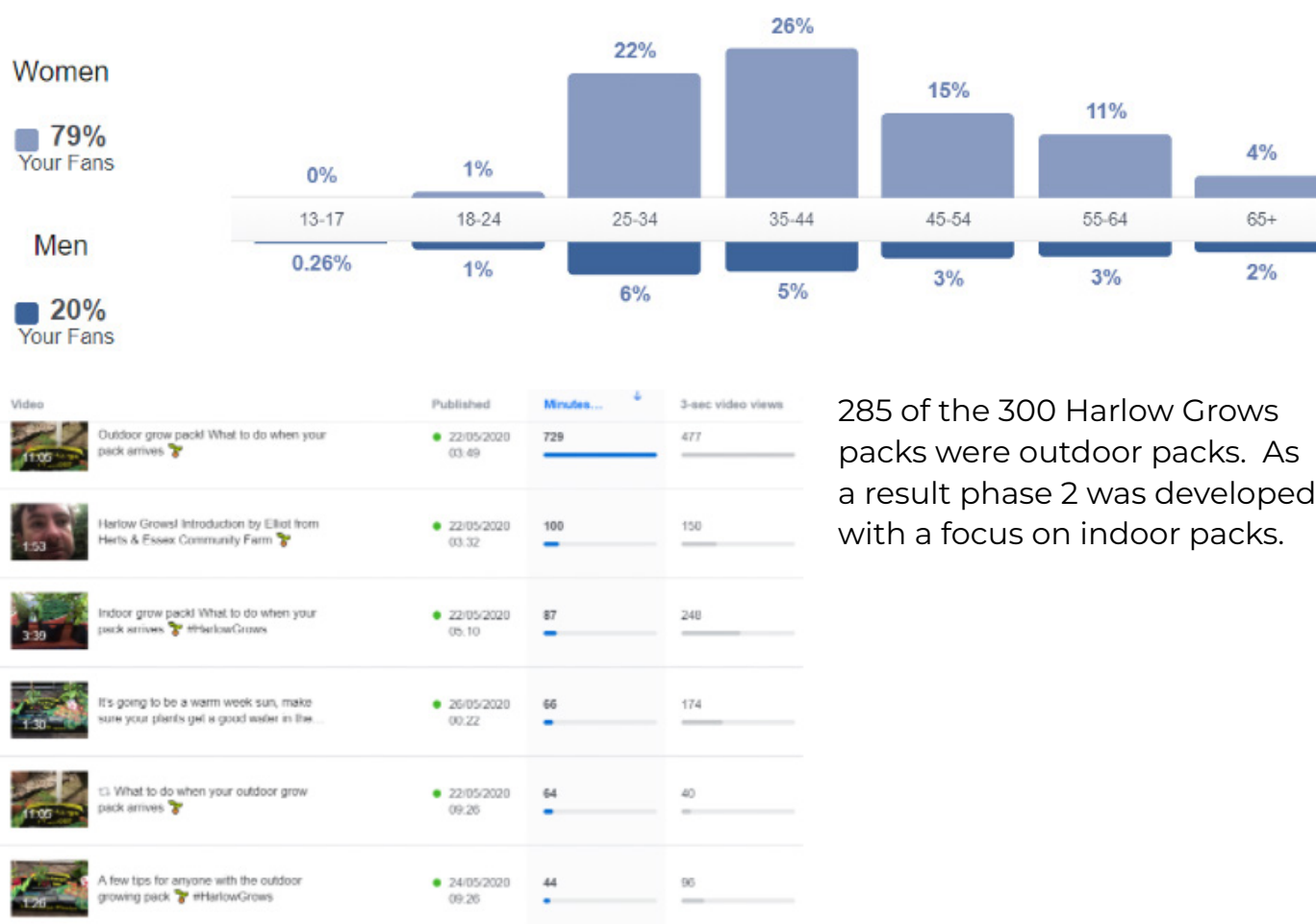
Q9 Would you like to be part of something like this again?



Most of the recipients who used the plants used them in their cooking. Some used the process as an educational tool to teach children about the process of growing, cooking and healthy eating. Some participants gifted the produce to friends and family members.

Bewell, Staywell, Workwell: The Impact

Harlow Grows packs included instructions directing participants to social media channels where they could watch instructional videos, interact with other recipients and receive advice from Herts and Essex Community Farm. There was a high level of engagement with these channels. Over 400 people have joined the Harlow Grows Facebook group. Below is a selection of some of the social media statistics:



285 of the 300 Harlow Grows packs were outdoor packs. As a result phase 2 was developed with a focus on indoor packs.

The success of Harlow Grows Phase 1 encouraged Phase 2 to be developed. Phase 2 was developed as the initial Coronavirus lockdown restrictions were beginning to be eased and was part funded by the Early Help and Start Well sub group. It was designed for packs to be distributed to partners of the Health and Wellbeing Partnership Board who would then ensure the packs were received by residents who may be more disadvantaged and did not have the opportunity to engage in phase 1.

Bewell, Staywell, Workwell: The Impact

Partners of Phase 2 included:

- Claridon who distributed the packs amongst permitted development units
- Mind in West Essex
- Passmores Academy
- Essex Child and Family Wellbeing Service
- Integrated Support Services
- Family Solutions
- Young Carers
- Young Concern Trust
- Streets 2 Homes who gave the plants to single people with complex needs and lived experience of homelessness.

Engagement across social media was lower with phase 2 but very positive feedback was received from partners. Some quotes are below:

“Children were interested in telling us about how they were taking care of the herbs plants, for example, watering them. Overall there had been a positive effect and we were able to support the residents to use and cook with the herbs. We also gave out recipes to those who needed support. It has encouraged them to use them as some had not used herbs before and didn’t know what to do with them”
Claridon Housing.

“it had a positive outcome on their wellbeing as they were pleased to have something to do and made them smile”. Integrated Support Services.

“Recipients were engaged and eager to grow. Taking part in something they could see had rewards and also had a sense of responsibility and care provided wellbeing benefits - a couple of the plants gained names!” Streets 2 Homes.

“it was a great opportunity for them to learn to look after something and nurture it, particularly for those without a garden. We received feedback from a young carer who said ‘the rosemary and dill are doing great, we have used them when cooking roasts, curry, mashed potato, salads. The mint unfortunately didn’t make it and is currently in the plant hospital whilst we bring it back to life. Fingers crossed. However on a positive note we are now growing watercress, lambs lettuce, dandelions and many other salads for our pet tortoises who also enjoyed the herbs from Harlow Grows. There was a huge improvement in mental health as it gave young carers something to look forward to over Covid 19. It also gave them a project whilst being in lockdown which kept them from isolation and kept them busy”. Young Carers.

“Very well received, was commented how lovely they smelled and it was used in their cooking”. Mind in West Essex.

Project 5: The Colour Project

Creative Ways were awarded funding to deliver The Colour Project which aimed to explore the relationship between colour and wellbeing.

This project was predominantly delivered against the “Promote mental health and Wellbeing” priority.

The project was developed prior to the Coronavirus pandemic and was planned to be delivered in a physical environment. As the Coronavirus pandemic developed the project was put on hold for Creative Ways to adapt the project so that it could be delivered online.

Online delivery started towards the end of the initial Coronavirus lockdown. The sessions took place online via six Zoom sessions during June and July 2020. All sessions were recorded so participants could access the workshops if they were not able to attend.



14 participants joined the sessions with an age range between 24 and 75 years old. 13 participants were female and one was male. An art pack was sent to each participant in advance of the sessions so that they had all the necessary materials and equipment required to participate in the sessions.

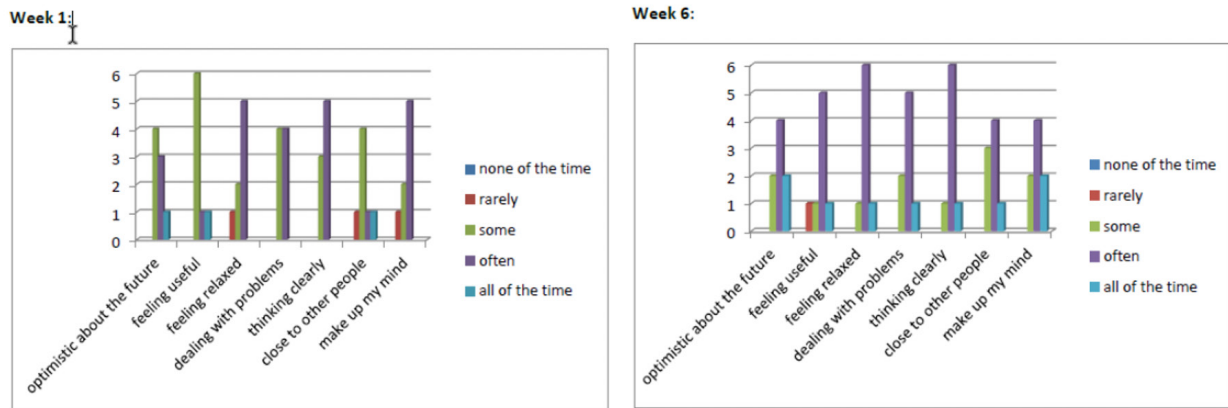
3 evaluation tools were used, an initial participant survey via Survey Monkey, a paper version of the Short Warwick Edinburgh Mental Wellbeing Survey (SWEMWBS) completed at the start and end sessions (week 1 and week 6), and a paper version of University College London's (UCL) Positive Wellbeing Umbrella Survey completed for each of the 6 weekly sessions. All forms were anonymous.

Results from the evaluation demonstrate:

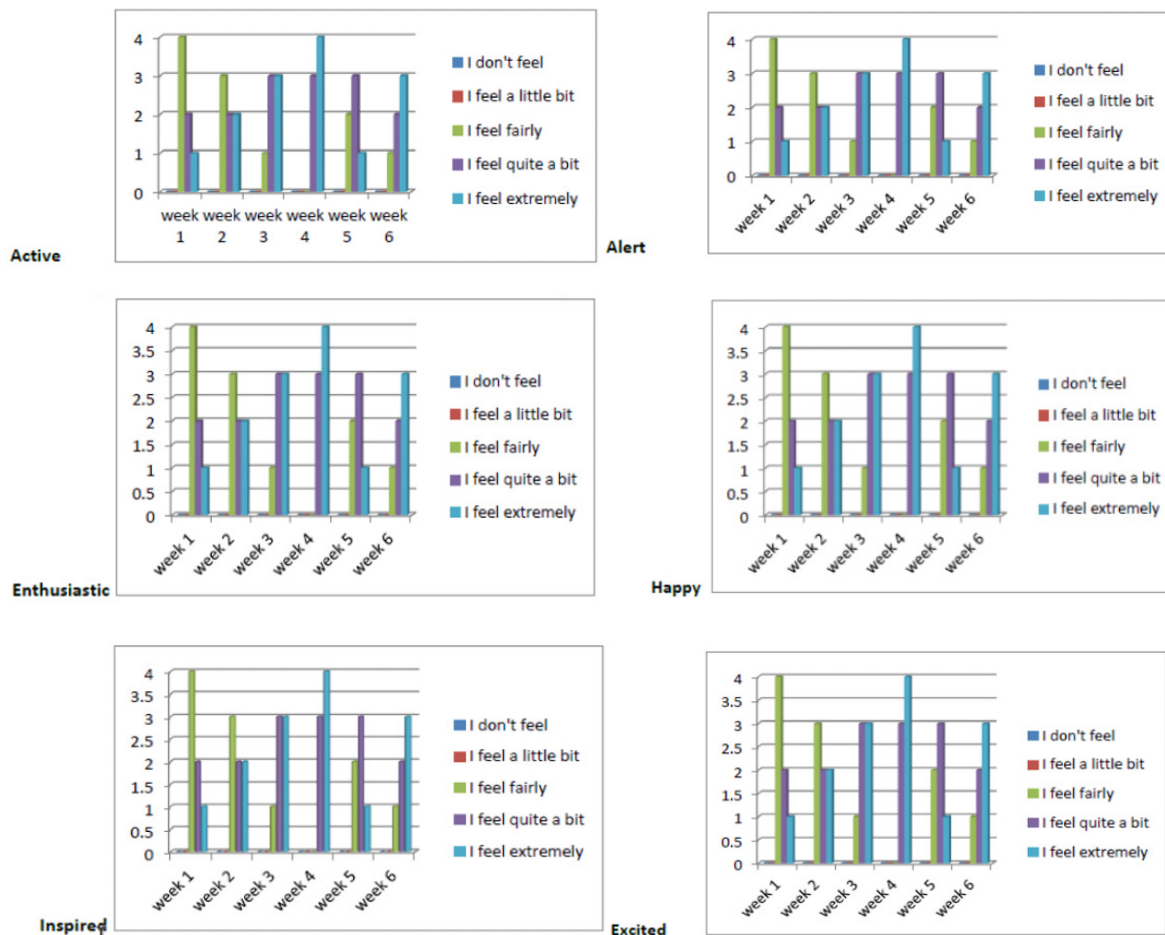
- The social aspect of the session was as important as the activity
- Participants were interested in learning a new skill and learning new things
- Being part of a group that had a shared interest was important
- Having something to look forward to was very important
- Participants were interested in learning how to improve health and wellbeing

Bewell, Staywell, Workwell: The Impact

Results from the SWEMWBS demonstrate that the project had a positive impact on the health and wellbeing of participants. The survey was completed at the start of the project and at the end of the project. The graphs below demonstrate that there is an increase in positive responses at the end of the project when compared to the beginning of the project:



The findings from the UCL Positive Wellbeing Umbrella also demonstrates that the project has had a positive impact on wellbeing. The analysis demonstrates that feelings of positive wellbeing was lowest in week 1 but peaked in week 4 and then despite a dip in week 5 increased again in week 6. Please see the findings below:



Bewell, Staywell, Workwell: The Impact

In addition to the surveys additional feedback was received from participants. Some examples are:

"I really enjoyed the colour course as art is one of my hobbies and my wellbeing is important to me. So it was really good to experience how they can be so impactful together. The course was well presented and well organised, having the materials delivered free of charge is beneficial as enables all to participate. It was great to be part of a friendly and enthusiastic group as in the current climate doing such things in person is not an option. I do hope the course runs again so other people benefit from it. Thank you for a lovely colourful 6 weeks".

"I have loved this course,so great to be able to connect in a time like this and learn new stuff. Hosts were wonderful, calm, warm, and friendly. Thank you".

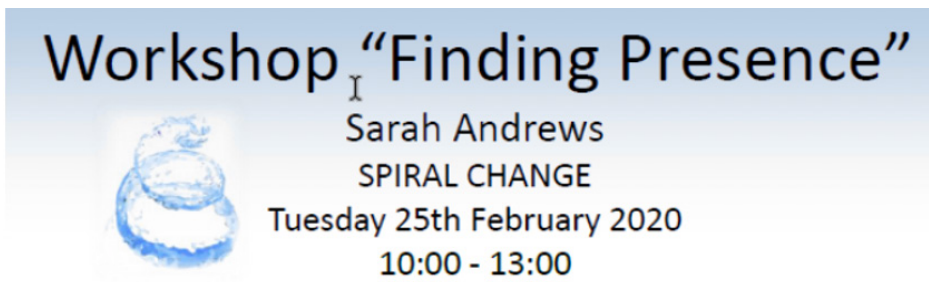
"I have really enjoyed the past 6 weeks especially with lockdown. It has given me something to focus on. I haven't always enjoyed the drawing side but really enjoyed the experimenting with different colours with either the pencils or food. I enjoyed more of the collage art, but focusing on one colour each week limiting the colour palette has been really good and learning the means and how a colour makes you feel has been very thought provoking. I would really recommend this course to people. When I told some of my friends they really liked the idea".

"Thank you so much for this wonderful course. I have enjoyed it totally. My favourite week was blue, as creating all those natural inks was great fun and I was amazed by the colours that came out. I found the red week more challenging/less fun as of the self portrait and dice, but an interesting experience. Also it was eye opening as realised that many of these colours are missing from my wardrobe (red/purple/orange), and that is why I didn't wear it, but I will look out for them more now. Again, amazing experience overall. Great project. Look forward to the next one".

"I have just done four cards to friends with the round purple scene on them. I send two of my grandchildren a card or letter every week and they actually think I am an artist! That is with your help of course amazing what one can do with a little bit of help and know how. Keep up the good work".

I applied to join the colour project but unfortunately this had to be cancelled due to COVID 19. However thanks to Amanda and Farah this was sorted out via the internet and we have had six very successful Zoom meetings. We all had artwork given to us which was needed to do this course. No one knew what this project was going to entail or who was going to attend but I can assure you that Amanda and Farah made everyone feel very welcome. Amanda gave very detailed descriptions as to what could be achieved by doing the artwork appertaining to the colour of the week Farah explained in detail as to the benefits of each colour - the history- feelings - colour in advertising etc. It made me feel that we take everything that we see for granted just noticing an item with not much regard as to why it has a natural or man made colour. Very interesting project and I am so glad that I applied to attend especially in the time of Covid 19 it was a very enjoyable experience and it gave me and the other people participating something to look forward to each week. I would recommend this project excellent for any age group to attend".

Project 6: Wellbeing Workshops



Following the success of the 'Work Well: Championing health and wellbeing in the workplace' summit, Rainbow Services were funded to commission health and wellbeing workshops for the voluntary and private sector that aimed at promoting positive mental health whilst at work. Spiral Change were chosen as the delivery partner.

The first workshop that was delivered targeted the voluntary sector and focused on mindfulness within the workplace. The session was delivered at the start of the Coronavirus pandemic prior to the UK lockdown.

12 people attended the workshop. When surveyed, 100% of attendees responded that they had a better understanding of the topic.

Participants also commented:

"Looking forward to using what I have learnt and will be passing on my new knowledge, Sarah was a lovely course presenter too. Thank you."

"Was a great atmosphere although a smaller group than expected am guessing ended right size."

"Wonderful course, great bunch of attendees as well."

"Excellent trainer, who engaged every participant. Very good content. I feel I learned a lot from the event."

"Thank you for providing such a valuable course. The only thing I can add is the trainer should release some guided meditation CD's Her voice was hypnotising (in a lovely way). Thank you again."

"Really great training. The trainer was so good, really knowledgeable and engaging."

Bewell, Staywell, Workwell: The Impact

When asked how/if they could use what they have learnt, participants responded with the following comments:

"Lots of tips to take forward and a different mindset."

"I plan on using this everyday. I have encouraged my husband to listen and sit through a guided meditation on Spotify with me. I have used the breathing exercises already to make me feel calmer in the workplace. I want to make my children more aware of the world around them (walks through the wood and listen, smell, see) I actually think this course is going to have an impact on my life for the better (sorry for sounding a little dramatic!)."

"I will practice the breathing techniques daily."

"Remain calmer in stressful situations."

"To help myself and others have a bit more control."

Additional workshops were planned but were postponed due to the Coronavirus pandemic and will be delivered in 20/21.

Bewell, Staywell, Workwell **2019/20** Summary

£15,000

Amount
of funding
allocated

6

Number
of projects
delivered

1

Project
deferred to
autumn 2020

3500

Number of
individuals
reached

For further information or to explore working in partnership with Bewell, Staywell, Workwell email chris.purvis@harlow.gov.uk.

Appendix 1

Project Name	Project Description	Priorities	Delivery Partner	Status	Progress Notes	Targets/Outputs
Work Well: Championing Health and Wellbeing the Workplace	Increasing awareness and therefore sign up by employers of the diverse range of support schemes across Harlow such as Time to Change, Workplace Health Champions, Disability Confident, Employee Volunteering etc. Enhance wellbeing for employees across the town.	2, 3, 4, and 5.	Rainbow Services, Provide, Employability, Mind in West Essex, Active Essex, DWP	Complete	Additional - wellbeing session delivered to VCSE staff and volunteers in Feb 2020. Three workshops will be delivered for small businesses in Harlow during 20/21.	1 event. 60 attendees. 40 leads generated for follow-up conversations.
Time to Change	Mind in West Essex will engage with Harlow based employers and facilitate employers signing the Time to Change Employer Pledge.	2 and 3	Mind in West Essex	Complete.		Target of 30 employers to sign the Time To Change Pledge. Over 150 Companies contacted. 14 organisations signed up to the pledge 7 organisations had their pledge in process. 140 members of staff received mental health awareness training in the workplace 40 people have now had MHFA training because of signing the pledge Over 2000 employees have been reached
10 Minute Neighbourhoods	A project encouraging people to identify activities which are 10 minutes within reach of their home and to then walk to them. These activities can be anything at all, and there is a triple benefit of not only increasing physical activity through walking but also reducing isolation through engaging in activities and enhancing environment through not using cars to get to them.	1, 2, and 5	Richard Sobey	Cancelled	Richard Sobey was at the point of delivery prior to Coronavirus. An alternative project with United in Kind is being developed.	Target of delivering a mapping a walking project within Staple Tye using an app. Target of 100 direct participants plus 1,000 maps to be printed and delivered.

Cycle Harlow	Organise a programme of activities for National Bike Week (or similar local branded event) to include a range of activities such as a family 'ride out', bike maintenance, bikeability, linking with temporary housing accommodation and a new version of the Harlow Cycling Network map.	1, 2, and 5.	TBC	Cancelled	A delivery partner needs to be found. Hub + Spoke and Lee Valley Cycles have been contacted to see if they are interested in developing and delivering this project. A working group was established to deliver events during Green Travel Week 26 June to 3 July but this was cancelled due to Covid-19.	Discussions took place and a group of partners were interested in delivering activities during Green Travel Week. This was cancelled as a result of the Coronavirus pandemic.
Healthy Harlow - Weight Management Referral Project	Project being delivered in partnership with ACE and Harlow Leisurezone for My Weight Matters participants to be referred to Harlow Leisurezone for physical activity.	1 and 5.	ACE and Leisurezone	Live		Project update has been requested.
Diabetes Referral Project		1 and 5.		In Development	Leisurezone have agreed to be delivery partner but the project needs to be developed	
All Together Harlow	Active Essex has an All Together Ambassadors programme to promote engagement in physical activities across the county, but there is low sign up in Harlow. Promote 'All Together Ambassadors' to attract ambassadors from Harlow.	1, 2 and 5	Active Essex	Live	Active Essex are running a campaign to recruit more All Together Ambassadors. Harlow Council and Active Harlow have promoted this through a variety of channels including the Christmas edition of Harlow Times.	Four of the Active Essex All Together Ambassadors are from Harlow
Inclusive Festival of Sport	Organise a 'come and try' festival of sport for disability sport and physical activity. Use this activity to promote the various accessible sporting opportunities in Harlow; encourage and educate sports providers on accessible provision; find out the barriers to accessing physical activity for people with additional support needs in Harlow (to be taken forward into next year's plan)	1, 2 and 5	To be identified	In development	A delivery partner needs to be found. All Ability Sports and Leisure expressed an interest but have declined taking this forward.	

Bewell, Workwell, Staywell Action Plan 2019/September 2020

Mental Health First Aid training	Deliver sector specific (leisure) Mental Health First Aid Awareness Training	2 and 5	Harlow Council/Mind in West Essex	Complete	Training to be delivered for Sport, the Arts, Voluntary and Employment sectors. Training date for sport is 14 October.	1 workshop has been delivered to sport and physical activity organisations.
One You mental health campaign	Promote Public Health England's One You mental health campaign	2	PHE/All	Complete	More info needed from PHE on launch	This was promoted at the time of the launch.
Harlow Wellbeing Hub and Community Gym	Develop a low cost indoor community gym/wellbeing hub	1, 2, 3, and 5	To be identified	Live	The town centre was deemed to not a be suitable location. Osler House. A gym was not appropriate for The Harvey Centre but a free to access table tennis facility was being developed prior to Coronavirus.	
Harlow Outdoor Gym	Develop a programme of instructor led session at the Outdoor Gym.	1,2 and 5	To be identified	On hold.	Paringdon Sports Club expressed an interest in delivering a programme of outdoor gym sessions during the spring but have since declined. A new charity called it's OK not to be OK have started delivery of coached sessions at the Outdoor Gym but did not require funding to start delivery. The sessions focus on using physical activity to improve mental health.	
Supported Volunteering	Develop a programme of support to engage in volunteering and thus increase skills, access to work, and social and economic activity of people with additional support needs/complex needs (including those within Permitted Housing)	3	To be identified	On hold.	Rainbow match funded (ESF funding majority) to provide support and signposting to 50 women living in PDR towards increased skills and back into work - starts 1st April The project is on hold as it has not been possible to deliver due to low engagement rates within the PDRs possibly s a result of covid-19. it will be delivered later in the year for a reduced period of time.	

Eat Well	Develop an 'eatwell' project working with adults and parents.	3 and 5	<p>Herts and Essex Community Farm</p> <p>Rainbow Services</p> <p>Harlow Council</p> <p>Essex Children and Family Welfare Service</p>	Complete	<p>Rainbow have worked with ECFWS to deliver 2 cooking sessions and give away a free slow cooker to vulnerable adults and families. Funded by ECC Winter Warmer funding</p> <p>Harlow Grows was developed and delivered during the Coronavirus crisis. This is a Grow Your Own project and partnered with Herts & Essex Community Farm, Rainbow Services and Harlow Council.</p>	<p>2 projects were delivered. One with Rainbow working alongside ECFWS and the other being Harlow Grows.</p> <p>In phase one of Harlow Grows 300 Harlow grows packs were allocated within 4 hours of going live.</p> <p>300 Harlow Grows packs were delivered.</p> <p>Volunteers from Rainbow Services, Harlow Council Community Hub, Passmores School, Leah Manning Centre, Changing Lives in Harlow, Herts & Essex Community Farm.</p> <p>Branding has been developed by Herts & Essex Community Farm.</p> <p>There has been a high level of engagement across social media channels. Over 400 people like the Harlow Grows Facebook page.</p> <p>Videos on how to grow and care for plants have been made available by Herts & Essex Community Farm.</p> <p>Phase 2 delivered 250 Indoor Harlow Grows Packs and worked with partners to distribute the packs. Partners included Claridon, ECFWS, Mind, Passmores School, Integrated Support Services, Young Concern, Young Concern Trust, Streets 2 Homes, and Family Solutions.</p>
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Walk and Talk Group Pilot	Harlow Art Trust (HAT) to partner with St. Clare's hospice and use the sculpture collection to facilitate conversation around bereavement, long term conditions and end of life.	1, 2 and 5	Harlow Art Trust	In development	HAT and St. Claire's have been connected.	
Sculpture walks and cycle rides	Create and promote resources for self-led sculpture walks and cycle tours to individuals and groups	1, 2 and 5	Harlow Art Trust	Complete		Harlow Art Trust launched a new website that includes self-led sculpture walks and cycle rides. https://sculpturetown.uk/
The Colour Project	A 6 week programme of workshops that explore the relationship between colour and wellbeing.	2 and 5	Creative Ways	Complete		14 participants attended, all recorded positive health and wellbeing responses using SWEMWBS and UCL Positive Wellbeing Umbrella.
Wellbeing Workshops	4 workshops that aim to promote positive mental health and wellbeing within the workplace.	2, 3, 4, and 5	Rainbow Services	Partially complete	1 workshop was delivered in 19/20. The remaining workshops were deferred to 20/21 due to the coronavirus pandemic. 1 workshop has been delivered on Zoom with the remaining workshops to follow in 20/21.	1 workshop was delivered in 19/20. 12 people attended and 100% of attendees reported having a better understanding of the topic and the workshop.