

# The Rural Wellbeing Service



## Newsletter

March 2019

The Rural Wellbeing Service is a Big Lottery funded project run by Northamptonshire ACRE, a charity that works with rural communities across the county.

Dear Reader,

A Warm welcome to the second edition of The Rural Wellbeing Service Newsletter 2019. As Spring begins to spring it's lovely to see our County emerging from the cold, dark winter and replacing the dull greys of the season with the bright colours of the newly blooming flowers - as seen in this gorgeous photo of Boughton above.

As the weather continues to get warmer The Rural Wellbeing Service is looking forward to getting out and discovering more of this amazing County and it's inhabitants, seeing the villages come to life and attending the local events that will be taking place...and not forgetting sampling lots more delicious cake!!



As ever, we would love to hear from you - if you have any feedback or would like to contribute to the newsletter please get in touch. You can find contact details at the end of the newsletter.

Kindest regards,

Jess & Kay

**Rural Wellbeing Fieldworkers**

# The Rural Wellbeing Service



## Update

The Rural Wellbeing Service is a Big Lottery funded project run by Northamptonshire ACRE, a charity that works with rural communities across the county.

The year has gotten off to a good start for our fieldworkers, the number of referrals has gone up and they have been busy visiting people and looking into ways they can help. It seems that word is spreading about what The Rural Wellbeing Service can do and it's great to know that other organisations are thinking of us. Loneliness still seems to be a major issue and a significant number of those getting in touch are looking for regular face to face contact.

Our fieldworkers have not just been helping other people recently but have also been helping themselves by attending some training courses such as Basic First Aid, Lone Worker and Dementia Awareness, to ensure that are constantly improving the way they work.

As well as training Jess and Kay are continuing to get out and about and talk to as many people as they can about The Rural Wellbeing Service. In February Northampton Town Football Club Charitable Foundation asked them to attend one of the support groups that they put on for the over 50's in the area. The group was incredibly welcoming and Jess was treated to an impromptu self defence demonstration from NSport!



If you would like our fieldworkers to visit your village, club, group or home then please get in touch. Contact details can be found on the last page of the newsletter.

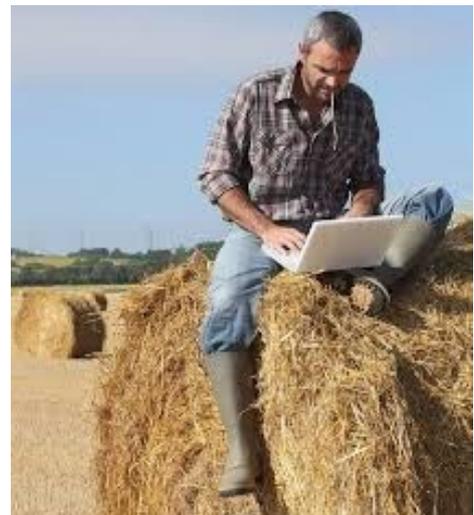


# Spotlight on...

## Rural Issues

Although nearly a fifth of the English population live in rural areas (defined under the Rural Urban Classification as an area that falls outside of a settlement with more than 10,000 population), many of them are still facing poor or inadequate services with restrictions on access to them and lack of investment. Rural England has just published its '[State of Rural Services Report 2018](#)' and it mirrors what we see happening in the rural areas in our county.

to find out more about rural proofing, you can read the results of Lord Cameron's independent review [here](#) and the [practical guidance to assess impacts of policies on rural areas](#) is the Government's response.



These are just some of the findings:

- \* According to the research, less public funding is directed towards rural residents than in urban areas, despite the higher cost of providing essential services such as social care, education and public transport in rural parts.
- \* The report finds that almost 30% of rural residents live more than 30 minutes' drive time from a major hospital, rising to 90 per cent if they are travelling by public transport or walking.
- \* Despite ongoing investment, a basic phone call cannot be made inside 33 per cent of rural buildings on all four mobile networks (EE, Three, O2 and Vodafone) – only three per cent of urban premises cannot.
- \* There is a 36 per cent discrepancy in funding per head that rural local authorities receive for public health duties in comparison with their urban counterparts.
- \* In 2017 half of farmers only had dial-up fixed line connection speeds (below 2 Mbps).
- \* Local authority 2017/18 budgets per resident for library services were 25 per cent less in predominantly rural areas than in predominantly urban areas.





# Spotlight on...

## Technology

### New smartphone waiting times app helps patients locate NHS services in Northamptonshire

WaitLess is a free to download app which allows those with minor injuries to select a location that will get them faster access to a treatment facility locally. It is available for download now. It draws on live feeds from Northampton and Kettering General Hospital A&E departments and the Corby Urgent Care Centre in Northamptonshire, displaying live information on the number of patients waiting, current waiting time for minor injuries and the combined travel and wait time for each facility. The App shows the opening times and description of each facility and removes any facilities that are closed, or that will close before a patient can get to them.

**NHS**

**6 patients waiting**  
**25 mins travel**  
**Travel + wait 40 mins**

**If you get a minor injury, don't wait!**  
**WaitLess**

Waitless combines up-to-the-minute travel information with live waiting times at Northampton and Kettering General Hospitals and the Corby Urgent Care Centre, meaning you can access treatment for your minor injury faster.

Don't wait for the unexpected to happen. Download WaitLess.

Powered by Transforming systems

Download on the App Store  
GET IT ON Google Play

#Northantsdigital

- ⇒ 'WaitLess' can help you to get treatment faster for minor injuries and illnesses that are not life threatening.
- ⇒ The App uses real-time waiting time data from urgent care centres across Northamptonshire, including both General Hospital A&E's and the Corby Urgent Care Centre.
- ⇒ It allows you to make an informed choice for best place for you to get urgent care.
- ⇒ Search the App Store or Google Play for 'WaitLess' on your Smartphone to download the App for free, today.

The WaitLess Service is designed for people seeking treatment for minor injuries & medical conditions requiring urgent but non-emergency treatment.

For life threatening emergencies , people should continue to dial 999.

# Feature

## Northamptonshire Sport Working Towards Getting People in the County More Physically Active!

Not a day goes by when you don't see on the TV, hear on the radio, or read in the press about the current state of the nation's physical and mental health. Recent statistics from the NHS show that 1 in 4 adults in the country are obese, and have experienced a mental health problem. While poor diet contributes to part of this problem people's lack of physical activity also plays a major part, and can lead to long term health conditions which puts a large strain on the health services! According to Sport England the estimated cost of physical inactivity to health services in Northamptonshire is £12,335,540 per year.

The recommendation by the Government's Chief Medical Officer is that adults should do 30 minutes of moderately intensive physical activity that sufficiently raises their heart rate, and makes them sweat 5 times a week, so 150 minutes in total. Anyone who does less than 30 minutes physical activity per week is classed as inactive. According to figures taken from the Sport England Active Lives Survey 26.2% of the adult population in Northamptonshire are currently inactive. However where disabled people are concerned this figure more than doubles to 53.2%.



# Feature



Northamptonshire Sport are leading work in the county to address these issues, and in 2018 a new framework for Physical Activity was produced. This details the tactics to be used to help achieve the headline target set out in it of getting 12,000 people more active in Northamptonshire by 2021.

While Northamptonshire Sport want to get everyone in the county more physically active there is a real focus on the least active groups in society which are older people, those from a lower social grade, and disabled people.

Each Local Authority area has its own sports development team and leisure providers who run the sports facilities like leisure centres, and swimming pools in that area. Northamptonshire Sport are working with each of these teams around the county to find ways of getting people living in their areas more physically active.

In addition to their traditional sport and physical activity partners, Northamptonshire Sport are looking to work with any organisation that can help them to reach their target audience for this work. An example of this is the partnership they started with Acre and their Rural Wellbeing Service team in 2018. This has already resulted in the 2 organisations working together to carry out insight with people regarding their current physical activity levels, things they'd like to do and barriers preventing them from doing so while out on visits with the mobile information bus to various locations around the county.

**If you would like to get more active, or you work/volunteer for an organisation that may like to support Northamptonshire Sport's work in the county then please email [Graeme.Wilson@firstforwellbeing.co.uk](mailto:Graeme.Wilson@firstforwellbeing.co.uk) or phone 07766 991828.**

The Rural Wellbeing Service have then in turn introduced Northamptonshire Sport to other organisations like Northamptonshire Carers and Home Instead. They've then worked in partnership with these and Local Authority leisure providers to develop physical activity opportunities like memory health walks for people with dementia.

# Get Active...



## LET'S GET MOVING!

Let's be **SAFE** – Strong, Active, Flexible and Energised!

Classes in Blisworth aimed at the older age group, those who haven't exercised for a long while, those who are recovering from illness or anyone who just wants to become more active.

All classes taken by a qualified teacher and can be done seated, standing with support or fully standing – all at your own pace – no competition – just a friendly, social group aiming to get moving while having fun!

**Wednesday Mornings 10.00 – 11.00 am**  
**at Blisworth Baptist Church, Chapel Lane NN12 6TA**

Come to a taster session at half price £2.25 and then classes are @ £4.50 per session after that.

Please register your interest or just come along to a session to try it out.

Classes also at The Forum, Moat Lane, Towcester NN12 6AD – Please contact Pam for more details.

Any queries please contact:-



**PAM**

e-mail: [jandp72@sky.com](mailto:jandp72@sky.com)

Tel: 01327 350480



# Get Support...



## New programme for 2019....

**WE ARE MACMILLAN. CANCER SUPPORT**

Northampton General Hospital NHS Trust    Kettering General Hospital NHS Foundation Trust    NHS Corby Clinical Commissioning Group    **NHS Nene Clinical Commissioning Group**

### MOVING FORWARD AFTER CANCER TREATMENT

Cancer can affect a persons life in many different ways... This 6 month rolling programme offers help and advice to aid recovery and improve wellbeing. And a chance to meet and chat with others over tea and cakes. Meeting every third Monday of the month from 2pm to 4pm at the Moulton Community Centre. You're welcome to bring along a friend or relative too. Or for more information, email [moultoncommunityconnector@gmail.com](mailto:moultoncommunityconnector@gmail.com)

Moulton Community Centre  
Manfield Room  
Reedings, Moulton  
Northampton NN3 7AX

**Monday 18th March**  
Macmillan Citizens Advice Bureau;  
Macmillan Information Centre

**Monday 15th April**  
Managing Fatigue; Complementary Therapy

**Monday 20th May**  
[In the main hall: Ground floor]  
Managing Anxiety; Mindfulness

**Monday 17th June**  
Nutrition: Eating Well

**Monday 15th July**  
Managing the effects of  
Radiotherapy and Chemotherapy

**Monday 19th August**  
'Next Steps' to help you move forward'  
Various stands and stallholders offering support

New topics and new speakers each session!



# Get Warm...



## Struggling to pay your fuel bills?



The Northamptonshire Energy Saving Service (NESS) provides a free, confidential and independent financial health check to ensure your finances are in their best shape.

- ✓ **Benefit checks** – to identify available allowances or benefits, and help to claim them.
- ✓ **Benefit advice** – complex form filling and help to challenge decisions.
- ✓ **Help to access grants** – such as for clearing energy debt or for household items.
- ✓ **Advice and assistance with managing debts** including negotiation with creditors.
- ✓ **Support with Debt Relief Orders or Bankruptcy.**
- ✓ **Help with managing household bills and addressing any arrears.**
- ✓ **Ensuring access to all relevant energy company schemes.**
- ✓ **Tariff checks to ensure the best deal on your energy.**

Call us on: 01604 623700

Email us at: [enquiries@nessteam.org.uk](mailto:enquiries@nessteam.org.uk)

[www.northamptonshireenergysavingservice.org.uk](http://www.northamptonshireenergysavingservice.org.uk)

### Eligibility for NESS

This is a project working to assist those experiencing fuel poverty in Northamptonshire. For more information please contact us.



Funded by:



Delivered by:



# Get Out & About...



## Crusader Community Boating

Crusader Community Boating is a Northamptonshire charity that enables people with physical or mental disabilities, as well as those from care homes, to enjoy a day trip on the local waterways in its purpose built boat - an experience they might otherwise be denied. Trips run from Gayton Junction, at Blisworth Arm, along the Grand Union Canal. Passengers either bring a picnic or we make a lunch stop at the Wharf canalside pub at Bugbrooke.

There is no charge for these trips as we rely on voluntary donations and our own fundraising activities.

To help fund the free trips, we also run a number of private charter trips for groups of up to 20 passengers. A perfect day out for family and friends celebrating a special occasion.

**Bringing the peace and tranquility of Northamptonshire's waterways to the disabled, disadvantaged and elderly through free group trips on our specially equipped wide beam boat. Funded by voluntary donations.**



# Get Out & About...



## Crusader Community Boating

The charity, run entirely by volunteers who are also responsible for generating their own funding, is continuing a service for the local community that was started by St John Ambulance over 20 years ago.

Due to an increase in demand for the current service, and the charity's objective of introducing an expanded service for primary school children, we are currently seeking financial support to purchase a second boat.



For further details, please see [www.crusadercommunityboating.org.uk](http://www.crusadercommunityboating.org.uk) and follow us on Facebook /crusadercommunityboating

# Finally...



The Rural Wellbeing Service is a signposting and referral service that has been running since 2015 as part of the Charity Northamptonshire Acre and funded by The Big Lottery.

Our Rural Wellbeing Fieldworkers cover the whole of the county (that's approx. 300 villages!) talking at coffee mornings, lunch clubs, social groups etc as well as attending local events and making home visits.

If you know of a group, club or individual that might be interested in hearing from us we would love to know - you can find our contact details on the next page.

Wishing everyone a Happy Easter!!



# newsletter



## Your Feedback

We would love to hear your feedback on our newsletter, any ideas or suggestions of what to include are greatly received.

If you would like to feature in the newsletter please get in touch and let us know.

## Who to Contact?

Jess Gooding -  
Jessica.gooding@northantsacre.org.uk. 01604 825883. 07808 330549.

Kay Giles -  
kay.giles@northantsacre.org.uk. 01604 825883. 07720 091343.

## Next Issue...

# May 2019



For over 60 years Northamptonshire ACRE (Action with Communities in Rural England) has supported rural communities in the county. We are an independent charity working with those communities to improve their quality of life and to reduce rural isolation and vulnerability. We help villages and rural groups to identify possible solutions to their needs and offer advice and support to deliver the solutions. We are one of 38 Rural Community Councils across England that make up the ACRE Network and provides us valuable resources.

So whether you are thinking of carrying out some form of community planning, want to know more about flood risk measures or how to set up community shops, would like governance advice for your Village Hall or just need to purchase cheaper heating oil, we can help. For more information please visit: <https://www.northantsacre.org.uk/>

To read Northamptonshire ACRE's Privacy Notice and Data Protection Policy, click [here](#).