

Appendix A Healthy Places Forum projects

District	Project	Age/target groups	Focus	Activity
Kettering	Beat the Street	<ul style="list-style-type: none"> Children, adults and families 	<ul style="list-style-type: none"> Obesity (children and adults) Social isolation Mental wellbeing 	<ul style="list-style-type: none"> Set up Beat the Street programme Engagement work with schools – BtS and Daily Mile
Kettering	Food with Dignity	<ul style="list-style-type: none"> Low income families with school aged children 	<ul style="list-style-type: none"> Food poverty Childhood obesity Mental wellbeing 	<ul style="list-style-type: none"> Providing food in school holidays in the community and at home Activity days at Green Patch focussed on life skills
Daventry	Healthy Young Daventry	<ul style="list-style-type: none"> Early years and families 	<ul style="list-style-type: none"> Childhood obesity Breastfeeding Parent-child relationships Child development 	<ul style="list-style-type: none"> Community breastfeeding peer support Stay and play groups Healthy eating training for early years providers Cooking on a budget courses
Daventry	Brixworth Parkrun	<ul style="list-style-type: none"> Adults Families 	<ul style="list-style-type: none"> Physical activity Social isolation Mental health Community cohesion 	<ul style="list-style-type: none"> Establish a parkrun on Brixworth Country Park Engage a volunteer network
Daventry	Being My-self	<ul style="list-style-type: none"> Adolescent and young people 15-24 yrs 	<ul style="list-style-type: none"> Self harm Mental wellbeing 	<ul style="list-style-type: none"> Survey based consultation with young people on coping with distress 1:1 interviews about experiences of self harm An intervention/resource that will be co-produced with young people.
Corby	B-Active Family project	<ul style="list-style-type: none"> Children and young people Families 	<ul style="list-style-type: none"> Obesity (children and adults) Physical activity Mental wellbeing 	<ul style="list-style-type: none"> Range of family based activity within the community focussed on physical activity Develop a volunteer base within the community



Corby	Cancer Rehab level 4	<ul style="list-style-type: none"> Individuals living with cancer 	<ul style="list-style-type: none"> Cancer prevention and rehabilitation 	<ul style="list-style-type: none"> Cancer rehab training for activity on referral staff Set up of 12 week cancer rehab programme
Corby	Pop up Green Patch	<ul style="list-style-type: none"> Focussed on socially isolated adults, but not exclusive 	<ul style="list-style-type: none"> Obesity Physical activity Social isolation Mental wellbeing 	<ul style="list-style-type: none"> Create two new locations for Green Patch based on the existing Kettering model Weekly sessions co-produced with users Community engagement for regular attenders and volunteers
Corby	Local Energy Advice Partnership (LEAP)	<ul style="list-style-type: none"> Families in areas with high levels fuel poverty 	<ul style="list-style-type: none"> Fuel poverty Excess winter deaths 	<ul style="list-style-type: none"> Home visits – including energy advice, installing energy saving measures and advising on tariffs and other support services
Corby	Improved Emotional Wellbeing	<ul style="list-style-type: none"> Young people and parents 	<ul style="list-style-type: none"> Self harm Emotional wellbeing 	<ul style="list-style-type: none"> Drop in sessions for young people and parents Online emotional wellbeing support Mental Health First Aid training
Corby	Community in Sheds	<ul style="list-style-type: none"> Adults who are socially isolated or have mental health issues, but not exclusive 	<ul style="list-style-type: none"> Mental wellbeing Social isolation Community cohesion 	<ul style="list-style-type: none"> Match funding set up of a new project based on Men in Sheds, but open to all Various wellbeing related activities
East Northants	Young Healthwatch – Obesity	<ul style="list-style-type: none"> Children and young people 	<ul style="list-style-type: none"> Childhood obesity Mental wellbeing Self harm 	<ul style="list-style-type: none"> Survey based exploring views on root causes of obesity and self harm
East Northants	SHAPE project	<ul style="list-style-type: none"> Young people 	<ul style="list-style-type: none"> Self harm 	<ul style="list-style-type: none"> Interactive self harm awareness talks at secondary schools Support groups for self harm prevention 1:1 support sessions Recruit SHAPE Champions



Wellingborough	Home @lone	<ul style="list-style-type: none"> • Older people – mild frailty or social isolation 	<ul style="list-style-type: none"> • Fuel poverty • Social isolation • Mental wellbeing • Healthy eating 	<ul style="list-style-type: none"> • Volunteer 1:1 support for 12 weeks with individuals who struggle to leave their home • Recruiting volunteers who may also be socially isolated
Wellingborough	Irchester Parkrun	<ul style="list-style-type: none"> • Adults and families 	<ul style="list-style-type: none"> • Physical activity • Community cohesion 	<ul style="list-style-type: none"> • Set up a parkrun at Irchester Country Park • Attract a volunteer network to lead the parkrun • Establish a Parkrun GP practice
Wellingborough	Happy Heads	<ul style="list-style-type: none"> • Children 5-11 yrs 	<ul style="list-style-type: none"> • Mental wellbeing • Child development 	<ul style="list-style-type: none"> • 1:1 sessions with children identified by school and parents focussed on building resilience
Northampton	Happy Café Community Resilience	<ul style="list-style-type: none"> • Adults and families 	<ul style="list-style-type: none"> • Social isolation • Mental wellbeing • Community support and safety 	<ul style="list-style-type: none"> • Identify and work with Happy Cafes, which support mental wellbeing in most deprived areas of Northampton • Train community champions to support cafes • Deliver support groups that focus on the '10 keys to happier living'
Northampton	Spring Charity	<ul style="list-style-type: none"> • Early years and families 	<ul style="list-style-type: none"> • Mental wellbeing • Social isolation • School readiness • Child development 	<ul style="list-style-type: none"> • A range of activities focussed on family needs including building relationships, building confidence, effective parenting and building resilience
Northampton	Walking Befrienders	<ul style="list-style-type: none"> • Inactive or socially isolated older individuals, but not exclusive 	<ul style="list-style-type: none"> • Social isolation • Physical activity • Mental wellbeing • Social cohesion 	<ul style="list-style-type: none"> • Volunteer model of 1:1 and group support for individuals to build confidence in getting out of the house and introduce short walks, overcoming barriers
Northampton	Pink Rooster	<ul style="list-style-type: none"> • Adults and families 	<ul style="list-style-type: none"> • Social isolation • Mental wellbeing 	<ul style="list-style-type: none"> • Delivery of various community activities within the Grosvenor Centre
South Northants	Community Cooking Project	<ul style="list-style-type: none"> • Early years and families 	<ul style="list-style-type: none"> • Obesity (children and adults) • Healthy eating 	<ul style="list-style-type: none"> • Healthy cooking demonstrations • Home cooking support



South Northants	Renew 169 Wellbeing Café	<ul style="list-style-type: none"> • Vulnerable adults 	<ul style="list-style-type: none"> • Mental health • Social isolation • Community cohesion • Behaviour change support 	<ul style="list-style-type: none"> • Bespoke sessions and activity on depression, anxiety, bereavement, parenting, mental health and breastfeeding
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For further information on individual projects, contact Mitch Harper, Public Health MHarper@northamptonshire.gov.uk