Wellbeing in Rural Communities

Oxford Rural Forum
October 2022
Introducing Wellbeing

NHS 5 steps to wellbeing:

1. Connect with other people
2. Be physically active
3. Learn new skills
4. Give to others
5. Pay attention to the present moment
Measures of personal wellbeing

- Level of life satisfaction
- Having worthwhile things to do
- How happy I was yesterday
- How anxious I was yesterday
- My self-assessment of my mental wellbeing

Measures of National Well-being Dashboard - Office for National Statistics (ons.gov.uk)
Dr Phil’s Clangers

Connect
Learn
Be Active
Notice what is going on
Give back
Eat well
Relax
Sleep

Surviving self-isolation. Dr Phil says do your daily CLANGERS & have 5 portions of fun a day. - YouTube
Social prescribing

A means by which health care professionals can refer people to local, non-clinical services.

A GP refers a patient with a non-medical need to...
A link worker who assesses their needs and refers them to...
A community asset (a service or activity that will help meet that need)

What is social prescribing? - YouTube
Jennifer Dixon-Clegg

Click here to watch the conversation with Jennifer
Community Link Worker (West Oxfordshire)
and Social Prescriber (Rural West Oxfordshire PCN) Age UK Oxon

network@AgeUKOxfordshire.org.uk

Please note, Age UK have provided this interview on the basis that it is only used within the context of this presentation.
Contacting link workers

Social Prescribing (ageuk.org.uk)  Oxfordshire

Social Prescribing | Age UK Berkshire  Berkshire

Community Link Workers - Bucks Mind  Bucks

Or through your local GP surgery
Live Well Oxfordshire

If you are running an event or activity consider publicising it here:

Live Well Oxfordshire

https://livewell.oxfordshire.gov.uk
Kristy Pattimore

Pioneer, North Westmoreland Deanery, Cumbria

Click here to watch the conversation with Kristy

Renew Wellbeing – Home

Quiet shared spaces where it’s OK not to be OK
How does the issue of wellbeing surface in your context?

• Isolation and mental health needs of farmers
• Recognising the wellbeing potential of existing activities such as toddler groups and lunch clubs
• Lack of transport leads to disengaging
Hannah Charles

Community Outreach Worker, St Mary’s Chipping Norton, Oxfordshire

Click here to watch the conversation with Hannah

CAP UK | CAP Life Skills

Home | Kintsugi Hope

The Branch (thebranchtrust.org)
What are we already doing?

The following examples were shared:

• Warm space [Warm Welcome | Equipping thousands of warm spaces across the UK](https://www.ageuk.org.uk) – one village setting it up in the pub.

• Memory Lane café [Memory Lane Singing Cafe (ageuk.org.uk)](https://www.ageuk.org.uk)

• Outdoor toddler nature group

• Spaces for school students to hang out, breakfast clubs
More examples

• Supporting people to engage with what is already available after listening
• Providing volunteers for activities that others run
• Being a visible presence by dog-walking
• Lunch club for seniors in local pub – working in partnership.
• What’s app groups to link people
More examples

• Having a meal together after at 5th Sunday benefice service
• Choir visiting care homes
Ideas from the small groups

• A service for farmers either in person or online after dark.

• Working at deanery level and in partnership with other groups

• Subscribe to Community Information Network (ageuk.org.uk)

• Monthly lunches targeted at those living alone.

• Writing to Bp Steven to ask him to raise issue of rural transport in parliament.
Challenges we face

• Recruiting volunteers
• Persuading people to come along
• Transport Oxfordshire Community Transport Directory 2021
• Organisation | Community Transport Association (ctauk.org)
Self-care

Don’t ignore our own wellbeing.

• [Flourishing in Ministry - Diocese of Oxford (anglican.org)](https://anglican.org)
Future Rural Events

• Rural churches - Diocese of Oxford (anglican.org)

• www.oxford.anglican.org/mission/gods-call-for-your-church/rural-churches/how-village-churches-thrive/