



Wellbeing Erewash
Your Life Your Way

Super-boosting personal and community resilience in Erewash

Why?

The NHS needs to adapt and evolve to meet the challenges that it now faces. Nationally people are living longer with more complex health issues - this is no different in Erewash. To meet these challenges we must look beyond the short term and work together across health and care organisations to make the changes needed.



Personal resilience - 'how I keep myself well'

We want to help people gain confidence and skills in managing their own health and wellbeing. There are many health conditions that could be prevented and actions we can all take to stay as healthy as possible.



Person-centred approaches

We want to ensure that people's conversations with local services become more person-centred. We want to enable people to increasingly think and act on their own wellbeing. Activities include staff training, personal health budgets and patient activation measures (measuring a person's skills, confidence and knowledge to manage their own health).

Health coaching

We are using 'health coaching' to change the kind of conversations with patients and the public. Health coaching aims to raise awareness and responsibility for health. It can help release a person's potential to maximise their own health and wellbeing, tailored to an individual's own agenda and goals.



Brilliant Erewash

Brilliant Erewash works with all year seven pupils across our six secondary schools. Specialist trainers deliver workshops that support and encourage young people to develop resilience, improve 'mental wealth' and build confidence. It aims to transform the way young people think about themselves by inspiring them to make the most of what they have been given.



Women and alcohol

Erewash has more alcohol-related admissions than the national average, with the biggest increase being seen in women aged over 45. We are working with the University of Derby to understand local women's drinking habits and how to help them consider healthier choices.

Wellbeing Erewash

Wellbeing Erewash is encouraging thriving communities, where people feel confident and supported to choose a healthier lifestyle, stay well, and know how to get help when needed.

For more information or to get involved, please email wellbeing.erewash@erewashccg.nhs.uk or phone 0115 931 6244.

Visit www.wellbeingerewash.org.uk



Community resilience – ‘how we keep each other well’

This involves making sure support is available and easy to find in the local community, and encouraging people to look out for each other. It is a long-term undertaking but could be the best way to increase wellbeing among Erewash citizens over time.

Asset-based approaches

Our various improvement initiatives start from a position of ‘what is strong’ rather than ‘what is wrong’. We seek to identify the strengths of the local communities and work with them to make sure they thrive.



Erewash Time Swap

This skills exchange programme is an easy way for people to become a valued part of the community, while giving practical help to those in need. Erewash Time Swap has more than 100 members with more ‘swaps’ happening all the time.



Petersham project

This project is taking an ‘asset-based’ approach to supporting local people in an area of Long Eaton. It aims to improve wellbeing, reduce social isolation and increase physical activity.

Social prescribing

Social prescribing is a means of enabling GPs, nurses and other primary care professionals to refer people to a range of local, non-clinical services. Examples include volunteering, arts activities, group learning, befriending, healthy eating advice and a range of sports.

Community Connectors

Co-ordinated by Erewash Voluntary Action, our community connector volunteers are signposting people to local services and helping build social networks in the community.

Voluntary sector partnerships

We have teamed up with the voluntary and community sector on a wide range of projects to ensure these local organisations have the support, networks and advice necessary to help deliver local health services for local people.

