

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 \(ons.gov.uk\)](https://www.ons.gov.uk/wellbeing)

Dr Phil's Clangers

Connect

Learn

Be **A**ctive

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 \(ageuk.org.uk\)](https://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](#) – one village setting it up in the pub.
- Memory Lane café [Memory Lane Singing Cafe \(ageuk.org.uk\)](#)
- 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 \(ageuk.org.uk\)](http://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://www.anglican.org/2018/01/10/flourishing-in-ministry/)

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/](#)