

Frodsham, Helsby & Elton Together

Community Partnership
January 2025



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Part One

Who we are

Our vision

Our community

Our partnership

How we are funded



Our vision is

*"Enabling our
communities to
thrive"*



Frodsham, Helsby & Elton Together

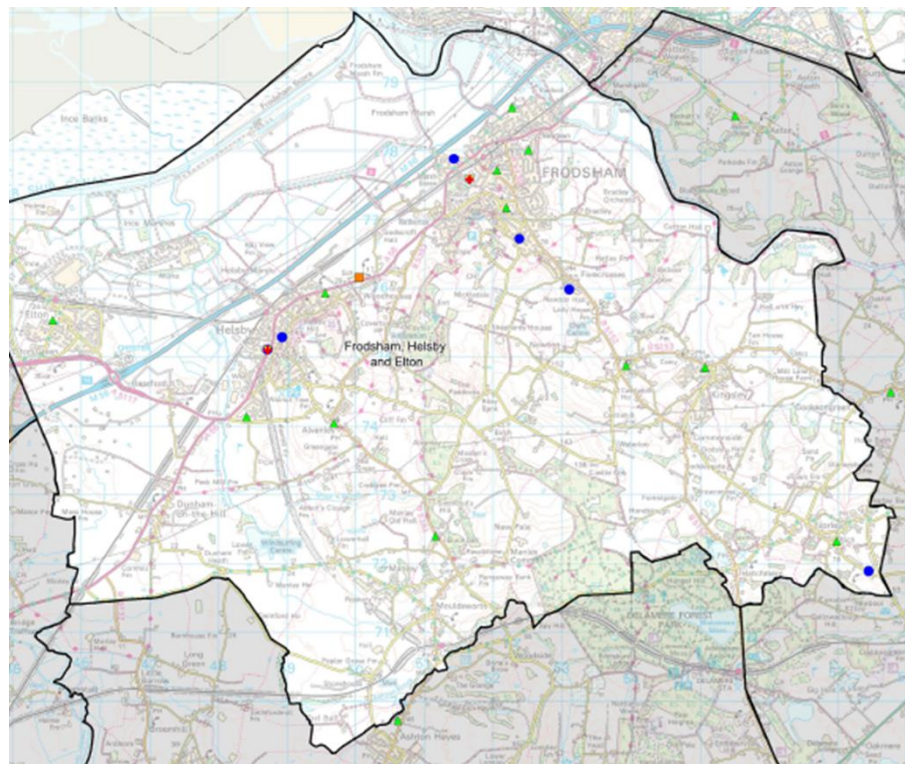
Our community

- Frodsham, Helsby & Elton is in a rural part of Cheshire West & Chester, with good transport networks to local cities by train or motorway.
- **Frodsham** is a thriving market town, home to Castle Park and the start of the Sandstone Trail.
- **Helsby** is home to the local Helsby High school, Helsby Community Sports Club and the popular walking spots of Helsby Hill and Helsby Quarry Woodland Park.
- **Elton** is a village located between Helsby and Ellesmere Port with local amenities including a primary school, post office, pharmacy and busy community centre.



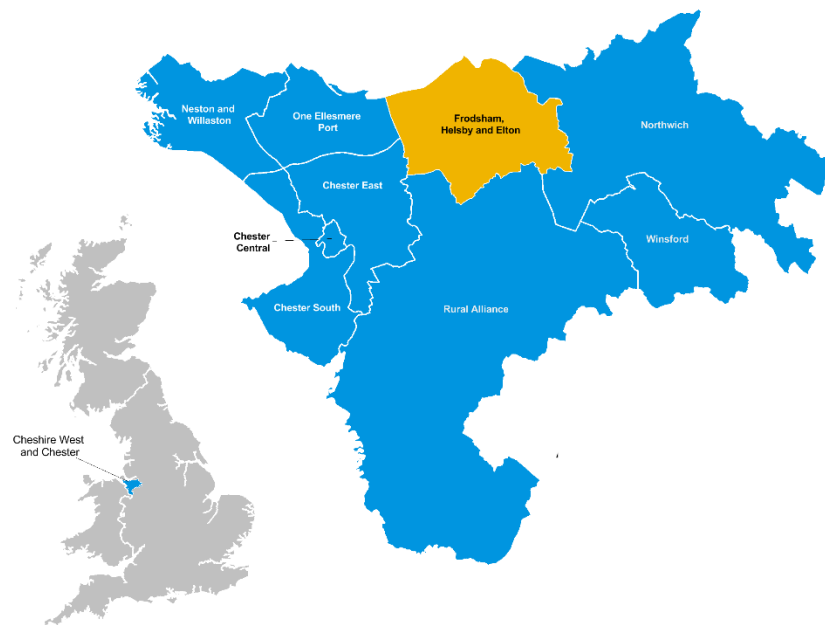
Our community

- The Frodsham, Helsby & Elton area also covers nearby villages of:
 - **Alvanley**
 - **Kingsley**
 - **Norley**
 - **Dunham on the Hill**
 - **Mouldsworth**
 - **Ince**

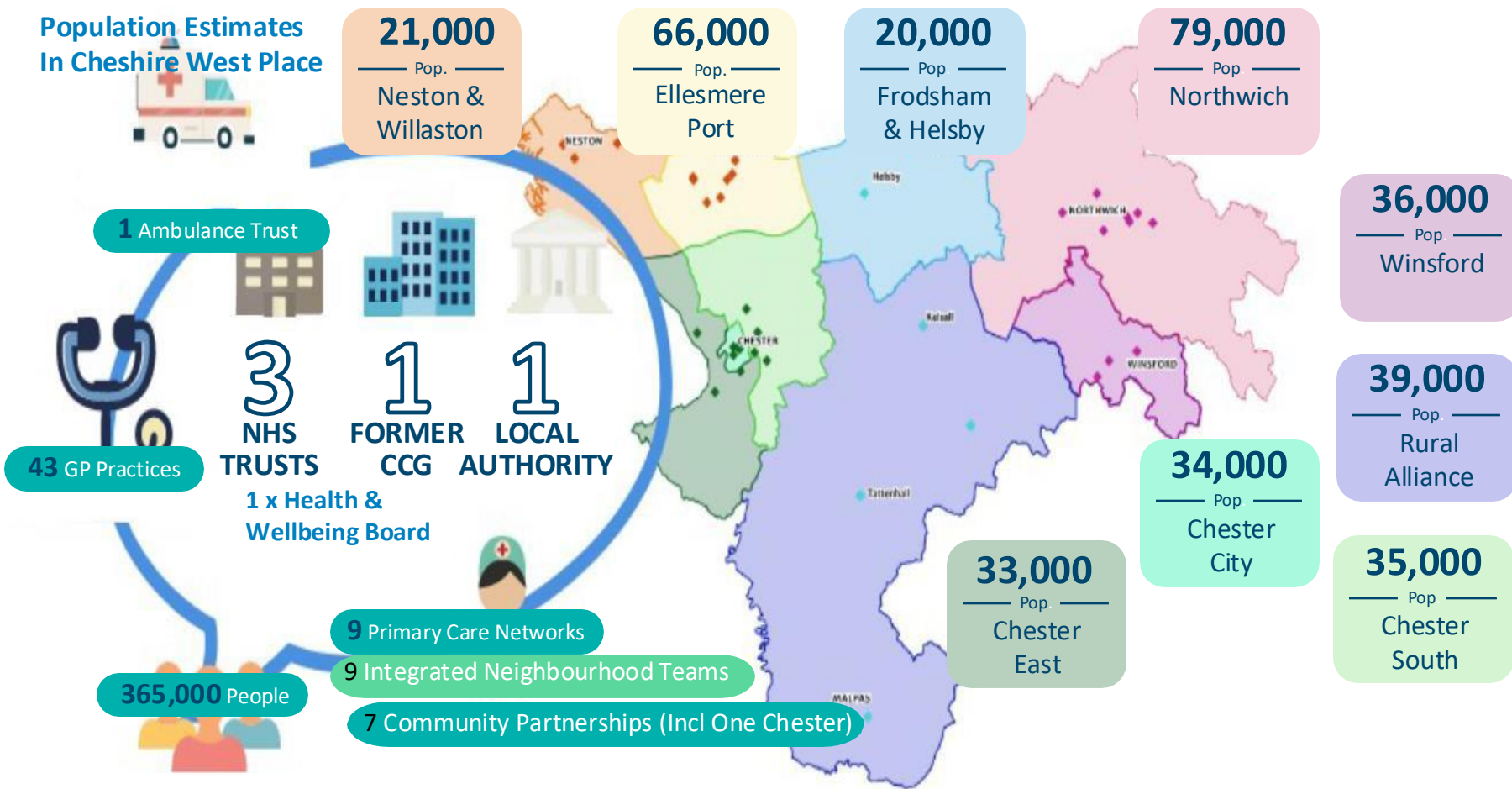


Our community

- The Frodsham, Helsby & Elton area has a population of approx. **26,900 people** and forms one of 7 Community Partnerships across Cheshire West Place
- The largest population are based in Frodsham with approx. 9,300 residents compared to Helsby approx. 5,300 and Elton approx. 3,300.



Population Estimates In Cheshire West Place



Our community

There are **two GP Practices** in Frodsham, Helsby & Elton.

- [The Knoll Surgery](#) located at Princeway Health Centre in Frodsham.
- [Helsby and Elton Medical Centre](#) with locations in Helsby and Elton.



Our partnership

- **Frodsham, Helsby & Elton Together** is a collective of people, from different organisations and services, who have come together to help improve the health and wellbeing of our community.
- We are part of the wider **Community Partnership** Programme which runs across Cheshire West and Chester



How we are funded

- [Cheshire West Voluntary Action](#) (CWVA) host and support the seven Community Partnerships across Cheshire West and Chester.
- Community Partnerships are funded by Cheshire West Place.

"Community Partnerships are places that build relationships and connect capability to enable local people to flourish.

Such communities are the places where change will happen and through which the Cheshire West Place vision and ambition will actually be realised."



Part Two

What we do

Our purpose

Our priorities

How we work together



Our purpose



Understand and help meet the health and wellbeing needs of our communities



Monitor the impact of our initiatives, review their effectiveness, share best practice and celebrate success



Identify gaps or shortfalls in the meeting of their needs



Be a source of trusted knowledge - connecting partners and signposting to appropriate information and services



Develop initiatives to be self-sufficient and sustainable by nurturing collaborative partnerships

Our priorities

Improving Communication

- Connecting NHS services, local authority and community groups. Sharing knowledge and insights.

Improving mental health

- Understanding the mental health needs of our community and finding local support.

Improving physical health to help prevent long term conditions

- Supporting our community to improve their physical health.

Supporting our ageing population

- Helping our community to age well, stay healthy and active, whilst support their changing needs.

How we work together

- Frodsham, Helsby & Elton Steering Group meets on the last Tuesday of the month
- The Group consists of individuals, community groups and health and care professionals that support our local community to stay healthy and well closer to home
- Prevention and early intervention is at the core of what we do, designing tailor made services to help improve the health and well-being of our residents





Part Three

The big picture

Challenges
Opportunities

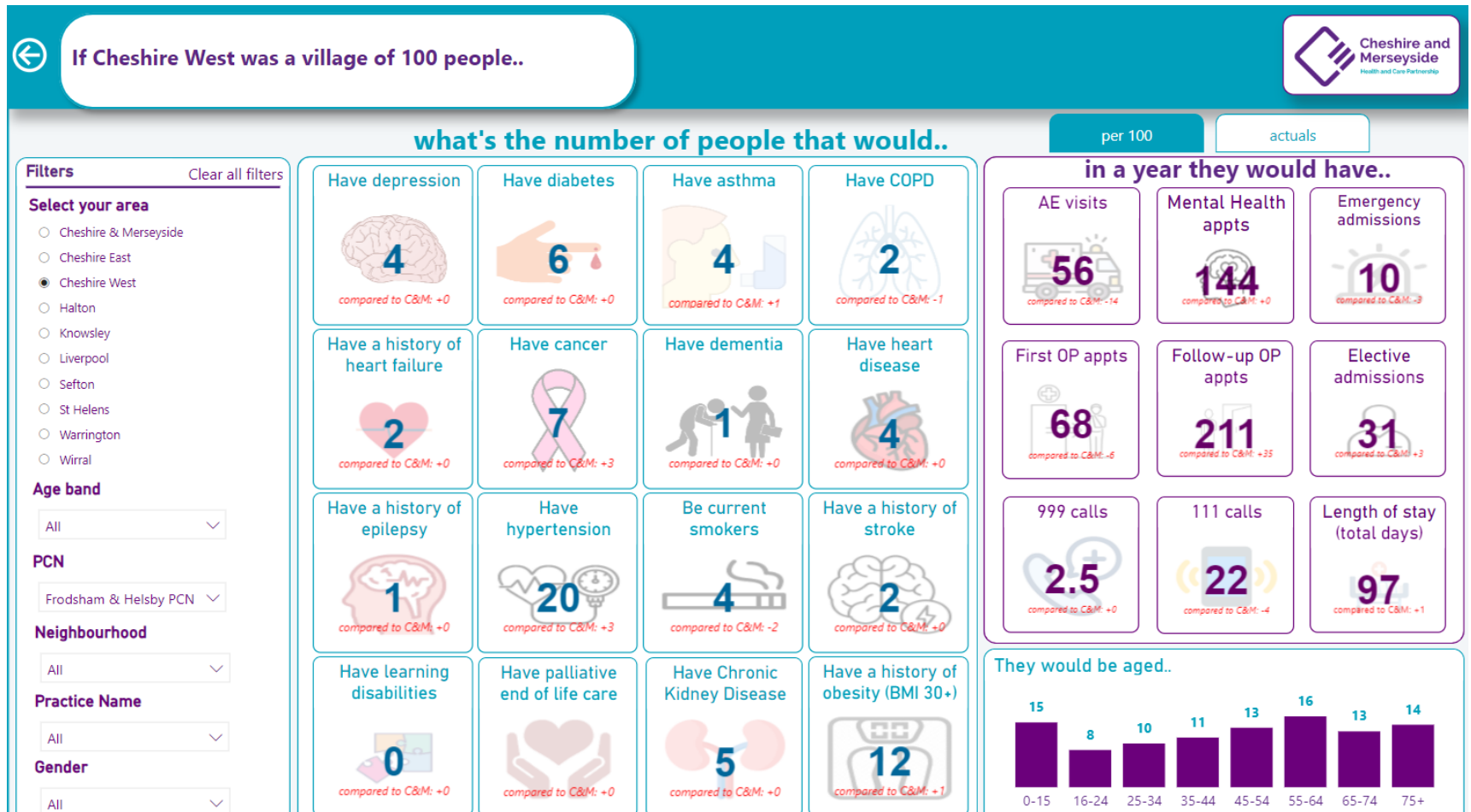


Challenges

- **Supporting our ageing community** –
Frodsham, Helsby & Elton have a high proportion of people over 65 compared to other Cheshire West and Chester Community Partnerships
- **Communicating effectively** to ensure service providers, community groups and local people know what's available and how to access
- Finding innovative ways to **help improve the mental and physical health** of all members of our community, tailored to meet specific needs



Overview



Frodsham, Helsby & Elton Together

Opportunities

- **Measuring impact** – By using established social value metrics to measure the impact of our projects and initiatives, we can better evidence the value of our work
- **Collaboration and project codesign** - There are already a wealth of community groups, charities and volunteers across Frodsham, Helsby and Elton. Working more collaboratively, alongside our NHS and local authority partners, could unlock resources, create solutions and support our community more effectively
- **Developing our CIO** – Creating a Community Interest Organisation could lead to additional funding, volunteer support and swift action to respond to ever changing community needs



Part Four

Our current work

Current projects
On-going initiatives



Current projects

- **Meet and Eat** – Encouraging men to learn new cooking skills, meet new friends and share a meal
- **Elton Memory Café** – A new café project connecting and supporting those who are impacted by dementia or memory loss and their carers
- **STAR bereavement LAC** – A new West Cheshire wide bereavement support group for those who have lost an adult child



Current projects

- **Let's Talk** – Bringing Cheshire West and Chester's Let's Talk programme to Bee Friends in Frodsham, the Friday Drop in at Helsby Methodist Church and to Elton (location TBC)
- **Creating our CIO** – Making Frodsham, Helsby and Elton Together a Community Interest Organisation



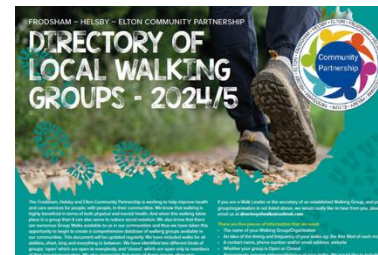
Ongoing initiatives

- **Bee Friends** in Frodsham is a place of welcome; a safe, warm space where people can go for free, enjoy a warm drink and make friends.
- **Main Street Memory Café** in Frodsham provides a safe and supportive environment for anyone impacted by memory loss or dementia, including carers and loved ones.



Ongoing initiatives

- The **Knit and Stitch** community is a way of bringing people together to create projects that will benefit our local community.
- Providing **Mental Health first aid** courses for volunteers from our community organisations
- Our **Directory of Walks** provides a comprehensive guide of all the walking groups in the local area



Ongoing initiatives

- **Bumping into Culture** brings cultural activities and performances to day-to-day venues within the local community.
- The 6-week **Mindfulness in Nature** course helps people to reduce stress and anxiety and improve the quality of their lives
- The **Elton Cooking Project** brings people together to learn how to cook simple recipes on a budget, improving diet whilst making friends



Reduce stress, anxiety & improve your quality of life

Mindfulness in Nature
Enjoy learning new techniques to help you feel more relaxed less tense

FREE 8 Week Mindfulness Course
Thursdays 10am to 12 noon or 1pm to 3pm
Starts: 1st August 2024

Reduce the pressure

FREE *Limited places book early*

Venue: The Art Centre
Castle Park, Frodsham. WA6 6SE

For further information or to book
Bob 07507 013283
www.mindfulnessmatters1.com

The Mersey Forest, Cheshire West and Chester, Natural Health, Mindfulness Matters

Ongoing initiatives

- **STAR Bereavement Peer Support** group connects those who have experienced loss to share, talk and remember their loved ones in a safe and compassionate space
- **Norley Open Door** brings local people together offering coffee and company each week in the methodist church, Norley.



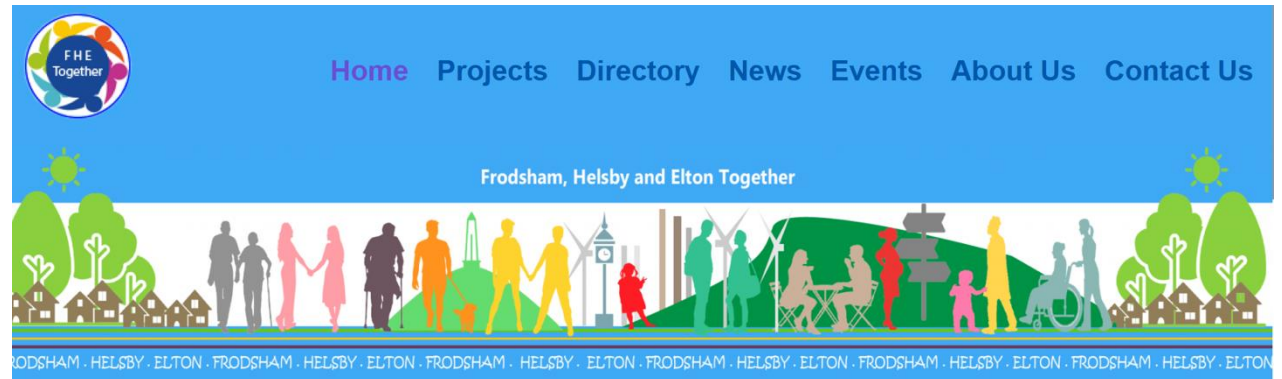
Ongoing initiatives

- We have worked with **Helsby High School SEND department** by purchasing fidget toys and ipads to support pupils with special educational needs.
- We've supported **Frodsham Youth Club** to buy equipment to encourage physical activity and help improve the mental wellbeing of the young people who attend the group each week.



Ongoing initiatives

- **FHE Together Website** provides the digital access for up-to-date information and news.



Enabling our communities to thrive

Part Five

Our ambitions

Future projects & initiatives



Future projects and initiatives

- Developing projects to support the **prevention of Cardio-Vascular Disease** for our community
- **Connecting communities** who are more isolated with services to help improve their health and wellbeing
- Supporting Brio and the local Health and Wellbeing Coach to **help those who are sedentary** to get active



Part Six

Become a partner

How to join us on our journey



How to join us on our journey

If you support the Health and Wellbeing of the Frodsham, Helsby and Elton community we'd love you to join us on our journey.

If you work for the NHS, a team within Cheshire West and Chester or are part of a local charity or community group we'd love to welcome you onboard.



We can support you to:

- Make connections
- Find the funding and support you need to bring ideas to life
- Find the information you need to help support those most in need

Part Seven

Contact Details



Contact details

For more information or to join us on our
journey please contact:
Jennifer.lloyd@connectfirst.org.uk

