



# Social Recovery: Initiatives & Projects

Stronger  
Communities Select  
Committee

22 April 2021

# Epping Forest Covid Community Hub

- The Council's Community, Culture & Wellbeing (CCW) service established a multi-agency Community Hub in March 2020 in order to provide emergency support for the district's most vulnerable residents.
- Working with local Third Sector partners services including shopping, emergency prescription collection and befriending were made readily available to those in need.
- Numbers on Epping Forest's CEV list fluctuated over the year but, at its height, around 5,300 residents in the district were actively shielding for specific health reasons.
- 195 doorstep welfare checks undertaken. Staff linked residents to befriending schemes, virtual clubs, activities or special interest groups.

# Community Initiatives & Projects

- Well established Health & Wellbeing Board in Epping Forest and excellent working relationships with key partners
- Three overarching themes identified which would become the basis of a **Social Recovery Map** for the district:
  - Positive Communities
  - Positive Activity
  - Positive Mental



# Community Engagement



# Disability Inclusion Project



# Strength & Balance – Falls Prevention Project

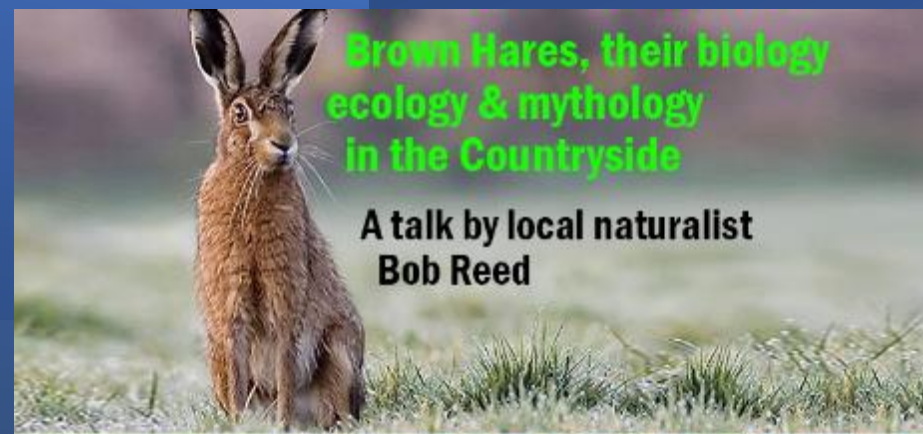


# Community Physical Activity Programmes



# EPPING FOREST DISTRICT FESTIVAL OF CULTURE 2021

Made possible by Epping Forest District Council



**Brown Hares, their biology  
ecology & mythology  
in the Countryside**

**A talk by local naturalist  
Bob Reed**



## EPPING FOREST DISTRICT FESTIVAL OF CULTURE



**Doorstep  
Discovery:  
Wildlife  
Photography  
Competition**



# MiLife C19

**MiLife C19 is a brand new resource developed by young people, for young people in response to the effects of COVID19 on mental health and emotional wellbeing.**

It is based on a ten session teaching guide designed for use at school and at home to help young people understand what effects COVID19 might have had on their mental health and how they can build their resilience in response to those effects.

## MiLife C19

What is Mental Health?	Why Me & Why Us?	Are We Really Safe?	Challenging Thoughts & Stories	Asking For and Giving Help	What if it Happens Again?
	<ul style="list-style-type: none"> <li>Making the personal impersonal</li> <li>How to effectively share our story with others</li> </ul>	<ul style="list-style-type: none"> <li>Coping strategies for anxiety</li> <li>Journaling, mindfulness and building emotional stamina</li> </ul>	<ul style="list-style-type: none"> <li>Sorting thoughts into real and not real</li> <li>Turning negative experiences into positive opportunities</li> </ul>	<ul style="list-style-type: none"> <li>Where to access help and support</li> <li>How to support friends without getting dragged down</li> </ul>	<ul style="list-style-type: none"> <li>How to apply principles learned to new traumatic incidents</li> <li>Setting targets for the 'new normal'</li> </ul>

How might this look in your school...?

**MiLife C19  
for  
Young People**

**MiLife C19  
for  
Teachers**

# MiLife C19



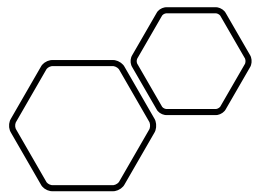


Resource Packs Distributed



## Epping Forest District Museum Waltham Abbey





Epping Forest  
Health &  
Wellbeing Board



West Essex Health  
Inequalities Committee



Building  
strong,  
resilient,  
cohesive and  
healthy  
communities

The ethos and methodology adopted by the CCW team continues to be that of a whole-systems approach with the Council, as a core anchor institution, being central to the success of far reaching partnership initiatives and “place-shaping”.

Residents themselves continue to be placed at the heart of the health and wellbeing agenda with staff using Asset Based Community Development (ABCD) techniques to support the social recovery of the Epping Forest district, building strong, resilient, cohesive and healthy communities in Covid-19 times and beyond.

