

# Health and Wellbeing Policy



Cleobury Mortimer Town Council aims to improve the lives of its residents by having a socially inclusive and caring community promoting health and wellbeing.

Provide and signpost people to information on local health and wellbeing services

Promote and support an inclusive and active lifestyle

Work towards Dementia Friendly Town status (+ support of other vulnerable people)

Support good mental health for young and old

**We want to work together.** Coming together with others to work on these areas, allowing us to have the greatest impact on health and wellbeing. Everyone has a part to play.

Local Community Groups

Local Voluntary Organisations

Individuals

Cleobury Medical Centre and NHS

Housing and Social Landlords

Shropshire Council & Social Services

Parish Councils within Cleobury hinterland

Local Businesses and employers

And others willing to contribute....

## What we are working towards:

Our residents and those in surrounding parishes can rely on Cleobury to provide access to basic contact information on health and wellbeing services including Domestic Violence, Child Sexual Exploitation and Safeguarding.

The Council supporting and encouraging organisations and individuals to take an inclusive approach and promoting active lifestyles leading to a healthy and happy community.

A Town where people with dementia (and other vulnerable groups) are understood, respected and supported so that they feel confident to be able to contribute to community life and have choice and control over their daily lives.

Residents with mental health issues should have information and access to support to help them. Community groups and organisations are supported and encouraged to welcome those with mental health issues.