BUCKDEN HUB

In 2024 the Parish Council was in discussions with Care Partnerships Integrated Neighbourhood Team about developing a Community Health & Wellbeing Hub for the residents of Buckden. The primary purpose of the Integrated Neighbourhoods was to *'Support people to stay well, be independent and live happier and healthier, ensuring every person matters and every contact counts'.*

The council sent out questionnaires to the residents of Buckden seeking to understand which services were currently used, by whom and what people would like to see made available, whether that be related to health, social or care aspects, and where people go for support.

A number of things developed from those initial discussions and the questionnaire. The first thing we identified was that there were a good number of activities for older residents but less for the children and young people of the village. We then sent out a questionnaire specifically targeting families and younger residents. From that the Parish Council initiated:
Stay and Play a group which provides a range of activities which are planned to meet Early Years development and Best Start in Life outcomes. This has been a very popular and will be continuing in the next financial year. There was a more detailed article about their work included in last months edition of the Roundabout.

Multi-Sport sessions mainly for children aged 5-11 these run in the school holidays and provide a mix of traditional sports games such as football, netball, dodgeball etc . The sessions have proved very popular and will also be continuing in the next financial year. We did try sessions for the 11 to 16 age group but this did not continue due to lack of take up.

Annual summer event for 11-16 year olds. This is the group we have found it most hard to engage with but we have held three annual events for this age group and offered, a range of activities from Beat Boxing, Stage make up Classes (in conjunction with Shakespeare at the Towers) group artwork and First Aid. Thanks to may volunteers who helped us with that. This year we also provided taster sessions for Pump Track activities to gauge what interest there might be in having such a facility in the village. The feedback on this is something we will be considering in partnership with the Village Hall Trust

In addition to the developing provision for younger residents, we have continued to support other groups that work with older residents these include:

Making Memories a group set up for people with memory concerns and their carers. We provide administrative support for this group.

Right Start -Chair based exercise keeping people connected and combating loneliness. There is a tea and chat session after the Wednesday and Friday chair-based exercise classes. We will continue to support this in the next financial year

Diabetes Support group we funded a meeting room for this group unfortunately there has been very low take up for this so unless numbers increase, we will not be able to fund this in the future.

So you can see that a number of activities developed as a result of our initiative and many of those will continue in the next financial year.