

### 3 Main Community Health Issues Identified

Based on the entire community (but especially older adult, youth, young families and minorities) and the Ottawa Charter Health Promotion Framework

#### 1. Transport and impact on health

- Strong reliance on public transport in Bishop's Castle
- Inadequate public transport system - transport poverty - especially for elderly and disabled
- Lack of disabled parking - poor marking, misuse, etc

##### Health promotion messages:

- Raise awareness of correct use of disabled parking
- Submission to Shropshire Council for:
  - Better signage and road marking for disabled park
  - Repercussions introduced for incorrect useIncreased education regarding why correct use is important

##### Resources produced

A flyer to be placed on cars misusing disabled parking bays to raise awareness

#### 2. Mental Health

- Issues related to mental health and support are a significant challenge
- Mental health and well-being is an integral part of health
- Rural communities like Bishop's Castle often struggle with barriers such as inaccessibility to services and lack of funding
- Bishop's Castle has had 9 suicides within the last 5 years which is significant for the population size
- Bishop's Castle has limited mental health resources. There is only 1 Cognitive behavioural Therapy Councillor funded for only 4 hours per week with a wait time of 4 months!
- There is no health without mental health

##### Health promotion messages:

- "No health without mental health"
- Submission to Shropshire Council for:
  - Employment of a mental health nurse in Bishop's Castle
  - Education for healthcare workers and community
  - Sensory modulation techniques (eg stress ball)

##### Resources produced

A flyer promoting mental health awareness to be put up in medical centre and schools

Stress balls to accompany the flyers

### **3. Physical Health**

- Having a well-balanced diet and getting regular exercise is important for good physical health
- Food poverty leads to numerous health complaints
- Maintaining good health is important to sustain well-being
- High number of those within Bishop's Castle community are considered overweight/obese
- Drug and alcohol misuse can have a great influence on physical health
- Smoking is an issue expressed to us by members of the community

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#### **Health promotion messages:**

- Bringing people in the community together to enhance community well-being
- Sharing knowledge to develop health behaviours
- Development of good life skills and healthy choices for a sustainable future
- Encouraging different age groups to interact and share their knowledge
- Promoting positive change within the community.

#### **Resources produced**

Posters, beer mats and fridge magnets to explain and promote the benefits of gardening and providing households with tips to growing their own fresh produce.