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Notes for H&L Area Community Planning Meeting

What is the LivingWell Network

**The Helensburgh and Lomond Living Well Network is available for anyone with an interest in improving the wellbeing of the citizens of Helensburgh & Lomond. It comprises of members from local charities, support groups, community councils, statutory and private sectors and interested members from our communities. New members are always welcome. Quarterly face-to-face LW Network meetings are held in Helensburgh with an online option.**

**The LWN meets at least 4 times a year, to network, build partnerships, share knowledge and presentations. In between meetings, members receive bulletins with relevant news and information.**

**You can also find out lots of information and we can share what you're doing on our Facebook page**  
<https://www.facebook.com/LWNHelensburgh/>

What have we been doing?

**Our last meeting was January 30th. We had 20 members present. We heard from physio Emma King Venables about the new LivingWell Programme being introduced this year as a joint service funded by NHS Highland, HSCP, MacMillan and LiveArgyll.**

**The LivingWell Network has £15000 grant funding from the Alcohol and Drugs partnership to award to charities doing any work in the community that meets the ADP priorities. We will allocate this money on February 21st where we invite applicants along to share with the network members how they would spend the money and we decide as a group who will be funded. Applications welcome until Monday February 19th. The sharing which will be on Wednesday February 21st from 9.30-11.30 in Helensburgh Library, all welcome.**

**We have established that while there are a lot of amenities and services available in Helensburgh, that there could be better communication between service users and service providers and anyone involved in health care of what is available. Despite our many means of communication often people are unaware of facilities. As a network we hope to be able to address this by becoming more visible and raising awareness amenities.**

**I have been in post since late 2023 and had two LivingWell Network meetings but members present have contacted me to say they found them very useful for networking which is exactly the aim of the network.**

**Going forward, there will be a big LivingWell Network event in the Helensburgh Leisure Centre on Sunday 16th June where anyone working in health of any description, from Jean's Bothy to a singing group, to Grey Matters will be invited along. I anticipate being able to offer a taster session of what is available in the leisure centre as well as food and tea and coffee. If interested in being present please contact me. The objective will be for everyone to encourage one person along who they**

**feel would benefit from simply getting out for the day or someone who needs encouragement to join a group, or is lonely or struggling in any way with physical or mental health. Please look out for info and support if you can.**

**Feel free to get in touch if you would like added to my database. I forward info from NHS, local groups and charities and generally what's happening in Helensburgh and Lomond.**

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The role of Living Well Network Coordinator for Helensburgh & Lomond is one day a week. This means there may be a delay in me replying to e-mails.

Living Well Networks are in operation across Argyll and are funded and coordinated by the Argyll and Bute Health and Social Care Partnership's Public Health Team

You are receiving this email as you have said that you wanted to become a member of the Helensburgh and Lomond Living Well Network. If you no longer want to be a member, please reply to this email stating, asking to leave the network, and your contact details will be removed. Please note you are receiving this email as you are a member of the Living Well Network. If you would prefer not to receive emails then please reply confirming you wish to have your contact email address removed from the membership list.

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