



# **Building Community Capacity Project- Great Horkesley Mums group**

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&

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# How was the need identified?



- Community Profile
- Discussion with Locality Health Visitor
- Talking to local mums / Public Health Walk
- Questionnaires

# Census Information

Variable	Measure	Great Horkesley <sup>1</sup>	Colchester (Non-Metropolitan District) <sup>1</sup>	East of England <sup>1</sup>	England <sup>1</sup>
All Usual Residents (Persons) <sup>1</sup>	Count	2,476	173,074	5,846,965	53,012,456
Age Under 1 (Persons) <sup>1</sup>	Count	36	2,188	73,009	675,065
Age 1 (Persons) <sup>1</sup>	Count	26	2,200	72,444	668,662
Age 2 (Persons) <sup>1</sup>	Count	32	2,099	72,720	663,119
Age 3 (Persons) <sup>1</sup>	Count	29	2,083	72,272	663,574
Age 4 (Persons) <sup>1</sup>	Count	31	2,077	70,824	648,029
Age 5 (Persons) <sup>1</sup>	Count	32	2,027	68,845	632,090
Age 6 (Persons) <sup>1</sup>	Count	30	1,961	66,000	600,047

# What we found out?

- Lots of new Social Housing
- High number of socially isolated professional women
- High rates of Postnatal depression
- Clinics being used frequently by the worried well
- Lack of provision of services from Children's Centres
- Lack of provision for children under 5's

# Aim of the project



A group set up to improve the social networks of a geographically and socially isolated group of mums.

In order to improve their mental health and well being

# Project format

Original idea  
was a “Toddler  
Waddle”

– no suitable or  
safe route could  
be identified.



# Coffee Morning

At Local pub...

To gain suggestions on activities.....

Socialisation

Food!

Fitness!







# Teddy Bears Picnic

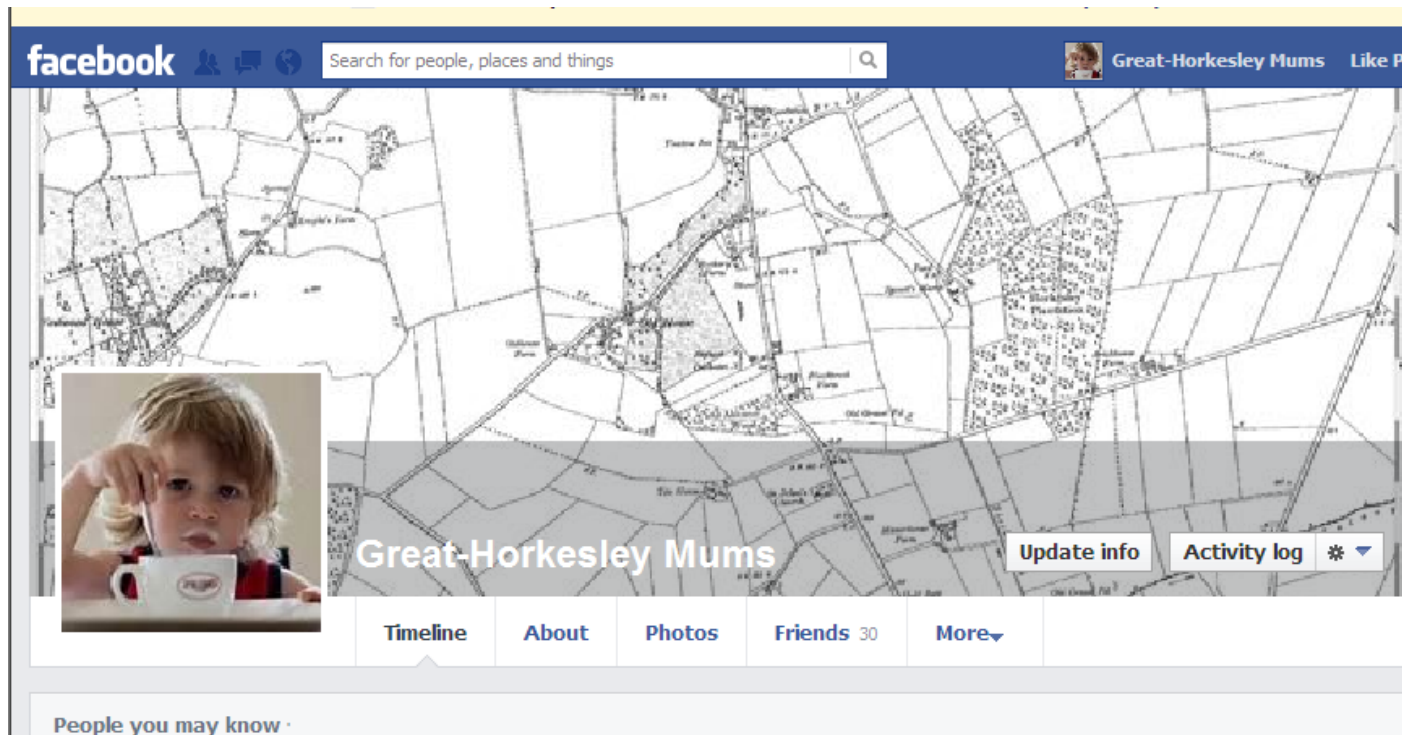




# Buggy fitness

# Engage with service users

- Interest List
- [www.Facebook.com/greathorkesley.mums](http://www.Facebook.com/greathorkesley.mums)



# Evaluations & Limitations



- Limited time
- Due to insurance no use of organisational buildings
- Weather – starting project in winter

# Evaluations & Limitations cont.



- Poor engagement of the hard to reach
- With the worried well's needs being met by the support of the group freed up time for the most needy
- The use of social media was key to the projects success