

Who can help?

Congratulations if you have managed to fill in some, or all, of your planning grid. Hopefully, you have identified plenty of steps that you or your group can take in order to move things forward.

However, you may feel you need a little bit of help in order to get things started. This leaflet may help to point you in the right direction.

Your local Council

In your planning grid you may have written a number of things under the 'what needs to be done?' column, for example setting up a gardening club. If you are unsure about how to go about doing it then you may want to get in touch with your local council. Give them a ring and explain exactly what it is you want to do.



If you have filled in a large part of the planning grid and so now have what really is a plan for improving the wellbeing of your neighbourhood or your community, it is well worth getting in touch with your council to tell them what you have done. They may be very interested. Explain to the person at the council that your group has produced a plan for wellbeing for your community and that you would like to share it with them. If this doesn't get you very far, ask to speak to a 'Health Improvement Officer' or a 'Community Engagement Officer' or someone from Neighbourhood Management. If you have access to the internet you can find out the contact details for your local council by visiting:

<http://local.direct.gov.uk/LDGRedirect/Start.do?mode=1>

Alternatively, ask at your local library or council buildings.

Your local Council for Voluntary Services

Most areas have a Council for Voluntary Services (CVS), for example Voluntary Action Oldham or Ellesmere Port Association of Voluntary and Community Organisations. This is an organisation that represents all the voluntary and community organisations in an area. They may also be able to help you with some of your action steps and maybe interested in your wellbeing plans (i.e. your completed planning grid). If you have access to the internet you can find out where your local CVS is by visiting:

<http://webdb.navca.org.uk/home.aspx>.

Alternatively, ask at your local library or council buildings.



Your local library

Your local library is a fantastic source of information. Library staff will be able to give you the contact details of the local council and the local council for voluntary services. It's worth explaining to them what you are trying to do as they may have some other ideas.

LiNKs and Healthwatch

LiNKs are independent networks of local people and groups, who are responsible for finding out what people want from their health and social care services. The Government has decided that in the future LiNKs will become Healthwatch. It may be worth getting in touch with your local LiNKs to share your ideas. Your library, CVS or Council should have contact details for your local one.