

# Ipswich and East Suffolk Alliance



## Case Study:

# ACTIVE WELLBEING

Active Wellbeing is a three-year project commissioned by Babergh and Mid Suffolk district councils in partnership with rural GP practices.

Over the past year, more than 150 older residents in the Long Melford, Lavenham, Fressingfield and Stradbroke areas have been supported to become more physically active, less lonely and less socially isolated in a bid to improve their wellbeing.

Active Suffolk is already taking referrals for the second year of the project which has been extended to the Bildeston, East Bergholt, Capel St Mary and Debenham areas. The project will be extended to the Eye area in its third year.

Older people are supported to engage in a wide range of activities to become more active including the Fit Villages and Health Walks initiatives.

Regular meetings are held with community members and GP practice staff to help steer the programme and work collectively in order to give the community a better impact.

