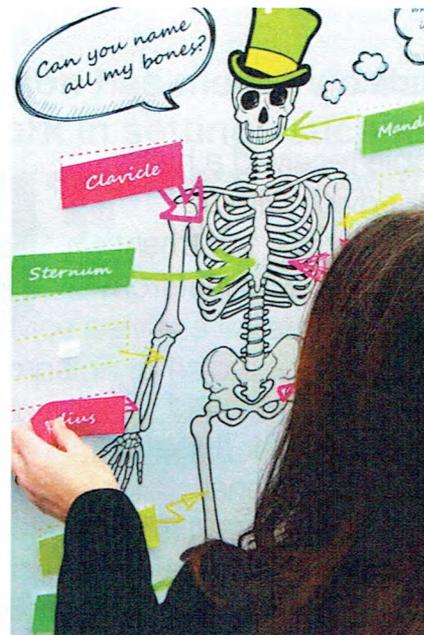
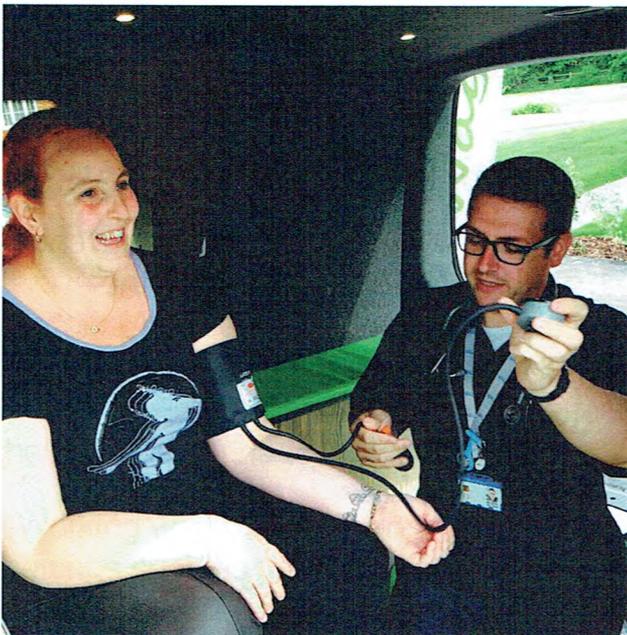


# Wellbeing Wagon



## Health on the Move 2016



Nov 15 - Nov 16

**191**  
health checks  
or advice

**32**  
events

**60**  
supporters/  
partners

**£12,250**  
in support  
funding

**£11,350**  
to launch  
and run

**Since beginning its journey in November 2015, the Wellbeing Wagon has proved a valuable way to offer mobile health and wellbeing services and connect with people – not just about health and social care – but other services that help in life too.**

### **Getting on the road...**

After months of planning and with some fantastic support, we were excited to get the 'Wellbeing Wagon' on the road. Revamping of an ex-Radian Services van and an eye on the purse strings meant the Wagon was launched at a cost of only £6,000. (Many thanks to Radian, Healthwatch Hampshire and CCS Mechanical & Electrical Services for the funding.)

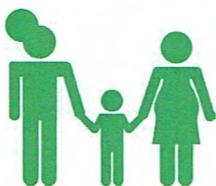
We wanted the Wagon to appear friendly and approachable yet knowledgeable and trustworthy. We realised that it was on target to achieve this after it had clocked up a few miles.

### **The first year...**

The Wagon attended 32 events with lots of people receiving a 'health check' or some sort of health advice. Services related to mental health, diabetes, stroke, blood pressure, smoking-related illnesses, cancer, prostate, healthy eating, dental health, 'over 40s' health checks and more. Targeting hard-to-reach areas in Hampshire, Dorset and Berkshire, the Wagon clocked up an impressive 3,325 miles.

In addition, organisations raised awareness of their health services through borrowing the Wagon for separate events.

### **Notable highlights include...**



191 people received a health check or advice with 30 referred for further treatment or advice. (This was just from Radian-led events.)



The University of Portsmouth's Dental Academy saw eight patients. Half hadn't been to the dentist in 10 years. All eight people were referred for further treatment.



The Wagon was pleased to be nominated for three awards – The National Pharmacist Awards, Wiltshire Public Health Award and Independent Pharmacist Awards.



### **Thank you supporters...**

The Wagon's partnerships (with the different support and skills they bring) have made this a 'wow' service that's already making a difference to people's lives.

“It’s giving our work on the streets a real boost and making us much more visible than before.”

**Youth First** borrow the Wagon on Wednesdays to get their services to young people they wouldn’t usually get the chance to meet. Destinations include the Heatherlands Estate near Bordon. The team only started using the van recently but have had a positive response so far and plan to borrow the van until the end of March 2017.

“Youth First are loving using the wonderful Wellbeing Wagon. The young people love it, it stops us from freezing to death and gives us a warm friendly space where people are talking to us much more deeply about the things that concern them - whether that’s to do with school, friends, sex and relationships, what they’ll do when they’re older, or life in general.

“It’s giving our work on the streets a real boost and making us much more visible than before.”



“Working with the Wellbeing Wagon has meant we can promote Better Local Care’s work in settings such as the New Forest Show and help raise awareness of healthy living and local support available.”

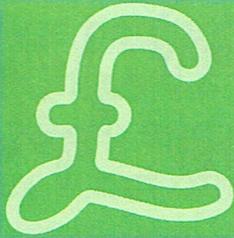
**Better Local Care** delivered their health advice services from the Wagon at the New Forest Show. This included One You (a national campaign to help adults understand how healthy they are and what they can do to avoid serious illnesses), Connect to Support HANTS (a portal to help people manage their own wellbeing) and Quit4Life (the Hampshire quit smoking service).

“Working with the Wellbeing Wagon has meant we can promote Better Local Care’s work in settings such as the New Forest Show and help raise awareness of healthy living and local support available. It helped create a focal talking point for people walking past our stand and gave us space for private conversations with people for one-to-one support.



“We welcome the opportunity to work with the Wellbeing Wagon again!”  
Jayne Goldsmith, Project Manager





**£12,250 in  
funding received  
thanks**



“The Wellbeing Wagon aims to bridge the gap between health and housing, through supporting people with easier access to good quality support and health services.

“At the heart of this project are partnerships. With our partners’ passion, support and expertise, this mobile on-the-doorstep health wagon focuses on achieving significant benefits for our communities.” Radian

**£6,000  
funded thanks**

“Healthwatch Hampshire were happy to support the Wellbeing Wagon as it could engage with hard-to-reach groups who may not have access to some health services or the professionals attending.

“One main selling point for us was that it outreaches with services and promotes healthy lifestyles. We liked that a wide variety of people could benefit from the Wellbeing Wagon, as it offers a range of advice and support including midwives, health visitors, slimming clubs and lifestyle coaches.” Healthwatch Hampshire



**£2,500  
funded thanks**



“At CCS we pride ourselves on working with and supporting our clients. When the opportunity to support the Wellbeing Wagon came about we were very pleased to be part of such a worthy cause and a great idea to help the communities we work in.

“We are pleased with the Wagon’s achievements and are very proud to be a part of it.” CCS

**£2,500  
funded thanks**

“The Community Champions initiative is a way of supporting the very communities where Persimmon builds. The Wellbeing Wagon offers a fantastic service for the community and it’s easy to see how people benefit from the work they do. We are more than happy to support such a worthwhile cause.” Matt Paine, managing director, Persimmon Homes South Coast



**£1,000  
funded thanks**



“I’ve had the chance to hear details about many projects and I was particularly moved by the work of the Wellbeing Wagon. I think the Wellbeing Wagon is a wonderful way for people to get help for their health problems.

“I was pleased to talk to Sultan Dajani from Wainwrights Chemist and hear about the types of problems and advice given.” Christine Pollard, private charitable trust representative

**£250  
funded thanks**



“ I have referred people on to register with a GP or to see their local pharmacist, advised on health issues, and lifestyles around smoking cessation, substance misuse services and sexual health amongst other things. ”

Sid from **Wainwrights Chemist** has provided invaluable support by identifying health problems (hypertension, high blood pressure etc.) that could have gone undiagnosed but instead GP referrals were made.

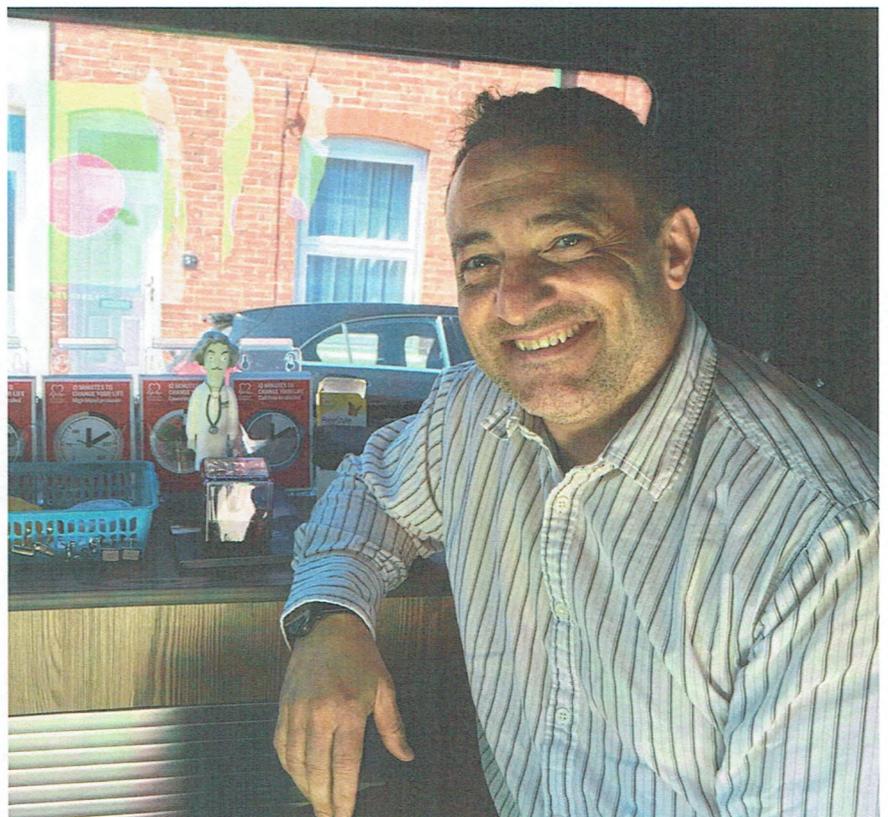
“The Wellbeing Wagon is a health centre on wheels which visits local schools, sheltered schemes, estates, community and children centres in hard to reach neighbourhoods.

“It's unique in that it goes to people so we have chance to see people who may not have seen a health professional for years and those who don't even have a GP. It's no wonder that I have seen fungating leg ulcers, undiagnosed hypertension, chronic skin infections and the first symptoms of jaundice.

“I have referred people on to register with a GP or to see their local pharmacist, advised on health issues, and lifestyles around smoking cessation, substance misuse services and sexual health amongst other things.

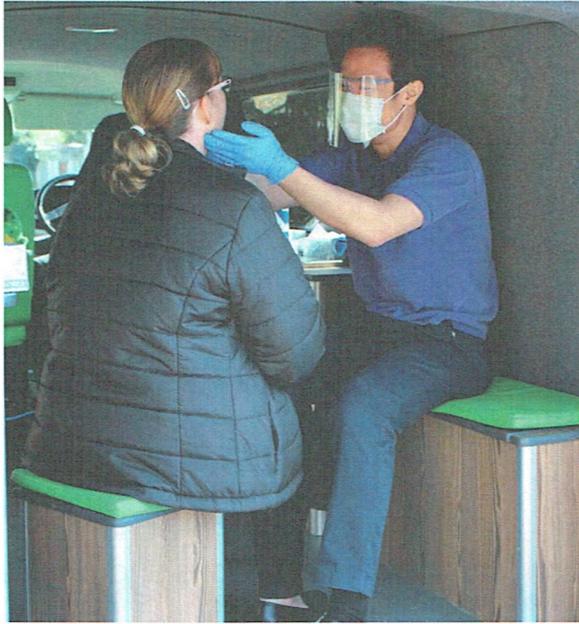
“For me the van is innovative, necessary and amazing. It's been a pleasure seeing the difference it has done and how much people appreciate it and it's no wonder it has made local TV and been nominated for various awards.”

Sultan 'SID' Dajani, MRPharmS,  
Independent Prescriber,  
CiCPM, DiplCommPharm





## Examples of mobile health delivered



“Our partnership with the Wellbeing Wagon has the potential to offer huge community benefit through improved access to free dental treatment, oral health education.”

“Dental students from **Portsmouth Dental Academy** saw eight patients at their first two-hour dental drop-in, half of whom hadn't been to a dentist in over 10 years.

“At our first event in Paulsgrove, students saw eight patients which resulted in appointments for further treatment.

“In addition, students have gained first-hand experience of health issues outside the protected environment of the Dental Academy, giving them a deeper understanding of their patients and a wider view of dentistry.

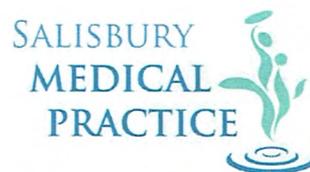
“Students have enjoyed working with the Wellbeing Wagon and we have welcomed the opportunity to work with Radian.”  
University of Portsmouth

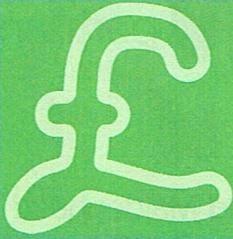


“Support for these patients to manage leg problems... can make a huge difference to their quality of life.”

**Salisbury Medical Practice** promoted their leg club through the Wellbeing Wagon. The club offers free community-based treatment, health promotion, education and ongoing care for people with leg ulcers or lower leg problems.

“We attended the wellbeing day at Bemerton Heath. New members joined as a result. Our leg club is a chance to gain peer support in an informal and social environment. Support for these patients to manage leg problems, such as an ulcer, can make a huge difference to their quality of life.”  
Salisbury Medical Practice





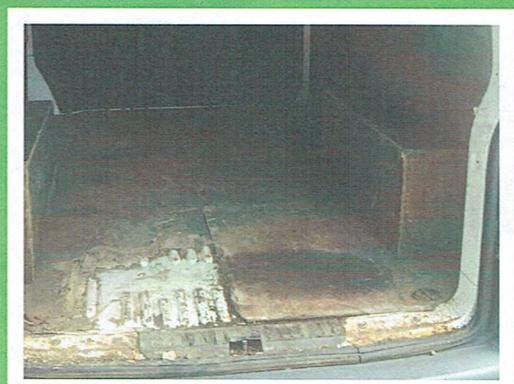
£11,350 to  
launch and run  
in the first year

Costs so far...

Launch £6,000  
including van make-over, website etc.

Running £5,350  
(staffing £4,800 for 32 events, diesel £340,  
service £160, MOT £50)

The Wagon's make-over...



## A BIG thank you to our Wellbeing Wagon supporters and partners

Age Concern Slough & Berkshire East  
Any Body Can Cook  
Arts and Murals  
Artscape  
Better Local Care  
Bursledon Parish Council  
CCS Mechanical and Electrical Services  
Community Champions, Persimmon  
Community First, Petersfield  
Community Kick Start, The Breeze Radio  
East Hampshire District Council  
Eastleigh Borough Council  
Hampshire County Council  
Hampshire Constabulary  
Havant Mind  
Healthwatch Hampshire  
Healthwatch Southampton  
Healthwatch Windsor, Ascot & Maidenhead  
Horndean Parish Council  
Hortic Therapy  
Illegal Money Lenders (Loan Sharks)  
hosted by Birmingham City Council  
Iosis Dental Clinic / Toothbus  
Little Folly Childrens Centre  
Lloyds Pharmacy  
Macmillan Cancer Support  
Maidenhead Lions Club  
My Journey c/o Hampshire County Council  
New Forest District Council  
NHS Blood and Transplant  
NHS West Hampshire Clinical  
Commissioning Group  
Pilands Wood Centre

Portsmouth City Council  
Quit for Life NHS  
Radian  
Royal Borough of Windsor and Maidenhead  
(Children's Services, Fit for Life, Public  
Health)  
Rushmoor Healthy Living  
Salisbury City Council  
Salisbury Medical Practice  
Slimming World  
Solent Mind  
Southampton City Council  
Southampton City Clinical Commissioning  
Group  
South Eastern Hampshire Clinical  
Commissioning Group  
Solent NHS Trust  
Solutions 4 Health  
Southern Health NHS Foundation Trust  
Spire FM  
Stroke Association  
Tesco Pharmacy, Bursledon  
Thames Valley Police  
The Training and Learning Company  
The Tesco Eat Happy Project  
University of Southampton  
University of Portsmouth Dental Academy  
Wainwrights Chemist  
Wellbeing People  
Whitehill and Bordon Town Partnership  
Wiltshire Council  
Wiltshire Public Health  
YMCA



Supported by



The Wellbeing Wagon would love to work with you, especially if you have a common aim of health and wellbeing. If you'd like to:

- support the Wagon
- partner the Wagon
- borrow the Wagon, please get in touch...

[www.wellbeingwagon.co.uk](http://www.wellbeingwagon.co.uk)

[wellbeingwagon@radian.co.uk](mailto:wellbeingwagon@radian.co.uk)