

## BOB ICB BOARD MEETING

<b>Title</b>	Resident Story – Community Wellness Outreach Project		
<b>Paper Date:</b>	25 February 2025	<b>Meeting Date:</b>	3 March 2025
<b>Purpose:</b>	Discussion	<b>Agenda Item:</b>	06
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### Executive Summary

Trisha Bennett, Community Development Coordinator, for the Whitley Community Development Association (WCDA) in Reading will share her experience of working within the local Community Wellness Outreach (CWO) Project across the Berkshire West Footprint, a project supported by Reading Voluntary Action and voluntary sector organisations across Berkshire West. Trisha has been collaborating with the programme to share the patient's voice and doing some co-production with service users to help us develop these services further.

Based in the community café, the project offers a safe and welcoming space which connects people with local resources, support, and friendly advice that have improved the health and wellbeing of the local population. The CWO is involved in numerous community projects, including providing food tables, fresh fruit and veg stalls, social activities and health and wellbeing support.

Working with the University of Reading on the Food Systems Equality (FoodSEqual) has identified how much affordable, healthy diets for local residents impact on lifestyle, cardiovascular health and mental health. The CWO focuses on support and access to health services for the most vulnerable and marginalised residents in Whitley, Reading.

Trisha will describe some of the specific work the team do in supporting vaccination uptake, mini health checks and encouraging healthy lifestyles, and the impact that this work has on the local community.

This story will highlight the positive impact that community-based health services have on the local community. There are other examples of similar projects funded to address health inequalities across our System.

### Action Required

The BOB ICB Board are asked to listen to, and note, the positive impact the CWO project has on the local community in reducing health inequalities and improving health outcomes in the local community.

**Date/Name of Committee/  
Meeting, Where Last Reviewed:**

Not applicable