

Darlington LINK & Jigsaw Club Health Event 25/06/09



Darlington LINK joined up with Heighington's Jigsaw Club to hold a health event in the village hall. Part of The LINK's work plan is to reach out and engage with all areas of the community and promote the work of the LINK. Heighington is a rural area of Darlington and as such it is important that the LINK raises awareness of what it does, and how local people can be involved in shaping their local services in rural areas.

A further aim of the day was to promote Healthy Living. To achieve this Darlington LINK worked in partnership with NHS County Durham, The Stroke Organisation and Darlington Borough Council. The purpose of the day was to promote Darlington LINK and Healthy Living, whilst at the same time incorporating FUN!

Overview

The event was very successful and was well attended throughout the afternoon. The LINK stall was in attendance along with a stall from the Stroke Organisation and Darlington Councils Lifeline. In addition to this the regular jigsaw library was available and there was a GEM (Get Everyone Moving) class. Also in attendance was a nurse from NHS County Durham taking blood pressure and giving healthy living advice.



During the course of the afternoon, Darlington LINK spoke to the public to find out what local people thought of their local services. Over 15 health and social care questionnaires were completed, with issues and concerns raised around chiropody, mobile units for rural areas and transport.

A rural health task group is in place and in the future will be working on some of these issues. Further details relating to the progress of the group can be found in the newsletters, or core group minutes.

Next Steps



The intention is that the Darlington Link Health Event will hopefully be rolled out across the town over the coming months. Keep your eye on the website to see when one will be in your area and please come along and get involved.