



The UP project kicks off at Offenham and Stretton Sugwas Village Halls.

Community First's village hall and wellbeing team met with village hallers from across Herefordshire and Wychavon to kick off the UP project in style.

Our UP project's primary mission is to prevent people from becoming ill – upstream of any health service intervention.

We want halls to become an explicit tool in reducing the number of times people need to visit a doctor or access other health care. **THE CENTRE FOR BETTER HEALTH IN THEIR COMMUNITY!**

The events at Offenham and at Stretton Sugwas launched our UP initiative and the first of several village hall based discussion groups.

We talked about how we could:

- Improve the effectiveness and strength of participating village halls. Helping them to find more volunteers, to reach out to their community and promote their events.
- Support halls in promoting The Five Ways to Wellbeing, getting people moving and building more social opportunities.
- Help halls to demonstrate the value of the better health and stronger communities their work delivers. To help them attract further funding and support.

Now, we move on to the next event in early December at Arley Kings VH – watch this space for more news – contact info@comfirst.org.uk with any questions.