

## **Herstmonceux Annual Parish Meeting 26.04.21**

### **Report from Vitality Villages**

The Community Group Vitality Villages focuses on providing projects to support the health and well-being of the local community. The projects include a community allotment, coffee mornings, a men's shed, a singing group and walking and associated activities including footpath maintenance (Truggers Group) and a community routes programme.

A separate report for the community routes programme has been sent to the clerk.

Vitality Villages is very grateful for the support and donations from Herstmonceux Parish Council. Donations have also been received from members of the public who support the projects.

Discussion is on-going with the Social Prescribing Team on how the projects can encourage and develop opportunities to improve community health when the covid restrictions are eased.

Vitality Villages is part of the Community Link project at St Wilfrid's Hospice and meets regularly with other community organisations in the area.

Due to the pandemic many of the activities have been postponed since March 2020. A short update of the projects is as follows: -

Allotment – work has continued on the plot during 2020 and two new members are working on separate sections and are busy preparing the ground to grow vegetables for 2021.

Coffee morning and singers – it is hoped that the meetings can resume in September.

Men's Shed – this is located in the Science Block at Herstmonceux Castle and Vitality Villages is very grateful for the Castle's continuing support in providing this excellent venue.

From June to November and with the appropriate Covid protection measures in place, members were able to continue working on personal projects; other projects include building ladder stiles, renovation of gates in the castle gardens, and renovation of the parish noticeboards in Wartling.

The new community session which was due to start in October has been postponed until the covid restrictions are eased. The community session will be open to everyone who wishes to undertake a craft project or who wishes to seek advice on how to renovate small items of furniture, fix a shelf or other small woodwork projects.

For more information about Vitality Villages contact Janet Mcinnes 01323 833306