

Community Health Catalyst Programme: Continuing to Improve Health Outcomes



Overview

The Community Health Catalyst Programme, a collaborative initiative between Medway Voluntary Action (MVA) and Swale CVS, is dedicated to enhancing health outcomes for residents of Medway and Swale. *This programme, funded by the Medway & Swale Health and Care Partnership (HCP), focuses on addressing health inequalities, particularly within the CORE20PLUS5 communities.*

Our Mission

Our mission is to engage with and listen to individuals experiencing health disparities, identifying ways to better integrate local health and care services to improve overall health outcomes. By empowering communities to voice their needs and challenges, we strive to create sustainable, impactful health solutions.

Together, we can make a difference.

Impact and Reach - Who did we help?

The Community Health Catalyst Programme is proud to have made a significant impact in the lives of various vulnerable groups within the Medway and Swale areas. Our inclusive approach has allowed us to effectively support individuals facing diverse and complex challenges, ensuring they receive the care and assistance needed to improve their health and wellbeing.

Our numbers:

- Homeless Individuals Supported: 150+
- Substance Abuse Recovery Participants: 200+
- Vulnerable Migrants Assisted: 300+
- Sex Workers Engaged: 120
- Traveller Families Reached: 75+
- Coastal Community Members Assisted: 400+
- Mental Health Support Sessions Delivered: 250
- Individuals with Learning Difficulties Supported: 180
- Multi-Morbidity Care Plans Facilitated: 220

Our inclusive approach has allowed us to make a meaningful impact on the lives of these diverse groups, fostering a healthier and more equitable community. Through continued collaboration and dedication, we aim to extend our reach and enhance our support in the coming years.

Achievements in Year One

Since its launch in Autumn 2022, the Community Health Catalyst Programme has achieved significant milestones:

- Direct Engagement - Partnered with 20 VCS organisations in the area, facilitating direct support and collaboration.
- Comprehensive Signposting - Connected individuals to over 40 voluntary and statutory providers for essential health and wellbeing services.

- Critical Services Provided - Delivered crucial services such as mental health support, health screenings, smoking cessation programs, cost of living advice, befriending services, and social activities, addressing immediate community needs.

Looking Ahead

The work of the Community Health Catalyst Programme is set to continue for another year, with a steadfast commitment to engaging with local people and improving their health prospects. By fostering strong partnerships and leveraging community resources, we aim to build a healthier future for all.

Get Involved

Together, we can make a difference. If you are interested in learning more about the Community Health Catalyst Programme or wish to get involved, please contact MVA at **01634 812850** or via email at info@mva.org.uk.

Join us in our mission to create lasting, positive change in the health and wellbeing of Medway and Swale communities.