

Vital 5

MVA have secured funding from the Kent and Medway ICS (Integrated Care System) to deliver some non-clinical interventions in the community that will improve people's health outcomes around the areas of:

- mental health,
- obesity,
- tobacco dependence,
- hypertension,
- and alcohol misuse.

This project is called Vital 5, we have chosen 4 organisations to deliver activities across the Medway and Swale Areas over an 8-week period. Some of our organisations have chosen to do this in 1 or 2 one off sessions whereas others are delivering activities weekly. The data from these interventions will then be collected and collated into a spreadsheet to be sent to the funder to show the impact of the activities.

The 4 organisations which have been selected are

- AMAT,
- Hands of Hope,
- Medway Diversity Forum
- and Megan CIC.

Each of these organisations have used their funding to put in place an activity/set of activities which they feel will benefit the 5 key areas.

AMAT have worked on a project which is a series of weekly FIFA football tournaments over 2 months which has looked at promoting mental health and reaching out new people in the community that they haven't worked with before.

Hands of Hope put on a Sports Day Tournament to help reduce obesity and promote positive mental health.

Megan CIC held a Course Day where blood pressure was taken, mental health and healthy weight were topics for discussion.

Medway Diversity Forum are putting on cooking classes to encourage healthy eating and walking groups for the elderly.