

Move Together

Emma Thompson

[Text: Emma Thompson, Move Instructor]

Images [Graphic skyline image across bottom of page. Logo with County Durham Together Partnership logo and Better for everyone strapline]

[Video: Emma sat in Eden Hill Community Centre]

[Emma: We do work with a lot of different agencies in this area whether it be social prescribing link workers, Wellbeing for Life, different sort of community centres like for example Eden Hill and it's about bringing people together, sharing our best practice. We talk about particular clients and how we can sort of improve outcomes for people. You know, it's sharing that knowledge and us sharing what we're doing in the community, so people have a bit more awareness.

I've been working with social prescribers over in Seaham, we've set up a gardening session which we've called Move and Grow. So again, it's that joined up working, bringing ideas and our experience together so that we can create activities that people can come along to. It's massively important to have those relationships. I attended a networking breakfast this morning at the Pavilion which was really good. But yeah, it's that joined up working, that is what is going to make a difference in this area.

Plus, they've got volunteers that are volunteering for Eden Hill People's Centre its sort of bringing everybody together to try and put on something for the community, but their influence is massive because they live here, they live in this community. I'm coming in as an outsider really and although I come and deliver sessions its them that sort of bring people in. You know, we work together, and I think that's really what's a success been here, is that we've got different agencies and their volunteers and the community all coming together. We're having fun, we are removing some barriers to physical activity, we don't use the exercise word, we come in and we do something fun, and people enjoy it, and they keep coming back so we're clearly doing something right.

[Images: County Durham Together Partnership logo]