

WELLMOOR

Wellmoor is a health and wellbeing organisation, aiming to empower whole community wellbeing by improving the lives of people living in the North Dartmoor area.

- Established in 2017 as part of the Moretonhampstead Development Trust
- We work in partnership with GP practices across the North Dartmoor Primary Care Network, local NHS services and other voluntary bodies
- Local advisory group established to provide support, guidance and oversight of progress





## A few of our projects...



#### Friendly Fridays

Local warm hub set up in response to the cost of living crisis, offering a warm space where local people can gather for lunch and a chat every week.



### Devon Day Trippers



Travel confidence trips for over 55s living in and around Moretonhampstead, North Bovey, Manaton and Lustleigh, who find getting out and about difficult.



### Community Allotment



Green Prescribing space set up with Moretonhampstead Health Centre. Weekly working parties overseen by Wellmoor team leader supported by volunteers.



# Strength & Balance/ Seated Dance

- Programmes of Strength and Balance classes run by qualified Postural Stability Instructors established across North Dartmoor PCN.
- Trialing sessions for Unpaid Carers in Ottery St Mary
- Piloting a subscription based online platform to bring virtual movement sessions to care homes