

Background

Cannock Chase District Council are encouraging residents to find their way to wellbeing by downloading the new Cannock Chase Can app and signing up to this app. Cannock Chase Can will help people improve their health and wellbeing, create personal goals and individual wellness journeys. It will also provide information about healthy eating, physical activity, and advice about how to make healthier life choices.

Brereton Can is a health and wellbeing promotion funded by Brereton Million, centred around lifestyle changes and weight loss. This is a website page where individuals can find out about local activities and events and be signposted to use the Cannock Chase Can app to help make and manage individual lifestyle choices.

Details

The Cannock Chase Can app / website is based on 8 Wellness Themes:

Move Well	Eat Well
Sleep Well	Naturally Well
Connect Well	Manage Well
Budget Well	Feel Well

Brereton Can have been in contact with us to see if we would like to set up a Rugeley Can. Having spoken with CCDC, this would not be through a separate app, but would be a webpage (possibly on our Town Council website) on which we would advertise various activities that people could undertake in the community. These activities would link to at least one of the 8 themes. When an activity is being undertaken, the app will allow the user to get points / recognition of undertaking the work and this would lead to rewards.

The work would require the Town Council staff to upload information that could be undertaken – details are given in brief on our website and more details would only be obtained from the Cannock Chase Can app. In addition, work that is being undertaken by other agencies in our area would also be uploaded to our website and for more details users would be directed to the Cannock Chase Can app.

Ideas of Activities

It may be that some of the following ideas could be included on the Rugeley Can webpage and the Cannock Can app:

- A trail to walk round the town to see the various cooling towers (a QR code could be clicked to give information re the background to the towers) – **Move Well**
- Arts activities in the town centre on Artisan Market Days – **Connect Well**
- Joining theatre groups / social activities at the Rose Theatre – **Connect Well**
- Coming along to Warm Hub to learn the skill of knitting and learn how to reduce heating costs / manage finances – **Budget Well**
- A walking route to various local landmarks – take pictures and get the history of the landmark on your phone – **Move Well**

Consideration

Cllrs are asked to consider launching the webpage and links to the Cannock Can app at no cost to the council. The only cost would be officer time to upload the information and attendance at activities if required.