

The University is working in partnership with the West Itchen Community Trust, Solent Synergy, Thornhill Plus You and Coffin Mew solicitors to ensure the best possible advice, guidance, training and support is provided.

Would you like to support Southampton communities?



Southampton Solent University has been awarded £300k by the Higher Education Funding Council, to provide support for four existing health and wellbeing projects across the City, to enable them to become sustainable social enterprises.

Thornhill, a regeneration area in Southampton, is the pilot for Sustaining Healthy Communities. This project is vital to the community as it will help deliver the legacy of Thornhill Plus You, the New Deal for Communities programme, when the funding comes to an end.

The four projects being supported over the next three years are outlined below:



sprint-start

Aimed at school children and youth groups, this educational and practical skills programme is being led by the Olympic athlete, Iwan Thomas MBE. It raises awareness of the importance of healthy eating, physical exercise and healthier lifestyles. It also provides opportunities for young people, parents and community groups to access training and career advice that improves health and wellbeing.



Southampton Action For Employment (SAFE)

This project provides training, coaching and support for long-term unemployed people living in deprived communities facing multiple mental health barriers including anxiety, stress and depression. Its positive approach enables people to build self-confidence and take tangible steps forward in health, social integration and employment.

Thornhill Health And Wellbeing Network (THAWN)

This project promotes healthy living through a drop-in advice and guidance centre for residents of all ages living in Thornhill. Run by community volunteers, this centre helps to raise awareness on a wide range of health and wellbeing issues, through practical activities that build confidence and encourage healthier lifestyles.



Health Kicks

This project uses football coaching and competitive game play as a gateway into training and employment opportunities within sport and health-related areas. Targeting unemployed young men in particular, this programme helps to promote positive self-esteem and confidence, increase access to statutory health care and other health related initiatives.



If your organisation wishes to get involved in any of these projects, either through providing sponsorship, volunteers, resources or expertise, please contact Anne Carty, Community Projects Manager, Southampton Solent University on 023 8031 9357 or email anne.carty@solent.ac.uk.