



Organisation Background

1.1 Aims and Objectives

B healthy together (BHT) is a small, dynamic Scottish charity, developed by local people from Sighthill, Parkhead and Broomhouse in Edinburgh. BHT aims to facilitate health improvement for the local communities in the southwest of Edinburgh (including Broomhouse, Sighthill, and Parkhead) by using an inclusive approach to promote healthy lifestyles and provide a variety of social health activities. BHT was established over 25 years ago and has the following objectives:

1. To provide opportunities for the local community to seek peer support around relevant areas of health and reduce social isolation.
2. Using an inclusive approach to involve and empower local people in developing and providing B healthy together health improvement activities.
3. To promote healthy lifestyles within the local community by providing access to affordable food and undertaking food and health activities
4. To provide volunteering opportunities, with the intention of generating greater confidence and self-esteem in those volunteers.
5. To work in partnership with local organisations to identify and address gaps in community-based health improvement activities within the local communities.

1.2 Approach and Activities

BHT uses a community development approach to bring people together who share common interests in health issues in their community. Local people and volunteers are central to the planning and delivery of all services. Services are delivered by a team comprising salaried staff, session staff, and volunteers. A Board of Trustees (maximum 12 members) provides governance, including volunteers and professionals from other organisations.

BHT activities are free and currently comprise community meals, health and wellbeing workshops, stress relief programme, a craft group, seated yoga, chair exercise, and walking groups. BHT also works in close partnership with local organisations to address gaps in health improvement activities.

1.3 B healthy together Values

1. **Innovative:** We support people on their journey to health and well-being by improving, innovating, and adapting our services. We want to work with our service users to learn from their feedback and continually improve our work to ensure our services meet the needs of the communities we serve.

2. **Diverse:** Being healthy can mean different things to different people. We recognise goals that celebrate health in many ways, and we strive to work with people at their own pace and to help them along their individual journeys.
3. **Inclusive:** We offer support to anyone wanting to improve their health and well-being. Our services are for everyone, regardless of age, class, ethnicity, religion, gender, sexuality, or disability.
4. **Supportive:** Being healthy is influenced by various external factors; we believe that, no matter the challenge, we can support people to enjoy greater well-being by making healthier choices.
5. **Enabling:** We empower and build resilience with local people to utilise their skills and experience to the benefit of our communities
6. **Collaborative:** When meeting our aims, we take pride in forming partnerships with other organisations to make a significant difference in the communities it serves.
7. **Efficient:** we are honest and transparent in our activities and will use our resources efficiently and effectively to deliver sustainable services for the communities we work for.

1.4 Social Media Details

Website: www.bhealthytogether.org.uk

Facebook: www.facebook.com/bhealthytogether

Instagram: www.instagram.com/bhealthytgether