

Par Bay Action Research July-December 2025

Local Trust and the NHS Confederation have joined forces to support the transition to neighbourhood based health approaches.

At our July meeting we came up with a local challenge

In Par Bay, rural isolation and limited transport options prevent many residents—especially those with health conditions, frailty, or living in remote spots—from getting to appointments, services, and wellbeing activities. Across sectors, there are big knowledge gaps about what exists locally for health and wellbeing, leading to missed referrals and siloed working. Our local infrastructure and community services rely heavily on a handful of individuals, creating risks of burnout, service gaps and lack of sustainability.

How can the NHS, Local authorities and VCSE work alongside communities as good long-term partners to tackle these cross-cutting challenges? Together, we aim to discover and test practical, shared solutions that:

- Make transport to appointment/ activities more readily available and accessible
- Make knowledge about community support offers easy to find, use, and share (for staff and residents)
- Grow more leaders and sustainable volunteer models

Key challenges:

- Knowledge gaps amongst and within sectors
- Over-reliance on a few key individuals - specifically when it comes to strategic thinking - coupled with volunteer shortage.
- Transport – limited, unknown or inaccessible options for getting to health/wellbeing opportunities.

Questions / areas of focus:

1. How can we create more widespread accessible transport option(s) supporting people to make the most of community support and health/wellbeing services?
2. How can we share information about health and wellbeing services/activities in a way that reaches more people and is more streamlined and up to date?
3. How can we create a sustainability plan for The Hub at Cornubia and various connected programmes, in terms of leadership and volunteers?

Action Plan

Gather qualitative and quantitative data about transport locally and then use these insights to design and test new approaches

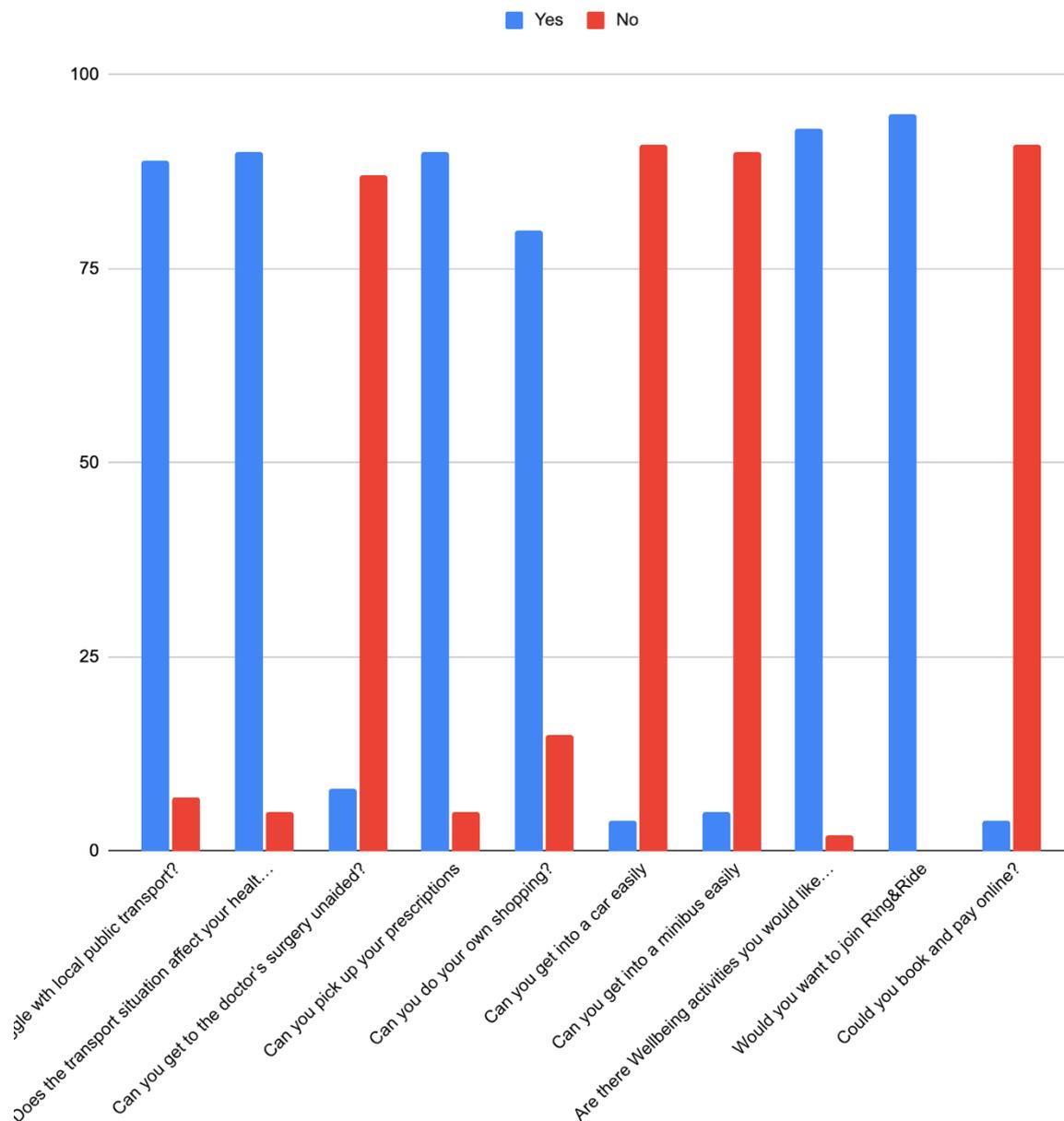
We focused initially on the local transport situation.

- Questionnaires were distributed to local groups assisted by our NHS partners to: Hub @ Cornubia, Knit & Natter, Par Track, Local Churches, St Blazey over 60s club, Tywardreath over 60s
- We researched systems used by other areas: Lanivet, Bath, Chichester, Age UK, Volunteer Cornwall and Feock -we modelled ours on the Feock set up more or less.
- We made the decision to keep it hyperlocal PL24 only. We named it Ring&Ride PL24.
- For our community we could not use a system of online payments or booking as so many have little or no online access.

- Age UK were very helpful with advice as was Tom Skinner from Volunteer Cornwall and Ian Wilson our Cornwall Councillor.
- Set up phone/email/facebook page/logo
- Posters distributed



Yes and No



Ring & Ride Questionnaire

Feedback on trial period

It has made a huge difference to be able to get to the surgery.
 I am very grateful to the volunteers.
 I couldn't find any other way to get to the hospital I don't know what I would have done without you.
 X is so kind and helpful.
 A wonderful service

Flyers will be sent out at the end of January to spread the word that we will be starting the scheme in Feb/March

Health and Wellbeing Directory

This is on hold at present. A similar directory is being prepared by Home Instead.

Sustainability

*How will you ensure you have **ongoing impact** and **long-term partnerships**?*

One of the key areas we're focusing on is over-reliance on a few key individuals. We will explore opportunities for long term handover / engaging more leading individuals and sharing responsibility / volunteer recruitment and sustainability. We aim to bring cross-sector reps onto Cornubia Hub's board (eg NHS Care Champion, LA rep). We are actively looking for a Health and Wellbeing Trustee. (attached) The Lord Lieutenant of Cornwall has launched a scheme to support the many and varied voluntary organisations in Cornwall in finding experienced trustees. Volunteer Cornwall is assisting.

As part of this work we envisage working closely with different organisations and sectors which should deepen our relationships for the long term...

January

- Convene a Transport Working Group to prepare for launch.
- Launch in Feb 2026
- Advertise for Health and Wellbeing Trustee
- Trial Community Transport
- Look for WAV 6 -seater?
- Bring NHS Care Champion + local authority rep onto Cornubia Hub board.
- Maybe: Partner with local schools/colleges for youth volunteering / apprenticeships