

Cannock
Chase



Get involved – Guidance Pack





Cannock Chase Can

Cannock Chase Can is an exciting new programme to help you make healthier lifestyle choices.

About Cannock Chase Can...

The new 'Cannock Chase Can' mobile app enables residents to sign up to and create personal profiles including target weight, personal goals and individual wellness journeys. It also provides information about healthy eating, physical activity and advice about how to make healthier lifestyle choices. It hosts a variety of wellness challenges developed by the community and local organisations.

It provides our community with the tools to improve their own health and wellbeing, by making it fun, focused and easily accessible.

So, whether you are a parent, run a local business, a healthy food fanatic, or a child with a great idea, you can support others by getting involved and submitting a challenge. These will be showcased within the App for users to complete and progress up their wellness wheel.

How does Cannock Chase Can work?

Users of the App will begin their individual wellness journeys by responding to a set of questions relating to each of the wellness themes. These themes have an impact on our overall health and weight management.

Answers are evaluated to create individual Wellness Wheels and weight goals. Relevant information and community challenges are offered to help everyone to progress on their wellness journey.

Cannock Chase Can aims to give people as many tools as possible so they can lead a happier and healthier lifestyle.

This is where you come in!

The Cannock Chase Can App is available to download for FREE from Google Play and the App Store.



1. Developing a Challenge

Your challenges can be absolutely anything if they can benefit an individual's health and wellbeing.

Challenges can range from step by step instructions to making Grandma's super soup to a calming audio of bird song from Cannock Chase, to a video showcasing outdoor football tricks filmed in Cannock Park. The more engaging, fun and imaginative - the better!

Download the challenge pack for each format for further information.

Challenge Principles





All the challenges you submit must follow these basic principles for them to be included on the new App.

Challenge Principles	
Fun and Friendly	No matter how easy or hard, make it fun and engaging.
Doorstep Doable	Make it relevant. Base it from within the home/in or around Cannock Chase District using local spaces and places.
Healthy and Wholesome	Do your research - No unhealthy recipes or activities which are not sensitive to our environment or put people at risk.
Free to Affordable	Show how a healthy lifestyle can be a part of everyday life on a budget.
Quick and Easy	Consider time and show it's not complicated to do.
Accessible and Inclusive	Consider who the challenge is for and communicate it clearly.
Safe and Sound	Highlight how to keep safe and free from harm or injury. Never demonstrate any irresponsible activity for the unskilled.

2. Which format will you use?

Cannock Chase Can aims to introduce people to new positive experiences. Challenges will be available in various formats such as watching, reading and listening. Your challenges can be submitted as a video, document, audio clip, weblink and step by step instructions.

Here are the formats we will accept:

Challenge Format	
Document (Word / PDF) to read	
Audio to listen	
Video to watch	
Weblink	
Supporting image and/or logo	

To help you, we have produced a challenge pack for each format with some useful tips. Download a copy of these at www.cannockchasedc.gov.uk/cannockchasecan

3. What Wellness themes will your challenge support?

All the challenges will in some way support all the wellness themes within the Wellness Wheel and these can be highlighted in more detail in your submission form.

The wellness themes affect our all-round health and wellbeing including weight management. Please select two themes from the list shown below.

Wellness Themes		
Move Well		Being more physically active at work, play and everyday
Eat Well		Consuming a balanced, nutritional and positive portion sized diet
Sleep Well		Sufficient, relaxing, deep and routine led sleep
Naturally Well		Caring and connecting to nature including Cannock Chase and local green spaces
Budget Well		Money management – budgeting, saving, dealing with debt
Manage Well		Having the skills to cope with life and its events and asking for help from family, friends and services when needed.
Connect Well		Importance of friendships, giving, being involved in your community
Feel Well		Skills and tools to self-manage your mental and emotional wellbeing

4. Submitting a Challenge

As soon as you are ready to submit a challenge, you will need to complete the 'Challenge Submission Form' and send it with your chosen challenge format.

Useful information

This form and further guidance can be found on the Council's website – www.cannockchasedc.gov.uk/cannockchasecan

Challenges can be submitted directly by completing the online submission form or email cannockchasecan@cannockchasedc.gov.uk

The submission form is available in each of the Challenge Format Packs.



4. Submitting a Challenge

The following form provides further guidance and information which will help you when completing the online submission form.

Your Contact Details	
	Name
	Email
	Telephone Number
<p>Your information will only be used for the purposes of the 'Cannock Chase Can' App and will be stored alongside the challenges you submit. We will only use this to contact you if we require further information about your submission and to confirm your challenge is live.</p> <p>Your information will be stored within a secure content management system solely for the Cannock Chase Can mobile application.</p> <p>We will not share your information with any other third parties.</p> <p>Your information will be stored for the duration of the programme and will be deleted after 5 years from the submission date.</p> <p>You have the right to withdrawal consent at any time throughout this time.</p> <p>Full details can be found at www.cannockchasedc.gov.uk/privacypolicies</p>	

Your Details	
The name(s) you wish to display as the challenge creator	These details will be displayed on the App and will be in the public domain
Which area are you from?	Add the local area you live in i.e. Hednesford, Rawnsley, Brereton, Norton Canes etc
Name of organisation (if applicable)	Please attach your logo which will be displayed on your challenge within the App



4. Submitting a Challenge

Your Challenge

Title	Provide a short title describing your challenge
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Which Wellness Theme does it support? Only select two	Move Well	Eat Well
	Sleep Well	Naturally Well
	Connect Well	Manage Well
	Budget Well	Feel Well

Select two Wellness Themes which your challenge relates to. This will ensure your challenge is displayed in the right wellness section within the App.

Who is it for? Tick as many as you like	Early Years	Adults
	Primary	Older Adults
	Young People	Physical Needs/Disabilities
	Learning Needs/Disabilities	Vegetarians/Vegans
	Workplace Colleagues	All the above i.e Inclusive/Family

The App is for users 18 years and over. However, this does not prevent younger people getting involved. A user can encourage others to participate in challenges, including their children or an elderly relative that they care for.

Who can you do it with? Tick as many as you like	Alone	Couples
	Family	Groups/Teams
	Workplace Colleagues	All of the above

Some challenges might be suitable to do alone, in pairs or as a group.

Challenge Description (No more than 100 words)	Write a short description explaining your challenge. Use fun and friendly language. You can also attach an image that represents your challenge.
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4. Submitting a Challenge

Preparation/Requirements	<p>Explain what people need to do in order to undertake your challenge. This could include:</p> <ul style="list-style-type: none"> • Wearing sensible footwear • Wearing waterproof clothing • Having a clear floor space, free from hazards • Shopping for food or craft items • Taking a drink and other refreshments 	
Time/Duration (if applicable)	Estimate how long your challenge will take	
Location	<p>Describe the setting or location to undertake your challenge. This could be at home, a local park, leisure centres etc.</p> <p>Do not use specific venues without their consent or involvement.</p>	
Challenge Format	Video	Document
	Audio	Weblink
Simply tick and attach your challenge format with this form. If you are submitting a weblink, please copy and paste the url into this form.		
Your 'Well Done' Message (No more than 20 words)	<p>Write an uplifting message to keep the user doing the challenge motivated.</p> <p>Add in further information that the user may find useful including signposting details to a local club or support group and any associated costs that may be incurred when signing up.</p>	

Checklist

- Complete the Challenge Submission Form
- Attach your chosen challenge format
- Attach a challenge image
- Attach a logo (if applicable)
- Consent granted (for use of venues/owner/author of original content)
- Read and agree with Cannock Chase Council's Privacy Statement



5. Managing Risk - Guidance

The serious bit.

Promoting fun activities and trying new things can come with some risk.

Therefore, we all have a responsibility and duty of care to reduce those risks associated with the light-hearted and wholesome activities promoted as 'challenges'. We must do all we can through advice and guidance to safeguard and protect you, participants, flora, fauna and property from harm, injury or damage.

Make sure your challenge is clear and states: "We challenge you to..."

Make sure you explain the following:

- its health and wellbeing /quality of life benefits
- risks involved and any health and safety information to reduce them
- any equipment, material or item needed
- what is involved

Things to consider:

- Only qualified instructors can submit intense physical activity challenges. Others submitted will be assessed by our specialists before publishing.
- Consider how you communicate and engage your audience. If you can, test your challenge with others to make sure it is fit for purpose, and you have spotted risks to highlight precaution.
- The content in your challenge i.e language used, images or footage must be appropriate.
- Think family friendly.
- Never use anything which is subject to copyright. If you are using other people's work, i.e following a recipe from a famous chef, or exercises from a personal trainer, you must reference the owner/author.
- Make sure individuals or specific venues featured have given consent prior to submitting your challenge.

All submissions will be checked before being published on the App. Challenges can be refused if deemed inappropriate, misleading or disrespects property or places.



5. Disclaimer

Cannock Chase District Council strongly recommends that you consult your GP before beginning any of the exercise challenges on this App. You must consult your GP prior to participating in any exercise or exercise program if you have any pre-existing medical conditions or injuries. You must be in a good state of health before taking part in any of the exercise challenges on this App.

Any exercise and dietary advice provided through the App are not intended as a substitute for any exercise routine, treatment or dietary advice that may have been prescribed to you by your GP, physical therapist or dietician. Any exercise or exercise programme poses inherent risks and you are advised to take full responsibility for your own safety and know your limits at all times. When submitting any challenge, but especially exercise challenges, ensure your proposed challenge is within your own capabilities and, where relevant, your fitness level. If you experience any shortness of breath, dizziness or light-headedness whilst exercising, you must stop the activity immediately and seek medical advice.

If you engage in any challenge through the Cannock Chase Can App, you agree that you do so at your own risk, you are voluntarily participating in these activities and assume all risk of injury to yourself. Cannock Chase District Council and the challenge creator do not accept any responsibility for any injury or accident incurred as a result of participating in the challenges on the Cannock Chase Can App.

Cannock Chase District Council shall not be responsible or liable for any damages, injury or harm resulting from your access to, or inability to access the App, or from your reliance upon any information provided in the App.

If you have any questions about your ideas or challenge email cannockchasecan@cannockchasedc.gov.uk

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For more information about Cannock Chase Can visit
www.cannockchasedc.gov.uk/cannockchasecan