

Background

Cannock Chase CAN is an App launched in March 2022 to encourage residents of Cannock Chase to improve their health and wellbeing. [Welcome to Cannock Chase Can | Cannock Chase District Council \(cannockchasedc.gov.uk\)](https://www.cannockchasedc.gov.uk)

The App enables residents to sign up and 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. It will host a variety of wellness challenge which will be developed by the community, local organisations, and businesses.

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 overall health and weight management.

Role of Rugeley Town Council

To address health and wellness issues, initiatives are needed to encourage App users to get out and about in the community and partake in local initiatives, volunteer, discover local heritage etc.

Rugeley Town Council can play a part in this by developing schemes that can link to the App and get App users to explore and take part.

Examples of how the Council could participate are:

- 1) When the Cooling Towers project is launched – developing a trail to view the towers – each tower will have a QR code where trail users can find out more about the history of the towers and details on how they were constructed.
- 2) Walking along the Heritage Trail – work with volunteers to clean up the trail and improve the signage and information. Again, using QR codes, learn more about the local history.
- 3) Canal Collections – support the Transforming the Trent Valley initiative encouraging interactive walks from Tesco to the Brereton Community hub – looking at heritage, flora and fauna along the canal.
- 4) Pedal Power – developing through the legacy from the Commonwealth Games, a virtual go pro recording of a cyclist on the mountain bike 'Perry Trail' on the Chase – this would be shown to users on static bikes at event with bike for users of all abilities.
- 5) Creative Corners have been looking at increasing footfall in the town centres. Working with the Prince's Trust and DEN 101 they have created animated treasure hunts in the town centres which need to be developed with a photography challenge around the centres throughout Cannock.
- 6) Rose Theatre – set up group of volunteers who can help with front of house activities for certain public performances.

Whilst the Town Council can develop projects and support others initiatives, there will not be a separate App – the projects will all be signposted through the Cannock Chase CAN App.