



Norfolk and Suffolk Health and Care Awards 2026

Partnership with People and Communities Award

Saxmundham Health

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Saxmundham Health is recognised for its innovative, community-led approach to improving health and wellbeing by unlocking the strengths, skills and leadership within its local population. Rather than delivering traditional top-down care, the practice empowers residents to shape and lead solutions that reflect real community needs. Initiatives are co-produced and highly visible, with local barbers promoting healthy lifestyles and men's mental health, schools engaging young people in cooking and CPR training, and volunteers sustaining projects like the Veg Table through partnerships with local farms and allotments.

Central to this approach is building on existing community assets—people's lived experience, skills and relationships—and turning them into drivers of change. Community members are not passive recipients of care but active leaders, co-running dementia support groups, organising social activities, and supporting intergenerational initiatives such as film clubs that connect younger and older residents. This fosters inclusion, reduces isolation and builds a strong sense of belonging.

What sets Saxmundham Health apart is its commitment to co-production and shared ownership. By valuing what people can contribute rather than focusing solely on need, the practice creates sustainable, locally driven solutions that reduce dependency on services.

The impact is significant: residents report improved health outcomes, increased confidence and stronger social connections. Community-led initiatives have made healthy choices more accessible and normalised, while high engagement levels—such as exceptional vaccination uptake—reflect deep trust. Overall, Saxmundham Health demonstrates how empowering communities can create lasting, inclusive improvements in health and wellbeing.