

Introduction to Workshop Sessions

Sustainability Wheel

'Working towards Sustainable Communities'.

The Sustainability Wheel featured below was developed by the Government to illustrate different elements that contribute to improving quality of life for everyone, both now and for generations to come. Developing and implementing our North Somerset Community Strategy is one of the ways that we can work towards sustainable communities.

The wheel shows how all the elements fit together. For a community to be truly sustainable all the elements must be considered equally. At the NSP stakeholder event each workshop considered two elements of the wheel as they relate to the themes of the Community Strategy. Workshop participants worked together to identify what working towards sustainable communities could mean when developing and implementing the Community Strategy for North Somerset.



Introduction to Workshop Sessions

Each participant selected two workshop sessions in the morning. Ten workshops were run reflecting the nine themes of the Community Strategy plus one workshop introducing the 'Compact' for North Somerset.

During session one each thematic workshop worked on a sustainability component to explore in relation to their theme, as follows:

- Communities and People – **'Well Run'**
- Community Safety – **'Active, Inclusive and Safe'**
- Culture, Leisure & Recreation – **'Active, Inclusive and Safe'**
- Economy and Employment – **'Thriving'**
- Environment – **'Environmentally Sensitive'**
- Health and Wellbeing – **'Well Served'**
- Housing – **'Well Designed and Built'**
- Learning and Skills – **'Well Served'**
- Transport – **'Well Connected'**

During session two all thematic workshops were asked to develop work undertaken in the first session by looking at how the 'Fair for Everyone' sustainability component could be applied to the work documented so far. Workshops also considered how local people and communities might be engaged in shaping these areas of work further.

A sustainable community that worked towards being **Fair for Everyone** would include the following aspects:

- a) recognise individuals' rights and responsibilities
- b) respect the rights and aspirations of others (both neighbouring communities, and across the wider world) also to be sustainable
- c) have due regard for the needs of future generations in current decisions and actions.

Workshop 6 – Health & Well Being

Session 1

The Health & Well Being Workshop considered how the sustainability component 'Well Served' applied to this theme.

A **Well Served** community would include the following aspects:

- a) well-performing local schools, further and higher education institutions, and other opportunities for life-long learning.
- b) high quality local health care and social services, integrated where possible with other services.
- c) high quality services for families and children (including early years child care).
- d) a good range of affordable public, community, voluntary and private services (e.g. retail, fresh food, commercial, utilities, information and advice) which are accessible to the whole community.
- e) service providers who think and act long term and beyond their own immediate geographical and interest boundaries, and who involve users and local residents in shaping their policy and practice.

All aspects would contribute to developing sustainable communities that have public, private, community and voluntary services that are appropriate to people's needs and accessible to all.

Health & Wellbeing workshop notes

Reflecting on achievements over the last 12 months.

- ✓ Through NSP agreement that tackling health inequality cuts across everyone's work.
- ✓ Reduced waiting times for drug treatment.
- ✓ For All Healthy Living Centre.
- ✓ Start on children's centres.
- ✓ Reduce time for surgical operations and waiting times.
- ✓ Improvement in Weston-super-Mare hospital cleanliness and hygiene.
- ✓ Integrated learning disabilities service.
- ✓ Improved children's services locally (hospital and community).
- ✓ Improved sexual health service at Weston-super-Mare hospital.
- ✓ No worries team working – also early intervention.
 - ↳ young people to do advice and intervention.
- ✓ Government funding to set up treatment centre accreditation scheme.
- ✓ Increased investment in care homes.
- ✓ Local food and inequalities agenda together via Primary Care Trust obesity strategy.
- ✓ Safeguarding Poppy Fields.
- ✓ Tackling problematic Houses of Multiple Occupation.
- ✓ New service for supporting children whose parents misuse substances.
- ✓ Partnership local delivery plan target met.
- ✓ Stronger support and advocacy for carers including young carers.

Identifying issues to address to ensure that we are all working towards a well served community:

- Communication.
- Representation.
- Information and understanding of role toward key strand of strategy.
- Importance of prevention and education through range of activities.
 - e.g. Allotments – to grow healthy food.

- Learn about healthy food.
- Activity and social network.
- Young health issues – Healthy schools, but excludes?
 - lifestyle work of Young People's services.
- Access to social network/activity services.
 - Transport.
 - Cost – balance of priorities for Partners.
 - Partnership to agree 'protected' budget.
- Promote self-help to support above.
- Developments in diversity of services in relation to mental health care – including children.
 - Support children with Asperger Syndrome.
 - Development of primary care services.
 - Identification of key growth areas (e.g. bi-polar disorder/dementia).
 - Healthy eating.
 - Social exclusion strategy.
- School Nursing/Health Visitors.
 - Starting early, diet, mental well-being.
- Co-ordination of services at level of individual.
- Access to services and transport/equality of access.
- Resources to meet increase on demand.

Considering potential solutions to key issues identified

Communication and Representation

- better use of existing methods:
- North Somerset Life.
- newspaper – good news stories.
- wider use of existing groups/clubs.

Focus on Prevention

- new innovative projects e.g. adopt a granny linked to allotment scheme and healthy eating – promote cross generational links.
- partnership to protect a 'Budget for Prevention' - could be used for advertising.

Improve access

- link to Transport Plan.
- volunteer drivers.

Mental Health

- more resources required.
- better targeted service development.
- improved strategic co-ordination across the partnership – including strategies to reduce social exclusion.
- development of primary care mental health service.

Starting early with youngsters

- develop school nursing provision and services.
- children's centre for each community.
- access to coordination of services.
- improved coordination of primary care and voluntary sector.
- database developments.
- coordination of planning across sectors via wider partnership (LSP).

- avoid perpetual organisational change.

Workshop Outcomes

The Health & Well Being workshop suggested issues and potential solutions to help develop 'well run communities' in North Somerset. This work was presented as part of the sustainability wheel built by all participants at the Stakeholders event.



HEALTH AND WELLBEING	
<p>Issues</p> <ol style="list-style-type: none"> 1. Communication and Representation. 2. More focus on prevention. 3. Improve access and coordination of services. 4. Mental health – develop better resourced and more diverse across all ages. 5. Early Years support – ie Health Visitors, school nurses and community links. 	<p>Solutions</p> <ol style="list-style-type: none"> 1. Better use of existing communication routes eg North Somerset Life, newspapers and existing social activity groups like WI. 2. Focus on projects that promote cross-generational links – 'young & old'; need budget that is protected for prevention services. 3. We have good services but people can't get to them; better links to Local Transport Plan and volunteer drivers; better links with Primary Care and voluntary sector; improved databases and information sharing; avoid perpetual change from government. 4. Development of primary care mental health; more resources. 5. Children's centres for each community; working closely with education and children's trust.

Health & Well Being Session 2 – Considering the Sustainability Component: Fair for Everyone

Issues and solutions identified by the group for inclusion with the sustainability wheel produced at the event

- Prevention
 - For prevention of ill health and poor school work.
 - Access to exercise facilities - can be difficult for the elderly and very young, and the layout and facilities for the disabled and ethnic minorities may be unsuitable. Low income to pay for using facilities may also be a problem. Existing facilities need to be audited.
 - Improving the level of warmth in peoples home.
 - Accessible local GP surgeries, that is within walking distance providing specific projects for specific needs such as blood pressure or cholesterol clinics.
- Mental Health
 - Well being of community generally will improve – music + culture + arts contribute positively to this and needs promoting so people get involved and links generations.
 - Why has Local Authority withdrawn funding from Youth Choir (Worle School) and other community projects – NSP to co-ordinate how funding is allocated/awarded.
 - NSP to join forces to bid effectively to draw in outside funding and develop capacity to do this.
- Communication and Representation
 - Need to be clearer about attracting people to get involved in consultation & information sharing – targeting the most appropriate people; look at who we hear from and who we do not and encouraging wider/more appropriate participation. How are people going to get there? Discouraging the use of cars is a nonsense in North Somerset. Cycle paths disjointed!
 - Consistent support for voluntary sector to help in funding issues and help community groups sustain themselves.

Issues and solutions identified by the group when applying the sustainability principle of 'Fair for Everyone' to the Health and Well Being theme. The work below was included in the sustainability wheel produced at the event

FAIR FOR EVERYONE

1. Prevention – access to sports, medical, recreational facilities. Lack of dignity of facilities.
2. Local GP – access and information.
3. Mental Health – focus on wellbeing of community generally – funding issues and information re funding. NSP - focus on bidding more effectively for funds.
4. Communication & Participation – Clearer about getting wide range of people involved.
5. Wider participation – how do we communicate?