

**Area Clusters Feedback on Themes – March / September (Health) – Appendix Two**

	How can we support citizens to access services which will help them to have a healthy lifestyle?	What are the barriers/gaps?	What enablers can help overcome these barriers?	How can we make services more attractive to hard to reach groups	What works well in your area
<b>Bulwell Bulwell Forest</b>	<p>Inviting health providers to events for example.</p> <p>Use local media to promote city council campaigns. Inclusive of Evening Post and Bulwell and Hucknall Dispatch.</p> <p>Promote local initiatives e.g. Bulwell Health and wellbeing strategy.</p> <p>Help promote local events.</p> <p>Look at ways of promoting underused groups.</p> <p>Do outreach into areas where there are few health initiatives.</p>	<p>To get to people who really need it.</p> <p>Are our links to frontline staff sufficient?</p> <p>How are we reaching people who are not registered with GPs? What is the rate off under registration in this area?</p> <p>Are there problems similar to those at St Marys in other local practices (currently closed by the CQC)?</p> <p>Reaching out to people needing mental health/drug/alcohol services.</p>	<p>More Joint Working</p> <p>Working with the police for e.g. around mental health</p> <p>Community navigators</p> <p>Faith Organisations</p> <p>Community Groups</p> <p>Can mindfulness be expanded – local authority</p> <p>Foodbanks?</p> <p>Community lunches</p>	<p>Identify Who he hard to reach groups are?</p> <p>Providing health info/stats to local groups.</p> <p>Young people can be good to promote services.</p> <p>Promote more outside normal working hours.</p> <p>Monitor quality of existing services.</p>	<p>Joint Service centre</p> <p>Bulwell Riverside</p> <p>Community Garden in Bulwell Forest south glade, Mellish Sports Centre.</p> <p>Communication through social media etc.</p> <p>Health Stalls – Family fun days</p> <p>Bulwell Market place</p>
<b>Basford Bestwood</b>	<p>Health promotion in libraries, Childrens Centres and School.</p> <p>Health promotion at the school gate.</p> <p>Provide some services in Childrens Centres, libraries, schools, elderly complexes.</p> <p>Encourage registration with GP surgeries and dentists. Promote Local surgeries and services.</p> <p>Family Support Workers to focus on nutrition and signs of health.</p> <p>Health campaigns.</p>	<p>Lack of resources generally.</p> <p>Lack of resources in school.</p> <p>Cost of gym membership.</p> <p>Lack of school holiday activities.</p> <p>Cost of leisure activities.</p> <p>Cooking skills.</p> <p>Nutritional knowledge.</p> <p>Choice of supermarkets – smaller ones such as the Co-op can be expensive.</p> <p>Lack of Sports equipment in school.</p> <p>No teaching of nutrition in schools.</p> <p>Illegal tobacco sales.</p> <p>Gym equipment on Parks not utilised due to lack of guidance.</p> <p>Cheaper prepared meals unhealthier.</p> <p>Shortage of PG's.</p>	<p>Gym membership on prescription.</p> <p>Local Tenants and Residents groups and community associations.</p> <p>Youth and Play workers.</p> <p>Schools.</p> <p>Local sports clubs, centres and gyms.</p> <p>Long term health agenda in schools.</p> <p>Cooking classes schools and the local community.</p>	<p>Weight and blood pressure measuring at events.</p> <p>Health monitoring in local places of worship.</p> <p>Health promotion o/s schools directly to parents.</p> <p>High profile campaigns targeting issues such as nutrition, blood pressure etc.</p>	<p>Partner attendance at summer events.</p> <p>Walking clubs – Best Foot Forward.</p> <p>Smoke cessation classes at Ellis Guilford.</p> <p>Yoga in schools – proposed.</p> <p>140 kids attend breakfast club at one school in Bestwood.</p> <p>Reduction in drinking amongst the youngsters.</p>
<b>West Area (Aspley, Bilborough, Leen Valley)</b>	<p>ensure wide range of health leaflets are available across key community locations (libraries and community centres) and that these leaflets address the prevalent health issues in the West area including smoking, physical activity and sexual health (young people),</p> <p>What do we need on the street to nudge people towards accessing health</p>	<p>Fear, apathy, not knowing where services are located, not knowing what specific services and treatments are available at Doctors surgeries and pharmacy outlets, lengthy waiting times.</p>	<ul style="list-style-type: none"> <li>• Promoting messages about prevention – leaflets signposting residents to services within the area.</li> <li>• Cannabis use – tell tale signs. Do parents know what children are using</li> <li>• Support group for women around mental health.</li> </ul>	<p>Go into the community more – taking services and knowledge about health activities to the people in the places they most frequently use – school gates, shopping areas, buses, queues, fish and chip shops / takeaways etc</p>	<p>Doctor's surgeries are accessible. There are a good number of surgeries spread across the three Wards</p> <p>Southwold Primary School community days initiative eg Food Fest with health partners (June 2016)</p>

	<p>services?</p> <p>People are not readily accessing services so we need to take the services to the heart of the community – places such as Strelley ASDA and Aspley Lane shops.</p> <p>More use of focus groups – creating conversations around health topics. Community Centres can be used for this.</p>			<p>use of community centres</p>	
<p><b>Arboretum, Dunkirk and Lenton, Radford and Park</b></p>	<p><b>NOTE: 3 main health Issues identified in this area by local Councillors - alcohol/drug misuse; mental health; lack of healthy lifestyle</b></p> <p>Targeted health awareness strategy and campaign for this area.</p> <p>Mapping of the services in this area and who are they actually catering for?</p> <p>Ensure differing communities are made aware of what services are available, where and how to access them.</p> <p>Join up working with Public Health, Parks &amp; open spaces.</p> <p>Free Google verbal translation app, practitioners/ frontline staff to have this on their work mobile phones</p>	<p>Lack of awareness of Alcohol/ Drug misuse support services among</p> <ul style="list-style-type: none"> <li>• Students</li> <li>• Homeless</li> <li>• New &amp; emerging Communities</li> <li>• Vulnerable adults</li> </ul> <p>Lack of awareness by differing communities of how NHS works</p> <p>Increase enforcement by CPO and Police with regard shops selling cheap alcohol and confiscations</p> <p>This area viewed as a hotspot for illegal cigarettes and alcohol</p> <p>Increasing dissatisfaction with the 101 number by Community.</p> <p>More Religious establishments need to be targeted by health Professionals</p> <p>Reduction of targeted services</p> <p>Education for families</p> <p>No targeted Mental Health campaign in this area.</p> <p>Language</p> <p>Cultural/ age specific projects</p> <p>No GP facilities in Dunkirk</p>	<p>Health, CPO and Police to develop an action plan to tackle Alcohol/ Drug misuse across this area to prevent displacement from the City Centre.</p> <p>Trading Standards to increase test purchases for adult drinkers within this area.</p> <p>Arboretum Street Drinkers Pilot Plan to go to September's Area Committee and disseminate learning.</p> <p>Review of 101 number to make it user friendly.</p> <p>What support do universities offer to students, to manage stress/well being?</p> <p>What is the suicide rate in Nott's by ward for students?</p> <p>CCG to use fund to support the prevention agenda ( Keeping people out of Hospital)</p> <p>Public health to commission a pilot project to targeted work with fast food shops to advise them of a how to reduce, fat/ sugar and salt intake in the food they produce.</p> <p>All front line staff should be aware for the self Help booklet (which is updated by the library service</p>	<p>Targeted health awareness strategy and campaign for this area.</p> <p>Ensure differing communities are made aware of what services are available, where and how to access them.</p> <p>Join up working with Public Health, Parks &amp; open spaces.</p> <p>Offer services that are relevant to citizens (Elderly, BME, Young, emerging communities)</p>	<p>Libraries and Self Help Booklet</p> <p>Framework</p> <p>Bac – in</p> <p>GP Surgeries</p> <p>Schools</p> <p>Community Centres</p> <p>Sure Start Centres</p> <p>Night Line ( Students)</p> <p>Awaaz</p> <p>Metropolitan Housing</p> <p>Health visitors</p> <p>Outdoor Gyms</p> <p>Park Life</p> <p>Slimming world</p> <p>NCH sport England Campaign (coming to an end).</p>



	<p><b>General lack of healthy Lifestyle</b></p> <ul style="list-style-type: none"> <li>• <b>Obesity</b></li> <li>• <b>Poor Diet</b></li> <li>• <b>Physical inactivity</b></li> </ul>	<ul style="list-style-type: none"> <li>• CCG focus resources on Hospital's and medicine not, preventative work.</li> <li>• No Joined up working with Parks and public health</li> <li>• No targeted work with fast food shops</li> </ul> <p>Lack of healthy life style promotion in schools</p>	<p>Social Services GP Surgeries Libraries ( Self Help Booklet ) Schools Community Centres Sure Start Centres</p> <p>Outdoor Gyms Libraries Park Life GP's / slimming world NCH sport England Campaign (coming to an end).</p>	<p>campaign for this area.</p> <ul style="list-style-type: none"> <li>• What support do universities offer to students, to manage stress/well being</li> <li>• What is the suicide rate in Nott's by ward for students?</li> </ul> <ul style="list-style-type: none"> <li>• Targeted health awareness strategy and campaign for this area.</li> <li>• CCG to use fund to support the prevention agenda ( Keeping people out of Hospital)</li> <li>• Join up working with Public Health, Parks &amp; open spaces.</li> <li>• Public health to commission a pilot project to targeted work with fast food shops to advise them of a how to reduce, fat/ sugar and salt intake in the food they produce</li> <li>• Free Google verbal translation app, practitioners/ frontline staff to have this on their work mobile phones.</li> <li>• All front line staff should be aware for the self Help booklet (which is updated by the library service annually).</li> </ul>	
<p><b>A.C.E.</b> <b>(Dales, Mapperley, St Ann's)</b></p>	<p>Gayle Aughton, Public Health carried out the Adult Healthy Lifestyles Service Review. The Service looks at tackling adult lifestyle risk factors such as; Type 2 diabetes, hypertension, CVD, COPD.</p> <p>Updated stats/info required on a Ward</p>	<p>Refusal by GP surgeries to carry out health checks. ? NCC to carry out health checks through a third party. Good presentation rates when invited.</p>	<p>Where do you find out about the services? Handouts, leaflets. Information not linked up with communities or other services.</p>	<p>More culturally specific promotion of services. Face to face information giving. Build relationships with the community.</p>	

	basis (regularly).	<p>Referrals to smoking cessation – how effective?</p> <p>Referrals to weight management – how effective? Less than half are identified from priority groups. Not reaching the groups who need it. Mixed sessions – need more women only sessions. Consider cultural food types.</p> <p>How much promotion relies on written material? Need to be mindful of poor reading standards/languages/uninteresting</p>		<p>Use more non-literature communications – radio or Notts TV</p> <p>Service delivery need to be relative to cultural locations</p> <p>Tendering process should stipulate that all communities are worked with not just the worried well.</p> <p>Refer through Job Centre?</p>	
<b>Wollaton East and Lenton Abbey and Wollaton West</b>	WELA and WW Cllrs requested updated ward and SOA Public Health data which takes account of the student population by having 2 sets of data. One with student population removed. Without this they feel they cannot examine the questions in depth.	Please see column 2	Please see column 2	Please see column 2	Please see column 2
<b>Area 8 (Bridge, Clifton North, Clifton South)</b>	<p>Offer affordable activities at Leisure Centre's</p> <p>Increased need to publicise what's on offer and disseminate information via community groups and organisations</p> <p>Relevant activities which address the needs of the elderly, BME, women only</p> <p>Deliver health related activities in community facilities where people feel comfortable going</p>	<p>Lack of understanding on what's on offer</p> <p>Prices of health sessions/classes Limited tailored health classes/sessions for the elderly, BME, women</p> <p>Fear/anxiety to use leisure facilities</p> <p>Lack of culturally appropriate and sensitive physical activities for Muslim women</p> <p>Acute shortage of social housing (family members role to support with health initiatives)</p> <p>Lack of organised outdoor activities for all including young people</p> <p>No one to leads on the Health agenda (who organises and delivers community based projects such as health walks, healthy cooking sessions, organised outdoor physical activities etc.)</p>	<p>Provide affordable physical activities</p> <p>Additional human resource to lead on Health including ward priorities, deliver day to day projects</p> <p>Appropriate timings of sessions / classes for those that work</p> <p>Need for increased reach out to the elderly population, BME</p> <p>Increased link/work with Community Centres</p>	<p>Offer services that are relevant to that group (Elderly, BME, Young, Muslim Women)</p> <p>Provide affordable services taking into account level of deprivation amongst hard to reach groups</p> <p>Culturally appropriate services and environment for women</p> <p>Get the information out there</p> <p>Outreach work – Capacity building – Trust</p>	<p>Good Companions Group – Work with older people across Clifton</p> <p>Park Gate Community Centre – Well used by the community and different activities on offer</p> <p>Queens Walk Community Centre – Dance classes, Keep Fit, Boxing (Switch Up)</p> <p>Parks and Open Spaces across all three wards (utilised well) – Embankment (cricket pavilion)- Field of Dreams</p> <p>Portland Leisure Centre (need for more work for access by hard to reach groups)</p> <p>Last Man Standing (Cricket on Embankment)</p>

		<p>Limited information/support on Mental Health</p> <p>Ward Councillors have limited information and data on health issues for their ward</p> <p>Closure of Nurse Contact Point</p> <p>isolation and loneliness among all groups but in particular the elderly leading to many health issues</p> <p>many voluntary groups experiencing diminishing numbers of helpers/organisers to take over the running of the groups</p>			<p>Arkwright Meadows Community Gardens (locally grown food produce)</p> <p>The Balls Group at Queens Walk Rec Recreation Ground (Meadows)</p>
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