

Area Committee Two

Area Cluster Feedback, Health

Area Committee: Basford and Bestwood

Area Committee Chair: Councillor Cat Arnold

Date 2016 / 2017

How can we support citizens to access services which will help them to have a healthy lifestyle?

Health promotion in libraries, Childrens Centres and School.
Health promotion at the school gate.
Provide some services in Childrens Centres, libraries, schools, elderly complexes.
Encourage registration with GP surgeries and dentists. Promote Local surgeries and services.
Family Support Workers to focus on nutrition and signs of health.
Health campaigns.

What are the barriers/gaps?

Lack of resources generally.
Lack of resources in school.
Cost of gym membership.
Lack of school holiday activities.
Cost of leisure activities.
Cooking skills.
Nutritional knowledge.
Choice of supermarkets – smaller ones such as the CoOp can be expensive.
Lack of Sports equipment in school.
No teaching of nutrition in schools.
Illegal tobacco sales.
Gym equipment on Parks not utilised due to lack of guidance.
Cheaper prepared meals unhealthier.
Shortage of PG's.

What enablers can help overcome these barriers?

Gym membership on prescription.
Local Tenants and Residents groups and community associations.

Youth and Play workers.

Schools.

Local sports clubs, centres and gyms.

Long term health agenda in schools.

Cooking classes schools and the local community.

How can we make services more attractive to hard to reach groups

Weight and blood pressure measuring at events.

Health monitoring in local places of worship.

Health promotion o/s schools directly to parents.

High profile campaigns targeting issues such as nutrition, blood pressure etc

What works well in your area

Partner attendance at summer events.

Walking clubs – Best Foot Forward.

Smoke cessation classes at Ellis Guilford.

Yoga in schools – proposed.

140 kids attend breakfast club at one school in Bestwood.

Reduction in drinking amongst the youngsters.