

<b>Area Committee: Eight</b> <b>Area Cluster Feedback, Health</b>		
<b>Area Committee:</b> Clifton North, Clifton South and Bridge	<b>Area Committee Chair:</b> Councillor Pat Ferguson	Date 2016 / 2017
<b>How can we support citizens to access services which will help them to have a healthy lifestyle?</b> Offer affordable activities at Leisure Centre's  Increased need to publicise what's on offer and disseminate information via community groups and organisations  Relevant activities which address the needs of the elderly, BME, women only  Deliver health related activities in community facilities where people feel comfortable going		
<b>What are the barriers/gaps?</b> Lack of understanding on what's on offer  Prices of health sessions/classes Limited tailored health classes/sessions for the elderly, BME, women  Fear/anxiety to use leisure facilities  Lack of culturally appropriate and sensitive physical activities for Muslim women  Acute shortage of social housing (family members role to support with health initiatives)  Lack of organised outdoor activities for all including young people  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>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><b>What enablers can help overcome these barriers?</b></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><b>How can we make services more attractive to hard to reach groups</b></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><b>What works well in your area</b></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>

Queens Walk Community Centre – Dance classes, Keep Fit, Boxing (Switch Up)

Parks and Open Spaces across all three wards (utilised well) – Embankment (cricket pavilion)- Field of Dreams

Portland Leisure Centre (need for more work for access by hard to reach groups)

Last Man Standing (Cricket on Embankment)

Arkwright Meadows Community Gardens (locally grown food produce)

The Balls Group at Queens Walk Rec Recreation Ground (Meadows)