

Area Committee – Wollaton and Lenton Abbey

Engagement with the consultation on the recommissioning of healthy lifestyle services

In July this year, a number of area clusters were invited to contribute to a consultation on the redesign of healthy lifestyle services to support the procurement of new services for the city. These included services supporting people to stop smoking, increase physical activity, and to achieve and maintain a healthy weight.

The information from this engagement helped to inform the development of a new model to better reflect local need. The new services aim to improve access, uptake and effectiveness; the new services are currently out to tender and due to start from the 1st April 2017.

The consultation asked five questions:

1. How can we support citizens to access services which will help them to have a healthy lifestyle?
2. What are the barriers/gaps?
3. What enablers can help overcome these barriers?
4. How can we make services more attractive for hard to reach groups?
5. What works well in your area?

As part of these discussions, Councillors identified a number of common key issues affecting the different areas including valuable detail on specific issues at local community level. Common themes included:

- Alcohol and drug misuse, impacts on individuals and communities
- Mental health and wellbeing including loneliness and isolation
- Healthy eating and cooking skills
- Sexual health
- Prevention messages and healthier living including access to services
- Smoking including tobacco linked crime

Key barriers and gaps included:

- Citizens not registered with GPs
- Fear, apathy and not knowing where services are located
- Lack of resources
- Lack of suitable activities/services
- Getting information to those who need it
- Not enough focus on prevention

The findings from the consultation will be summarised and presented at the Area Committee Chairs meeting to inform the on-going knowledge and information needs of the Chairs. Potential next steps could include:

- Briefings on specific agendas e.g. teenage pregnancy, mental health, smoking in young people
- Further training sessions on specific agendas affecting the public's health

- Providing information for local newsletters
- Health input to the planning for ward walks
- Further information of commissioned public health services

Area committees may wish to identify areas that may be included in their ward and area plans. Area Committee members are invited to comment and consider how local needs to improve health may be addressed.

Alison Challenger

14th November 2016