

## **Integrated Wellbeing Services Consultation – Written version**

**\*\*\* Written responses will be inputted to an online survey and stored electronically – See information below for data protection information**

**Survey closes on 30<sup>th</sup> May 2023 and results will be published on the Nottingham City Council Engagement Hub**

**Please ask if you need help with the form.**

Nottingham City Council are re-designing and re-commissioning services to help residents access a range of health improvement services to promote and restore health and wellbeing, referred to as an Integrated Wellbeing Service (IWS).

Nottingham's IWS will provide a single-entry point to health and wellbeing support for residents wishing to address a lifestyle behaviour (such as smoking, weight management etc.) whilst considering support and signposting around factors such as mental wellbeing, financial wellbeing, loneliness and other issues that might be negatively impacting their health.

Thank you for taking the time to help shape Nottingham's Integrated Wellbeing Service.

Please note that an asterisk (\*) indicates that the question must be answered. You will need to complete all required questions before you can move on to the next page or submit the survey.

### **How will we use your responses?**

- Responses will be inputted to an online version of the survey, viewed and analysed to help design our Integrated Wellbeing Service
- Please do not disclose any personal identifiable information outside of the future contact questions
- Responses will be held for a maximum of 12 months
- View the full Privacy Notice here - [www.nottinghamcity.gov.uk/privacy-statement](http://www.nottinghamcity.gov.uk/privacy-statement) or ask the person doing the survey.

### **1. In what capacity are you responding to this consultation?**

- I am a member of the public, giving my views as an individual
- I am responding on behalf of, or as a representative of, a business or organisation

### **Which business or organisation are you responding on behalf of? (if applicable)**

**2. Which of the following describe you? (Tick all which apply)**

- I am a local resident
- I am a service user
- I am a service provider
- I am a service partner
- Other, please specify

**3. Please tell us the first half of your postcode (e.g. NG1). If you are completing this consultation on behalf of an organisation, please use your work postcode.**

**4. How likely would you be to use a free, personalised service in Nottingham which considered your physical, emotional, and social wellbeing to support you in making positive behavioural changes to improve your health and wellbeing.**

- Very likely
- Likely
- Unsure
- Unlikely
- Very unlikely

**5. If possible, please explain the reason(s) for your answer (500 characters max)**

**6. Are there any barriers that currently make it difficult for you to prioritise both your physical and mental wellbeing? (Tick all which apply)**

- Poor or deteriorating health
- Increasing age
- Disability
- Recent injury, illness, operation and/or other medical reason
- Mental health – anxiety, depression, stress
- Loneliness or lack of social contact
- Too tired and/or no energy
- Loss of job, redundancy, loss of income and/or home
- Less income, too expensive or can't afford
- Change of job and/or different commute
- Lack of time due to work commitments, working longer hours and/or longer commuting
- Pregnancy, looking after baby or child, having a family and/or other caring commitments
- Less free time or lack of time for other reasons
- Prefer to spend time doing other activities
- Not enough opportunities, inadequate facilities and/or nowhere to go in my area
- No real barriers
- Other, please specify

**The proposed services that are currently within scope of Nottingham City Council's Integrated Wellbeing Service are:**

- **Stop smoking service**
- **Targeted Physical activity programme**
- **Healthy weight programme (Tier 1)** - universal behavioural interventions for all ages i.e prevention and reinforcement of healthy eating and physical activity messages.
- **Healthy lifestyle programmes (Tier 2)** - lifestyle weight management services provide diet, nutrition, lifestyle, and behaviour change advice:
  - **1. Adult (18+)** - community and digital based programmes
  - **2. Children and family (5+)** - school and community-based programmes
- **NHS Health Checks** to address inequalities and gaps in current provision
- **Mental and emotional wellbeing** - 5 ways to wellbeing programme
- **Alcohol screening and brief advice**
- **Substance use screening and referral**
- **Gambling screening and referral**
- **Healthy conversations training** - brief advice for healthcare, schools, and voluntary care sector
- **Social marketing** i.e targeted campaigns with local information

**7.Excluding hospital and GP services, are there any services/support in addition to the above list that could help you become or remain in good physical and mental health?**

- Yes
- No

**8.Please explain the reason(s) for your answer to question 7. (500 characters max)**

**9.Have you previously accessed any of the following health improvement services in Nottingham? (Tick all which apply)**

- Stop smoking services (i.e. StubIt! or NewLeaf)
- Adult weight management services (i.e. free Slimming World, free Weight Watchers and free Oviva)
- Children’s and young people’s weight management services (i.e. CityCare)
- No, not interested
- No, but only because I did not know that the health improvement service/s existed in Nottingham
- No, but only because I did not know how to access the health improvement service/s in Nottingham
- No, not necessary
- Other, please specify

**10.What factors might discourage you from accessing free health improvement services in Nottingham? (Tick all which apply)**

- Time constraints
- Work and/or family commitments
- Anxiety over accessing support
- Lack of disabled facilities
- Poor health / limited ability
- Requirements to travel to service that isn’t locally accessible to me
- There are no reasons why I might be discouraged
- Other

**11.If you wanted to access free health improvement services, please rank the following delivery methods in order of importance to you. (1 being the most important and 10 being the least important)**

| Rank | Service  |
|------|--|
|      | Face to Face Sessions                                  |
|      | Virtual Online Sessions (Video call via ZOOM or TEAMS) |
|      | Group Sessions   |
|      | Telephone Call   |
|      | Text Message   |
|      | Email  |
|      | Online Live Chat via Website                           |
|      | Website  |
|      | Smartphone App   |
|      | Social Media (Facebook, Twitter etc.)                  |

**12.In addition to the options listed above, are there any other delivery methods we need to consider? (500 characters max)**

**13.If you wanted to access a free service in person, what considerations are important to you? (Tick all which apply)**

- Easily accessible by public transport including bus, tram, train
- Local walking and/or cycle networks
- Secure cycle/scooter storage
- On-site car parking facilities
- Local electric vehicle charging infrastructure
- Wheelchair and/or pushchair/ buggy access
- Child friendly environment including private feeding area, changing facilities and children’s play area
- None of the above
- Other

**14.If you wanted to access a free service in person, what would be your preferred modes of travel? (Tick all which apply)**

- Walk
- Bicycle
- Scooter
- Wheelchair
- Bus
- Train
- Tram
- Motorbike/moped
- Car/ van
- Other

**15.If in-person services were available, how far would you be willing to travel?**

- Less than 0.5km (0.3 miles)
- 0.5km – 1km (0.3 - 0.6 miles)
- 1km – 2km (0.6 - 1.2 miles)
- 2km – 3km (1.2 - 1.9 miles)
- Over 3km (1.9 miles)
- Not applicable (I do not live in Nottingham)
- Other

Nottingham City Council currently commissions several separate contracts to individual service providers to deliver health improvement interventions across Nottingham. From April 2024, the Council intends to amalgamate a range of health improvement interventions into one service model, referred to as an Integrated Wellbeing Service (IWS). The Council will commission a delivery partner, that will be responsible for delivering the IWS functions in an innovative, dynamic, and flexible manner across Nottingham.

Nottingham’s Integrated Wellbeing Service will provide a single-entry point to health and wellbeing support for residents wishing to address a lifestyle behaviour (such as smoking, weight management etc.) whilst considering support and signposting around factors such as emotional wellbeing that might be negatively impacting their health. More information regarding the proposals can be viewed by downloading our PowerPoint presentation here: <https://www.nottinghamcity.gov.uk/media/3376859/iws-powerpoint-presentation-for-public-consultation-v2.pptx>

**16.I confirm I have read/been shown Nottingham City Council's Integrated Wellbeing Service Proposals**

Yes

No

**17.To what extent do you agree or disagree with the following statements?**

|   | Strongly agree | Agree | Neither agree or disagree | Disagree | Strongly Disagree |
|---|----------------|-------|---------------------------|----------|-------------------|
| The vision of the proposed Integrated Wellbeing Service in Nottingham supports current and future service users' needs            |                |       |                           |          |                   |
| The proposed Integrated Wellbeing Service will improve access to health improvement services in Nottingham                        |                |       |                           |          |                   |
| The proposed Integrated Wellbeing Service will cater for current and future health improvement service users' needs in Nottingham |                |       |                           |          |                   |

**18.Do you have any further comments relating to Nottingham City Council's Integrated Wellbeing Service proposals? (500 characters max)**

**Future contact**

We are always looking for the opportunity to discuss public health services with people, therefore we would like to be able to contact you in the future. If you are happy for us to do this, please provide your contact details below

**19.How would you prefer to be contacted?**

- Email
- Phone call
- Text SMS
- I do not wish to be contacted in the future

**20.Name**

**21.Telephone number**

**22.Email address**

**Equalities monitoring**

Nottingham City Council is committed to equality of opportunity. Equalities monitoring allows us to ensure that everybody is receiving the services that they are entitled to. You do not have to provide the information requested, but it would help us greatly if you did.

**23.Which of the following best describes you?**

- Male
- Female
- Non-Binary
- Trans
- Prefer not to say
- Other



**24. Which of the following best describe you?**

- Asian / Bangladeshi
- Asian / Indian
- Asian / Other Background
- Asian / Pakistani
- Black / African
- Black / Caribbean
- Mixed / Other Background
- Mixed / White and Asian
- Mixed / White and Black African
- Mixed / White and Black Caribbean
- Other Ethnic Group
- Other Ethnic Group / Arab
- Other Ethnic Group / Chinese
- Traveller / Irish
- Traveller / Romany Gypsy
- White Other Background
- White / British
- White / Gypsy or Traveller
- White / Irish
- Prefer not to say

**25. Which of the following best describes you? (if you are unsure please visit [www.gov.uk/definition-of-disability-under-equality-act-2010](http://www.gov.uk/definition-of-disability-under-equality-act-2010))**

- I consider myself to be disabled
- I consider myself to not be disabled
- Prefer not to say

**26. Which of the following best describes you?**

- Bisexual
- Gay
- Heterosexual / Straight
- Lesbian
- Prefer not to say
- Other

**27. Which of the following best describes you?**

Buddhist

Christian

Hindu

Jewish

Muslim

Sikh

None

Prefer not to say

Other

**Thank you for completing the survey.**