

# Appendix 1

## Health and Wellbeing Strategy Workshops

### Summary findings

#### 1. Background

Four workshops took place between October 2018 and February 2019, on the themes of Start Well, Live Well, Age Well and Healthy Place. Over the course of these workshops we had table discussions on specific topics, outlined in section 3 below.

The workshops allowed stakeholders to reflect on where the Health and Wellbeing Board can add most value, through its role in bringing the people of Merton together to work towards a shared vision of health and wellbeing.

Overall 100 participants from partner organisations and the voluntary and community sector took part in the four workshops, including community connectors and diabetes truth participants. An open, lively and participative discussion took place at each workshop and there has been positive feedback.

#### 2. Values that emerged from the workshops

At each workshop we asked participants to tell us their values associated with the workshop theme. *Table 1* below summarises the values participants identified for each theme.

**Table 1: Values**

Values identified in the workshops
<b>Start Well</b>
<ul style="list-style-type: none"><li>• The importance of freedom</li><li>• The right to play</li><li>• Sense of belonging/identity</li><li>• Access to healthy places and spaces</li><li>• Building strong relationships</li><li>• Family</li><li>• Reducing inequality</li></ul>
<b>Live Well</b>
<ul style="list-style-type: none"><li>• Empower people</li></ul>

- Collaborate
- Ask what matters to people
- Social responsibility
- Build a strong community and social cohesion

### **Age Well**

- Empower communities
- Social and intergenerational awareness
- Holistic approaches
- Collaborate & play to strengths
- Sense of belonging
- Think creatively
- Tackle stigma

### **Healthy Place**

- Children are our future
- Build a sense of community
- Reduce inequality (health, social)
- Create a healthy place that creates health and wellbeing
- Mutual care, support and respect
- Accessibility (to physical environment) and connectedness (social networks)
- Space is intergenerational-push for an intergenerational approach
- Give people a healthy choice
- Build on what we already have and our assets
- Family

### **3. Workshop discussions**

Over the course of 4 workshops we had table discussions around the following topics: Good start in life, childhood obesity, mental health and emotional wellbeing, diabetes, stress and resilience, healthy workplace, social connectedness, dementia friendly borough, active ageing, and healthy place.

*Table 2* on the following page summarises the ideas that emerged from the workshop discussions. The table also includes the priority areas for Merton's Local Health and Care Plan, to show how both this plan and the Health and Wellbeing Strategy are complementary.

**Table 2: Ideas emerging from workshops**

Merton Local Health and Care Plan	Merton Health and Wellbeing Strategy
<b>Start Well</b>	
<p><b>Emotional Wellbeing and Mental Health:</b> Children and young people to enjoy good mental health and emotional wellbeing, and to be able to achieve their ambitions and goals</p> <p><b>Children and Young People’s Community Services:</b> Create an integrated commissioning strategy identifying opportunities for integration</p> <p><b>Developing Pathways into Adulthood.</b> Children and young people should continue to receive high quality services as they become young adults</p>	<p><b>Examples for emerging actions:</b></p> <p><b>Good start in life:</b></p> <ul style="list-style-type: none"> <li>• Champion breastfeeding friendly workplaces</li> <li>• Champion ‘child friendly’ borough</li> <li>• Support for single parents in the home</li> <li>• Community cooking classes for families</li> <li>• Pop up play areas in streets, parklets</li> <li>• Adopt a ‘Think Family’ approach</li> </ul> <p><b>Childhood obesity:</b></p> <ul style="list-style-type: none"> <li>• Schools as key setting eg create ‘School Superzones’-improve the urban environment around a school, School Travel Plans, healthy food offer at schools</li> <li>• Food growing initiatives in the community</li> <li>• Tackle advertising of unhealthy food</li> <li>• Improve families’ access to cooking equipment and activities</li> <li>• Raise awareness of healthy eating and physical activity opportunities in the community</li> <li>• Galvanise all the levers there are to take action</li> <li>• Maintain a sustained focus on childhood obesity</li> <li>• Interventions in the built environment</li> <li>• Health in all policies</li> </ul> <p><b>Mental and emotional health and wellbeing:</b></p> <ul style="list-style-type: none"> <li>• Increase access to green space</li> </ul>

	<ul style="list-style-type: none"> <li>• Develop self-resilience</li> <li>• Support families</li> <li>• Create an environment that supports relationship building</li> <li>• Educate and help young residents to talk about their feelings</li> <li>• Build community spaces where people can come together</li> <li>• Empower children and young residents- hear their voices</li> </ul>
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**Live Well**

<p><b>East Merton Model of Health and Wellbeing:</b> Developing a wellbeing model that underpins a holistic approach to self-management of long term conditions</p> <p><b>Diabetes; life course, whole system approach.</b> Focus on prevention and health inequalities</p> <p><b>Primary Mental Health Care:</b> Single assessment, primary care recovery, wellbeing and psychological therapies</p> <p><b>Primary Care at Scale:</b> improve quality, reduce variation and achieve resilience and sustainability</p>	<p><b>Examples for emerging actions:</b></p> <p><b>Diabetes:</b></p> <ul style="list-style-type: none"> <li>• Healthy high streets make it easier to walk and cycle</li> <li>• Tackle advertising of unhealthy food</li> <li>• Increase community food growing opportunities &amp; access to healthy food in the high street</li> <li>• Make the healthy choice the easy choice (eg in the food environment, with active travel)</li> <li>• Share stories and learning</li> <li>• Increase access to the right information</li> <li>• Community health champions</li> <li>• Community activities eg cooking lessons</li> <li>• Create a community centre/space for people to support each other and connect</li> <li>• Social prescribing approach is key</li> <li>• Prevention-start in schools</li> </ul> <p><b>Stress and resilience:</b></p> <ul style="list-style-type: none"> <li>• Improve access to green space</li> <li>• Social clubs in parks</li> <li>• Workplaces to focus on mental health and emotional wellbeing</li> </ul>
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	<ul style="list-style-type: none"> <li>• Public art to encourage discussion</li> <li>• Informal spaces in the community to drop in and connect</li> <li>• Map community assets and identify the areas of greatest need</li> <li>• Social civic responsibility</li> <li>• Provide support for single parents</li> </ul> <p><b>Healthy Workplace:</b></p> <ul style="list-style-type: none"> <li>• Create social interaction through design in workplace</li> <li>• Mental health training for staff</li> <li>• Travel plans for workplaces/incentives for active commute eg cycle to work scheme</li> <li>• Encourage businesses to sign up to healthy catering commitment</li> <li>• Encourage businesses to sign up to Merton wider Breastfeeding Friendly Scheme</li> <li>• Provide leadership for workplace health and model the way</li> <li>• Share learning about what a healthy workplace is</li> </ul>
<b>Age Well</b>	
<p><b>Integrated Health and Social Care:</b> Proactive and preventative services, rapid response, improving discharges, enhanced support to care homes, falls prevention, and high quality end of life care</p>	<p><b>Examples for emerging actions:</b></p> <p><b>Social Connectedness:</b></p> <ul style="list-style-type: none"> <li>• Intergenerational hub in community</li> <li>• Signpost to activities in the community</li> <li>• Community cafés/book clubs</li> <li>• Push for intergenerational approach and use community spaces to do so</li> <li>• Housing designed to promote social connectedness</li> <li>• Roll out social prescribing</li> <li>• Time banking approach</li> </ul>

**Active Ageing:**

- Age Friendly and accessible urban spaces for older people eg benches, flat pavements, accessible toilets
- Businesses sign up to 'Take a Seat' campaign
- Make leisure centres older people friendly
- Engagement and commitment to action outside of health and care sector
- Target people who have not yet reached older age
- Buddying with older and younger people
- Reframe ageing as positive

**Dementia Friendly Merton:**

- Dementia friendly libraries
- Businesses trained to be Dementia Friendly
- Intergenerational approach to Dementia
- Build on what is already happening

**Healthy Place****Examples for emerging actions:****Mental health and emotional wellbeing:**

- Create safe spaces for young people to hang out in
- Place makers and shapers need to speak out and break down damaging divides
- Look at safeguarding issues as part of place
- Connectedness is the root cause of social isolation-we need to connect assets together (eg libraries and youth centres)
- Use design to make places feel attractive, safe and pleasant
- Use places as spaces they wouldn't normally be used for eg film night in the fire station

- Link housing and mental wellbeing- go beyond minimum planning requirements

**Active ageing:**

- Make the intergenerational connections eg young people with autism visiting care homes
- Create environments that inspire, are accessible and green
- Toilet facilities in public spaces- need more of
- Build trees around new developments and in local areas
- Help housebound people feel connected to their community
- Cultural activities in the community to help people relax eg music
- Community spaces and places that bring people together

**Healthy workplace:**

- Enable conversations about mental health
- Walking clubs at lunchtime
- Support small and medium sized businesses to ensure they are supported with health
- Flexible working conditions
- Create opportunities for socialising through the workplace

**Childhood obesity:**

- Tackling cars idling around schools
- Create a healthy food system
- Green planting
- Encourage active travel

**4. Priority areas**



The Health and Wellbeing Strategy priorities for each theme have been developed and explored at the workshops held to date and the vision for each is outlined in *Table 3* below:

**Table 3: Priority areas and vision**

Theme	Priority area to tackle	Vision
<p><b>Start Well</b></p>	<p><b>A good start in life</b></p>	<p>Every child and young resident has a fair opportunity to have a good start in life through being loved, playing, learning and having access to good work and living opportunities, socialising, feeling safe and growing up healthy in a healthy place</p>
	<p><b>Mental health and wellbeing</b></p>	<p>Every child and young resident has a fair opportunity to be listened to, build confidence and self-esteem, feel valued by and connected to their community and supported with their mental health and emotional wellbeing in a healthy place</p>
	<p><b>Childhood obesity</b></p>	<p>Every child and young resident has a fair opportunity to be a healthy weight by taking into account the multiple and interacting factors in their environment that contribute to the issue of childhood obesity and creating a healthy place</p>
<p><b>Live Well</b></p>	<p><b>Diabetes</b></p>	<p>People with, at risk of, or caring for someone with diabetes are supported by creating a healthy place that provides a healthy food environment, healthy streets and spaces that make it easier to walk, cycle and exercise, easy access to help, information and activities in the community, and takes into account the impact that poverty can have on affordability of healthy food and cooking equipment</p>

	<b>Stress and resilience</b>	People at risk of or suffering from poor mental and emotional health are supported by creating and increasing access to outdoor spaces and nature, community and urban spaces (leisure, creative eg music/art/libraries, cafes, healthy food), healthy workplaces and good work, and services such as social prescribing which offer debt advice, in order to facilitate social connection and build resilience
	<b>Healthy workplace</b>	Businesses and workplaces proactively respond to the physical, mental and emotional health needs of both their staff and the wider community, as well as issues regarding social responsibility and a healthy planet
<b>Age Well</b>	<b>Social connectedness</b>	Social connectedness among older people is increased by ensuring we live in an age-friendly borough where older people feel welcome, safe and supported both through the physical built environment and also the social environment. Age-related stigma is tackled and social interaction between generations is facilitated in the community
	<b>Active ageing</b>	Older people are enabled and supported to be physically active in their community by creating a safe, accessible and welcoming physical built environment, increasing access to and choice of community and leisure activities, preventing falls and tackling age related stigma
	<b>Dementia</b>	People with dementia and their carers are supported through creating a dementia friendly community, defined as one that enables them to: find their way around and be safe; access the local facilities that they are used to

		and where they are known (such as banks, shops, cafes, cinema and post offices); and maintain their social networks so they feel they belong, as well as facilitating social interaction between generations
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## 5. Key healthy place settings

The **Healthy Place** theme is integral to the first three themes. By ‘healthy place’ we mean the physical, social, cultural and economic factors that help us lead healthy lives by shaping the places we live, learn, work, and play. These factors also shape the choices we face, for example around the food we eat.

Key healthy place settings that have emerged from the workshops are:

- **Healthy homes:** Housing that helps create health and is free from health harms
- **Healthy schools:** Schools are surrounded by a healthy urban zone and inside create the conditions for good physical, mental and emotional wellbeing
- **Healthy food system:** Easy access to affordable, healthy food
- **Healthy businesses and workplaces:** Businesses and workplaces that proactively respond to the physical and mental health needs of their staff and the wider community
- **Healthy streets:** Welcoming, where people choose to walk and cycle, feel safe and relaxed, easy to cross, clean air, places to stop and rest, things to do and see, and shade and shelter
- **Healthy communities:** Where partnerships, relationships and community services and activities support health and wellbeing, and combat stigma. A built environment that supports social connectedness. A community that is enabled to make use of community assets that support health and wellbeing.
- **Health and care services:** Easy to access, efficient and high quality health and care services that provide holistic care

*Figure 1* below captures the discussions that took place at the Healthy Place workshop.

**Figure 1: Healthy Place Workshop Illustration**



## 6. Where the Health and Wellbeing Board could add most value: Suggestions

The following list emerged from the workshops regarding where the Health and Wellbeing Board could add most value.

- Galvanise all the levers we have in Merton to make change happen
- Build on what is already happening and the assets we have
- Ensure a sustained focus on specific priorities (eg childhood obesity) and promote them
- Listen to, engage and partner with communities, empower them by giving them a voice (eg community conversations)
- Share positive stories and learning across the community
- Advocate more for children and younger residents
- Connect, build awareness and influence the key players in the system; community, voluntary and business sector, health and care sector, politicians and LBM – to take action on creating a healthy place
- Push for health in all policies
- Communicate about the link between health and wellbeing and healthy place (eg healthy workplace) and promote action on it
- Build an aspiration/vision for healthy places across the whole borough, rather than in pockets
- Promote the importance of healthy workplaces focusing on mental health, by modelling the way, supporting businesses to do so (eg by providing a framework for action) and share learning about what works

- Promote the importance of air quality and make it fun (rather than focusing on punitive policies)
- Push for intergenerational working
- Use Councillors' knowledge of their local places to understand where improvement is needed
- Be brave and take risks

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