



HAILSHAM AND POLEGATE COMMUNITY NETWORK

The second Hailsham and Polegate Community Network meeting was held on 2nd November 2017 at Herstmonceux, in the Great Space at the Integrated Health Centre and the Village Hall. 23 people attended the meeting. Alison Sorlie, ESCC Locality Link Worker, welcomed everyone. Sheila Charlton (Vitality Villages) introduced the groups who had made Vitality Villages and the Integrated Health Centre a success.

Bea Simmons (Integrative Health Manager at the Integrative Health Centre) talked about how their vision was to create a sustainable building and offer health care that would give patients options about their health and wellbeing. Bea felt that patients benefitted by being offered the opportunity to take control of their conditions and manage them by being as healthy as possible. Patients with long term conditions were offered gentle exercise classes such as Tai Chi. A coffee morning offered by the Centre encourages people to make their own healthy snacks and enhance their wellbeing by interacting with others. The Men's Shed provided interesting activities and a space for men to address health issues specific to men.

Vitality Villages arranged an event during which community organisations came together to provide the community with an introduction to activities that were on offer in the village. The information gathered was collated and produced in print. Janet McInnes who helped co-ordinate the publication is willing to help other groups who want to do the same. This activity inspired a lot of other volunteers to come forward, particularly those who facilitated regular healthy walks. Those who wish to should contact Bea for research which demonstrates how this has benefitted patients and the NHS. They achieved an outstanding rating from the Care Quality Commission for this aspect of their work. The choir, set up to help with long term breathing difficulties, led by Laura Heales (AirS) allowed us to join in a seasonal Halloween song.

As a group we addressed the question of how to encourage people to take part in wellbeing activities and we made suggestions for future meetings.

- More opportunities to network
 - you asked for speed networking
- Collaborative working
- Training on mental health
- Workshops on fundraising and writing bids
- Art in the community
- Facilitation training
- Publicity and using the press

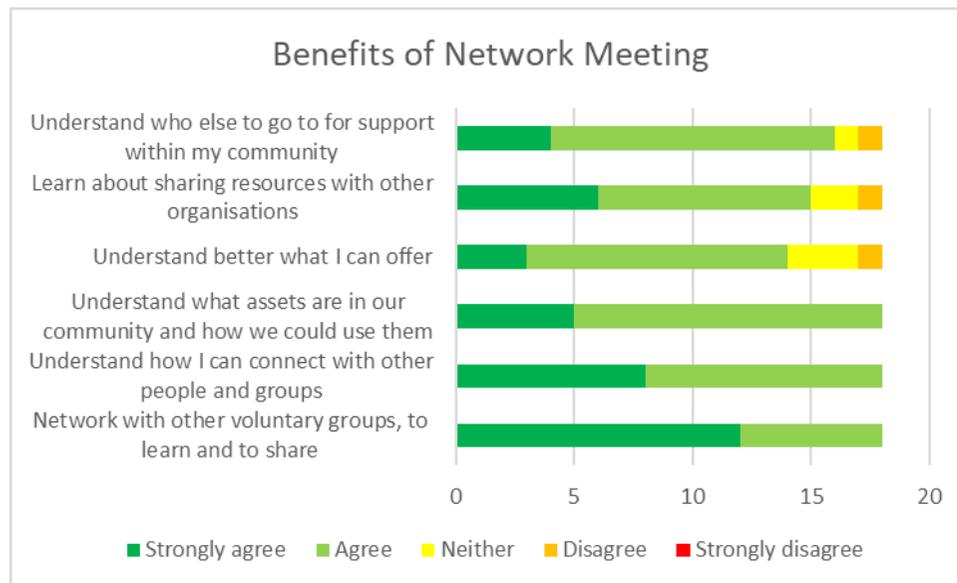
The choir sang us a farewell and we joined in, managing to sing a round.

Outcomes subsequent to the meeting:

- Offer from Vitality Villages to help others create community Information booklet, taken up by representative from Newick Parish Council.
- 2 Building Stronger Communities applications requested.
- Offer of help to form transport action group in Herstmonceux.

The next meeting will be on 25th Jan 2018. The venue is to be confirmed.

Comments



"I really enjoyed the theme today! Very useful!"

"Value of making and maintaining links in with local community organisations."

"No support for these [BME and LGBTQ] communities or any differences (something you need). Are there any people that could be excluded by this and why?"

"Think groups should work together more."

"Would have been useful if the table discussions were more action focused."

"Demonstrated the value of community groups!!! Excellent."

Locality: Hailsham and Polegate	Date: 2 nd November 2017	Venue: Herstmonceux Great Space & Village Hall	Facilitators: Alison Sorlie, Fiona Morton, Bea Simmons & Sheila Charlton
Themes / Topics from previous meeting:		There are lots of opportunities out there, how do we support people to take part?	
Discussion Theme(s)	Previously Known Priority: (what we are we doing now)	Insight / intelligence/ Discussion highlights (what do we want to do in future)	Next Steps: (where will this go? What do we need to get there?)
There are lots of opportunities out there, how do we support people to take part?	<p>Acknowledging and working with anxiety</p> <ul style="list-style-type: none"> • Acknowledging others' fears/anxiety • Letting people know what to expect • Is there a route to ask questions? • Are people available? • Welcoming to newcomers • Peer support/buddy scheme <ul style="list-style-type: none"> ○ Named individual • Other people's experiences/word of mouth 	<p>No pressure</p> <ul style="list-style-type: none"> • Allowing people not to participate • No pressure to return/do well • Taking a new interest • Tea and coffee • Who, where, when • Meet and greet • Informed choices • No obligation • Taster drop in 	<p>Acknowledging and working with anxiety</p> <ul style="list-style-type: none"> • Acknowledging others' fears/anxiety • Aware of what to expect (briefing) • Letting people know what to expect • Is there a route to ask questions? • Are people available? • Welcoming to newcomers • Peer support/buddy scheme • Named individual or "Buddy" a new person with

	<ul style="list-style-type: none"> • Friendly approach • Saying/asking how you feel • Summarise agreed action 	<ul style="list-style-type: none"> • Acknowledge new people (not publicly). They're more likely to return <p>Mental health</p> <ul style="list-style-type: none"> • Training in mental issues • Supporting people with mental illness • Person centred • Be encouraging, remind them of achievements 	<p>another person</p> <ul style="list-style-type: none"> • Training in mental health • Other people's experiences/word of mouth • Friendly approach • Saying/asking how you feel • Summarise agreed action <p>Practical considerations</p> <ul style="list-style-type: none"> • Transport • Consistently friendly approach • Information needs to be available • Cost implications • Inclusion <p>Marketing approach</p> <ul style="list-style-type: none"> • Clear signposting and use colours • Need better coordinated communication (tailored to each different area)
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