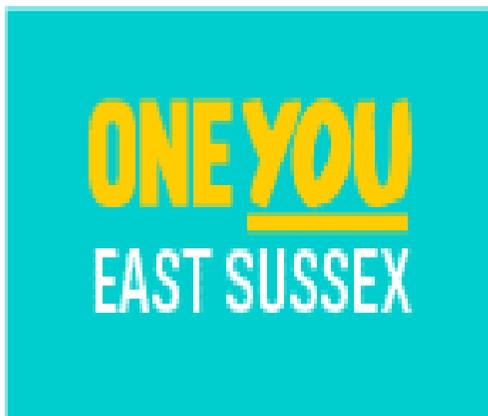




HIGH WEALDEN COMMUNITY NETWORK – Activity & Wellbeing

The sixth High Wealden Community Network meeting was held on 18th July 2018 at the Fire station in Heathfield. The focus was on how activity can help improve wellbeing. 3VA, and ESCC Locality Link workers are so grateful for the help from AirS, East Sussex Fire and Rescue and all our guests for co-producing this event. 22 people attended.



One You East Sussex – Dawn Bamforth

Dawn introduced us to the services run by One You East Sussex. A holistic approach was taken, listening to the individual and creating a bespoke package to make step by step improvements to health and wellbeing. The main five areas of health improvement concentrated on:

- Smoking cessation
- Weight loss
- Behavioural change (including smart goals)
- Drinking limitation
- Moving more



Initial assessments covered issues such as debt, housing, and mental health. Clients were signposted to the appropriate service.

Each health coach is fully trained and work from hubs such as GP surgeries, leisure centres, or mobile facilities. All their services are free to all, with those aged 40-74 also able to receive a free NHS health check. Dawn wants to offer more One You services in more rural areas, and into industrial estates, as the already offer mobile facilities. Please contact dawn as she would love to come to your community group/village hall/place of work and do her stuff!

In addition, One You East Sussex offers free training for professionals.



Beat the Streets - Kathryn Stanley

Using local assets to encourage activity and have some fun!”

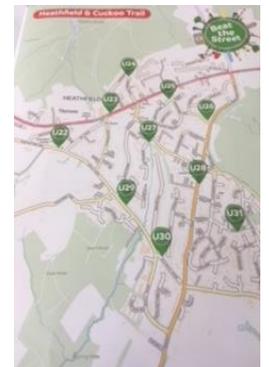
Kathryn described about how the project works: Beat the Street has set up walks across East Sussex, making a game of it. Walking, running and cycling are all options for those taking part. The players are given a credit card sized fob. They need to tap their Beat the Street fob on the Beat Boxes sensors around areas such as the Cuckoo Trail. The Beat Boxes are grey and attached to lampposts and other poles.



Players, their families, and communities are encouraged to take part with rewards of points and prizes. The boxes can be found across East Sussex, including Heathfield, where the Community Network took place.

On the day we went for a short walk to the Cuckoo Trail. Making our way to the top of it, we discovered a Beat Box, to tap our new cards against. Players tap at least two boxes in the space of an hour to earn points, so tapping this second Beat Box was very exciting.

We made our way on to the Cuckoo Trail, using the walking time to network. About five minutes in, we stopped for an interactive group exercise. We were handed pieces of blue or pink paper and split into two groups accordingly. Each piece had a single word on it, e.g. to, when, walk, etc. and our task was to make up a sentence of the pieces of paper. Our second task was to answer a few questions by waving our maps or cards in the air. Our third and final task was to split into groups for the walk back and discuss between us the ways that we could get people more involved in exercise and movement. This demonstrated how walking and meeting could be very productive and something we could integrate into our working patterns. Back at the Heathfield Fire Station Community Centre, Kathryn spoke to us some more about her work with Beat the Street, as well as answering the questions we had.



Feedback from walking discussion:

<p>What would help people move more in their communities?</p> <p>Knowing they will have access to toilets and benches rest stops.</p> <p>Get advocates (like Beat the Street) to approach people in GP surgeries, churches Sunday Schools, Pre-Schools, primary schools.</p> <p>Improve communication of events happening in towns to Parish Councils.</p> <p>People might not move/ physical exercise as they are scared, lost confidence or don't want to do it alone.</p> <p>Buddying might encourage people to take part more.</p>	<p>What would help people to understand the link between mental and physical health more?</p> <p>Better toolkit</p> <p>Mental Health training incorporating lived experience into project design.</p> <p>It's easier to talk outside less pressured.</p> <p>Clearer presentation of evidence, understanding of dynamic between mental and physical health</p> <p>Stigma- making every contact count.</p> <p>All charities- mental health, arts organisations already work with people who have mental health issues, need to be more confident about what we already know.</p> <p>Kindness</p>
<p>What would encourage more people to use community assets like the Cuckoo trail?</p> <p>People knowing the benefit of it.</p> <p>Routine and structure to activities.</p> <p>Having staff based in places that people can easily access.</p> <p>Low cost of activities.</p> <p>Learn about interesting things along the way.</p> <p>Clean up dog poo.</p> <p>Skilled and committed facilitators.</p> <p>Motivation, food.</p> <p>Disability- knowing the terrain, local villages and toilets if needed.</p>	<p>What community assets can be used to improve wellbeing?</p> <p>Cuckoo Trail</p> <p>Beach</p> <p>Leisure Centres and Swimming Pools</p> <p>Parks Seven Sisters Country Park</p> <p>Woodland</p> <p>Schools</p> <p>Community Halls</p> <p>Pub</p> <p>Libraries</p> <p>Cafes</p> <p>Business- volunteering opportunities</p> <p>Footpaths</p> <p>Sheltered accommodation communal rooms</p> <p>Skate parks</p> <p>Park gyms</p> <p>Existing GPS surgeries</p> <p>Get info into printed newsletters.</p>
<p>How can you change your events to encourage participants to move more? (not completed, but would like to ask group leader one to one).</p>	

GP Surgeries and Voluntary Groups - Communicating well and supporting each other - the importance of patient participation groups

Iris van Zutphen Practice Manager Heathfield and Firs GP Surgeries with Elizabeth and Pat from the Patient Participation Group (PPG) discussed how they promoted activity as an aid to well-being.

Everything the surgery does is about well-being. All staff are involved, receptionist playing an important role in getting to know individuals.

2012 initiative, “Let’s get moving”, launched at Heathfield Surgery. 45 patients took part over 3 months. Health care assistant helped patients achieve individual goals. Reviewed every month. Only 3 people completed the 3-month trial.

Currently offer a range of services to promote health management – smoking cessation, substance abuse, weight loss etc. Every patient with a chronic condition such as diabetes meet with health assistant - NHS checks for 40-74 years olds, Well-woman and well man clinics, patients referred to OAYS scheme to leisure centres.

4,000 referrals are made to One You but not sure what happens about take up- One You offered to provide that information. (Dawn offered to find out and supply information to the surgery.)

Info is provided on screens in the surgery and open to people coming to meetings at the surgery either with Practice manager or GP gatherings to promote wellbeing activities.

Elizabeth and Pat spoke about the active role played by the patient’s participation group in the surgery. Their main aim was to promote each other to each other, to be aware of concerns within the community and pass them on the health team and pass info back to the community- be the oil in the machine.

The PPG gathered information about clubs in the Heathfield area and put it in a publishable form for GPs to have on their desk. This was also published in their newsletter.

The challenge was to achieve Specific, Measurable, Achievable (Agreed), Realistic and Timed (SMART) goals. How do you measure effectiveness? Time pressures on GPs and other health professionals make it difficult to motivate people to become more active.

The PPG work with Linked hands and age Concern in Heathfield. A team of volunteers support people to do their shopping, organise trips to London and local attractions and get people to their medical appointments and day centres. For example, a woman enjoyed walking along the pier in Eastbourne. Something she had not done for 37 years. Difficult to reach the very isolated but developing ways to identify these individuals and incentivise/motivate them to get out and about, but it is very satisfying to see improvements when connections are made.



Discussion following Iris talk flip chart

Q. How does info get disseminated in GP surgeries, who is the best person to contact –

A. Practice manager although can get overwhelmed by information. A good leaflet/publication is great. GPs have a good list on their desks but they also have clinical governance meetings good place to come and explain what you have to offer.

GPs are seen as very trustworthy, people more likely to trust them with concerns but the very isolated do not come to the surgery.

The PPG (Patients participation Group) work with Rotary Club to get people out, They have a list of people and groups now work together to avoid duplication. Word of mouth very important people chat to each other. People in care homes can feel very isolated, often spending time in the own rooms. Coffee mornings, meals out a good way to access this group and build up their confidence

In the surgery when people are unwell they can't always take in the information, better to find a more informal setting to get message across.

Message board really important, excellent but don't push too much, people can't absorb the information.

Hailsham Community Group's Forum hosted a "What can I join in Hailsham event" very successful at getting new people to join and volunteers /offers of help coming forward. Would Heathfield benefit from such an event?

On some Sat, surgery has been open for a flu jab session for example and wellbeing services often are on hand. The feedback was that patients enjoyed having time to chat to wellbeing practitioners – more time to talk things through. Possible to do this again?

Plans to set up a Men's Shed in Heathfield but they need premises. Laura from AirS helps organise network meetings for Men's Shed Groups, successful new group at Eco Hub, New Road in Hellingly.

ESCIS (east Sussex Community Information Service) collates a range of information. Make sure your details are on the website. Locality Link Workers encouraging GP surgeries to take part, online training for everyone soon to be widely available.



Leaf Write - up what projects and ideas are you thinking about in your own organisations?"

- Dementia champion FRPC
- Men's Shed FRPC
- Dementia groups for carers and person with dementia Seaford, Heathfield, Bexhill
- Road safety. All aspects for alternative transport
- Intergenerational work FRPC
- Youth café Uckfield SSS/TC

- Parent and toddler activities MAYFACS
- Community allotment Uckfield SSS
- Garden project FRPC
- Home fire safety – promotion of ESFRS home safety visits
- Link with volunteer centre
- Man shed Uckfield SSS
- Planning inter-generational projects within older and very young MAYFACS

Evaluation

What went well?

- Networking opportunities – as ever very useful. Thank you. KG
- Very interesting to hear what is available in the local area
- Good networking opportunity and leaving with a positive feeling that a lot of good stuff is happening
- Loved the Cuckoo Trail walk. Great information shared – One You, Beat the Street.
- Very useful, good networking
- Encouraging
- Good exercise and wellbeing
- Was great to have a “walking meeting”
- I loved hearing about the PPG and I’d like to get involved with that: shame they weren’t here for the whole event
- Everything was well organised
- Lots of variety – feedback, try out ‘machines’, discussion, ‘playing’
- Think the ‘would like to meet’ posts could easily be put up in a local high street window – we are all looking to meet the same people!!

What didn’t go well?

- Room too cramped
- No cake! 😊
- Room a bit cramped and not quite enough chairs.
- Fire call alarm on truck sounding although crew not available SORRY, Kate Graham
- I’m still not sure how a very small but county wide service can communicate effectively with small rural communities