



York Health & Wellbeing Board



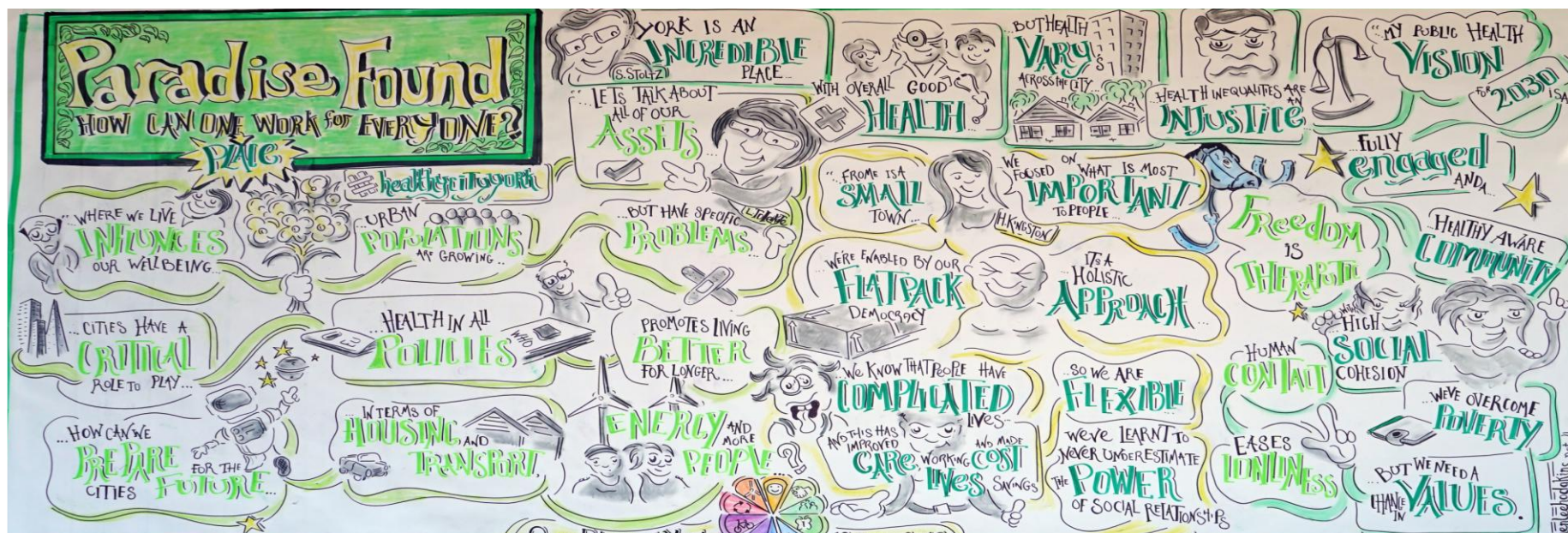
Paradise Found: How one place can work for everybody

Tues 12 June 2018

Ron Cooke Hub, University of York

'Imagining the impossible'

Conference report



Click on image to be taken to a larger version (opens in another window)

The conference was collaboration between [York Health and Wellbeing Board](#) and [One Planet York](#).

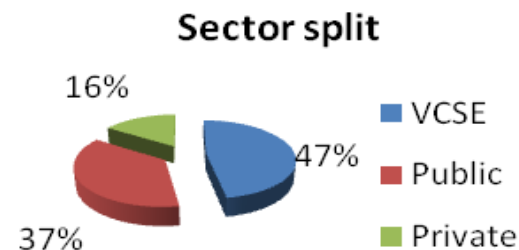
Taking its cue from the Festival of Ideas theme – ‘imagining the impossible’ - the event explored how cities like York can work for everyone and support good health and wellbeing. Full event details [here](#).

The event comprised a number of keynote speakers alongside workshops exploring examples of practical local action.

The event also included various stalls and displays, a state of the art low emission electric bus and a fringe event to ‘Imagine a world without food waste’. Tickets booked: 201 (100%) / Estimated attendance: 140 (70%).

The event benefitted from the active involvement of around 20 organisations across all sectors including; York Health and wellbeing board / One Planet York / NHS Vale of York Clinical Commissioning Group / Tees, Esk and Wear Valleys NHS Foundation Trust / Ageing Without Children / City of York Council / York Bike Belles / University of York / Good Food York / Food Nation (Newcastle) / West Yorkshire Combined Authority / The Archbishop of York Youth Trust /

Petros / Big Ideas Collective / Optare / York Bus Forum / Public Health England / Compassionate Frome project / St Nicks.



Keynote speakers – key points

Sharon Stoltz, Director of Public Health: York’s public health story. ([Presentation slides](#) / [youtube clip](#))

- York is a healthy place compared to many others, but there are disparities in outcomes between different areas and groups.
- As little as 10% of a person’s health & wellbeing is linked to health care.
- Food, transport, work, housing, money, resources, family and friends, our surroundings all play a significant part
- The 2030 public health vision is for community driven health and equity

Lina Toleikyte, Public Health England: Health in everything we do. ([Presentation slides](#) / [youtube clip](#))

- Cities matter, they are places the majority of people will live. We need to make sure they support good health and wellbeing
- Putting health considerations into everything that we do will lead to a 'win win' situation
- Cross sector working and engaging communities vital.

Dr Helen Kingston, Compassionate Frome Project: The town that found a potent cure for illness: Community ([Presentation slides](#) / [youtube clip](#) / [Short film – trying to cure loneliness](#))

- Important to recognise the value of relationships and the whole system working together
- Recognise the complex nature of human beings and the need to respond flexibly to the person not just their medical need. Doing what's best for the individual works. By putting compassion first everything else then follows.
- 600 voluntary community connectors – each signposting around 20 residents each per year.
- Delivering reduction in hospital admissions and cost savings of over 20%

Workshops – Key points:

1. **Addressing health inequalities through community health champions** Paul Ramskill and Richard Croker, YorWellbeing Service, City of York Council

Following a successful bid to Nesta, Paul and Richard will explore how the development of the York Community Health Champions pilot can be taken to scale across the city and reach many more people, helping address health inequalities across different neighbourhoods and age groups.

- On almost every indicator of Health, Wellbeing and Happiness York is above the national average, however, these benefits do not extend to everybody.
- The programme will focus on utilising the skills and experience of people to contribute to the York Health and Wellbeing Board's Life Course Approach of 'Ageing Well'.
- We want to see York as a fantastic place to grow old.
- The Nesta project is a 2 year funded programme to recruit, train and deploy volunteers as Community Health Champions within their communities.

- We will target lifestyle behaviours and develop a network of relationships between individuals and between individuals and institutions.
- Helping people connect with their communities and local activities and opportunities – helping to reduce social isolation and loneliness and increasing social capital.
- If you are interested in becoming a Community Health Champion, please contact Richard Croker richard.croker@york.gov.uk 01904 553516.

2. No kidding: Ageing without children Sue Lister, Ageing Without Children

The Real People Theatre Company, presents No Kidding? Millions of people are ageing at home alone and without the support of nearby children through choice, circumstance, infertility, bereavement, estrangement or distance. Join us for a collage of scenarios with plenty of audience interaction and discussion.

- In interactive, thought provoking workshop that explored the issues affecting those people that for whatever reasons are growing old without children in their lives.

- These sessions focused predominantly on loneliness and isolation and the impact on mental health.

3. Mental health: A glimpse into the future Paul Howaton, NHS Vale of York Clinical Commissioning Group / Dr Stephen Wright, Tees, Esk and Wear Valleys NHS Foundation Trust

Reflecting on a recent visit to WHO recognised mental health services in Trieste, Italy, the work of the international Mental Health Collaborating Network and local symposia held in York, this is an opportunity to share in the experience and test how far we could go in York.

- Trieste has a pioneering model of providing mental health services that has been developed over the past 30 years
- Minimal use of detention and no locked doors
- York is the first city in England to set up a collaborative twinning with Trieste to share learning.
- Recognising the need to use the resources we have differently, we aim to develop a truly holistic human rights model of mental health service provision in York with improved access, better integration with

community support and more personalised care.

4. Nature on prescription **Kathy Sturgess, St Nicks**

Kathy will talk about how the Ecotherapy Programme at St Nicks connects people back to nature, and in so doing, helps participants improve both their mental and physical well-being in a sustainable way. The workshop will include a practical demonstration of Nordic Walking so if you haven't tried it here's your chance!

- There are a number of projects at St Nicks helping connect people back to nature to improve health and wellbeing, both physical and mental. These are funded through a Lottery grant.
- Most people sign up for these through self referral and word of mouth and some sign posting from local GPs/health services.
- A recent evaluation of these projects showed a high degree of self reported improvement to health and wellbeing.

5. Transforming our city through healthy travel **Sheridan Piggott, York Bike Belles and York's Walk Cycle Forum / Mike Southcombe, City of York Council / Sian de Bell,**

Dept of Health Sciences, University of York Room

Sheridan will talk about Bike Belles' and the Forum's work to increase cycling and walking including the new collective Walk Cycle Vision for York. Mike will explore York's air quality challenges and work underway to reduce harmful emissions. Sian will talk about her recent work focussed on how older people get around urban environments. What are your top actions to improve healthy travel and air quality in York?

- Walking and cycling have multiple benefits that align to desired One Planet York and Public Health outcomes.
- Older people's connectivity to friends, family and services is vital to maintain good health and wellbeing. With a rising older population investment in urban infrastructure and transport to make this easier is vital.
- Between 2004-2010 York's air quality got worse thanks to population growth, promotion of diesel vehicles and growth in number of buses. From 2012 the Low Emission Strategy has helped reverse this trend. York now has fully electric park and ride services and 16% of taxis are low emission.

- Autonomous cars could provide a step change in behaviours. Opportunity to make major development sites like York Central cleaner, greener and healthier.

6. **Good Food York: Healthy and sustainable** Adrian Lovett, Good Food York & Jamie Sadler, Director of Food Nation (Newcastle)

Adrian will set out the vision of Good Food York whose work has led to York joining the national Sustainable Food Cities (SFC) Network. Newcastle is already a thriving SFC with an impressive history of achievement in which *Food Nation* is a major player, Jamie, its Director, will tell us how they achieved it and discuss how to seize the opportunities it provides for York.

- Newcastle project has firm backing from the Council – Director of Public Health at the time of its foundation was really involved and helped to push through finances to support the project.
- Jamie repeatedly said that the network (public, private, third sector) was really important in setting up the scheme
- Both referred to the need for coordination – Adrian would like to see someone come in as a full-time

coordinator but they missed opportunities for funding. Newcastle had a coordinator who really helped push things along.

7. **No one left behind: Towards an inclusive economy** Les Newby on behalf of JRF/West Yorkshire_Combined Authority/Leeds City Council Inclusive Anchors Programme.

Les will set out current thinking taking place at the Leeds City Region level to ensure that everyone benefits from economic growth. He will suggest practical things local businesses and especially anchor organisations like universities, major employers and local authorities can do to help deliver real change.

- Growth cannot be at the expense of quality of life and fairness.
- We should actively decide if and what type of growth we want to see as a city.
- Anchor institutions have a key role in supporting good employment and quality of life for their employees.
- There is a [range of practical steps](#) that can be taken by employers in support of Inclusive Growth.

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8. Making good place: Wellbeing by design Fiona Phillips,
Assistant Director of Public Health, City of York Council

Fiona Phillips will be joined by Andy Kerr from City of York Council's Castle Gateway project and Phil Bixby from My Future York for a practical and participative workshop on how we plan places that truly support community health and wellbeing. We will share experience of challenges in our current lives, communities and travels and will explore how key issues and design principles can shape two of York's largest upcoming development projects.

- Recording the positive and negative things about a neighbourhood is a good place to start thinking about creating good place.
- Green space is nearly always associated with good health and wellbeing.
- Poor transport services and amenities can have a huge impact on people's wellbeing and opportunities.
- Cycling brings multiple benefits to place and people.
- Student households can bring benefits but also problems for local neighbourhoods.
- New spaces and places must be accessible to all ages

and abilities if we are to ensure the health and wellbeing of all.

9. The role of Youth Social Action in building resilient and inclusive communities Jo Patton, The Archbishop of York Youth Trust

The workshop will explore how the development of youth social action projects can help build strong and inclusive communities through the development of intergenerational projects that respond to local health inequalities including loneliness and isolation.

- Recognition of many young people taking part in youth social action (YSA) projects across York
- Youth people acting a leaders of their peers and agents of change
- YSA projects already contributing to addressing health inequalities through their focus on intergenerational working, helping tackle loneliness & isolation
- Recognising the amazing asset of young people in the city, who access wider assets amongst peers, friends, family, neighbours and community!
- Recognition of role of young people as 'impact

volunteers' linked to the People Helping People social action and volunteering city strategy

- For further information see the website <https://www.archbishopofyorkyouthtrust.co.uk/>

10. Should work be fun? Wellbeing in the work place

Joanna Clarke, Petros

When you ask most people about their work, they are likely to talk about how stressed, overworked, underpaid and invisible they feel. This is a tragedy, given most of us spend over a third of each week at work. This workshop looks at the individual and organisational components of a psychological healthy workplace - which may not make it fun, but could reduce the strain!

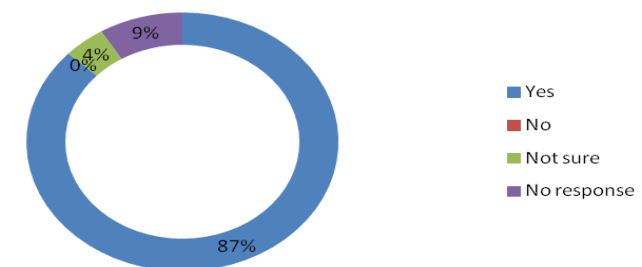
- Stress including workplace stress is never a good thing.
- Organisations often address negative psychological outcomes through tertiary interventions like managing sickness etc. Better organisations create positive psychological outcomes view primary and secondary interventions that prevent stress and promote wellbeing from the outset.

- Our minds can turn workplace pressure into stress through thinking.
- Stress is a choice and there are things we can all do to minimise /avoid it.
- Four steps to freedom from stress: Wake up (be present in the moment), Control attention, Detach (don't stress about things outside of your control), Let go.

Event feedback and evaluation:

There was a 17% response rate to the feedback survey. Almost 90% of respondents said they would attend a similar event in future and none said they wouldn't.

Would you attend another event like this?



A sample of responses to the questions 'What did you like best?'

- Workshops were incredibly interesting and informative
- Wide range of subjects
- Networking / Frome speaker
- Meeting lots of new people with inspiring ideas and connecting up ideas across the city
- Variety of workshops and speakers
- Fantastic workshops
- Stalls and displays
- The range of formats - lectures, workshops, exhibits
- People were engaged and the speakers all pitched at the right level

A sample of responses to the questions 'What could be done better?'

- Better advance publicity and booking for workshops
- More workshop time
- More time to round up, vision and next steps
- Stronger link to One Planet principles
- More time for questions/discussion

Media and communications:

- [York Festival of Ideas 2018 website and programme](#)
- [City of York Council Buzz magazine and West Office TV screens](#)
- [Eventbrite.com listing](#)
- [York CVS blog 4 June 2018](#)
- [CYC Press release](#)
- [York TV coverage](#)
- Social media coverage: See [Twitter @oneplanetyork](#) / [Face book: One Planet York](#)

Contacts

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