

**Brighton & Hove
Joint Health &
Wellbeing Strategy
2019-2030**

Summary of the
feedback received from
strategy engagement
Dec 2018-Jan 2019

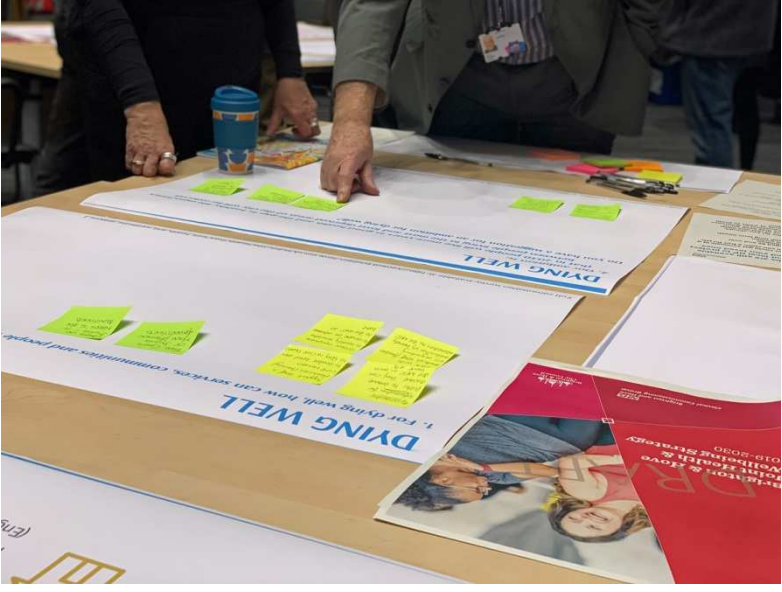


*Brighton and Hove
Clinical Commissioning Group*



**Brighton & Hove
City Council**

Health and Wellbeing Strategy engagement event 31/1/19



Engagement

During late 2018 and January 2019 engagement took place with stakeholders and residents on the draft new Joint Health and Wellbeing Strategy for Brighton & Hove

This included attendance at a drop in engagement event at Hove Town Hall and an online survey

- Over 100 people attended the event
- 23 people responded to the online survey and 2 people submitted detailed responses

The online survey asked all questions below, at the event attendees discussed the questions in bold on each table (starting well, living well, ageing well & dying well):

- Is there anything we could do or add to strengthen our strategy?
- Do you agree with this overarching ambition?
- Please add any comments you have about the overall ambition of the strategy
- **Would it help to include ambitions for each life stage? Please give details**
- **How do you think services, communities and people in Brighton & Hove can work together to create a healthier city?**

Survey responses

All respondents to the survey agreed with the overarching ambition of the strategy:

By 2030 people will live more years in good health and the gap in healthy life expectancy between people living in the most and least deprived areas of the city will be reduced

Most respondents said there should be specific ambitions for each life stage

Some commented that the strategy could be strengthened by including more actions

Analysis of engagement event and survey

Starting well– how services, communities and people in Brighton & Hove can work together to create a healthier city

Support in the early years: Health visitors including specialist health visitors for communities to build trust; More supportive services and less judgement; more continuity of maternity care; links with benefit and debt advice and increase uptake of healthy start vouchers

Emotional and mental wellbeing: Talk to young people about protecting their mental health / resilience at school; Continue to support activities such as yoga and mindfulness and meditation in schools and push for these to be part of the school day; support for young people who don't meet threshold for mental health services

Use of community spaces: Financially accessible to all; Schools and libraries to be community hubs; Child and family friendly green and outdoor spaces

Think family: Whole family approach; Family peer support; encourage families to engage with each other, build community trust and support

Widely available physical activity, including increasing walking and cycling, and promotion of healthy eating: Ensure physical activity is prioritised throughout school from primary to secondary; Links with local sporting organisations for activities and to deliver health messages; Better health eating approaches in schools; more out of school family focused activities; increase cycling and walking –prioritise walking and citywide cycle network

Living well– how services, communities and people in Brighton & Hove can work together to create a healthier city

Housing and homelessness: Quality and availability of housing; Social housing to live and age well; Community led housing

Transport: Public transport cost high and higher for those in more deprived areas; For those with chronic health conditions, disabilities or impairments community transport to reduce social isolation and manage health

Social isolation: Intergeneration projects; Good neighbour schemes; More outreach into communities; Buddying programmes for older people

Green and open spaces: Everyone should have access; Green spaces other than parks should be enhanced; Pedestrian only areas of the city centre which is has very heavy traffic; More activities in parks and open spaces

Physical activity, walking and cycling and food: Increase social prescribing of physical activity; Free/reduced membership for those on low incomes and other disadvantaged groups; Prioritise/promote walking and cycling as means to improve physical and mental health and the environment of the city

Mental health: Easier access to mental health and wellbeing support; Reduce waiting times for mental health support

Support for self-management: More support for those with long-term conditions to help manage their conditions; Expert patient programmes; People living with many health conditions should be supported holistically

Ageing well– how services, communities and people in Brighton & Hove can work together to create a healthier city

All the themes under living well were within ageing well also. With the addition of:

Support at or close to home: In home support for healthy living and physical activity; More awareness of services such as libraries home delivery service; community hubs for all ages; use of assets such as sheltered housing to run activities for local communities

More information on activities and support available across the city: Easy accessible information; Improve digital skills of older people; More information on prevention

Supported housing and care homes to consider differing needs of ageing population: LGBT older people; Those with HIV;BAME older people

Change the discussion to the positive assets older people bring to the city: Volunteering; Grandparents providing childcare; Mentoring.

Dying well– how services, communities and people in Brighton & Hove can work together to create a healthier city

Talk about dying well as a city: We need to openly discuss dying; Make information available online and for example through libraries; We know less on this area and need to consult more

Early planning: Promote and support planning with families; Individualised planning; support for will writing and for living wills; counselling support

Support for dying in a place of your choice: Make dying at home the norm and provide specialist care and equipment at home to allow this to happen; more information on hospices – option to made available to anyone who chooses; consider how sheltered housing can support people

When someone dies in hospital, consider the environment: More music and arts; calming spaces; consider simple things like lighting, plants and refreshments

Training for clinicians: Listen to and involve patients and families ; coordination between professionals and services; support in care homes so not automatically taken to hospital

Support for carers, family and the bereaved: Training and support for family members; Provide more information on available support; More support for carers (e.g. shopping, respite care)

Culturally sensitive support: Ensure cultural background and needs are taken into account

Cross cutting themes

Focus on prevention and staying healthy, rather than on illness

Make the city a healthy city for all - a place where everyone can access and enjoy green and open spaces, live in good housing and cycle and walk

Provide information and support to enable people to make healthier choices

Reduce health inequalities and poverty

Join up the commissioning and provision of services between health, the council and the community and voluntary sector

Ensure that communities and individuals are involved in commissioning from the outset and throughout the process

Consider the needs of specific groups and provide culturally sensitive services

Suggested ambitions

Starting well

- Ensure that everybody achieves the recommended weekly activity levels to improve physical and mental health
- Breastfeeding - the gap between the most and least deprived families = great prevention
- All children in Brighton & Hove have the opportunity to participate in cricket! / and football!
- Cutting air pollution
- Narrowing the gap in relation to food inequalities e.g. difference in obesity rates between most and least deprived areas.
- Walking (at least part-way) to school
- All able to be housed and educated well - and something about how this will be achieved

Living well

- To equalise rather than reduce the gap in healthy life expectancy in Brighton & Hove
- to have the highest life expectancy amongst homeless population in the UK

Ageing well

- Would want to see no gap between different areas of the city - how will you link impact/contribution to progress along the way
- That everybody achieves the recommended weekly activity levels through sport and physical activity
- No people on the streets

Dying well

- Would want to see gap closed rather than reduced
- Progress on dying in normal place of residence is good - feel it should be able to reach 80% Is this possible by 2030. What changes are planned?

