



HALE

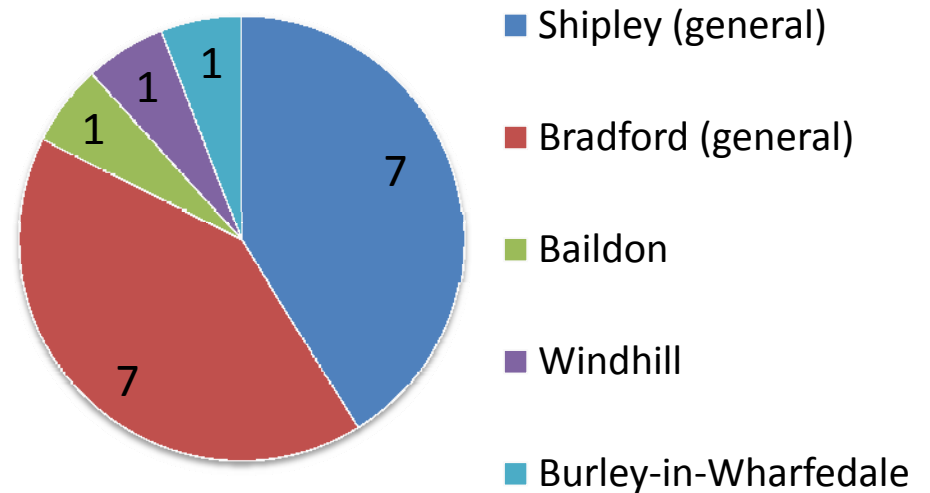
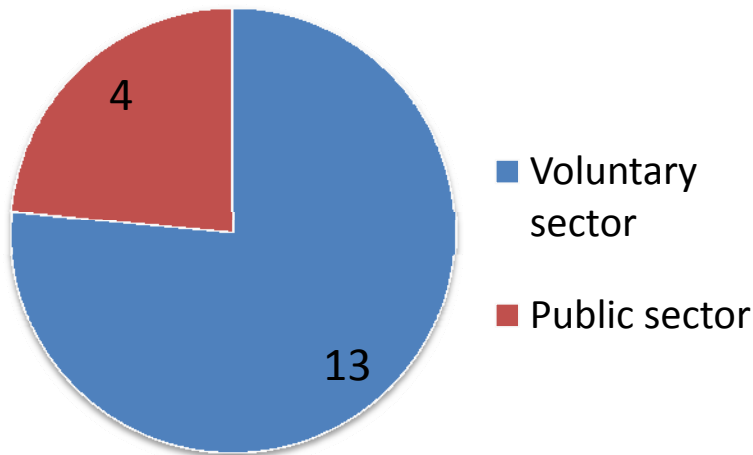
Health Action Local Engagement:
Healthy Living Project

Health and Wellbeing Needs in Shipley

October 2010

About the survey

- 17 respondents:



Key issues of concern

- Mental health

- Depression, anxiety, stress
- Post-natal depression
- Isolation and loneliness
- Dementia and Alzheimer's

“ For all the clients who are identified as isolated/lonely, there must be many more who never receive help... ”

Key issues of concern

- Nutrition, exercise, obesity
 - Income-related food choices
 - Obesity-related health conditions

Money to feed themselves well

Junk food

Lack of finance leading to inappropriate diets

Mixed messages on what constitutes a healthy lifestyle

Lack of exercise facilities

Blood pressure, heart problems, diabetes

Wide range of issues

Drug abuse

Grooming
Lack of regular check-ups
Child health

Limited transport

Lack of spiritual element

Access to health care – awareness / relevance

Lack of exercise facilities

Access to health care – time / location / ease

Mixed messages on healthy lifestyles

Smoking

Fear of rejection or harassment

Alcohol abuse

Not knowing enough

Caring responsibilities

Self-esteem/respect

Cut backs in support services

Age-related health conditions

Healthcare planning

Loss of independence / capacity to look after self

Cancer/fatal illnesses

Sexual health

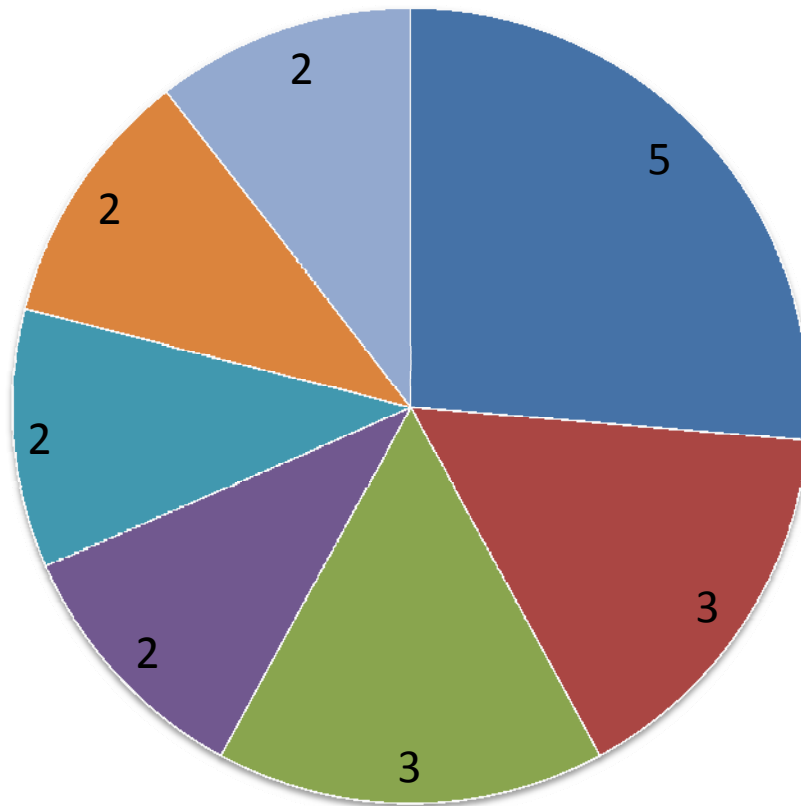
Lack of dental treatment

Overstretched GP services

Communication with medical staff

Poor housing

Where are the gaps?



- Joined up working
- Education/advice
- Reaching hard-to-reach / unidentified people
- Social facilities
- Mental health services
- Services not accessible/attractive/relevant
- More/better preventative work, including GPs

What are the solutions?



- Joined up working
- Funding (more, longer-term, rebalanced)
- More/better service provision
- Specific activity/project suggestion
- Information, advice, support (more/better access)
- Increase referrals to VCS (GP, community, other)
- Early intervention
- Education of professionals
- More appropriate outcomes/monitoring

Lots of ideas...



Earlier intervention once someone has been made unemployed - more activities and volunteering work to resist depression

People working in the community should be specifically trained to empathise with disabled / elderly people

Local community groups that facilitate and encourage wellbeing in a way tailored to the locality

Active participation of patient representation at the highest level in the commissioning process

Young people's website or text service with information, guidance and advice



What are the barriers?

- Lack of money / short term funding

“ I can't see where the next support will come from.... ”

“ Providing funding for "sustainable" projects is misguided without putting in place the mechanisms for it to sustain itself after the funding has gone ”

What are the barriers?

- Lack of concern / willingness to change ways of working

“Lack of willingness to put services out there in a different way”

“GPs actually listening to patients and wanting to find the solution for the problem, not just hand out pills or say "it's your age"”

What are the barriers?

- Need to share outcomes and information

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Administration and targets specific to each of our organisations – instead of working to shared targets, and outcomes, and sharing resources and information

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