

## Report of the Public Consultation for the Joint Strategic Needs Assessment Refresh 2010.

**Start Date:** 21<sup>st</sup> July 2010

**Finish Date:** 26<sup>th</sup> November 2010

### Purpose of consultation:

- To receive feedback on the comprehensive refresh of the Joint Strategic Needs Assessment document. This concentrated on potential gaps within the document and the priorities to the public for Health and Wellbeing in the City.

### Methods:

- Production and distribution of Health Matters 3 magazine
  - c. 10,000 copies distributed to a wide variety of venues
- Commissioning of Southampton Local Involvement Network to complete the public consultation
- Workshop with Southampton Voluntary Services
- Jill Ghanouni, Community Liaison Officer, working within BME communities to gather feedback.
- Presence at various public events to distribute, talk about and gather feedback from individuals.
- Website questionnaire

### Feedback through Health Matters 3

- There were 49 responses which mentioned many different themes
- Major themes
  - What do you believe are the biggest risks to being able to live a healthy and active life?
    - The environment
    - Poverty
    - Accidents
    - Lifestyle factors
  - What are the most important things our children need to live a healthy life?
    - A safe home and community
    - Healthy lifestyles
    - Education
    - Good parenting
    - Stable home life
  - What are the most important contributions parents can make to give their children a healthy childhood?
    - Love
    - Stable home life
    - Role models
    - Family time

The biggest risks are cigarettes, fast food and alcohol. It's ok to have takeaways sometimes, maybe once every couple of weeks or a month, but there's too much salt in them...

(Newtown Youth Club feedback)

There's not enough P.E in school. Some schools also have embarrassing P.E uniforms so girls start to get into the habit of hating P.E at an early age cos of the way they feel when they're in the uniform. Schools should think this through and break the habit of hating P.E, just because of the kit.

(Newtown Youth Club feedback)

- Guidance and advice
- Talking and listening
- Education
- Healthy lifestyles
- What are the most important things our children need to become healthy adults?
  - Guidance and advice
  - Education
  - Healthy Lifestyles
- What are the most important things adults can do to ensure they stay healthier and more active into later life?
  - Be wealthy
  - Healthy lifestyles
  - Socialise and stay involved with the community
  - Education
  - Effective and culturally appropriate local services
  - Good housing including effective heating
  - Working and volunteering
- What are the most important things to help older people live more healthy and independent lives?
  - Effective and culturally appropriate local services
  - Support from family and community
  - Socialise and stay involved with the community
  - Mental stimulation
  - Healthy lifestyles (excluding smoking and alcohol)
  - Financial security

### **Southampton Local Involvement Network's public consultation**

- SLINK held four open public meetings across Southampton. The meetings were held in four different locations to enable access to a broad selection of Southampton residents and avoid exclusion.
  - Central Hall 8<sup>th</sup> September 2010
  - Woolston Community Centre 10<sup>th</sup> September 2010
  - Lordshill Community Centre 22<sup>nd</sup> September 2010
  - St John's Ambulance Bitterne 21<sup>st</sup> September 2010
- The same six questions were used within these meetings in order to provide consistent feedback.
- Attendance levels were very low therefore analysis of feedback has been aggregated to provide a more balance picture (full report in Appendix 1). The main themes are as follows:
  - What do you believe are the biggest risks to being able to live a healthy and active life?
    - Poverty
    - Unemployment

No where around where we live is safe so sometimes even if you want to go out to fitness classes you can't get there in the dark. Where you live can make you less healthy.

(Newtown Youth Club feedback)

- What are the most important things our children need to live a healthy life?
  - Good parenting
  - Safe home and community
  - Healthy lifestyles
  - Education
- What are the most important contributions parents can make to give their children a healthy childhood?
  - Healthy lifestyles
  - Good parenting
  - Good education establishments
- What are the most important things our children need to become healthy adults?
  - Integration between child and adult services
  - Healthy lifestyles
  - Life skills
- What are the most important things adults can do to ensure they stay healthier and more active into later life?
  - Mental stimulation
  - Healthy lifestyles
  - Education and employment
- What are the most important things to help older people live more healthy and independent lives?
  - Good housing and heating
  - Community role and social life
  - Good quality support

### Workshop with Southampton Voluntary Services

- Four of the standard questions were considered at the workshop
  - **What are the Biggest Risks to People Living a Healthy and Active Life?**
    - Unemployment
    - Lack of opportunity
    - Lack of aspiration/motivation
    - Ageing
    - Inequality
    - Discrimination
    - Education/ awareness
    - Social interaction/ networks
    - Bad parenting/ education
    - Stress & anxiety
  - **What are the Most Important Things Our Children Need to Live a Healthy and Active Life?**
    - Parents with good parenting skills
    - Access to healthy, active opportunities
    - Education around healthy lifestyles
    - A safe environment

So much time is taken up cooking; if we could do it together as a family it would make cooking more fun and we would learn more quickly.

(Newtown Youth Club feedback)

Advertising for junk foods aimed at kids should be banned.

(Newtown Youth Club feedback)

- Emotional wellbeing
  - Support networks
  - Stability
  - Life chances/ opportunities
  - Access to health services: in school/ other wider arenas
  - Positive mindset: towards self/ others/ society
  - Good role models
  - Access to appropriate information and advice
  - Advocacy
- **What are the Most Important Things Adults up to the Age of 65 Need to Live a Healthy and Active Life?**

- Motivation
- More integrated services and cultures
- Transport
- Social networks – access
- Reasonable income
- Safety
- Work life balance
- Volunteering opportunities
- Feeling of self worth
- Health knowledge – emotional/ physical/ mental – to make healthy choices
- Family/ friends/ community – particularly children/ grandparents
- Sense of purpose in life
- Equality within society
- Opportunities

Adults should practice what they preach and eat a balanced diet and more fruit so they stay healthy!

(Newtown Youth Club feedback)

- **What are the Most Important Things to Help People 65 and Over Need to Live a Healthy and Independent Life?**

- Good public transport – maintain concessionary fares
- Support for people who live on their own – e.g. on hospital discharge
- Support for older carers – peer support
- Personal plans for end of life
- Use of personalization process to identify gaps in choice
- Good community support
- Voluntary sector to have role with NHS
- Motivated and integration
- Prevention – promoting good health
- Local facilities
- Neighbourhood watch/ wardens
- Keeping occupied
- Reducing social isolation
- Equality of access to medical services
- Life long learning

Older people can do fun things to stay healthy – ... there's 'wii Fit' for them too. If they can't afford to have these things at home they could come here (to the youth club) maybe?

(Newtown Youth Club feedback)

## Feedback from Inner City Groups

- The Community Liaison Office engaged a number of inner city groups in the consultation:
  - United Somali Women's Group (consisting of different Somali clans to Unified Somali Parents Group). 1<sup>st</sup> October 2010
  - African Caribbean Over 50's Group session. 4<sup>th</sup> October 2010
  - St.Mary's Leisure Centre Women & Girls Get Active Day hosted by 'Baseline' with 'Catch 22' Group 16<sup>th</sup> October 2010
  - Black Heritage Group session 19<sup>th</sup> October 2010
  - Newtown Adventure Playground Parents Support Group meeting 28<sup>th</sup> October 2010
  - International Cookery Exchange Group session (at Northam Community Centre) 29<sup>th</sup> October 2010
  - Unified Somali Parents Group meeting (different Somali clan to United Somali Women's Group) 1<sup>st</sup> November 2010
  - Asian Elders Men and Women's groups at Sahana Centre 4<sup>th</sup> November 2010
  - Nicholstown/ Newtown Young people's Youth Centre Group 19<sup>th</sup> November 2010

The Community Liaison Officer for the inner city of Southampton has gathered an enormous amount of feedback on the six questions which has been aggregated here (the full report can be found at Appendix B):

- What do you believe are the biggest risks to being able to live a healthy and active life?
  - Overcrowding and poor housing conditions
  - Alcohol
  - Healthy food
  - Genetics
  - Pollution
  - Lack of exercise
- What are the most important things our children need to live a healthy life?
  - Good education and teachers
  - Healthy lifestyles
  - Understanding of genetic disorders
  - Good parenting
- What are the most important contributions parents can make to give their children a healthy childhood?
  - Listen and talk
  - Spend time with children
  - Boundaries
  - Love
  - Healthy food
  - Boost confidence
  - Leadership
  - Less cultural restrictions on girls to enable freer exercise
  - Seeking support and advice from outside the home where appropriate

- What are the most important things our children need to become healthy adults?
  - Healthy lifestyles
  - Community
  - Good education and teaching
  - Motivation
  - Outside space for exercise
  - Good role models
  - Sufficient wealth
- What are the most important things adults can do to ensure they stay healthier and more active into later life?
  - Exercise
  - Good diet
  - Appropriate services
  - Motivation
  - Socialise and be part of the community
- What are the most important things to help older people live more healthy and independent lives?
  - Socialise and be part of the community
  - Maintain independence
  - Healthy lifestyles
  - Accessible services
  - Mental stimulation
  - Intergenerational support
  - Useful and reliable transport

**Presence at various public events to distribute, talk about and gather feedback from individuals.**

- No formal feedback was compiled at these events however people were directed to fill-in the Health Matters questionnaire or visit the website. The events visited include those listed below:
  - NHS Southampton City AGM
  - Meet the Chief Exec
  - Mela festival
  - Bitterne Market
  - Newtown Family Fun Day
  - Over 50's Event

## Website questionnaire

- There were 12 online questionnaires completed asking the following set of questions which were included in the full consultation document. The major themes are specified below:
  - **Questions about Children**
    1. Do you agree that this document has identified the key needs to maintain and improve children's physical and mental health in Southampton?
    2. If you answered No, what needs do you believe ought to be included, and why?
    3. Do you agree that this document has identified the key needs to improve the safety and well-being of children and young people in Southampton?
    4. If you answered No, what needs do you believe ought to be included, and why?
    5. Are there other health needs not described here you feel we should be investigating for the future?
  - **Questions about Adults**
    1. Do you agree that this document has identified the key needs to maintain and improve adults' physical and mental health in Southampton?
    2. If you answered No, what needs do you believe ought to be included, and why?
    3. Do you agree that this document has identified the key needs to improve the safety and well-being of vulnerable adults in Southampton?
    4. If you answered No, what needs do you believe ought to be included, and why?
    5. Do you agree that these are the right priorities to support health and care needs of adults between 18 and 64 years in Southampton?
    6. If you answered No, what do you believe should be the priorities to support health and care needs of adults between 18 and 64 years in Southampton, and why?
    7. Do you agree that these are the right priorities to support health and care needs of adults aged 65 and over in Southampton?
    8. If you answered No, what do you believe should be the priorities to support health and care needs of adults aged 65 and over in Southampton, and why?
    9. Are there other health needs not described here you feel we should be investigating for the future?
- Analysis of these questionnaires is proving difficult because some responses are corrupt.

## **In summary**

The main themes that have emerged as the biggest risks to living a healthy life are:

**Poverty**

**Environment**

**Unemployment**

**Lifestyle factors**

The most important things for children to live a healthy life are:

**Good parenting**

**Good education**

**Healthy lifestyles**

**Safe home and community**

**Stability**

The most important things for adults to ensure they stay healthy and active into later life are:

**Healthy lifestyles**

**Motivation**

**Community**

**Work/life balance**

**Education/employment**

The most important things for older people to live more healthy and independent lives are:

**Mental stimulation**

**Good quality culturally appropriate services**

**Community and family support**

**Public transport**

**Good diet**

**Plenty of exercise**



# SLINK Joint Strategic Needs Assessment (JSNA) Public Consultation September 2010

### **Note:**

The following is an interim report only as future events may take place, whereat additional public feedback can be obtained. In this instance, further appendices will follow.

### **Background:**

Southampton City Council (SCC) and NHS Southampton City (NHS SC) are currently producing a document called the Joint Strategic Needs Assessment which aims to identify the city's health and wellbeing needs for the future.

Southampton LINK were asked by SCC and NHS SC to approach Southampton residents and inform them about the contents of the draft JSNA document, and in addition, seek their views and help to ensure that the final document reflects residents' views of the factors that affect health issues across the city.

### **Methodology:**

To do this SLINK held four open public meetings across Southampton. The meetings were held in four different locations to enable access to a broad selection of Southampton residents and avoid exclusion.

Despite the efforts to arrange a variety of venues, and the promotional efforts made by Southampton LINK, NHS SC and SCC, the attendance levels were not as high as anticipated. However the feedback obtained at each meeting was regarded as good quality and value due to the enthusiasm of those who did attend.

On arrival, attendees were offered refreshments and their contact details were recorded. Harry Dymond, Southampton LINK's Chairman, welcomed each meeting, describing the role of S-LINK and the purpose of the JSNA. He then continued to present the power point presentation designed by SCC and NHS Southampton City

During the presentation, participants were encouraged to get involved by asking questions and making comments. Harry Dymond provided explanations and answered questions referring to the material within the presentation.

Following the presentation, participants were asked to form groups and answer the six questions as they appear on the back page of the Health Matters publication. To encourage involvement each of the six questions had been presented on a piece of flip chart paper and circulated to each group to record their answers and views accordingly.

In addition, each individual was issued with a copy of Health Matters and encouraged to answer the questions and send in their response in their own time, at a later date; this was to aid the quality of the response and ensure that those who were less active within the groups would have their say too. Although, as each group had a facilitator, this was not the case and individuals within the groups seemed to have equal involvement.

On departure all attendees expressed their gratitude for being able to get involved in the assessment and articulated an interest in future consultations. All attendees who were not existing members of Southampton LINK gave their details to become one.

**Findings:**

The response from each meeting has been recorded in four separate documents; one for each event.

Please Refer to Appendices:

- Appendix 1: S-LINK JSNA Feedback - Public Meeting  
Central Hall, Southampton
- Appendix 2: S-LINK JSNA Feedback – Public Meeting  
Woolston Community Centre
- Appendix 3: S-LINK JSNA Feedback – Public Meeting  
St Johns Ambulance, Bitterne
- Appendix 4: S-LINK JSNA Feedback – Public Meeting  
Lordshill Community Centre.

Appendix 1  
**Southampton LINK's Joint Strategic Needs Assessment  
 Consultation Meeting – Central Hall  
 8<sup>th</sup> September 2010**

Number of attendees = 6

**WHAT DO YOU BELIEVE ARE THE BIGGEST RISKS TO  
 BEING ABLE TO LIVE A HEALTHY AND ACTIVE LIFE?**

| ANSWER                                                                           | SUGGESTION/MORE DETAILS                                                                       |
|----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| Ignorance                                                                        |                                                                                               |
| Alcohol Abuse                                                                    | Student culture<br>Long term adult stress                                                     |
| Inability to handle large stresses                                               |                                                                                               |
| Obesity                                                                          |                                                                                               |
| Lack of unrefined food                                                           | World War 2 diet was excellent                                                                |
| Poverty                                                                          |                                                                                               |
| Having access to services                                                        | Wheelchair access, hearing – both services you 'go to' and those that come to a persons home. |
| Knowing where to go for help                                                     |                                                                                               |
| Western Housing Association                                                      | 'Dial an adoption' scheme                                                                     |
| If you don't know something exists, how do you know to ask?                      |                                                                                               |
| Misperceptions                                                                   | Home owners believing they are not entitled to e.g. Warm Front                                |
| Problems in seamless service when young people changing to adult services.       | At present, each service says it's the others responsibility                                  |
| West Quay changed the transfer chairs and they are no good for wheelchair users. | Obviously, on one asked wheelchair users!                                                     |
| Is there enough choice for activities and places for people to go.               | Leisure centres etc                                                                           |
| Discounts don't work in summer holidays                                          | transport                                                                                     |
| Shop mobility does not have a bus stop next to it                                | Limited use                                                                                   |

## WHAT ARE THE MOST IMPORTANT THINGS TO HELP OLDER PEOPLE LIVE MORE INDEPENDENT AND HEALTHY LIVES?

| ANSWER                                                         | SUGGESTION/MORE DETAILS                                                                                                                                                                                                     |
|----------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Access to courses                                              | Eg., to move effectively and efficiently.<br>Spinal exercises                                                                                                                                                               |
| Restore funding to 'Meals on Wheels'                           |                                                                                                                                                                                                                             |
| Good quality support                                           |                                                                                                                                                                                                                             |
| Reach out to isolated                                          |                                                                                                                                                                                                                             |
| Lower stress tolerance of long term disabled/health disability | Minor stresses take over limit.<br>Help with cleaning/cooking keeps people functioning in society.                                                                                                                          |
| Help for carers, especially the young.                         |                                                                                                                                                                                                                             |
| Transport/access to health activities                          | Aides to independent living – ramps, toilet seats etc.,                                                                                                                                                                     |
| Increased pension                                              |                                                                                                                                                                                                                             |
| Access to libraries                                            | Good nutrition                                                                                                                                                                                                              |
| S.A.G.A.                                                       |                                                                                                                                                                                                                             |
| Heating                                                        |                                                                                                                                                                                                                             |
| End of life advice                                             |                                                                                                                                                                                                                             |
| 50+ years                                                      | Over 65 free swimming gone.<br>Range of activities limited<br>Information – access to it, especially electronic.<br>Isolation – who do I go with or who can take me<br>Often there is no return bus in evening to get home. |

## WHAT ARE THE MOST IMPORTANT THINGS OUR CHILDREN NEED TO BECOME HEALTHY ADULTS?

| ANSWER                                                          | SUGGESTION/MORE DETAILS |
|-----------------------------------------------------------------|-------------------------|
| Feed into action plan                                           | Diet                    |
| Good education                                                  |                         |
| Early diagnosis of learning disabilities and other disabilities |                         |
| Honouring care plans                                            |                         |
| Subsidised leisure activities                                   |                         |
| Love and respect – schools to deal with bullying                |                         |

|                                                                                                                                                 |                                                                                                                    |
|-------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
| Shared budgeting so that a service will cost one organisation and another saves money. Everyone wins – S.C.C., P.C.T. , police, ambulance etc., |                                                                                                                    |
| Have respect for the community and each other by getting involved in community projects.                                                        |                                                                                                                    |
| Health always free at the point of delivery                                                                                                     |                                                                                                                    |
| Young people/young carers                                                                                                                       | Parents often don't know they can ask for a carer's assistance.<br>Good support.<br>Should young people be carers? |
| Decent homes especially in private sector                                                                                                       | Advertise loan scheme                                                                                              |
| Access to caring adults                                                                                                                         |                                                                                                                    |
| Access to adults with differing opinions                                                                                                        |                                                                                                                    |
| Access to adults who understand emotions                                                                                                        |                                                                                                                    |
| Access to adults to spend quality time and outside family                                                                                       |                                                                                                                    |
| Interest in health issues                                                                                                                       |                                                                                                                    |

**WHAT ARE THE MOST IMPORTANT CONTRIBUTIONS PARENTS CAN MAKE TO GIVE THEIR CHILDREN A HEALTHY CHILDHOOD?**

| <b>ANSWERS</b>                                                                                                                                                                                                   | <b>SUGGESTIONS/MORE DETAILS</b>                                                                     |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| Healthy patterns of behaviour                                                                                                                                                                                    | Diet, exercise, sleep                                                                               |
| Cultivate interests                                                                                                                                                                                              | Nature                                                                                              |
| Watchful and aware                                                                                                                                                                                               | Risks, health                                                                                       |
| <u>The ideal utopia</u><br>Good diet, exercise, routine, boundaries, skills (practical knowledge), interpersonal skills, social interaction, sense of community, respect, spiritual 'health', sense of belonging | Expand – funding for an action plan<br>Action Plan – healthy diet education in schools and colleges |
| Structure, routine, rules, aspirations                                                                                                                                                                           | Parent support group<br>Parenting classes<br>Something to follow Sure Start                         |
| Healthy meals                                                                                                                                                                                                    |                                                                                                     |

|                                                                                    |                                                            |
|------------------------------------------------------------------------------------|------------------------------------------------------------|
| If family 'history' of e.g., unemployment.                                         | How do young people believe their lives will be different? |
| Homework clubs for parents                                                         | Parents learn maths etc and can then help with homework    |
| Mentors for children to help with school work especially where parents cannot help |                                                            |
| Costs of leisure courses etc.                                                      | Often to expensive especially for larger families.         |
| Walking buses to school                                                            |                                                            |

**THAT ARE THE MOST IMPORTANT THINGS ADULTS CAN DO TO ENSURE THEY STAY HEALTHIER AND MORE ACTIVE INTO LATER LIFE?**

| ANSWER                                                                                        | SUGGESTION/MORE DETAILS                                                     |
|-----------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|
| Exercise                                                                                      |                                                                             |
| Diet                                                                                          | Healthy diet and portions diary                                             |
| Better information and education                                                              | Cheap or free courses                                                       |
| Paying for aspects                                                                            | Chiropractor & Alexander tech                                               |
| Better/healthier work and home environments                                                   |                                                                             |
| Rest – less stress                                                                            |                                                                             |
| Better access to free information from universities with fewer restrictions                   |                                                                             |
| Stop smoking                                                                                  |                                                                             |
| Stop drug                                                                                     |                                                                             |
| Stop alcohol                                                                                  |                                                                             |
| Protection from sunshine                                                                      | Skin cancer<br>But retain vitamin D                                         |
| Invest in prevention services                                                                 |                                                                             |
| Identifiable self screening health check forms                                                | Key questions that could identify an illness – long term/terminal (serious) |
| Parents valuing themselves and spend some money on healthy life style choices for themselves. |                                                                             |
| Family activities                                                                             |                                                                             |
| Enabling people to choose healthy lifestyle choices                                           |                                                                             |
| Understandable information is key to good decision making.                                    |                                                                             |

## WHAT ARE THE MOST IMPORTANT THINGS OUR CHILDREN NEED TO LIVE A HEALTHY LIFE?

| ANSWERS                                                                              | SUGGESTIONS/MORE DETAILS                                                                                                                                   |
|--------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Adults talking to children                                                           |                                                                                                                                                            |
| Courses for prospective parents                                                      |                                                                                                                                                            |
| More education at low cost/free                                                      | Diet, lifestyle, exercise                                                                                                                                  |
| More involvement of children with those with health issues                           |                                                                                                                                                            |
| Safeguarding children tends to separate children from activities with adults.        |                                                                                                                                                            |
| NHS local councils should have more strategic planning and regard to key initiatives | Transport, housing, education, health, leisure, local shops                                                                                                |
| Across all ages                                                                      | Seamless service<br>For when moving between services<br>Information to different services should be shared so patients don't need to tell story 100 times. |
| 'Normalise' health checks                                                            | Vaccinations<br>School dentist<br>School nurse<br>School                                                                                                   |
| Keep PHSE                                                                            | Make sure sexual health and emotional health are included.<br>Smoking and drinking – consequences both socially (pregnant) and health.                     |

Appendix 2  
**Southampton LINK's Joint Strategic Needs Assessment  
 Consultation Meeting – Woolston Community Centre  
 10<sup>th</sup> September 2010**

Number of attendees = 7

**WHAT DO YOU BELIEVE ARE THE BIGGEST RISKS TO  
 BEING ABLE TO LIVE A HEALTHY AND ACTIVE LIFE?**

| <b><u>ANSWER</u></b>                                        | <b><u>SUGGESTION/MORE DETAILS</u></b> |
|-------------------------------------------------------------|---------------------------------------|
| Prescription costs                                          |                                       |
| Living wage                                                 |                                       |
| Green areas (safe)                                          | Lack of                               |
| Low cost sport                                              |                                       |
| Social environment                                          | Less street inclusion                 |
| Lack of forums for people to discuss health/social problems |                                       |
| Unemployment                                                |                                       |
| Lack of concern for older people                            |                                       |
| Isolation                                                   |                                       |
| Lack of education in healthy living                         |                                       |

**WHAT ARE THE MOST IMPORTANT THINGS TO HELP  
 OLDER PEOPLE LIVE MORE INDEPENDENT AND HEALTHY  
 LIVES?**

| <b><u>ANSWER</u></b>            | <b><u>SUGGESTION/MORE DETAILS</u></b> |
|---------------------------------|---------------------------------------|
| Choice                          |                                       |
| Decent living wage              |                                       |
| Social Activities               | Potential isolation                   |
| Communication                   |                                       |
| Adequate/ appropriate transport |                                       |
| Availability of paid work       |                                       |
| Volunteering                    |                                       |
| Diet                            |                                       |
| Exercise                        |                                       |



## WHAT ARE THE MOST IMPORTANT THINGS OUR CHILDREN NEED TO BECOME HEALTHY ADULTS?

| <u>ANSWER</u>                            | <u>SUGGESTION/MORE DETAILS</u> |
|------------------------------------------|--------------------------------|
| Competing sport at schools               |                                |
| Focus/goals                              |                                |
| Ambition                                 |                                |
| Competition                              |                                |
| Sense of being valued                    |                                |
| Getting to know children – understanding |                                |
| Sensitive parental guidance              |                                |
| ‘Healthy’ diet                           |                                |
| Boundaries                               |                                |
| Parents need parenting skills            |                                |
| Limiting use of computer / mobile phone  |                                |
| Life skills.                             |                                |
| To safeguard the child’s health          |                                |

## WHAT ARE THE MOST IMPORTANT CONTRIBUTIONS PARENTS CAN MAKE TO GIVE THEIR CHILDREN A HEALTHY CHILDHOOD?

| <u>ANSWERS</u>          | <u>SUGGESTIONS/MORE DETAILS</u> |
|-------------------------|---------------------------------|
| Love and affection      |                                 |
| Time                    | To talk, listen                 |
| Boundaries              |                                 |
| Morals                  |                                 |
| Motivation              |                                 |
| Social responsibility   |                                 |
| Encourage interests     |                                 |
| Support                 |                                 |
| ‘Cook’ for the children |                                 |
| Socialising             | Not computers                   |

## WHAT ARE THE MOST IMPORTANT THINGS ADULTS CAN DO TO ENSURE THEY STAY HEALTHIER AND MORE ACTIVE INTO LATER LIFE?

| <u>ANSWER</u> | <u>SUGGESTION/MORE DETAILS</u> |
|---------------|--------------------------------|
| Keep active   |                                |

|                                |               |
|--------------------------------|---------------|
| Smoking/ alcohol               | Stop / reduce |
| 'Healthy' diet                 |               |
| Keep mental alertness          |               |
| Have goals in life / programme |               |
| Home cooking                   |               |
| Education                      | High cost     |
| Family values                  |               |
| Pride in appearance            |               |

**WHAT ARE THE MOST IMPORTANT THINGS OUR CHILDREN NEED TO LIVE A HEALTHY LIFE?**

| <b><u>ANSWERS</u></b>                     | <b><u>SUGGESTIONS/MORE DETAILS</u></b> |
|-------------------------------------------|----------------------------------------|
| Proper parental care                      | Being 'up' to give child breakfast     |
| Easy access to safe playing areas         |                                        |
| Less 'Cotton Wool'                        |                                        |
| 'Traffic free cycling lanes'              |                                        |
| More physical activities at school        |                                        |
| Safe environment                          |                                        |
| Longer lunch breaks for school children   |                                        |
| 'Proper diet'                             | Parent education                       |
| Good Dental health                        |                                        |
| Play leaders                              |                                        |
| Youth centres in all areas of Southampton |                                        |

Appendix 3  
**Southampton LINK's Joint Strategic Needs Assessment  
 Consultation Meeting – St Johns Ambulance Bitterne  
 21<sup>st</sup> September 2010**

Number of Attendees = 3

**WHAT DO YOU BELIEVE ARE THE BIGGEST RISKS TO  
 BEING ABLE TO LIVE A HEALTHY AND ACTIVE LIFE?**

| <b><u>ANSWER</u></b>                                                            | <b><u>SUGGESTION/MORE DETAILS</u></b>                                                                  |
|---------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| Lack of motivation and aspiration                                               |                                                                                                        |
| Low income                                                                      | Cannot meet basic needs                                                                                |
| Local employment                                                                | Risk is people from outside of Southampton getting better jobs – grow our own                          |
| Services being reduced                                                          |                                                                                                        |
| Organisation and use of resources better managed                                |                                                                                                        |
| Access to good public transport                                                 | Cycle paths, car sharing                                                                               |
| Homeless housing department is brilliant                                        | Risk = less front line workers                                                                         |
| Fear of illness, disability, mental health,                                     | Enhance independence – Get better information, more equal services, prevention, alternative therapy(?) |
| Unemployment issues – moderation in habits which is imposed by self opportunity | Imposed by self/families/communities                                                                   |

**WHAT ARE THE MOST IMPORTANT THINGS TO HELP  
 OLDER PEOPLE LIVE MORE INDEPENDENT AND HEALTHY  
 LIVES?**

| <b><u>ANSWER</u></b> | <b><u>SUGGESTION/MORE DETAILS</u></b>                                                                                              |
|----------------------|------------------------------------------------------------------------------------------------------------------------------------|
| Economics            | Need to ensure basic needs are met (Housed and warm)                                                                               |
| Accessible services  | Physically being able to get there through transport. Centralising can mean people cannot get there. Getting through on the phone. |

|                                                                         |                                                                                                                                                     |
|-------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| Good access to information                                              | Finding your way through the 'system'. Information shown to higher IQ is not accessible.                                                            |
| Systems and process don't always relate to or give what people need.    | Person discharged from hospital after post hip op. Outpatient appointment made 9.10am ... hospital had arranged for a care to come in at 9am. Why?? |
| Systems/culture etc changes and older people may not understand changes | For example, it is up to them to make an appointment                                                                                                |
| No holistic approach to the person                                      | Elderly men need support                                                                                                                            |
| Role in society/group                                                   |                                                                                                                                                     |
| Support                                                                 | Services, carers, equipment, association with the young                                                                                             |
| Contacts                                                                | Change on scene, reduce isolation                                                                                                                   |
| Value the contribution of the elderly                                   | And those of varied mobility                                                                                                                        |
| Who can tap into the pool of potential?                                 |                                                                                                                                                     |

**THAT ARE THE MOST IMPORTANT THINGS OUR CHILDREN NEED TO BECOME HEALTHY ADULTS?**

| <b><u>ANSWER</u></b>                                                         | <b><u>SUGGESTION/MORE DETAILS</u></b>                                         |
|------------------------------------------------------------------------------|-------------------------------------------------------------------------------|
| Education and employment                                                     |                                                                               |
| Safety                                                                       |                                                                               |
| Overprotection can lead to rebellion                                         | Need to be able to take risks                                                 |
| Range of opportunities                                                       |                                                                               |
| Role models                                                                  |                                                                               |
| Not enough support for NEET'S to get into employment, education or training. | PRU's need to offer more                                                      |
| Need emotional education and understanding of relationships                  | Sexual relationships = a healthy relationship                                 |
| Prevention services needed                                                   |                                                                               |
| Health and nutrition                                                         |                                                                               |
| Good role models                                                             |                                                                               |
| Education and opportunity                                                    | Employment, vocation                                                          |
| Sanctions                                                                    | What happens if moves are not observed or followed. Approval needed by peers. |
| Social engagement                                                            | Housing, facilities, play opportunities                                       |
| Love                                                                         | Effective parents, caring community , peers group                             |

## WHAT ARE THE MOST IMPORTANT CONTRIBUTIONS PARENTS CAN MAKE TO GIVE THEIR CHILDREN A HEALTHY CHILDHOOD?

| <u>ANSWERS</u>                                                                   | <u>SUGGESTIONS/MORE DETAILS</u>                                                   |
|----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Good birth weight                                                                |                                                                                   |
| Healthy pregnancy / smoking / diet                                               |                                                                                   |
| Stop smoking                                                                     |                                                                                   |
| Keep active, good nutrition                                                      | Not obese                                                                         |
| Better relationships between schools and parents                                 |                                                                                   |
| Encourage active support                                                         |                                                                                   |
| Schools have a big role to play especially where this is little parental support | Need support to support                                                           |
| Reduce education inequality                                                      |                                                                                   |
| Reduce support gap                                                               |                                                                                   |
| Support for parents for schools                                                  | Signposting, increased staff awareness of child and family needs and how to help. |
| Food and diet                                                                    | Catering/cooking                                                                  |
| Social opportunities                                                             |                                                                                   |
| Security                                                                         | Two working parents – time for kids?                                              |
| Education at home                                                                | Encourage at school                                                               |
| Discipline                                                                       |                                                                                   |
| Respect                                                                          | Teach judgement for self and respect to others                                    |

## WHAT ARE THE MOST IMPORTANT THINGS ADULTS CAN DO TO ENSURE THEY STAY HEALTHIER AND MORE ACTIVE INTO LATER LIFE?

| <u>ANSWER</u>                                                    | <u>SUGGESTION/MORE DETAILS</u>                |
|------------------------------------------------------------------|-----------------------------------------------|
| Access to employment                                             | Paid or voluntary – something to inspire them |
| Being safe                                                       |                                               |
| Mental health needs of abused women/men and families are not met | They are often in poverty                     |
| Prevention                                                       |                                               |
| Early intervention                                               |                                               |
| Men's ill health needs attention                                 |                                               |
| Keep active                                                      | Geared to self limits                         |

|                               |                        |
|-------------------------------|------------------------|
| Eat well                      | Income and information |
| Access to treatment           | Physical and mental    |
| Keep brain active             | Training and leisure   |
| Being part of social grouping |                        |
| Reduce fears                  | Feel valued            |
| Establish supportive routines |                        |

## WHAT ARE THE MOST IMPORTANT THINGS OUR CHILDREN NEED TO LIVE A HEALTHY LIFE?

| <u>ANSWERS</u>                                                 | <u>SUGGESTIONS/MORE DETAILS</u>                                     |
|----------------------------------------------------------------|---------------------------------------------------------------------|
| Boundaries                                                     | But able to take risks                                              |
| Having choice                                                  |                                                                     |
| Good 'Family' life                                             | Family can be a range from parent/carer to same sex parent/carer    |
| Stability                                                      |                                                                     |
| Looked after children need extra nurturing                     | Equal opportunities to 'life'                                       |
| Healthy 'environment'                                          | Home, play                                                          |
| Access to different environments and choice                    |                                                                     |
| 'Latch key kids' need nurturing too!                           |                                                                     |
| Knowledge and education are the key enablers to a healthy life |                                                                     |
| Aspiration                                                     |                                                                     |
| Experiences/exposure to different cultures                     |                                                                     |
| B.M.E. : Nourishing diet                                       | Dental care, school meals, education, meals                         |
| B.M.E. : Exercise                                              | Environment, residents, council,                                    |
| B.M.E. : Overall                                               | Education, staff resources, school nurse, parents, extended family, |

Appendix 4  
**Southampton LINK's Joint Strategic Needs Assessment  
 Consultation Meeting – Lordshill Community Centre  
 22<sup>nd</sup> September 2010**

Number of attendees = 8

**WHAT DO YOU BELIEVE ARE THE BIGGEST RISKS TO  
 BEING ABLE TO LIVE A HEALTHY AND ACTIVE LIFE?**

| <b><u>ANSWER</u></b>                         | <b><u>SUGGESTION/MORE DETAILS</u></b> |
|----------------------------------------------|---------------------------------------|
| Safe and secure housing                      |                                       |
| Maintain pavements and walkways              |                                       |
| Poverty                                      | Life quality                          |
| Continuity of quality and specialist/GP care |                                       |
| Clearly defined care pathways                |                                       |
| Active exercise options through GP           |                                       |
| Lack of motivation for weight loss/exercise  | Effective monitoring                  |

**WHAT ARE THE MOST IMPORTANT THINGS TO HELP  
 OLDER PEOPLE LIVE MORE INDEPENDENT AND HEALTHY  
 LIVES?**

| <b><u>ANSWER</u></b>                                                                  | <b><u>SUGGESTION/MORE DETAILS</u></b> |
|---------------------------------------------------------------------------------------|---------------------------------------|
| Safe housing                                                                          |                                       |
| Adequate resources                                                                    | Money                                 |
| Allotments/Community gardens                                                          |                                       |
| Preventative screening                                                                |                                       |
| Reduce Isolation                                                                      | Pub, clubs, volunteering, befriending |
| Home services                                                                         | Bathing/podiatry                      |
| Social phone tariffs                                                                  |                                       |
| Reduce destructive legislation and costs for all activities involving elderly support | CRB                                   |
| Information access                                                                    |                                       |

**WHAT ARE THE MOST IMPORTANT THINGS OUR  
 CHILDREN NEED TO BECOME HEALTHY ADULTS?**

| <b><u>ANSWER</u></b>            | <b><u>SUGGESTION/MORE DETAILS</u></b> |
|---------------------------------|---------------------------------------|
| Life skills.                    |                                       |
| To safeguard the child's health |                                       |
| Life Skills                     |                                       |
| Healthy diet understanding      |                                       |

|                                                 |                                    |
|-------------------------------------------------|------------------------------------|
| Good parenting                                  |                                    |
| Informed decision making                        |                                    |
| Early intervention when necessary               | Joined up care and health services |
| Integration between children and adult services |                                    |
| Ambition / opportunity                          |                                    |

**WHAT ARE THE MOST IMPORTANT CONTRIBUTIONS PARENTS CAN MAKE TO GIVE THEIR CHILDREN A HEALTHY CHILDHOOD?**

| <b><u>ANSWERS</u></b>           | <b><u>SUGGESTIONS/MORE DETAILS</u></b>                |
|---------------------------------|-------------------------------------------------------|
| Parents to get life skills      | Diet, exercise, leisure, relationships, sexual health |
| Energise peers with good advise |                                                       |
| Make time!                      | Quality time                                          |
| Set boundaries                  | Computer, Mobile, Homework, staying out late          |
| Encouragement                   | Incentive and rewards                                 |

**WHAT ARE THE MOST IMPORTANT THINGS ADULTS CAN DO TO ENSURE THEY STAY HEALTHIER AND MORE ACTIVE INTO LATER LIFE?**

| <b><u>ANSWER</u></b>                             | <b><u>SUGGESTION/MORE DETAILS</u></b>        |
|--------------------------------------------------|----------------------------------------------|
| Opportunities/positive experience for unemployed |                                              |
| Quit smoking                                     |                                              |
| Responsible drinking                             |                                              |
| Mental stimulation                               | Stay involved                                |
| Care with diets                                  |                                              |
| Active exercise program                          |                                              |
| Healthy lifestyle choices                        |                                              |
| Secure employment                                | Develop a wide range of skills / stay mobile |
| Avoid stress                                     |                                              |
| Experience/vocational qualification              | Academic qualifications in job placement     |



**WHAT ARE THE MOST IMPORTANT THINGS OUR CHILDREN NEED TO LIVE A HEALTHY LIFE?**

| <b><u>ANSWERS</u></b> | <b><u>SUGGESTIONS/MORE DETAILS</u></b> |
|-----------------------|----------------------------------------|
| Parental Guidance     | Boundaries                             |
| Role Models           | Home and school                        |
| Rounded education     | Sport, life skills, academics          |
| More Surestart        | More money invested                    |
| Safeguarding          |                                        |
| Exercise programs     | Healthy diets                          |