

**An Evaluation Report from the Health and Wellbeing Strategy Refresh Event: 12<sup>th</sup> June 2014, The Hub**

**Table Cloth Analysis from the Carousel Exercise: June 2014**

**Background**

1. On the 12<sup>th</sup> June a stakeholder event took place at the Hub in Doncaster and there were 60 participants who attended plus 10 students from the college, 11 facilitators and 3 presenters totalling **84** people. The aims of the day were to explore wider well-being themes which may impact on individual health and well-being and to use the information collated to support development of a revised health and wellbeing strategy. An initial programme was devised and a planning task group was established to consider the logistics and planning for the event. The following programme was implemented and was organised in conjunction with The Hub, Public Health Doncaster Clinical Commissioning group and DMBC Partnerships team. A number of facilitators were recruited and briefed to support the Carousel exercise and the programme for the day was as follows:

**Health & Wellbeing Board Workshop**

**Thursday 12<sup>th</sup> June 2014, 08:30 – 12:30**

**The Hub, Chappell Drive  
Doncaster  
DN12RF**

**A G E N D A**

<b>08:30 – 09:30</b>	Registration and Breakfast (Pod cast interviews)	ALL
<b>09:30 – 09:40</b>	Welcome & Opening Remarks – Chair Health and Well- Being Board	Councillor Pat Knight
<b>09:40- 10:00</b>	Setting the Scene: The Journey So Far – Where are we now?	Dr Tony Baxter
<b>10:05 – 10:15</b>	Introducing the Well- Being Carousel	Dr Rupert Suckling
<b>10:15 – 11:15</b>	Wellbeing Carousel: Group exercise	ALL
<b>11.15 – 11.30</b>	Comfort Break and Networking	ALL
<b>11.30 – 12:10</b>	Prioritisation Exercise (Individual) and Reflections	ALL
<b>12.10 – 12:30</b>	Summary and Next Steps Closing Remarks	Dr Rupert Suckling

## Event Structure

The presentations aimed to set the scene regarding the Health and Wellbeing Board's journey so far and the rationale behind



Strategy timeout.ppt

revising the strategy . Councillor Knight and Dr Tony Baxter gave an insight into the Board's development and the need to review the Health and Well Being Board strategy based on the recent Local Government Association Peer Review in December 2013. The participants were sent some pre-event information as background preparation for the day and the Carousel exercise was based on the following Well-being model which had **5 themes**:



## **The Carousel (Tablecloth Exercise)**

The Carousel exercise consisted of a table top exercise with facilitation where participants were asked to answer 3 questions and to write their answers on the tablecloths and then at 10 minute intervals to move around all the other themes. The key questions were:

- **What contributes to (theme) well-being?**
- **What currently works?**
- **How can we add to this?**

The final exercise was a **Prioritisation group exercise** and participants were asked collectively to draw up **3 key priorities** for each theme. The results were collated and are detailed in the following section demonstrating key themes and key priorities.

## **Pod Cast Interviews**

A number of live Pod cast interviews conducted by students were also undertaken on the day to capture some live views about wellbeing in Doncaster and the film of the event and recorded interviews will be showcased later with a view to further work with the students to develop the wellbeing theme across Doncaster.

## Outcomes from the Carousel

### Theme 1: Social and Emotional Well-being

There were 5 emerging Themes from analysis of the table cloths for the Social and Emotional Well-being theme :

- Self -worth
- Community ownership
- Relationships
- Youth engagement
- Leisure

The data below represents the feedback from participants and was used to ascertain what contributes to **social and emotional** wellbeing:

<b>Social and Emotional wellbeing</b>				
<p><b>Self-worth</b></p> <ul style="list-style-type: none"> <li>• Spirituality</li> <li>• Stability – financial, emotional, social, family and housing</li> <li>• Sense of purpose and feeling of worth and value</li> <li>• Confidence and self esteem</li> <li>• Work-life balance</li> <li>• Having pride</li> <li>• Sense of belonging to something or someone</li> </ul>	<p><b>Community ownership</b></p> <ul style="list-style-type: none"> <li>• Being in control</li> <li>• Volunteering and sense of civic involvement</li> <li>• Devolution/ delegation of power / control / responsibility</li> <li>• Active play / social play</li> <li>• Sense of community</li> </ul>	<p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>• Family activities</li> <li>• Faith communities</li> <li>• Support network</li> <li>• Peer support</li> <li>• Social media</li> <li>• Having someone to talk to</li> <li>• Good family and relationships</li> <li>• Going out with friends</li> <li>• Having a social life</li> <li>• Daily social contact</li> <li>• Isolation</li> </ul>	<p><b>Youth Engagement</b></p> <ul style="list-style-type: none"> <li>• Having more activities for young people that encourage good behaviour and enjoying themselves (brownies, scouts, youth clubs)</li> <li>• Support for bullying in schools / colleges</li> <li>• Recognising young people's achievements</li> <li>• Positive role models</li> </ul>	<p><b>Leisure</b></p> <ul style="list-style-type: none"> <li>• Available to all / very expensive</li> <li>• Not just sport and physical activity – arts and culture</li> <li>• Arts and culture accessible at all levels</li> <li>• Libraries need volunteers</li> </ul>

<ul style="list-style-type: none"> <li>• Individuals not challenged to progress and grow (benefits system)</li> </ul>		<ul style="list-style-type: none"> <li>• Parental guidance</li> </ul>		
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**\*Overarching Themes : assets based approach, access and safety (environment), education and life -course approach; social prescribing; partnership working; positive role modelling and stories**

**What currently works?**

Examples of what currently works are listed below:

- Community led organisations/groups and citizenship programmes
- Co-production approaches
- TARAs /community libraries
- Rovers foundation community sports programme
- Clarity around what does work? – some questions have question marks

**How can we add to this?**

- Asset based approach
- More activities and events in communities
- More positive action with social media – or less social media
- Build resilience in communities

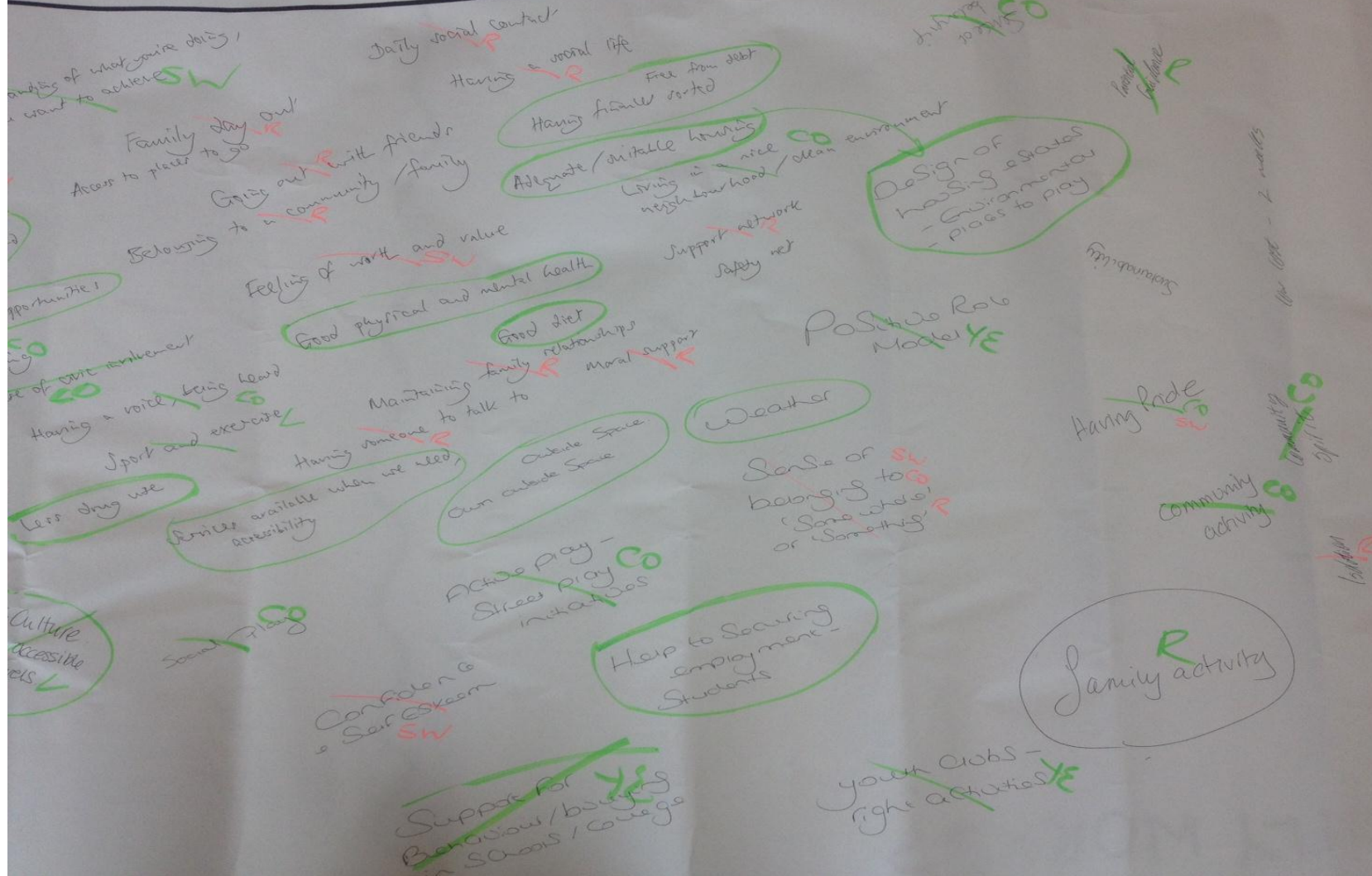
- Improve community spirit
- Know community – churches, community centres
- Access to information (website) – access to support services

**Summary of Key Priorities from the Prioritisation Exercise :**

- Move from a deficit to an asset based approach
- Person centred approach in all we do
- Recognising and harnessing growing community endeavour
- Job preparation and matching jobs to people
- Communication - a live staffed hub that is easily accessible and collation of information
- Promoting the positives of Doncaster – too many negatives – need to get community on board: ‘be kinder to one another’

The following photograph is an extract from one of the tablecloths for this theme and illustrates colour coding where themes have emerged on the table and also between themes:

# TO SOCIAL & EMOTIONAL WELLBEING?





## Theme 2: Physical Health and Mental Well-being:

There were 6 emerging Themes from analysis of the table cloths for the Physical Health and Well-being theme :

- Personal responsibility
- Physical Activity
- Early Identification of need
- Decreasing Stigma
- Lifestyle Choices
- Personalisation of Care

The data below represents the feedback from participants and was used to ascertain what contributes to **Physical Health and Mental Well-being**:

Physical Health and Mental Wellbeing					
<b>Personal responsibility</b> <ul style="list-style-type: none"> <li>• Independence rather than relying on traditional services</li> <li>• Personal development</li> <li>• Valuing our health</li> </ul>	<b>Physical activity</b> <ul style="list-style-type: none"> <li>• Family influence and role models</li> <li>• Having fun with physical activity</li> <li>• Access to activities that are important to you</li> <li>• Participation in activities at all levels</li> </ul>	<b>Early identification of need</b> Mental health and physical <ul style="list-style-type: none"> <li>• Better understanding of illnesses that come from poor wellbeing</li> <li>• Annual health checks</li> <li>• Early identification</li> </ul>	<b>Decreasing stigma</b> <ul style="list-style-type: none"> <li>• Encourage people to talk about MH and emotional wellbeing</li> <li>• Appropriate sensitivity</li> <li>• Attitude to different MH issues</li> <li>• Non-discriminatory practices</li> </ul>	<b>Lifestyle choices</b> <ul style="list-style-type: none"> <li>• Making healthy choices available</li> <li>• Effective health promotion / public health activities</li> <li>• Better health of families</li> </ul>	<b>Personalisation of care</b> <ul style="list-style-type: none"> <li>• Addressing needs / agenda regarding services for people with disabilities and long term conditions (as they will require support to live</li> </ul>

		of stress and coping mechanisms <ul style="list-style-type: none"> <li>• Counselling</li> <li>• Access to crisis management services</li> <li>• Screening</li> </ul>		starting in schools, especially obesity	healthy and independently in the community)
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**\*Overarching themes were education, economic, safety, assets and life-course approach, social prescribing; partnerships (health and mental health), Co-production approaches/partnership working**

**What currently works?**

- Active street play,
- IAPT
- Green gym
- WRAP
- Wellbeing officers
- Peer support (cancer, dementia, PFG)
- Stronger families approach
- Health checks
- Parish Nurse

### **How can we add to this?**

- More parish nurses
- More co-production
- Raise awareness of Doncaster Advice Services Partnership where they can access debt, housing and welfare advice prior to MH issues impacting
- Learn from culture change and awareness raising of MH and dementia , e.g. Dementia Friendly Communities
- More access to peer support in the community
- Social prescribing

### **Additional issues Flagged**

- Water fluoridation
- Awareness
- Prevention

### Summary of Key Priorities from the Priorities Exercise:

- Build individual resilience – ensure that people have a support mechanism to build on including employment, relationships and sustainable social networks
- Culture change – learn from some of the mental health and dementia campaigns in terms of culture change
- Evidence base to support focus and get wider support from partners – what will have biggest impact – education – work towards same priority
- Develop a health strategy that considers pathways and effective intervention early in the pathway and focuses on building of partnerships with, and assets of, the voluntary and community sector
- Use good practice examples from other health and social care communities particularly focusing on demographic peers
- Pick one priority e.g mental health/smoking and make a visible concerted effort over a set period of time e.g media bust where all partnerships make concerted effort to talk about it and address it.

The following photograph is an extract from one of the tablecloths for this theme and illustrates colour coding where themes have emerged on the table and also between themes:

# WHAT CONTRIBUTES TO PHYSICAL

Non-discriminatory practices

Value in our health/personal responsibility

Opportunities for employment or being actively engaged in work

Annual Health Checks

Health Action Plans  
Health Passports

Early identification of stress and coping mechanisms

Contribute regardless of academic qualifications

Participations at all levels

Feeling safe & secure in home + community

Social Support Community Networks

Knowing where to go for support when feeling lonely or not being listened to

Holistic Support

Employment

Reduce STIGMA - EXCUSE PEOPLE TO TALK ABOUT MENTAL HEALTH + EMOTIONAL WELLBEING

Being valued as a person

Access to activities that are important to you

Education - LEARNING

Learn to be HAPPY!

Culture Change

\* Support accessing benefits - completing forms

Help individuals to

Parenting - whole person/whole person

Protection from hate crime and abuse

Personal

Invest in individuals

- PR Personal Resp.
- PA Phy. Activity
- E Identification
- DS Decreasing stigma

### 3. Educational Wellbeing:

There were 4 emerging Themes from analysis of the table cloths for the Educational Well-being theme :

- Life- long learning
- Basic needs
- Work Readiness
- Family support

The data below represents the feedback from participants and was used to ascertain what contributes to **educational** wellbeing:

Educational Well-being			
<p><b>Lifelong learning</b></p> <ul style="list-style-type: none"> <li>• Learning for life</li> <li>• Volunteers education</li> <li>• Opportunities to adults to up-skill as jobs become more advanced and fall out of work</li> <li>• Holistic parenting courses (personal development of parent, negotiation skills, relationships, resilience, self-esteem/aspirations)</li> </ul>	<p><b>Basic needs</b></p> <ul style="list-style-type: none"> <li>• Personal care and hygiene</li> <li>• Sleep</li> <li>• Clear boundaries, what is appropriate and not</li> <li>• School attendance</li> <li>• Self esteem</li> </ul>	<p><b>Work readiness</b></p> <ul style="list-style-type: none"> <li>• Alternative to formal schooling (gardens and allotments)</li> <li>• Work experience</li> <li>• Pathways / aspirations with steps along the way rather than just the highest qualification</li> <li>• Opportunities to join/work in organisations</li> <li>• Support with studying and future careers.</li> </ul>	<p><b>Family support</b></p> <ul style="list-style-type: none"> <li>• Parent education</li> <li>• Stronger families</li> <li>• Looked after children supported more due to lack of family</li> <li>• Whole family mediation, family buddies and peer supporters.</li> <li>• Holistic parenting (personal development of parent, negotiation skills, relationships, resilience, self-esteem/aspirations)</li> <li>• Domestic abuse awareness</li> </ul>

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\*Overarching themes were Positive role modelling, social prescribing and personal responsibility

#### What currently works?

- Volunteering
- Open the book (older people visit schools work/inter-generational )
- Breakfast clubs and childrens' centres
- Apprenticeships (St Leger)
- Re-read and Dolly Parton reading schemes

#### How can we add to this?

- Increase individual personal responsibility/less reliance on services
- More apprenticeships
- More vocational based training

- More intergenerational work in schools and communities
- Whole family approach in schools

### **Key Priorities from the Prioritisation Exercise:**

- Volunteering/work experience and apprenticeships for young people and adults (physical/sensory and mental health)
- Create higher aspirations/sense of value of education among families and communities from an early age (value of early years support)
- Improve 1:1 support in schools – more work around confidence and skills building and dealing with life issues e.g loss, abuse, grief and drug and alcohol issues – also tailor messages to be inclusive to all communities e.g LGBT
- Life skills and citizenship skills from a young age incorporating lifestyle factors and personal care
- Increased work experience/apprenticeships and careers advice and job preparation skills for all ages  
Joint initiatives and ventures utilising existing community groups and linking services together – examples included social prescribing

The following photograph is an extract from one of the tablecloths for this theme and illustrates colour coding where themes have emerged on the table and also between themes:



3-yearly Curriculum to local economy + accessible (availability residual filters + electronic aids)

14

# EDUCATIONAL WELL BEING?

~~HEALTHY EATING~~ BN

~~HYDRATION~~ BN Life long learning

PHYSICAL ACTIVITY BN  
Diverse, Move, Play, Live - Physical Activity  
Diabetes - Physical Activity + Personal Guidance  
Bullied to Disabled - Physical Activity + Personal Guidance  
Physical Activity + Personal Guidance

RAC BN

FUTURE PROSPECTS - GOALS TO ACHIEVE

~~PERSONAL CARE & HYGIENE~~ BN

A ~~Secure~~ Supportive Family, Home Situation From Birth BN

~~Work Experience / Visiting~~ BN

Adequate Resourcing of Staff with appropriate skills to take advantage of the development of new initiatives - i.e. IT, development

~~Emotional support~~ BN

Alternatives to Formal Schooling - e.g. Community Activities + Leisure e.g. fishing, gardens + allotments BN

Support + awareness n. cultures

Children adequately dressed (clothing, shoes) + equipped - basic minimum needs BN

Physical Activity + Personal Guidance  
Diabetes - Physical Activity + Personal Guidance  
Bullied to Disabled - Physical Activity + Personal Guidance

#### 4. Environmental Wellbeing:

There were 5 emerging Themes from analysis of the table cloths for the Environmental Well-being theme :

- Access to Green Spaces
- Transport
- Community development/capacity building
- Planning
- Community safety (feeling safe)

The data below represents the feedback from participants and was used to ascertain what contributes to **environmental** wellbeing:

Environmental well-being				
<p><b>Access to Green spaces</b></p> <ul style="list-style-type: none"> <li>• Maintenance</li> <li>• Better use of quality green space</li> <li>• Parks and play areas in the right locations, well managed, litter, lighting et cetera</li> <li>• Outdoor learning opportunities</li> </ul>	<p><b>Transport</b></p> <ul style="list-style-type: none"> <li>• Car sharing, cycling and community transport</li> <li>• State of the roads (potholes)</li> <li>• Affordable and accessible transport</li> <li>• Promote walking and cycling to work/school schemes</li> <li>• Promotion of park and ride schemes/improved schemes</li> </ul>	<p><b>Community development/capacity building</b></p> <ul style="list-style-type: none"> <li>• ‘Friends of’ groups integral to the success of spaces</li> <li>• Community services (shops, pubs et cetera)</li> <li>• Community involvement and community responsibility (litter, graffiti, clean-ups, recycling)</li> <li>• More involvement of young people and helping them to use</li> </ul>	<p><b>Planning</b></p> <ul style="list-style-type: none"> <li>• Affordable housing</li> <li>• Dementia Friendly Environments</li> <li>• Homelessness provision</li> <li>• Quality and quantity of housing stock</li> <li>• Attract developers using our assets</li> <li>• Good provision of civic space in all areas</li> </ul>	<p><b>Community safety (Feeling safe)</b></p> <ul style="list-style-type: none"> <li>• Safe cycle routes and secure cycle parking</li> <li>• Perception of crime</li> <li>• Feeling safe to use facilities / open space</li> <li>• Inclusive communication / education of communities to improve safety / wellbeing</li> </ul>

		/ design their open spaces. • Work with tenants associations		
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**\*Overarching Themes:** Personal responsibility – for own environments e.g litter etc ; access to services (green space, housing etc), safety and Planning

### What currently works?

- Access to free skips
- Alley gates in areas
- Street play schemes (where appropriate)
- Lakeside pilot
- Local community initiatives e.g ‘Friends of.....’
- Community flood wardens

### What can we add to this?

- Sensory spaces e.g gardens
- Use of section 106 monies in communities
- Good access to refuse disposal (fly tipping etc)
- More promotion of green spaces/cycle routes
- More equipment loan schemes (gardening tools)
- Good neighbours schemes
- More better quality housing
- Floating support to enable independence and support recovery

**\*Additional Issues Flagged:**

- Private landlords and formation of ‘ghettos’
- Affordable warmth
- Protection from flood risk (emergency planning)
- Development of Waterdale and Colonnades (access for older people)

**Key Priorities:**

- Community centric town planning (including young people)
- Vibrant voluntary and community sector (locally accessible and available services for all)
- Decent affordable homes and attractive and accessible green and open spaces that are well promoted
- Social responsibility – promotion of services already there
- Partnership working across community
- Awareness raising and connectivity of what we have already/personal responsibility

The following photograph is an extract from one of the tablecloths for this theme and illustrates colour coding where themes have emerged on the table and also between themes:

# ENVIRONMENTAL WELLBEING?

Access-friendly town centre

1  
inches  
cycle routes and  
secure cycle parking

Link with housing

- Service users have issues

Feelings  
of isolation  
lack of facilities/  
open space

Social  
isolation  
leads to lack of  
contact with  
community as  
well as services

Social deprivation  
leads to poor  
health and  
well-being

Joined up services to meet need

Protection from flood risks

Flood Risk  
Assessment  
Resilience

Good shelter access

Feel safe in streets

Street  
lights  
to make streets  
safer

Provision of  
services  
to meet  
needs  
of people  
with  
disabilities

Access to  
services  
to meet  
needs  
of people  
with  
disabilities

Knowing how to use  
facilities/  
services

Appropriate  
housing for  
client need

Support to help people move on  
from housing

Good provision of  
public space, in  
all areas

Accessible housing  
with outdoor  
facilities

Dementia friendly  
environments

Pride in environments  
PR

Parks, schools  
shops  
→ facilities

Cleaner Streets  
CD

Community  
clean-up  
CD S

Friends of  
Groups  
are integral to  
success of  
spaces  
CD

Image of  
streets  
PR  
We are  
contributing to  
an increasing  
of community  
spaces

## 5. Economic Wellbeing:

There were 5 emerging Themes from analysis of the table cloths for the Economic Well-being theme :

- Money management
- Business Support
- Opportunities
- Living Wage ad fairer working conditions
- Financial Planning/retirement

The data below represents the feedback from participants and was used to ascertain what contributes to **economic** wellbeing:

Economic Well-being				
<p><b>Money Management</b></p> <ul style="list-style-type: none"> <li>• Managing money effectively</li> <li>• Appropriate money lenders</li> <li>• Secure pensions</li> <li>• Personal payments/budgets</li> </ul>	<p><b>Business Support (SME's)</b></p> <ul style="list-style-type: none"> <li>• Internal and external investment into the borough</li> <li>• Encouraging business investment into Doncaster (Outside investment)</li> <li>• Job readiness/skills development and training e.g</li> </ul>	<p><b>Opportunities</b></p> <ul style="list-style-type: none"> <li>• Opportunities and information on self- employment and social enterprises</li> <li>• Job opportunities i.e young people</li> <li>• Opportunities from Private sector</li> </ul>	<p><b>Living Wage and Fairer Working Conditions</b></p> <ul style="list-style-type: none"> <li>• Cost of living matches average or low earnings</li> <li>• Living wage not zero hours security</li> <li>• Meaningful /access to adequate benefits</li> </ul>	<p><b>Financial Planning /Retirement</b></p> <ul style="list-style-type: none"> <li>• Secure pensions</li> <li>• Post retirement roles</li> <li>• Planning for retirement</li> </ul>

	vocational courses (engineering etc) <ul style="list-style-type: none"> <li>• Access to work schemes</li> </ul>			
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\*Overarching Themes: Personal responsibility ,education ,youth education ,environment ,volunteering/peer support ,sport and culture

**What currently works?**

- Credit unions
- External investment eg FARRS, White Rose Way (transport infrastructure)
- Inward investment – airport, racecourse, Lakeside, markets

**What can we add to this?**

- Apprenticeships/job readiness
- Inward investment (Doncaster £)
- Raising aspirations/ambition
- Success stories/Celebrate success (Talk up Doncaster)

**Additional Issues Flagged:**

\* Offenders

## Key Priorities:

- Celebrating educational success
- Improving Health and Wellbeing Board's co-ordination and relationship with other boards and sectors
- Improving the perception of Doncaster
- Affordable housing that meets the needs of local people
- Connecting local people to investments (through planning connect local people to investments – employ x% of people from certain postcodes in Doncaster)
- Maximising and developing a support and advice network to manage debt issues (help people out of unhealthy debt) and promote effective money management

The following photograph is an extract from one of the tablecloths for this theme and illustrates colour coding where themes have emerged on the table and also between themes:



# TO ECONOMIC WELLBEING?

MASLOW HIERARCHY - SHELTER → ETC

EMPLOYMENT - ~~LIVING WAGE~~  
~~NOT ZERO HRS~~  
~~SECURITY~~ **LW**

~~Investment in the through - internal and external~~ **BS**

Apprenticeships

Basic literacy and numeracy skills

Building confidence

~~SECURE PENSION~~ **FP**

~~OPPORTUNITY → APPROPRIATE SKILLS TRAINING~~

~~MANAGING MONEY -~~  
~~Appropriate money pay day~~  
~~no overdraft or wage~~ **MM**

~~TRANSPORT~~  
Infrastructure - roads, railways, airport

Skills development - job interview/application preparation

Interest in job and skills training - colleges (local)  
e.g. engineering

Access to work schemes

Volunteering

Stable housing - affordability design

Educational Attainment  
How does that assist  
meeting roles of jobs?

Safe environment

Local is national

Encouraging businesses  
Donates resources

Planning - more businesses  
Housing - give rates etc

Appropriate hours

Pride in the Community

Attach place

Voluntary News paper  
SPREADS THE WORD

What to do when you are qualified?

## **Overall Summary**

The outcomes of the day identified a great number of themes and priorities. The task now is to narrow these down further to key priorities for the revised Health and Wellbeing strategy. The Wellbeing model will form one part of the document and will outline the additional proposed areas of focus for the next 3-5 years.

Further work needs to be undertaken with The Hub to look at other ways of engaging young people and translating the strategy into local action. A copy of the film of the event and the Podcast interviews will be available on line in due course.

## **Recommendations for the Refresh of the Health and Wellbeing Strategy:**

An outline/draft framework for the revised Health and Wellbeing Strategy now needs to pull together all the key aspects including:

- Vision and I statements
- Alignment with other strategies, the Borough strategy and the Corporate Plan
- Current Areas of Focus and Outcomes based accountability action plans
- Well-being model and proposed new areas of focus/outcomes based accountability plans
- New ways of working e.g Better Care Fund and Think Local Act Personal framework for community capacity building
- Community engagement
- Next steps?

Louise Robson, Public Health Specialist

\*With thanks to Public Health and other partners who supported the event and the Carousel analysis

July 2014