

Chat from Session One. An introduction to Health Creation

John O'Brien set out 5 Accomplishments for people with disabilities: Community Presence, Relationships, Choice, Competence and Respect.

I've just looked up the 5 Accomplishments - they are very similar, aren't they? I have not heard of them before, are others using or hoping to use community development approaches in their work?

Hi all - I'm Kathleen and I am leading a Health and Communities project in Redbridge. We employ local residents to share health messages/information and discover what matters to communities' health. Hoping to use community development approaches to help shift the conditions for communities to take more control. I used to work in care sector, and we used the 5 Accomplishments a lot.

Yes, I'm currently working with Gypsies and travellers to build health efficacy and literacy, alongside Core 20 Plus 5 covering screening up take for CVD and Cancer.

Hi, I'm David, now retired but still active, and living in the Lake District. There appears to be a great deal of synergy with the salutogenesis movement with which I'm involved. Has it been influential in HCA thinking?

Hi David, Health Creation is built upon the principles of salutogenesis and what matters to communities

Does anyone know if the healthy life expectancy is now being reduced in Wigan as is the case across the board due to wider socio-economic factors?

Has anyone done any work with Cormac Russell around ABCD - I would be really interested to know - rosanna.brown@derbyshire.gov.uk

ABCD Connectors maybe the better way than Social Prescribing

Brian, as a GP, how would we approach ICS's/PCN's etc to adopt / consider this approach with current demands on time, workforce and financial resources ?

Annie, it is not easy to convince NHSE. I have heard NHSE people saying that managing primary care is just "a numbers game". Not the message we want. But an increasing number of ICSs see that Health Creation is the key to improving and building health.

The 3 Cs are all as well ,and so is ABCD ,but you have to get the message to ordinary people. How can you get the message to the ordinary people than don't have any conception that these ingredients connect with each other

Hi David, I'm currently trying to introduce the concept of Holistic Health to the Gypsy/Traveller community.

David, maybe other people on this call who are doing the work on the ground can respond to your concerns about getting these ideas out to local people.

I am a service user - you have done and are doing a fantastic job - keep at it - for yourself and others...should be a PPIE lead in every local council/organisation.

The NHS just do not think they are there for community benefit

David, it depends on who you talk to. Some at NHSE are fully in support of the HC agenda. The ICS Principles are an example. But many are not. It does require a shift in approach that the NHS is not used to. The Health Creation Alliance is working across the system to try and make the shift. See what Merron is saying right now.

I am a Community Development Lead working in Morecambe Bay and my role is a dedicated resource to develop partnership and community working. we have been doing it for 6 years in Morecambe Bay and I am more than happy to share our work with anyone :)
sarah.baines@mbht.nhs.uk

Thanks Lisa -really useful

here here Anne - thank you Lisa for that rich picture. It really resonates and often we forget that we are part of a system and have roles but are also human beings who go through our own challenges, those of our families and friends. I think it is important that we bring that experience to our roles and don't lose sight of it. Thanks again and all the best with your future journey Lisa

I think helping with space is key in my role - holding space for communities to take action on things that matter to them, and recognise they are experts on this!

Fantastic work, Dusty! You and the Commission have made a huge difference.

Working in partnership with amazing people like Dusty has been integral to the progress and developments we are making in Morecambe Bay

Love the change of "patient" to citizen. Thank you for sharing your experience and achievements Dusty- so impressive ! Love to learn more about the work that is being done in Lancaster and Morecambe.

Really insightful and great appreciation for what you are doing to make positive changes with communities being partners in the processes.

Thanks Dusty, food for thought how we can apply some of those ideas locally.

Dusty, from one Morecambe Bay (Ulverston) to another, what a very helpful presentation

It's about sharing the 'power', giving everyone an opportunity to feel valued, listened to and also part of the decision making.

I think Morecambe Bay might be unique in that the NHS has funded a dedicated resource (my role) to what Vikesh has managed to do as well as his day-to-day role which is impressive.

Dusty, an inspiring contribution. Thank you!

Impact and the value of the outcomes are also important

It's about sharing the 'power', giving everyone an opportunity to feel valued, listened to and also part of the decision making.

Could those performance objectives be co-created with communities or is that a bridge too far?

No, Rosanna, not a bridge too far. We work hard in the Morecambe Bay area on co-production

Performance objectives could include giving NHS staff the support and encouragement to broaden their own 'networks' into the VCS that exists within the communities they serve e.g. develop 1 new VCS connection per month over a 12 month period and then review what happens as a result of new connections, development of trusted relationships and what other 'doors' does this open?

[.https://www.morecambebaypovertytruthcommission.org.uk/](https://www.morecambebaypovertytruthcommission.org.uk/)

Hi Vikesh, Do you find that your approach squares with what is being demanded from NHS England or is there an element of challenging the system

Is it a challenge to health professionals to let go of the 'medical model' to better health...we still hear stories of antidepressants being routinely being prescribed for people with anxiety/ depression etc.....

Vikesh, this is really reassuring and honest

WHAT CAN YOU DO TO HELP EMBEDD HEALTH CREATION?

Hi Lee - in my role I am currently working around systems change to influence the ICS to adopt more health creating principles, I convene a community of practice to try and get the "nothing about us without us principles" adopted - to shift culture. One thing we are working on is how we can influence the whole system to properly value, resource and reward their expertise.

We have to be really careful not to think we need to assist or replace our communities, they are often doing a fantastic unsung job, getting on with it supporting each other. They are not interested in theory or accolade, they are simply too busy delivering. They are overstretched and parched. We need to connect investment and not offer to change, but to learn.

Building trusting relationships on all levels is key to effective community partnerships

Apols the community of practice is around co- production and we are seeking to develop a system wide best practice guidance on payment, resourcing and rewarding service users - and those with lived experience for co production

It's worth reminding ourselves that other countries in the UK are managing things differently. Scotland has a Community Power Act. N Ireland has community development integrated in many aspects of health and social care.

I created a walking community group in Grange over Sands [Morecambe Bay] in 1995 called the 'Promenaders' - we just walked on the prom - easy, and helped isolated people, supported those needing cardiac rehabilitation, and got markers put on prom to help people know how far they had walked - a very early 'health walk scheme' !

Thanks all for a really interesting introductory session, I have to drop off now but looking forward to other sessions :)

FEEDBACK

This is a really rich session, I am learning a lot. I'm afraid I need to leave now to chair a meeting. Looking forward to the rest of the sessions this week. Thanks

Thanks for a really interesting morning - I'm going to have to dash off but will be joining again this afternoon. Thanks all!

Thanks everyone for an interesting morning, I'm going to have to leave now.

Interesting session, thanks

Thank you for a brilliant session - always love receiving your stuff but this brings it to life and to meet kindred spirits is always good to help us inform our practice.

A big thank you to our media partners, National Health Executive and Public Sector Executive and to all our sponsors without whose support **Health Creation: *Coming of Age*** would not be possible.

HLM Architects | NHS Property Services | Novartis | PPL | South Central West | Sollis

Visit [National Health Executive](#) or [Public Sector Executive](#) for a free subscription.