

**Future Scenarios Event - The Caerphilly We Want
20th September 2016
10.00 am to 1pm in Penallta House, Caerphilly County Borough Council**

A: What do you see are the top 3 issues for Caerphilly county borough for each goal ?

Wider Determinants of Health

- Climate change's effect on health
- Access to green space
- Absence of community infrastructure
- Clean Air / air quality x2
- Good transport – enabling people to access hospital appointments, clinics and also services and social events which help with prevention
- Maintenance and advancement of living conditions
- Poor / good quality housing – range of affordability x2
- Ageing population
- Employment opportunities to break cycles of deprivation
- Poverty and lack of social cohesion
- North / South divide
- Reduce health inequalities
- First 1000 days – early years from pregnancy onwards
- Reduce adverse childhood experiences – best start for all in life

Lifestyles

- Poor lifestyles / risk behaviours / poor life choices x4
- Prevention of ill health
- Healthy Eating
- Education and use of food / nutrition
- Obesity
- Childhood Obesity – multi agency, multi – professional approach x 5
- Lack of physical activity in children and young people
- Low physical activity rates
- Open spaces and promotion of physical activity through strategic planning
- Mental Health x 5
- Mental health and well being for children and young people x2
- Poor resilience and emotional well being – mental health
- Alcohol
- Protecting the health of the population e.g, immunisations, Sexually Transmitted infections

III Health / Chronic Conditions

- Mobility
- Cardiovascular disease
- Diabetes
- Dental decay

Services / Access

- Accessible and affordable activities
- Lack of support service access
- Good public information
- Promotion of sport and recreation opportunities with high quality facilities
- Access to all health care within 24 hours
- Reduction in waiting times from referral to specialist appointment (n.b. won't be achieved by just setting targets)
- Effective access to GP services – best use of GPs and nurses as well as pharmacy etc
- Increased care for elderly in their own home
- Third sector capacity HSC workforce to meet demand of aging population
austerity lack of investment social care mental well being + support for people with diagnosis
- Mental health services (cuts to voluntary / third sector)
- More support for people with mental health problems and carers
- Lack of mental health support particularly for young people and pupils (or counselling before going to formal CAMHS).
- Lack of specialised counselling for child and young e.g. sexual abuse / rape – only place in Merthyr and there is a waiting list
- Health / hospital staff – front line staff including GPs need to be trained to understand how to support individuals who have a learning disability +/- or Autistic Spectrum Condition
- Individuals who have a learning disability still don't have equal access to generic health services
- Improved help and awareness for dementia and Alzheimers, not enough care (get 15 minutes visit) x2

B: The current picture and what experts, data and public are saying are telling us. Do you agree? If not what's missing -

- Agreed with the data presented
- These priorities are in line with the Neighbourhood Care Network priorities
- Where do the projected stats come from ?
- Does an aging population automatically mean an unhealthy aging population?

Wider Determinants of Health

- Access to physical activity is difficult due to transport infrastructure and cost
- If we had the universal wage would mean nobody on the sick
- Qualitative data only on how people feel
- What will the effect of immigration on health and education be ?
- Nanny state – we do too much for people. Responsibility for health needs to start in school i.e. more PE

Lifestyles

- Poor lifestyle choices – this is where we need to focus as this leads to poor health
- Are mental health figures under reported. Just the tip of the iceberg. How will this impact on 2040 ?
- Access to fruit and vegetables is an issue. How many food co-ops are there ?
- Need a cultural change for people to look after themselves – with good information and support (already lots available) – then there will be less of a draw on health services
- More awareness of the impact of poor health on sight

III Health / Chronic Conditions

- Increasing healthy lifestyles will prevent chronic conditions

Services / Access

- Equality of access to services is an issue – it is the responsibility of individuals to use services appropriately. The current picture is unsustainable
- How do we get people to think preventative rather than the need for services now ?
- Need to publicise where services are and why are decisions made i.e. Ysbyty Ystrad Fawr. Why doesn't this hospital have all the services that were promised / were in Caerphilly Miners ? Should we change the name away from Local Emergency Centre ?
- Older people – issue with isolation and loneliness. These people are not sick so no health or social care support provided. This will increase. We are losing community cohesion and extended families
- Impact of services on growing older population will be huge i.e. dementia
- Inequity for people with a learning disability or deaf people to access generic health services that are focused on their needs
- The learning disability population are experiencing age related health conditions and there is a lack of learning disability focused health services i.e. for people with Downs Syndrome who are living longer and developing dementia
- Front line staff training needed for dementia (this has started)
- More good public health information for people with dementia ie. Deep sleep
- More awareness of children with autism

Do you think the 3 top issues you have identified will be the same top 3 issues 2040? if not what do you think will be the issues

Wider Determinants of Health

- ✚ Need to consider the aging population more
- ✚ Social connectivity – more deprived areas are rich in community connectivity but this is not so much in more affluent areas
- ✚ Air quality has a huge impact on health
- ✚ Universal wage
- ✚ Young people are moving away
- ✚ Need more job. Employment = better health

Lifestyles

- ✚ Must promote healthy lifestyle behaviours to prevent ill health, starting with enjoying life as a child / young person ie. Physical activity, using the natural environment
- ✚ More emphasis on prevention needed
- ✚ Strategies to reduce obesity and smoking
- ✚ Need information in schools on nutrition, how to prevent diabetes
- ✚ Children and young people must eat healthier and exercise earlier in life
- ✚ What is the impact of drugs and illegal substances young people are using ?
- ✚ What is the impact of pornography ? risky behaviours ?
- ✚ What is the impact of online / new technologies ? bully ? well being ?
- ✚ There is already less outdoor play – we should be replicating the outdoor play opportunities we had for our children. We know too much – it is a different world now. Clubs for children are too expensive – should use green spaces. It is the perception of fear and danger. Children are not experiencing risk
- ✚ Need to break cycle of mental health through families
- ✚ Notice residents asking for activities for children / young people not families. Families need confidence / improved self esteem to go together. Does everything need to be organised ? why not free play, go to the park, Pokemon Go

III Health / Chronic Conditions

- ✚ Use of the natural outdoors must be part of the solution e.g green referrals from GPs. Needs to be wider than the National Exercise Scheme – lots of evidence . Park run is changing lives – physical activity, socialisation, improving mental health

Services / Access

- ✚ Health literacy – we need to use language that people understand and support people to increase their knowledge
- ✚ Must consider different ways to access information – digital era
- ✚ Need more community led activities that are volunteer led
- ✚ We are providing short term stroke support but not planning for long term support. Need to look at workforce planning
- ✚ Struggling to get GPs - huge work pressures, difficult population, poor facilities
- ✚ Need workforce planning for all – huge demands. Need multi agency / multi workforce