

BORN IN BRADFORD

? COMMUNITY
CONSULTATION
WORKSHOP



ActEARLY
Community Workshop
Report

20th September 2018

Carlisle Business Centre,
Bradford

HOW CAN WE HELP
FAMILIES IN BRADFORD
TO STAY

HEALTHY ✓
and HAPPY? ✓



Introduction

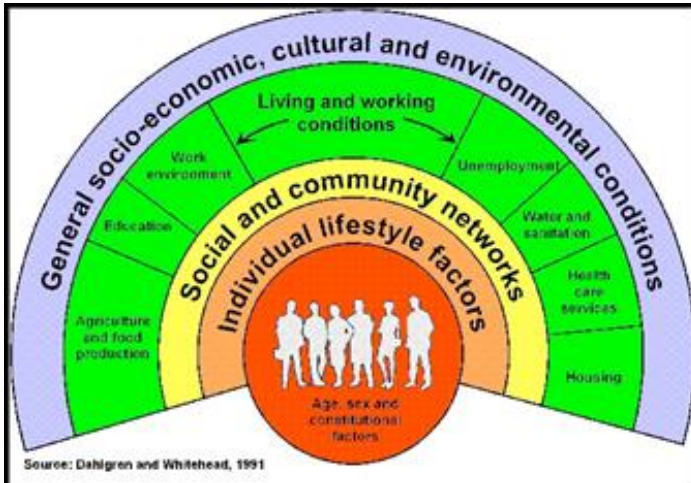


Figure 1

Health and happiness is shaped by many different factors at the individual, community and environmental levels (Figure 1). Since 2007 Born in Bradford (BiB) has been following 13,500 children and their families to answer questions about why some children become ill and others do not. Born in Bradford is undertaking vital research which has implications for children in Bradford and around the world.

BiB is now working with others to form an “ActEarly” partnership. The partnership is looking to undertake

research to help children and young people to grow up happy and healthy, reducing the risks of ill health developing. By coming together researchers, individuals, the community, voluntary sector, public sector and others have the potential to identify what changes are needed to help more children and young people grow up happy and healthy (Figure 2).

Workshop Aim and Objectives

The aim of the workshop was to build an understanding of how to build a healthier and happier future for our children and young people.

Specifically the workshop was looking to identify:

- What, from a community perspective, is needed for children and young people to be happy and healthy
- Ideas and insights of what changes are needed to deliver this
- How we can best work together to progress these ideas



Figure 2

Participants

Community members, leaders and representatives who work with children and young people were invited to come and share their thoughts and ideas. Approximately 51 people attended the workshop, 21 with community, voluntary and social enterprise backgrounds and 30 from statutory organisations such as the Local Authority, NHS etc.

Event Format

The workshop used an OpenSpace format where participants set the agenda and identified topics and ideas for discussion. After initial discussions, six topics were identified for in-depth discussion. These were Community, Conception & Mental Health, Nutrition, Place & Environment, Play & Safe Spaces and Schools. An appreciative inquiry framework was used by groups to identify i) what would good look like, ii) what needs to be done iii) one bold idea. The remainder of this report details the discussions for each topic with visual illustrations produced on the day by the artist Tom Bailey. The diagram on the next page presents a summary of these ideas and discussions.

Summary of discussions: Helping children and young people to grow up happy and healthy



Free nutrition education for children and families in schools



Teachers have a wellbeing day to follow and share their passions

Ideas are Bold and Brave

Individuals, Organisations and Communities act with Courage and Adventure



Youth led “Youth Summits”



“Pay as you feel” events in communities

“It takes a village to raise a child”



Less measuring of pupils and schools
Schools are places for all, not just those who are academic – holistic education
Pastoral care and support services are always available in schools
Focus on self-care, mental health and resilience
Community hubs (e.g. schools) for activities such as cooking lessons

People feel a shared sense of connection and belonging to each other, institutions and place
People feel safe, supported and empowered
Communities and services which are integrated not segregated
People are informed



Trading and sharing schemes including food
Economical alternatives to fast food
Reduce access to poor/health damaging food e.g. restricted access to fast food



Organised activities for all and groups, mindful of avoiding artificial transitions e.g. age groups

Informal play for all

Places with nature and beauty
Safe spaces (including infrastructure) for people to interact, play, support, travel
Services which are appropriate, accessible, welcoming, responsive

Support and materials to grow your own food
Multi-use spaces e.g. community grown food, play, travel, health

Healthy choices are default



“Community Partnerships” as the vehicle for a healthy place, employing gardeners as well as health and social care professionals



Multi-cultural Health Brokers – universal provision

Community



What would good look like?

- A street where everyone knows each other
 - A community doing things together
 - Low cost / no cost
 - Affordable irrespective of number of children
 - Encouragement to express oneself
 - Interacting with people from diverse situations
 - More positivity in the community
 - Learning about different cultures in the community
 - Get rid of technology!
 - Kids playing out in the street
 - Parents playing with children
 - Community helping parents learn from one another
 - Changing approach to make eating healthily more fun
- Encouraging parents to be more involved with their children
 - Understanding that health is compatible with culture and belief

What do we need to do?

- Outdoor events to get people to interact and more activities in community centres
- Activities are promoted to all: inclusivity e.g. sharing foods from different cultures, after school activities and at weekends with long hours would be helpful
- Cooking together, family cooking to learn recipes
- Learn from good examples
- Charity fairs to make it easier to afford toys for children
- Make information accessible
- Flexibility in times for events and services, people are busy, lives are complex and these are often inconvenient
- More funding for organisations to help people be happy and healthy
- Safe parks to encourage people, parents and families to get fit and safe places to gather indoors



Ideas

- More engagement locally so less cost e.g. in walking distance say savings on travel
- "Camp West" Allerton, focus around healthy food and activity, helps with children's social and cognitive skills
- Sports for all ages e.g. Community Sports day
- People of different religious beliefs to visit different religious places of worship

Conception and Maternal Health

What would good look like?

- Whole family / community approach – pregnant women and mums don't exist in isolation
- Supportive communities – greater integration
- Community hubs e.g. religious settings to share experiences
- Feel confident and comfortable, people are able to talk and say they're not feeling ok
- There is a focus on conception onwards
- Women are supported to have as happy and healthy pregnancy as possible
- Trusting relationships with health providers addressing perspectives that health workers (midwives, social workers etc) are outsiders in some cultures
- Less inequality in outcomes for children



What do we need to do?

- Visible support systems and services which are culturally sensitive including conveying messages and information in different ways
- A range of support is provided with different approaches working for different families
- More door step services
- Readily available interpreters
- Women and families understand the role of and trust midwives, health visitors etc
- Women and girls have an awareness of the importance of health and lifestyle pre-conception
- Access to information to help families understand what to expect through the journey of pregnancy and early life – and to help women and families recognise issues like postnatal depression
- All families know what a healthy lifestyle is
- Truly universal information which is provided as standard, is comprehensive and no one is missed
- Increase awareness of the interactions between physical and mental health
- More activities aimed at young children

Ideas

- Community capacity building – “it takes a village to raise a child”
- Services working with whole families



**Multi-cultural health brokers at a universal level
(could be volunteers with a strong supporting
infrastructure)**

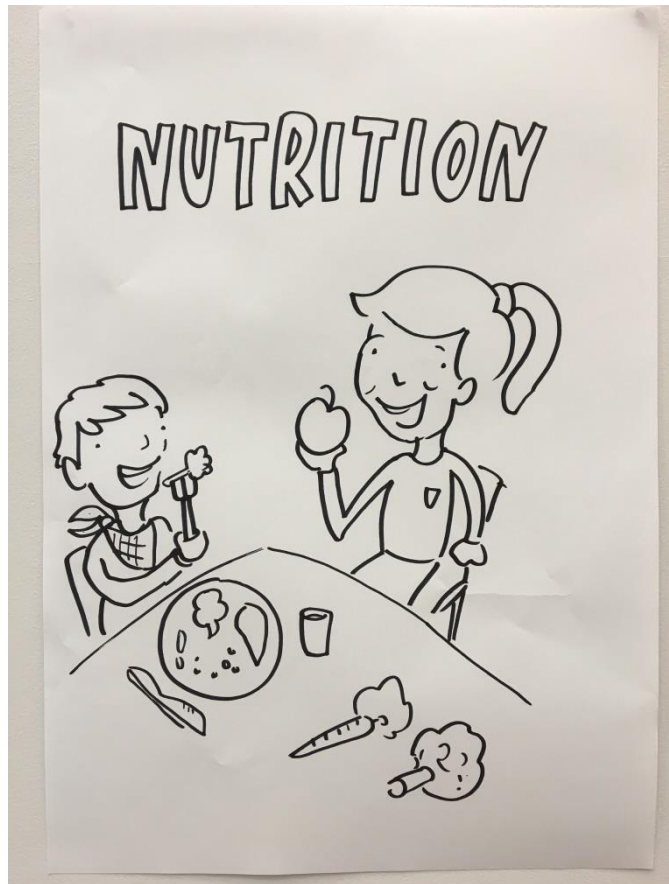
Nutrition

What would good look like?

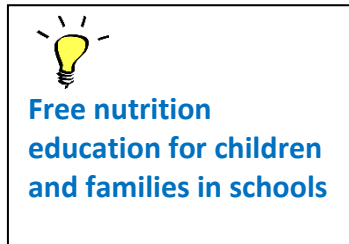
- Locally grown food where families can get fresh ingredients – people are more likely to eat if they grow it
- Facilities to grow fruit and vegetables
- Less fast food stalls with good, economical alternatives

What do we need to do?

- Restrict sales of inexpensive energy drinks
- Provide alternative options like grilled choices or salads at fast food premises
- Ensure people have information about healthy eating in ways they understand
- Ensure parents understand what high fat, sugar and salt food are doing to their children
- Make better use of existing spaces e.g. use small pockets of gardens and green spaces to grow and share food
- Support people in neighbourhoods to grow food through growing initiatives, will also benefit the environment, neighbourhood as well as individual's health
- Planning guidelines to restrict new fast food premises and work with existing ones to improve their menu within available costs



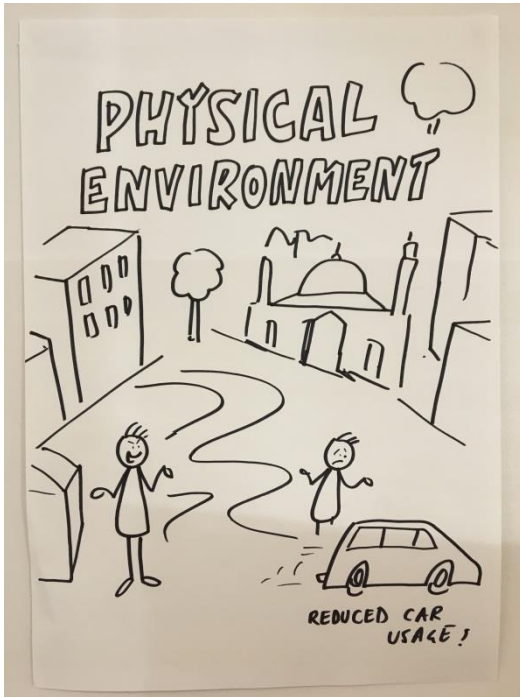
Ideas



- Cooking sessions for parents in schools
- Provide seeds and guidance on how to grow using “friends of” groups



Place and Environment



What would good look like?

- People are empowered and have a spirit of courage and adventure, they are not hiding inside for fear of health and safety issues (dangerous, polluted streets)
- Children are active and forming relationships with others and nature, they are not stuck inside on screens (suffering mentally) and being sedentary
- People feel they belong in their environment and communities and they share it with others
- Children have a good knowledge and understanding of the world outside – could they become citizen scientists?
- Infrastructure is safe e.g. public routes and green routes, not just congested roads
- There are good links enabling communities to share what they have learned with those in power

What do we need to do?

- Food gardens / raised food beds / collecting wild foods / incredible edible are great ways to get people outside, active and connecting
- There is beauty in the environment e.g. the Girdlington green mile
- Parents need to lead the way and let children get stuck in
- Pilot areas that showcase connections and the impact that they have on people



Ideas

- Establish "Community Gardeners" to help people engage with growing and looking after their areas – better for mental health than pills
- Central resource for plants and composting (linked to Council facilities e.g. waste / parks & countryside services)
- Skill sharing so people with skills in cooking, reusing food waste etc can help others
- Build on existing work already started e.g. Girdlington (Well Bradford), Great Horton & Wibsey (Bradford Urban District project -Yorkshire Wildlife Trust)
- Street lamps powered by dog poo (running in South West and has connected communities)



Could the vehicle for these pilots be the Community Partnerships (formerly called Primary Care Home)?

Play and Safe Spaces

What would good look like?

- Services and organisations recognise that the needs of children and young people vary by age, and that age transitions are important e.g. 5-11 and 12-19 and should be considered when arranging activities for different age groups
- Venues / places where children and young people feel safe, can gather and express what they want to say, have knowledge of these places and what they do especially for those post-secondary school
- Staff and an environment who can relate to children and young people and who children and young people trust
- Sense of community, everyone needs to feel welcomed, have a sense of trust, a sense of having fun and recognising that every place is different (not one size fits all)
- Youth centres and other provisions for children and young people are so good, valued and that value is recognised by decision makers that they are too important for their funding to be cut
- Recognise that all young people are not the academic type – have an education system which recognises this and does not only favour and provide to those who are



What do we need to do?

- A fully sustainable play youth service for the district
- Venue / places do not have to be a building e.g. park, outside, travel, walking or may already exist e.g. Beds and Roses café at North Parade in Bradford that works like a 'speaker's corner'
- Targeted sessions e.g. by youth services on issues like mental health, contraception etc – which are appropriately funded
- A strategy for provisions for young people in partnership with the local authority and voluntary organisations
- Schools, community organisations, voluntary sector need to coordinate for effective use and provisions for youth centres – work together, "team work is dream work"
- Involvement of partners to provide funding to ensure maintenance and sustainability of youth summit activities
- Share learning from youth summit events



Ideas



A youth summit which attracts and involves all young people from diverse backgrounds and is controlled and managed by them with limited/no adults around so they can express themselves freely (but this is not detrimental to funding)

Schools

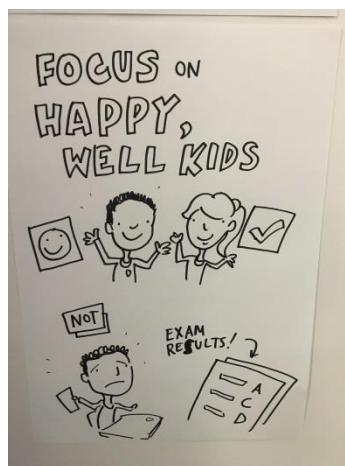


What does good look like?

- Schools focus on health and wellbeing with good links to services and the community (parent, children and local people / organisations)
- Health and wellbeing is seen as a whole and not specific aspects e.g. obesity, physical inactivity, mental health
- Schools are a hub in the community, where activities happen for both children, young people and families e.g. cook n eat, sports, library, youth service activities, mental health
- Greater access to pastoral support in schools, involving parents and the local community
- Children have positive role models
- Everyone works together to achieve goals

What do we need to do?

- 15 minutes of physical activity a day and a fifth of the day focussed on health and wellbeing
- Life studies and health studies as subjects, a holistic education
- Up-skill teachers through partnerships
- Teaching assistant in every class and mental health crisis workers within schools with a full time mental health champion in each
- Deliver wider curriculum activities in partnership with others e.g. youth service could deliver self-help, coping skills etc



Ideas



Introduce a wellbeing day for teachers to follow their passion

Keeping In Touch and Next Steps

Some key principles emerged from group discussions about keeping in touch. These include:

- Have a shared vision and create a **BIG** team
- Keep different groups involved and working together
- Engage with different communities and integrate those not able to attend the workshop e.g. young people, parents – who else needs to be involved?
- Engage in a mixture of ways to involve different people
- Share information and signposting between the group
- Learn from other areas e.g. arrange visit to Bromley-by-Bow

Virtual

Virtual ways of keeping in touch and progressing ideas included Email, Text, WhatsApp Groups, Facebook, Instagram and an Online Forum.

In Person

In person approaches to keeping in touch and progressing ideas included:

- Regular conversations in the community – through existing groups / facilities e.g. patient and community groups, schools, through the Community Partnerships (formerly Primary Care Homes)
- Further events e.g. meetings at different scales which are inclusive and not intimidating, this may include an annual conference
- Researchers to go out into the community and meet people including in their homes
- Local youth summits and neighbourhood level initiatives to co-ordinate and share at a city level, giving more opportunity for young people to meet each other

Next Steps

- Some groups have already exchanged contact details and have agreed to work together to progress ideas.
- The BiB team will be sharing the discussions with the wider ActEarly project team and will also share this report with all of those who attended the workshop. The discussions will inform the ActEarly Prevention Research Partnership, Research Priorities project and Sport England Local Delivery Pilot.
- The BiB team will keep in touch with those who shared their contact information at the workshop about the next steps.

Acknowledgements

The team at Born in Bradford are grateful to everyone who gave their time and attended the workshop. The team would like to thank staff from the Bradford Institute for Health Research for facilitating discussions and supporting the organisation and delivery of the event, to Sam Keighley for facilitating the workshop, to artist Tom Bailey for creating a visual record of discussions and the Carlisle Business Centre for providing a venue for the event.

For Further Information

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