Live better in Airedale

This document will provide a summary of the discussions that took place at the Airedale open space workshop on Tuesday 30th October 2018 at Victoria Hall, Keighley.

Background

In September 2017 the Airedale Community Partnership group was set up with an aim of developing a different way of working to improve health and wellbeing within the Airedale community. Traditionally, health & care organisations identify the services that they feel are required to keep people well and healthy. However, these services can only go so far and much broader social and lifestyle factors are now being recognised as being key in improving and maintaining wellbeing. The people within the community know the most about these social and lifestyle factors and have a great insight into what's already out there that's working and what's missing which could play a huge role in their wellbeing.

Starting the conversation

The Live Well in Airedale workshop was held on Tuesday 30th October 2018 to bring the local people of Airedale together to discuss what they felt was needed in the community to improve wellbeing and to start gathering ideas for actions that the community could lead on. To ensure that the focus was on the people of Airedale and what really mattered to them, there was no pre-determined agenda – this was set by those who attended on the evening. In total, nine discussion topics were chosen and participants were encouraged to move between tables and contribute to various topics i.e. those that mattered most to them. Approximately 40 people attended the workshop and some great conversations took place around areas such as creating a safer environment, volunteering opportunities and putting the 'buzz' back into Airedale. Those who attended were asked to leave their contact details alongside the areas that they'd like to be involved in and these people will be brought back together for further discussions and action planning going forward. The Airedale Community Partnership hopes to hold further workshops in local neighbourhood areas to have more focussed discussions.

The Agenda

Those who attended the workshop were asked to set the agenda themselves. They were given time to reflect and discuss with people on their table before identifying key areas. Nine topics were agreed which were:
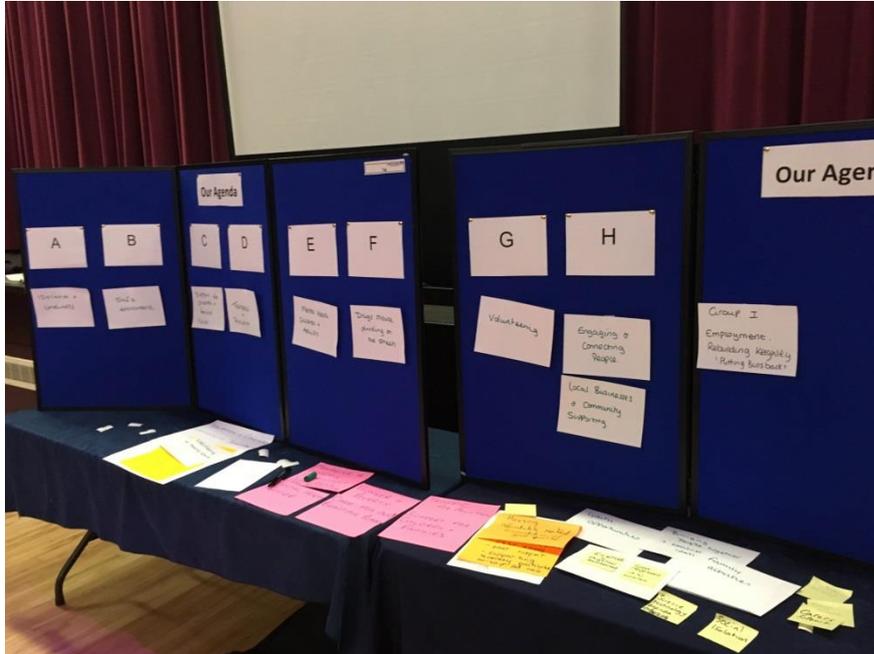

Table A – Isolation & Loneliness

Table B – Safer Environment

Table C – Support for children & families

Table D – Transport & Pollution

Table E – Mental Health – children & older adults

Table F – Drugs misuse & drinking on the streets

Table G – Volunteering

Table H – Engaging & connecting people / supporting local businesses

Table I – Employment – rebuilding Keighley – putting the 'Buzz' back

Some areas that were raised were placed in the 'parking space' to pick up in further conversations.

Parking Space

- Affordable Housing
- Poor Housing Conditions
- Low Income

Discussions that took place at each table

Table A – Isolation & Loneliness

- Do people who are isolated or lonely recognise and understand the impact on health/
- Carers even though relationships & contacts can still feel isolated
- Caring responsibilities can restrict opportunities e.g. accessing activities
- Increased awareness for carers support
- If recognise isolation – need support in accessing help
- Confidence can be a barrier – buddy support
- Neighbourliness – opportunities – get to know neighbours and offer support
- Social media doesn't help (both children and adults)
- HALE befriending – match volunteer / individual
- Is there a gap in Airedale?
- Get to know what's going on and let people know you know – local newsletters, social media, building networks, involve local businesses e.g. hairdressers – signpost to where help is available
- Raise awareness and encourage involvement
- Build network – walking bus – group to help people get there
- Community health maps
- Mobile hairdressers to distribute leaflets for activities
- VCS networks to identify people
- Culture – some communities care for older people can lead to a different kind of isolation e.g. awareness of dementia
- Taboo subject – mental health in some communities can lead to isolation
- ACTION – co-ordinate events calendar and publicise (Dave Langdale)
- Schools to involve older people / invite them in – old people volunteers
- Information in GPS /health centres prof id to encourage engagement – care navigation
- Teenage feeling of isolation / social media
- Bring back the family dining table – invite a neighbour
- Street parties – involvement as a community

Table B – Safer Environment

- Looking out for each other
- Neighbourliness
- Volunteering – second hand stores 'Second Time Around'
- Building on skills within the community – sign language, coaching
- Bullying – feeling unsafe
- More CCTV
- More police on the streets
- Youth clubs – keep youth off the streets
- Speeding – careless driving
- Crime
- Bad language
- Anti-social behaviours
- Dark alleys – more street lights and safer walk ways
- Litter – cleaner / greener space
- Support for older people with shopping
- Graffiti
- ACTION – Encourage others to volunteer – keep people off the streets

Table C – Support for Children & Families & Youth

- Using assets in families and communities – schools (connections with families) – need to be at the heart of the community – making links with health & wellbeing
- Youth culture – 'our space' , youth led, perceptions from adult led services, community fear youth gangs – need more trust and to be allowed to make mistakes
- KEY ACTION – Bottom up approach – conversations with kids about what they want/need & with parents – where to start? School council, governors and PTA etc.
- Keighley Alumni Stories – inspire our YP – local heroes – in small ways as well as the 'big deal' stories
- Relationships – different / new balance of power / change in dynamics.
- What does community want from school – how can school assets be connect to other things
- Scouting
- Learning to fail and building resilience
- Encouraging risk taking

Table D – Transport & Pollution

- Biggest danger vehicle exhausts, fumes, invisible, don't think about it
- Bus companies cleaning up engines – cars – slow traffic – level of pollution
- Trans-Dev – good bus company in Keighley – regular, clean, people rely on them and modern – not enough people use them. Taxi too cheap – cheaper to travel by tax - £3.00
- Bus times have been cut – 15/20 minutes – use it or lose it
- Increase fuel duty to take car – expensive
- Changing the mind set of public to use public transport
- City car club for those who do not have cars to hire for just an hour or so – similar TO Edinburgh scheme
- Free bus service around Keighley – especially at peak times
- Health improvement – walking to the bus stop, socialising on the bus – social inclusion
- Free bus "walking bus" in the communities to walk children to school together
- Creating more education in schools on car pollution and the benefit of exercise
- Pollution – communities have the power to control waste and some pollution
- 3D printers and recycle plastics – Keighley College – people can make things with recycled plastic
- ACTIONS
- Area co-ordinators to lead e work on changing the mind-set of communities
- Co-ordinating the education in schools on pollution and the benefit of exercise
- Co-ordinating the 'walking bus' idea with schools

Table E – Mental Health Children & Older Adults

- Peer support – adults
- Similar training scheme for mental health awareness as for Dementia Friendly – online training (KAWACC) available but would prefer group work
- Support for carers
- Concerned Others – Project 6
- More accessible information about what is available - use of internet
- Carers hub – Horton Park
- Cellar Project – more publicity of what they do before get into crisis
- Taboo subject
- Alternative therapies
- Patient participation groups

Table F – Drugs Misuse & Drinking on the Street

- Education – parents (noticing signs)
- Tackling stigma – sharing stories
- Lobby politically for reassessment of legalisation
- Capitalise on positive - what would really help street drinkers e.g. food, benefit advice
- Build resilience – how to say no
- Earlier support for those struggling with either mental health / drug issues
- Peer support to help people with everyday life
- Mental health – drug therapy
- More research to develop therapeutic drugs with fewer side effects
- Safe haven for drinkers – "3rd place" also enable social responsibility conversations
- Police in Keighley well trained and supportive of people with mental health issues – keep Keighley focus
- Publicising what support is available for carers e.g. Project 6 – concerned others, making space – GP referrals
- Inequalities – ability / willingness to pay for treatment

Table G – Volunteering

- Difficult to get people involved in mental health issues
- Young people who have experienced mental health could work with other young people
- Establish a habit from a young age
- Older people and loneliness
- Information about opportunities/ flexibility – difficult to make a regular commitment
- Gives a purpose
- End product
- More people are volunteering but fewer are making a regular commitment
- Team work
- 60% word of mouth recruitment
- Structured recovery – Project 6 – avoids vicious circle
- Link up different volunteering roles
- Peer mentoring in schools – basic training
- Less formal opportunities – just need to be aware and turn up when able to
- Opportunities with animals, green spaces, GP surgeries
- Clean up days in Keighley – for the whole family

- Demographic change – could be social media volunteering
- Need to encourage people to spread the word
- Volunteering can lead to employment opportunities
- Need somewhere to know what's happening

Table H – Engaging & Connecting People / Supporting Local Business

- Connecting important for the community
- Currently lots of 'connecting' – people don't know
- Keighley Healthy Living attend job centre to support work coaches – inform them of what's going on
- Social Services 'drop in' at the market for over 18's (Let's Connect) – help people navigate
- Important to share knowledge of what is available
- Dementia friendly shop in the market – time to sit with people
- Personal Service – face to face matters
- Opportunity to link up services – share existing networks
- Lets Scheme – people exchange / swap skills – 'Rally Round'
- Good Neighbour concepts – free from formality and structure
- The Big Lunch

Table I – Employment, Rebuilding Keighley – Putting the 'Buzz' back

- Lack of funding in Worth Valley
- Councillor Russell Brown – STEM Project
- Practical activity to encourage skills
- Building models e.g. bridges
- Getting kids interested in manufacturing and engineering
- Tour de France – kids in school holidays doing activities
- Mix of ages
- Shed for doing things in with groups of people – not in Keighley centre – links with isolation
- Health Howarth – reducing antisocial behaviour – Ward Officer (Marie)
- Intergenerational integration of the community – passing skills between generations
- Apprenticeships need to be better understood and promoted with teenagers and children
- Artist activity can draw people in
- Learning Coach (Ingrow) – classroom railway carriage (community asset), Saturday mornings engineering activities (pay something to attend)
- City kids into the countryside
- Dementia garden project – bench for people – building – community isolation – spaces
- Some of the top female engineers located in Keighley – need to connect

Key ideas to take forward

Following discussions each table was asked to share some key ideas that they'd like to take forward and those interested in getting involved left their contact details. We hope that these people will take a lead in engaging with the wider community and take a lead in developing the ideas further.

Topic	Actions	Who
Employment – rebuilding Keighley – putting the buzz back	• Encouraging young engineers & manufacturing – STEM • Building gardening space – something to put back in to the community • Apprenticeships – better offer and access for all generations – linking with local businesses	Enid Feather
Engaging & connecting people – supporting local businesses	• Sharing activities in Keighley News • Use existing groups to reach out to more members of the public	Muppett, Vicki Ellis
Volunteering Opportunities	• Encouraging young volunteers • Social media opportunities • School experience • Informal opportunities – just turn up and help • Building upon the many volunteering opportunities that already exists in Keighley	Muppett, Graham Mitchell, Caroline Britton, Emily Taylor, Shabana Ditta

Drugs Misuse & Street Drinkers	• Education for parents around recognising the signs for drug misuse • Stigma of street drinking and drugs	Philip Taylor, Vicki Beere, Nicky Illsley, Wendy Clarkson, Shabana Ditta
Mental Health – Children & Adults	• Mental Health Awareness scheme – similar to dementia awareness • Raise awareness of groups that already exist	Shabana Ditta
Transport & Pollution	• Free bus service • Area co-ordinators to work on mind set of the community around the use of transport	Muppett, Graham Mitchell
Support for Children & Families	• Children own the community e.g. council to be run by children 'Saturday morning club'	Muppett, Vicki Beere, Cheryl Metcalfe, Jean Hepworth
Safe Environment	• Encouraging more volunteers to support groups and 'champion' volunteering – getting people off the streets	Muppett
Loneliness & Isolation	• Creating a directory of what's going on within the community	Diane Law, Dave Langdale, Jean Hepworth, Julia Rush, Steve Rhodes, Muppett