



Welcome to Hastings Community Network

18th October 2019

How can improving the environment benefit
our health and quality of life?

One of eight Locality Networks supporting community resilience across East Sussex





Welcome



Tracey Rose (HCN Executive)

**Teresa Flower (East Sussex County Council
Locality Link Worker)**



One of eight Locality Networks supporting community resilience across East Sussex



Agenda



- 9.30** **Registration and Networking**
- 10.00** **Welcome and Introduction**
- 10.10** **Setting the Scene – short presentations**
- 10.35** **Introduction to conversations**
- 10.45** **Conversations (Session 1)**
- 11.15** **Refreshment Break and Networking**
- 11.35** **Conversations (Session 2)**
- 12.05** **Brief Feedback from Conversation Hosts**
- 12.45** **Updates from January and October HCN events**
- 13.05** **Next Steps and Closing Remarks**
- 13.30** **Evaluation and event close**





Setting the Scene

Sustainability on Sea (SOS) and the wider local agenda

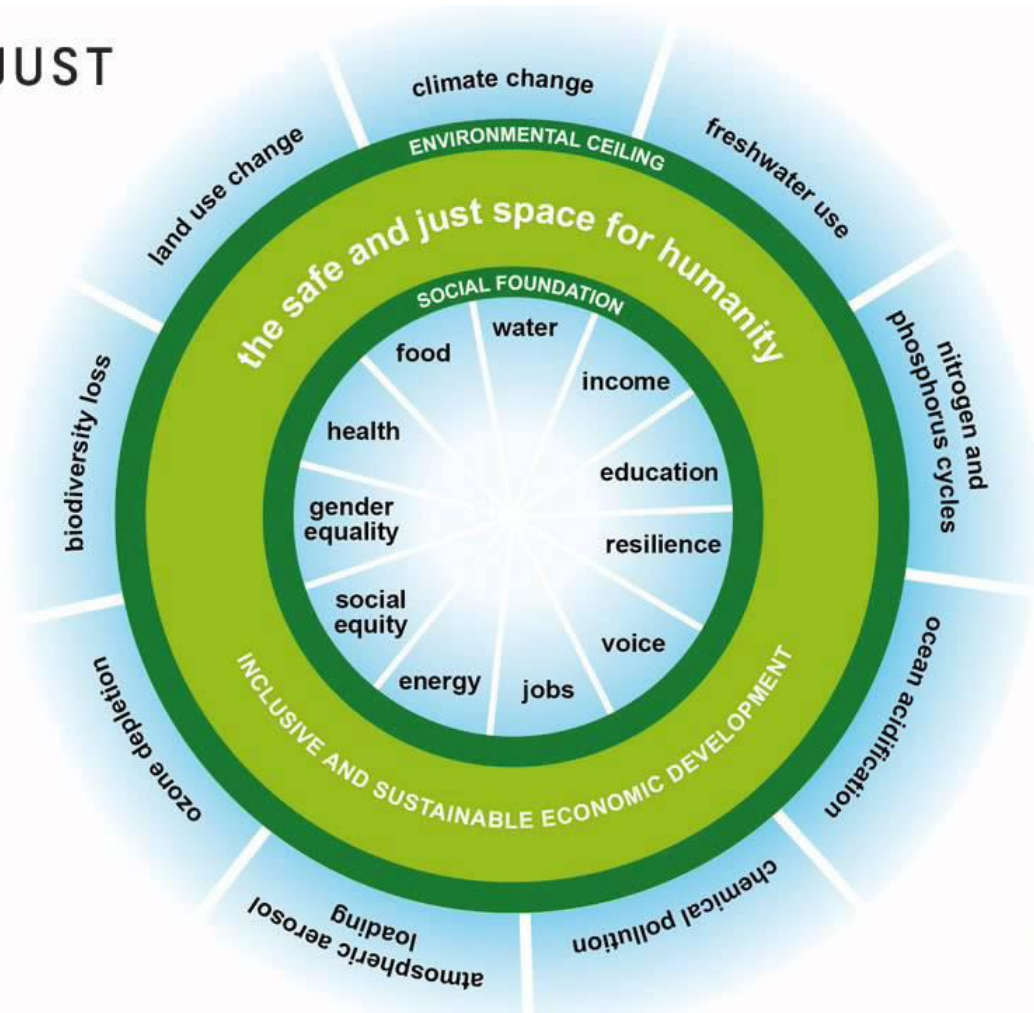


Julia Hilton - Energise East Sussex

	Health and happiness
	Equity and local economy
	Culture and community
	Land and nature
	Sustainable water
	Local and sustainable food
	Travel and transport
	Materials and products
	Zero waste
	Zero carbon energy



A SAFE AND JUST SPACE FOR HUMANITY







The Common Treasury of Adaptable Ideas

A year of events to introduce inspiring community business ideas from elsewhere that could be adapted in Hastings...

Thursday 24 October
9.30am – 5.30pm

VENUE:

St Mary in the Castle
7 Pelham Crescent,
Hastings, TN34 3AF

Lunch and refreshments
provided by East Sussex
College catering students

www.commontreasury.org.uk



We've invited some great speakers to tell us about the inspiring ideas they've had that have contributed to thriving communities elsewhere.

AFSHEEN RASHID Repowering London. *Community-owned renewable energy*

WARREN CARTER AND IAIN CHAMBERS The Bevy community pub. *Food & drink for all*

REBECCA TREVALYAN AND JOE DUGGAN The Library of

Things. *The sharing economy*

ROB HOPKINS Transition Town movement. *The power of imagination*

SALLY LOWNDES The Onion Collective. *Bio-recycling waste into positive products*

CITIZENS' JURY
DISCUSSION 1

CIRCLE of LOCAL

25 JUNE 2019
PIG'S PALACE

TOURISM
RUBBISH

TRANSPORTATION ✓
CAR POLLUTION ✓

COHERENT
INFORMATION

FAST FASHION
RAISE AWARENESS

RESOURCES
WATER SECURITY ✓

POWER

PLASTICS ✓
POLLUTION
LOCAL POWER
STRUCTURES

MILITARY USE

FOSIL FUELS ✓✓

CLIMATE ACTION
POLICY/MAKING

AFFORDABLE
LOCAL FOOD ✓

DIVISION
BTWN PEOPLE
US/THEM

JOINED W/ THINKING

HOUSING
STOCK

AIR
POLLUTION ✓

LOCAL
BIODIVERSITY
SPECIES ✓

100's
RENEWABLE
ENERGY

FEAR
FUELED
LIVING

INSULATION

DESIGN
HASTING

RECYCLING
PACKAGING

LOCAL
SHOPS
PACKAGING

LESS RESPECT
FOR DEMOCRATIC
PROCESS

GOVERNMENT
SUBSIDIES

UNUSUAL
ECONOMIC
SYSTEM

UNREST
CONVENTION

LOCALLY
OWNED
CO-OP
for ENERGY
SUPPLY

UNREP
DEMOCRACY

HRC
ACTION
DEFUT

VOLUNTEERS

THINGS
WE COULD ASK
A CITIZENS JURY...

GREEN SPACE

INFLUENCE

CLIMATE
CONVERSATIONS

TOP 3 PER GROUP

POPULATION



Setting the Scene

**SHINE, Warmer Sussex and The Warm
Home Check Service**

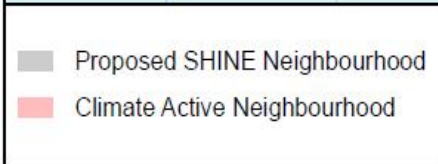
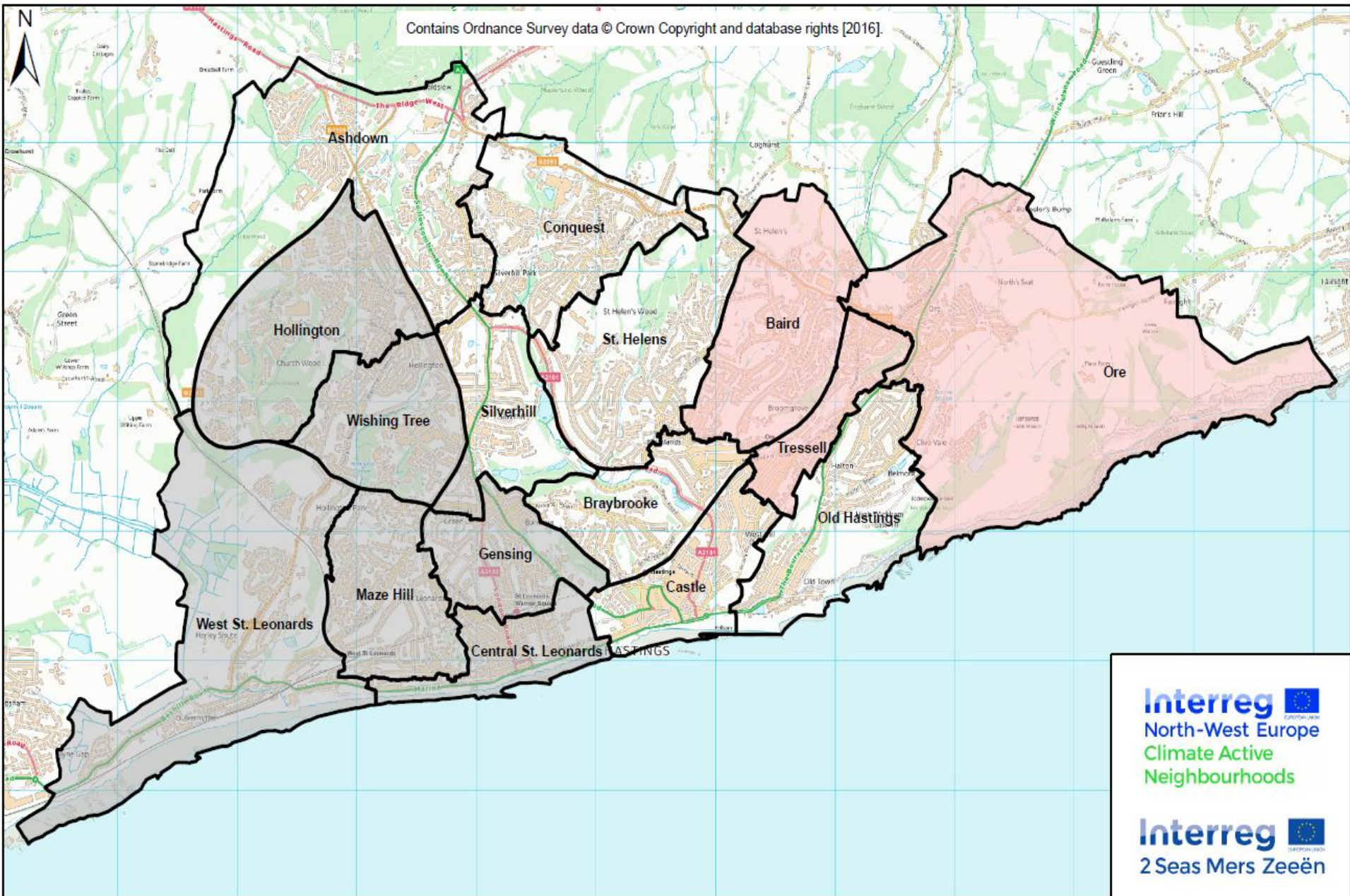
**Tracy Dighton Citizens Advice 1066
David Bishop East Sussex County Council**

Energy Efficiency in East Sussex

Benefits to our Health & Environment

Interreg 
EUROPEAN UNION
2 Seas Mers Zeeën
SHINE
European Regional Development Fund

citizens
advice



Proposed SHINE Neighbourhood and Climate Active Neighbourhood

Interreg 
North-West Europe
Climate Active
Neighbourhoods

Interreg 
2 Seas Mers Zeeën


Hastings.gov.uk
Borough Council



citizens
advice

Interreg 
EUROPEAN UNION
2 Seas Mers Zeeën
SHINE
European Regional Development Fund

Barriers to overcome

- ▶ **Fuel Poverty**

Stigma, too many challenges at once, what we're used to, lack of trust in the process, in contractors, in landlords.

- ▶ **Self Funded**

Can afford heating bills, lack of trust in the retrofit process, in contractors, funds for works, know-how.



St Richards House



Government Pressure For Change

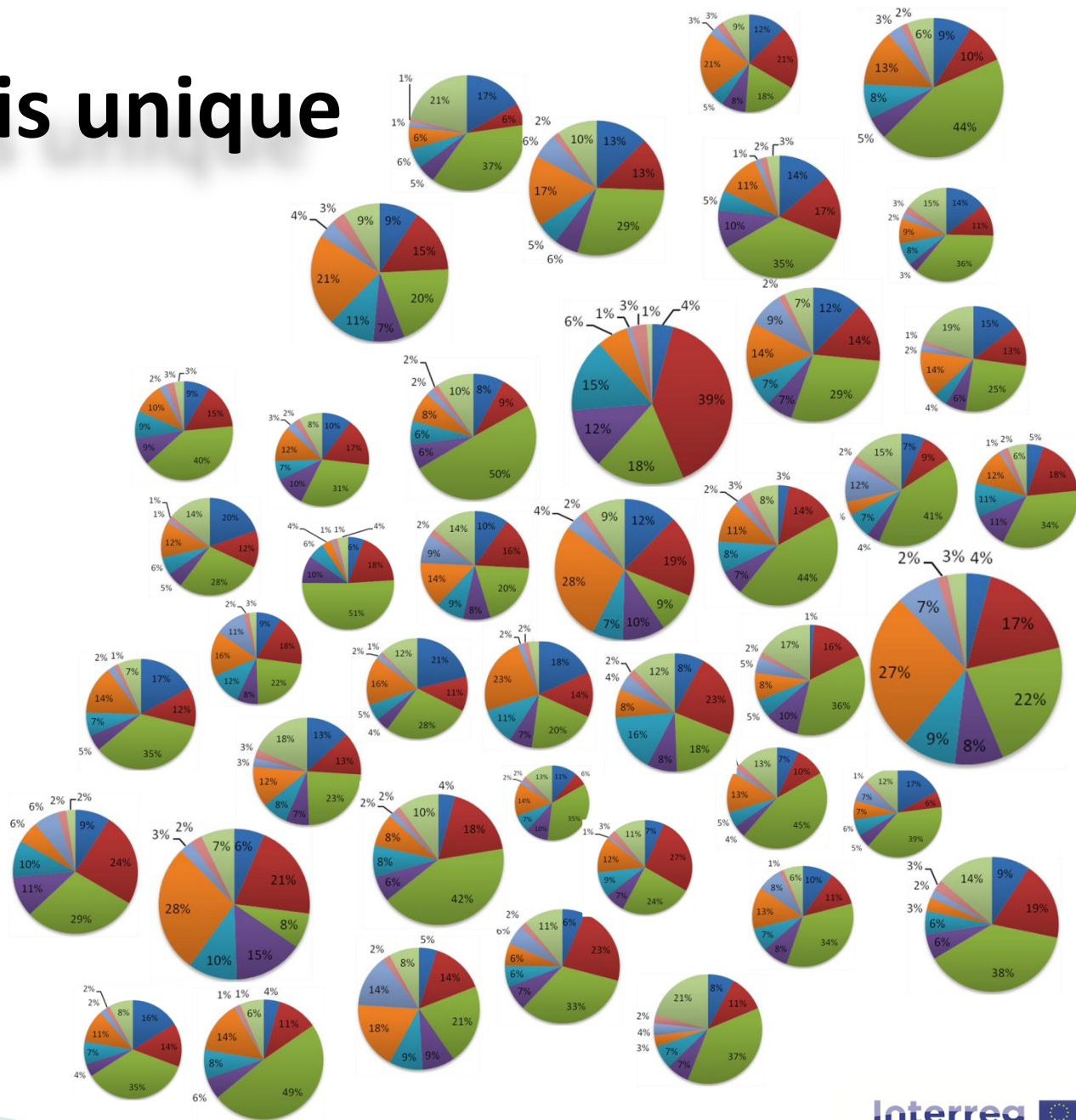
- ▶ Minimum Energy Efficiency Standards Regulations
- ▶ Landlords cannot refuse energy efficiency improvements (as long as no cost to landlord)
- ▶ **April 2018** – no new tenancies for properties with an EPC rating of F and G
- ▶ **April 2020** – no tenancies for any properties with an EPC of F and G

Every home is unique

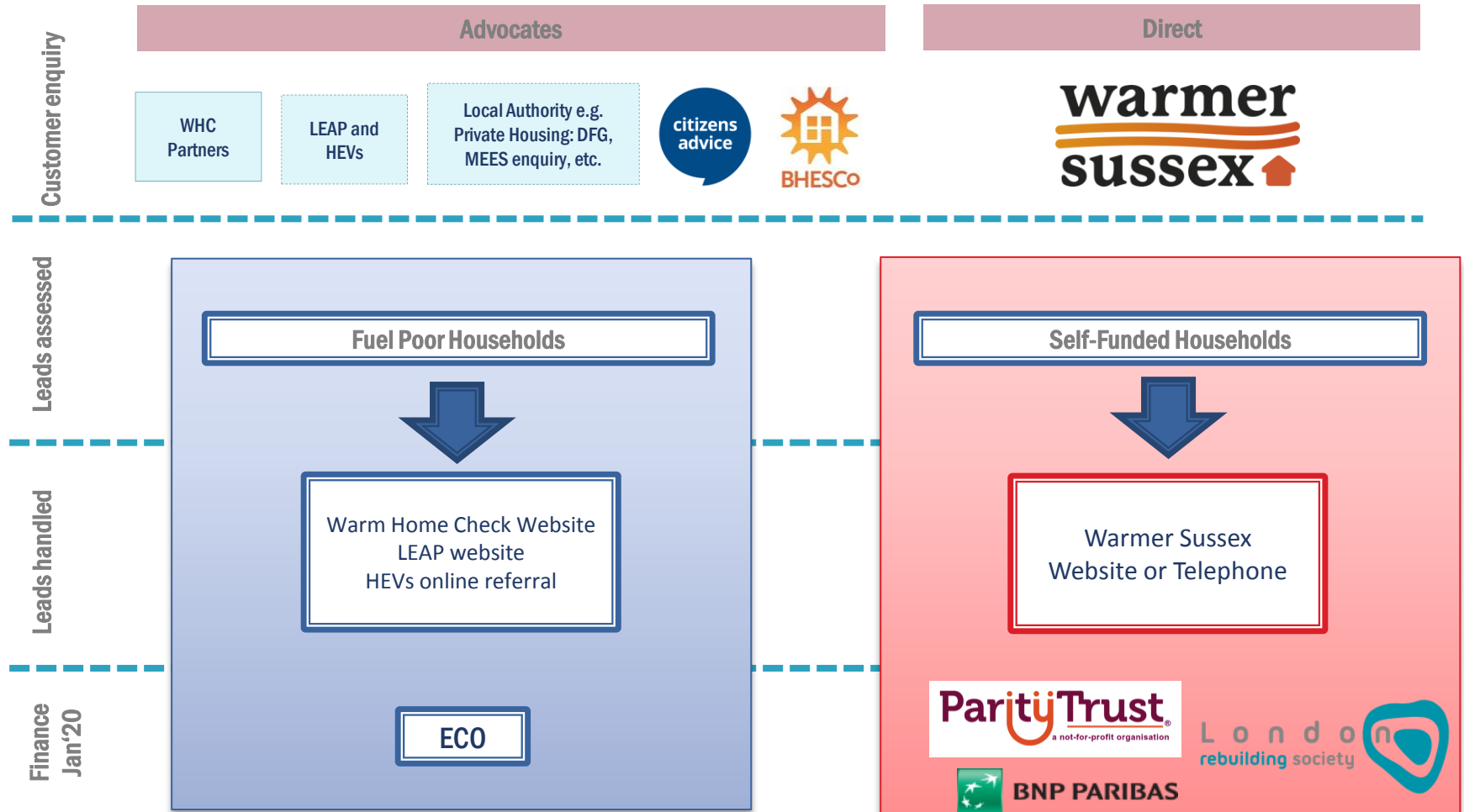
- Windows/Doors
- Heating efficiency
- Roof
- Floor
- Lights
- Hot Water
- Walls
- Appliances
- Draughts



citizens
advice



Customer Engagement



Energy profiles - SAP

Organisation: Hastings Borough ▼

Filter portfolios:

(none selected)

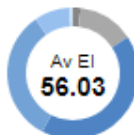
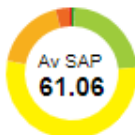
and

or

not

✕

Homes:
45457 of
45460

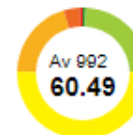


Av tCO₂ per
home:
4.487

Av bill (2012
prices):
£877.46

Av heating
(2012 prices):
£802.8

Overheating risk
Slight **1354**
Med **342**
High **51**



SAP profiles

El profiles

CO2 profiles

Fuel bills

Heating & Hot Water bills

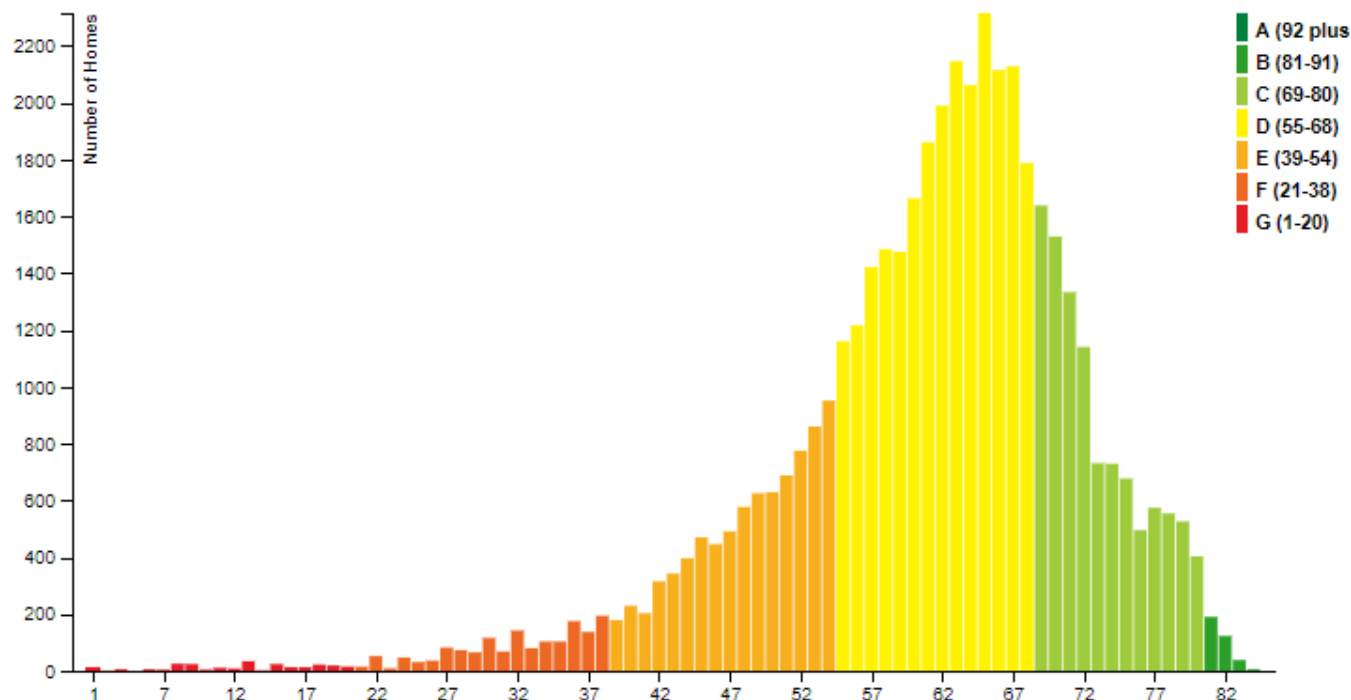
Overheating

SAP 992

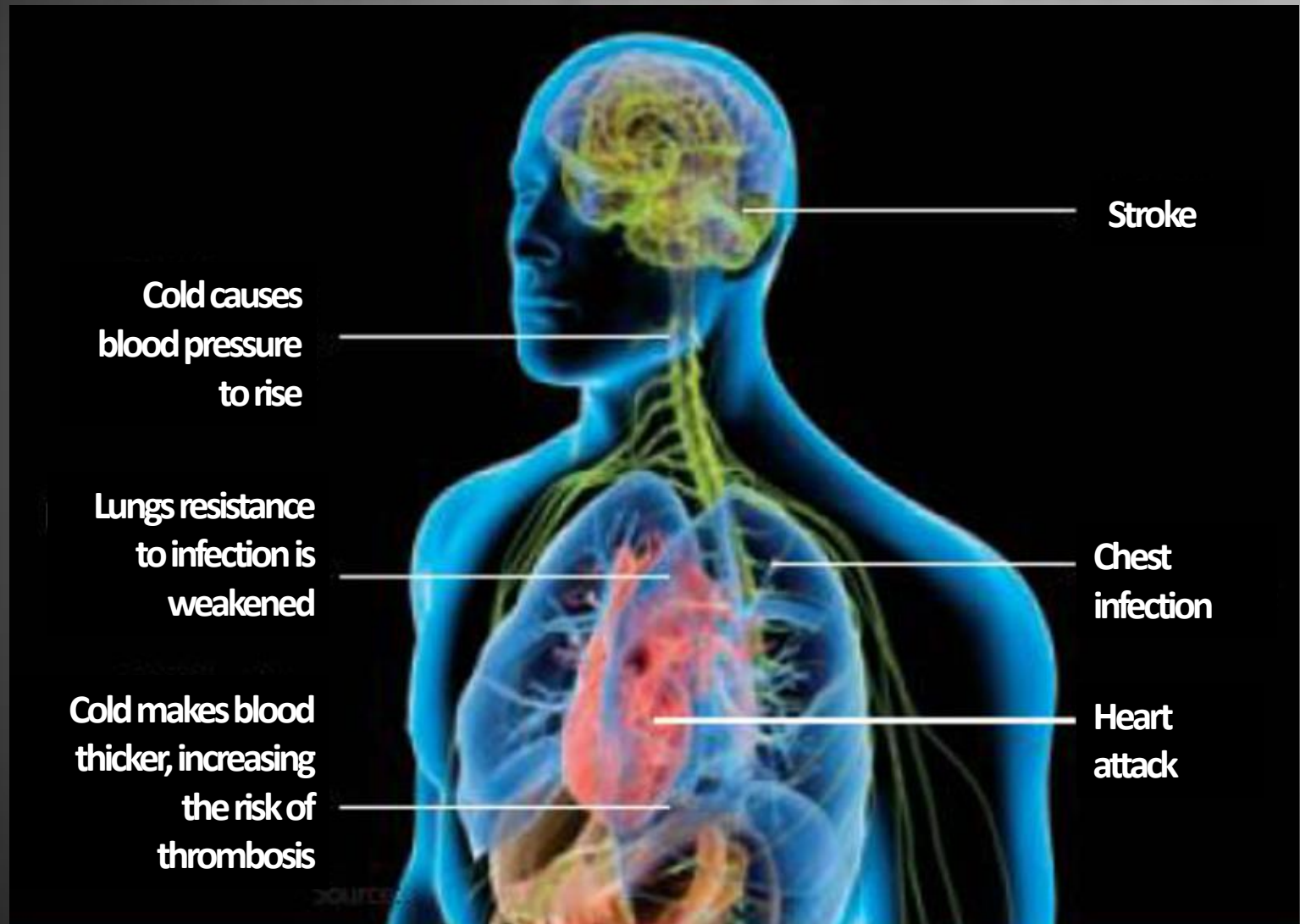
Housing Profiling

Confidence Profiling

Bar Chart Addresses



The health impacts of cold weather



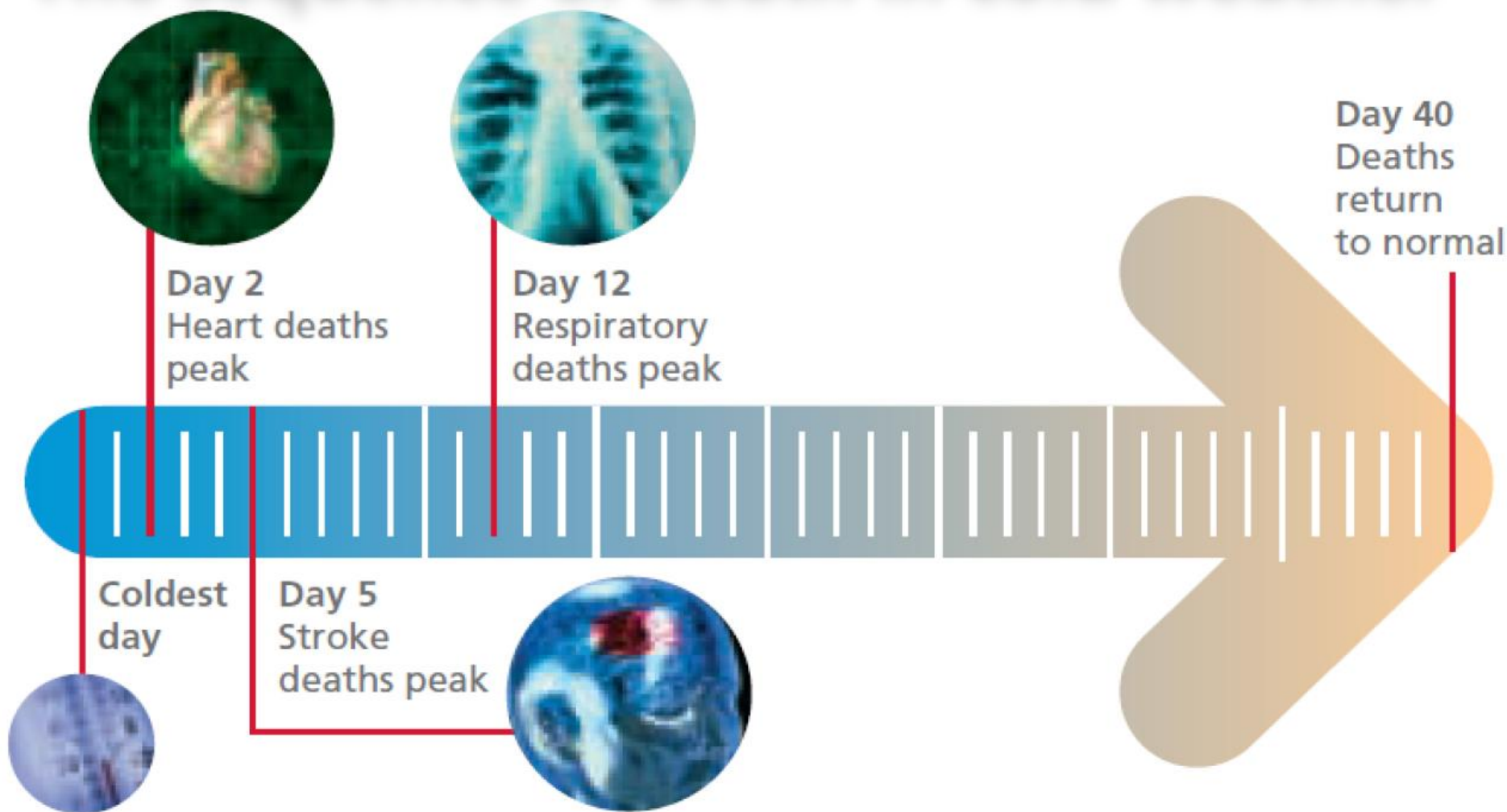
Who is affected?

- ▶ People with cardiovascular conditions
- ▶ People with respiratory conditions (in particular, chronic obstructive pulmonary disease and childhood asthma)
- ▶ People with mental health conditions
- ▶ People with disabilities
- ▶ Older people (65 and older)
- ▶ Households with young children (from new-born to school age)
- ▶ Pregnant women
- ▶ People on a low income

NICE (2015) Excess winter deaths and morbidity and the health risks associated with cold homes



The sequence of death in cold weather



Source: Adapted from Donaldson GC, Keatinge WR. Early increases in ischaemic heart disease mortality dissociated from and later changes associated with respiratory mortality after cold weather in south east England. *Journal of Epidemiology and Community Health* 1997; 51(6): 643–8

Remember One Thing!

Applying for the Warm Home Check Service

Access to webform and information on

www.warmeastsussex.org.uk

Call Adviceline on **03444 111 444**

Text **WARM** to **81400**

Or ask at your local Citizens Advice



keep warm and well
...in East Sussex

www.warmeastsussex.org.uk



**East Sussex
Energy Partnership**

Working with your local council



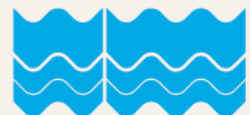
RETROFITWORKS
BUILDING EFFICIENCY TOGETHER



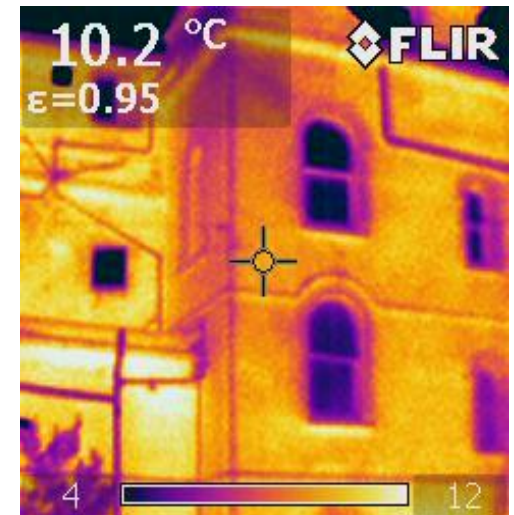
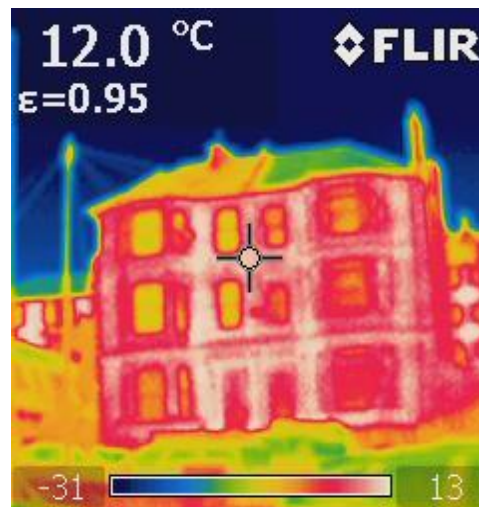
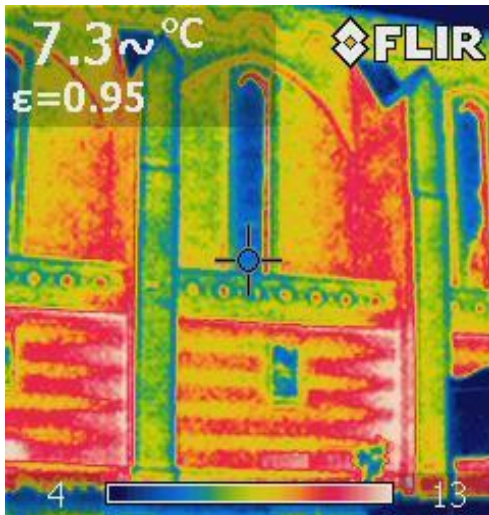
**East
Sussex**



**East Sussex
County Council**



Sustainable Houses in Inclusive Neighbourhoods SHINE





Setting the Scene



Mental Health and the Natural Environment

Dr Louisa Thomson - Renaisi



Research project:
Mental health, wellbeing
and the natural
environment – Hastings
case study

About Renaisi



A social enterprise that has been around for 20 years

- **Delivery:** Support people into employment (refugees, over 50s, people with long term health conditions)
- **Consultancy:** Research and evaluation with other charities, local government, central

Our vision: Strong, inclusive communities where everyone can flourish

Our current research for DEFRA & Public Health England



Research aims: Improve understanding of how people most at risk of poor mental health and wellbeing can be best supported to increase their use and access to the natural environment



Interest in how to promote the natural environment as a preventative tool for wellbeing

Understand what the current landscape looks like in terms of providers

Explore what would help make activities more accessible and remove barriers



Inform the ongoing development of DEFRA's 25 Year Environment Plan

Why is this important?

Large body of evidence that suggests contact with the natural environment can provide benefits for health and wellbeing



- Reduced **anxiety** and **stress**
- Improved **mood**
- Improved **self-esteem**
- Improved **attention** and **concentration**
- Increased **social contact**
- Improved **mental health resilience**
- **Physical health** benefits

BUT... also lots of evidence that many people think the natural environment is not something for them, or that might benefit them



- **Unequal access** to green space across England.
- **Most infrequent users** of the natural environment: female, older, in poor health, lower socio-economic backgrounds, BAME, living in deprived areas
- **Common barriers** – time, travel, accessibility, attitudes, low interest

What does our research involve?



- **4 case study locations** – Hastings, Middlesbrough, Birmingham and F



- **What we are doing:**
 - **Speaking to individuals** in local authorities, CCGs, voluntary sector who are involved in this agenda
 - Reading background **documents**
 - **Visiting community projects** to speak to people taking part in different activities in the natural environment



Some challenges!

Definitions

Mental health and wellbeing

How satisfied we are with our lives, our day to day emotional experiences and sense that what we do in life is worthwhile. Having the strength to overcome difficulties and challenges.

The natural environment:

Open spaces in and around towns and cities, including parks, canals and nature areas; the coast and beaches; and the countryside including farmland, woodland, hills and rivers. Does not include private gardens or other private spaces, artificial or manmade outdoor surfaces



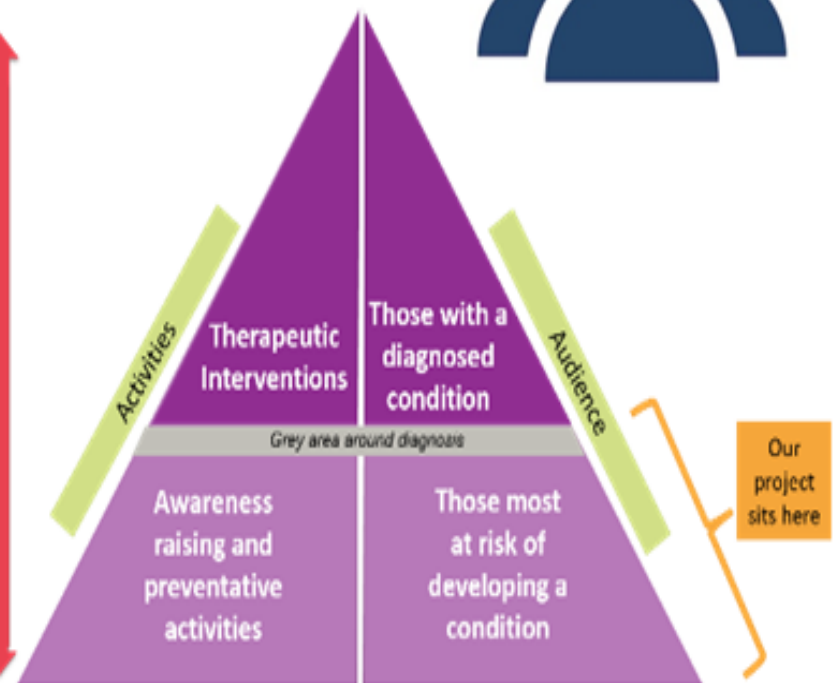
What do we mean by activities?

Wide range: physical activity, education, gardening, social activities, eco-therapy etc. Many organisations involved!



Higher mental health need

Lower mental health need



Why am I here?



- Hear **your views and experiences** on the research themes
- Find out more about **what is going on in Hastings**
- **Recommendations** of projects to visit
- Be part of **helping to influence DEFRA**
- **Report** due in Spring 2020.



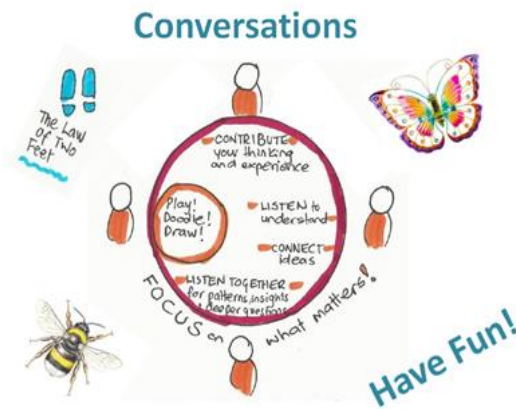
- What are the **barriers** for individuals and organisations in Hastings to increasing access to the natural environment for at-risk groups?
- What are the **local factors in Hastings** that can either help or prevent activities being set up?
- What **strategies** have been used with success in engaging at-risk groups in the natural environment and what factors led to this success?
- Which **kinds of activities or interventions** have shown the most success in attracting at-risk groups to engage with the natural environment?

Thank you

L.Thomson@renaisi.com

Introduction to Conversations

Teresa Flower – ESCC



Sherry Clark - Transition Town Hastings and St Leonards

Wheel of Wellbeing



www.wheelofwellbeing.org

Conversations



How can improving the environment benefit our health and wellbeing?

Conversations

Conversations (Session 1)	Location
1. Challenging fuel poverty.	Committee Room
2. How can we energise East Sussex?	Main Room
3. Our mental health and the natural environment	Main Room
4. How can improving your neighbourhood environment enable active travel and improve quality of life?	The Long Room
Conversations (Session 2)	
5. Nature's Gym – the physical health benefits of outdoor exercise and volunteering.	Main Room
6. How to WoW Hastings?	The Long Room
7. What does a healthy and sustainable food environment in Hastings and St Leonards look like?	Main Room
8. Challenging inaction on improving our housing stock.	Committee Room

Updates

**Social Prescribing - connecting to the right support
across Hastings and St Leonards (January 2019)**

and

Ageing Well in Hastings and St Leonards (July 2019)



**Ruairi McCourt – Age UK East Sussex and
Teresa Flower (East Sussex County Council)**

East Sussex Social Prescription Pathway Project Update October 2019



East Sussex Social Prescription Pathway Project

Key aims of the project are to:

- ▶ agree a consistent definition of social prescribing services and roles
- ▶ establish a consistent referral and support pathway
- ▶ develop shared impact measures
- ▶ systemise workforce resources and competences across VCS and statutory services, and
- ▶ use evidence and learning to shape the redesign and commissioning of future services.

Definition of SP:

- ▶ *‘Social prescribing provides a pathway to refer people to non-clinical/statutory community based support to help improve their health and wellbeing, increase independence, promote personal and community resilience and encourage social inclusion.*
- ▶ *Clients access social prescribing via ‘Link Workers’ who take a holistic approach to assess and directly respond to identified needs, as well as connecting people with other support options and activities within their community.’*



Current providers:

Name of service	Location	Service model	Provider
Community Connectors	Hastings and Rother, Eastbourne, Hailsham and Seaford CCGs	GP based service for people aged 16+ with mental health support needs. Clients have an allocated caseworker who actively supports them to identify goals and access other community support services and activities. Clients also have access to volunteer peer buddies.	Southdown
Community Navigators	High Weald, Lewes and Havens CCG	GP based service mainly 50+ in age. Clients have an allocated caseworker who actively supports them to identify goals and access other community support services and activities. Clients also have access to volunteer Navigators.	Age UK East Sussex
Carers Prescription	East Sussex	Prescription tool embedded in GP systems, enabling GP referrals to be fast-tracked. Community based specialist Carer Support Workers work with carers to identify goals, access carer specific and universal services, including access to peer networks and information and advice.	Care for the Carers
Let's Get Working	East Sussex	Supporting people with long-term health conditions and disabilities into employment. Participants referred through GP and health professionals.	SCDA



Current position SP:

- ▶ New PCNS have been established across East Sussex
- ▶ New single CCG has been established across East Sussex
- ▶ New clinical directors are in place
- ▶ Clinical directors have been engaged with
- ▶ Discussions are occurring around the shape of social prescribing
- ▶ CCGs are potentially in favour of adding 'on costs' to direct staffing costs of Link Workers



Priorities/milestones:

▶ Year One - 2019/20

Focus on promoting alignment and integration of Primary Care and other commissioned social prescribing 'link worker' referral and support services into the Pathway project.

Pilot delivery of an integrated referral and support model within a Primary Care Network area.

▶ Year Two - 2020/21

Focus on the development of a consistent referral and support pathway across East Sussex to include integration of the wider range of social prescribing services and work streams



Questions?



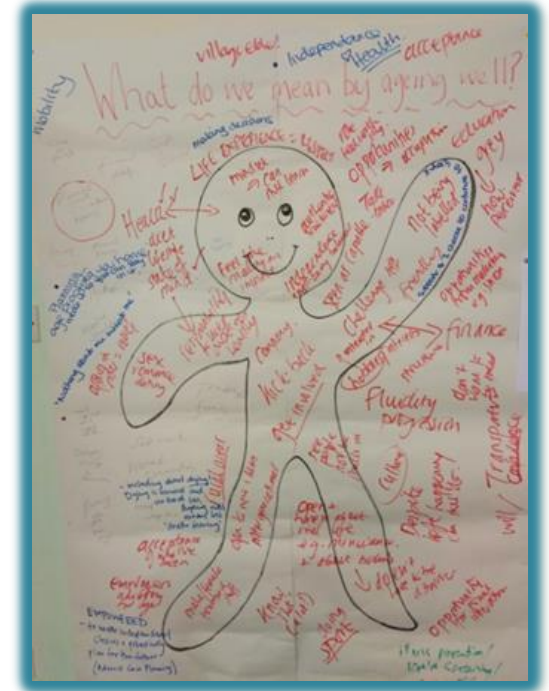
**For more information contact Carla Hawkins,
Project Manager for East Sussex Social Prescribing Project.
Call: 07964 114279 or
email: carla.hawkins@socialprescribingeastsussex.org.uk**



Ageing Well Update

Report of event has generated interest and is being used to support the development of the Bank Buildings Project. This has included:

- Encouraging new members to join the Bank Buildings Project Planning Group (CCG for example)
- Being used as evidence to negotiate with HBC for upper floors of the Bank Building to be available on a peppercorn basis for a pilot period
- Opening up debate around new and exciting approaches to addressing frailty in older age
- Informing funding applications for complimentary 'ageing well' initiatives
- Improving joint working across sectors





Next Steps



- The HCN planning group will reflect on outcomes of today's event/ identify actions alongside key contributors
- An HCN report 'How can improving the environment benefit our health and quality of life?' will be produced and shared widely
- The report will be freely available on the HCN pages of the HVA website
- The report will be presented to Executive Delivery Group (EDG) and the Local Strategic Partnership (LSP)
- Outcomes will be used to engage with the East Sussex Environment Partnership
- Updates on progress will be shared at future HCN events and cross cutting themes highlighted

Information Sharing After Today

1. Ensure you have given consent for your contact details to be shared on the sign in sheet today
2. Ensure the activities, groups, events, support and opportunities you offer locally are listed on ESCIS. **Its FREE** and is used widely by practitioners and the community

www.escis.org.uk

info@escis.org.uk





Hastings Community Network



SAVE THESE DATES!

HVA AGM and Conference

Friday 15th November 2019

The impact of loneliness and isolation for all in Hastings and St Leonards

Tuesday 21st January 2020

Marketplace and Open Mic Event

Wednesday 8th April 2020

Booking at:

<https://hastingsvoluntaryaction.org.uk/events>