



Hastings Community Network –18th October 2019

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



“Great feeling that people from very diverse interests can come together to inform a larger conversation/topic to effect change”.

“Lots of ideas and it has brought this subject into the forefront of my thoughts”

“Feeling motivated about promoting Hastings as a good place to live”.

CONTENT OF REPORT	
Acknowledgements	2
Introduction	3
Overview of the Event <ul style="list-style-type: none"> • Networking • Setting the scene - presentations • The conversations • Updates from Social Prescribing and Ageing Well HCNs. • Feedback, next steps, closing remarks and evaluation 	4
The Conversations <ol style="list-style-type: none"> 1. Challenging fuel poverty - How can community organisations help in reducing the stigma regarding accessing advice and the Warm Home Check Service? 2. How can we energise East Sussex? 3. Our mental health and the natural environment. 4. How can improving your neighbourhoods' environment enable active travel and improve quality of life? 5. Natures Gym – The physical health benefits of outdoor exercise and volunteering. 6. How to WOW Hastings! 7. What does a healthy and sustainable food environment in Hastings and St Leonards look like? 8. Challenging inaction on improving our housing stock. How can we encourage energy efficiency and eliminate barriers to achieve carbon emissions reductions and healthier homes? 	8
Updates from previous HCN events <ul style="list-style-type: none"> • Social Prescribing – connecting to the right support across Hastings and St Leonards • Ageing Well in Hastings and St Leonards 	13
Next Steps	14
Appendices <p>Appendix 1: Organisations/services who attended Appendix 2: Conversations 1 – 8 (additional information from flip charts and notes) Appendix 3. The Wheel of Wellbeing Appendix 4: 'Hot Topics ' Appendix 5: Contact details of presenters and organisers</p>	15



Acknowledgements

The HCN Executive would like to thank everyone who made these events happen the speakers: conversation hosts and all who participated on the day.

The practical organisation of the event was led by Teresa Flower our Locality Link Worker from East Sussex County Council, with Kim and her colleagues from Hastings Voluntary Action and with support from the staff at Horntye Centre.

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

Introduction

Hastings Community Network (HCN) is an overarching network comprising of local voluntary community and faith groups, networks and forums. It offers communication channels between the voluntary and community sector and those who make decisions locally. We identify ways in which members can participate and influence decisions affecting the delivery of services.

HCN links with Hastings Borough Council, East Sussex County Council and is a member of the Local Strategic Partnership.

HCN events take place every 12 weeks and aim to create meaningful opportunities to share ideas, gain inspiration and collaborate in new and exciting ways. These sessions are open to all and bring together participants from across voluntary, community, public and independent sectors. HCN's are either:

- **Market place and “open-mic” sessions**, which are flexible and predominately unstructured. Offering a full morning of informal networking and relationship building. Follow this link to read more about the [Outcomes from the Open Mic networking event - April 2019](#) or
- **Themed sessions arranged around ‘Hot Topics’** identified by HCN members and/or through feedback at previous events. Over the last year Hot Topics that have been explored include Social Prescribing, Ageing Well and Community Safety. If you would like to see outcomes from these events please follow the links below.
 - [Outcomes from the Ageing Well networking event - July 2019](#)
 - [Outcomes from the Social Prescribing event - January 2019](#)
 - [How does Hastings & St Leonards respond to community safety from the perspective of vulnerable victims, communities, locations and services?](#)

Each event emphasises the connectivity between all ‘Hot Topics’ and encourages participants to think, and work across boundaries, build on shared resources and value local assets.

This report captures the activity, connections and next steps identified from this vibrant event, ‘[How can improving the environment benefit our health and quality of life](#)’ held on 18th October 2019 at the Horntye Centre in Hastings. As with previous reports, it doesn’t make recommendations, or draw conclusions, from what was shared making this a flexible resource to build on, and inform, future work and agendas for further debate.

Overview of the Event

The October 2019 HCN brought together 42 representatives from across the community, voluntary, independent and public sectors to explore the hot topic of **How can improving the environment benefit our health and quality of life?**

32 different organisations and groups attended (listed in appendix 1) with others expressing an interest but not able to be there on the day. As identified in previous reports many of the paid workers and volunteers attending Hastings and St Leonards Locality Networking events are also local residents, adding value to the connections made and the quality and relevance of the information gathered.

Feedback was very positive with evaluations identifying networking , making connections and future opportunities for collaborative working to inform change as highlights of the morning

“Greater awareness of the range of organisations and groups working in the area “

“Great sense of desire to work together collaboratively to create a better environment”

Networking

Networking is central to HCN ensuring that dialogue, information sharing and building new connections is embedded throughout. The packed agenda on this occasion meant there was slightly less time for this than at July’s event, something that will be addressed in the future.



Evaluation forms (29 completed on the day) identified a minimum of 122 new contacts had been made and, as always, networking was highlighted as a favourite part of the day

“Met up with many people who I have not seen – fantastic contacts made”

“Good mix of people – listening/hearing about projects not heard about before – more knowledge on what’s going on around Hastings”



Setting the scene presentations

Tracey Rose (in her role as HCN Executive Member) and Teresa Flower (East Sussex County Council Locality Link Worker for Hastings and St Leonards) welcomed everyone to the event and briefly set the scene. This was then followed by short presentations to inspire the conversations that followed:

Sustainability on Sea (SOS) and the wider local agenda (Julia Hilton- Energise East Sussex)

SHINE, Warmer Sussex and the Warm Home Check Service (Tracy Dighton Citizens Advice 1066 and David Bishop ESCC)



Mental Health and the Natural Environment (Dr Louisa Thomson Renaisi)

Slides used to support these presentations can be found on the HCN Pages of the HVA website: [Outcomes from the 'How Can Improving the Environment Benefit Our Health & Quality of Life'](#)



Before moving into the conversations Sherry Clark (Transition Town Hastings and St Leonards) gave a short introduction to the 'Wheel of Wellbeing' with the view that participants could bear this in mind as they progressed through the morning www.wheelofwellbeing.org

Sherry hosted a conversation in session 2 (How to WOW Hastings!). She also captured ideas, suggestions, positives already happening and challenges that were shared throughout the morning recording them on a large wheel. **This is included as Appendix 3.**

Conversations

This section of the morning was loosely based around the theory of 'Open Space' underpinned by one law (The Law of Two feet) which states:



"If, during the course of the gathering, any person finds themselves in a situation where they are neither learning nor contributing, they must use their feet and go to some more productive place."

The conversations for the morning were identified in advance to save time on the day. Eight conversations were held over two sessions. Hosts (facilitators) were briefed in advance.

All participants had a list of the conversations that were being hosted and where to find them. They were encouraged to move around with no pressure to stay with a conversation for the full 30 minute time slots.

However the layout of the venue seemed to encourage people to stay in the conversation they first chose. Although this was not quite what was envisaged this didn't seem to impact significantly on participant's enjoyment of the experience with the main issues identified being the need for more time for networking, conversations and generally more HCN events.

The following conversations were hosted with more detail of what was shared later in this report:

1. Challenging fuel poverty. How can community organisations help in reducing the stigma regarding accessing advice and the Warm Home Check Service? (Tracy Dighton Citizens Advice 1066)
2. How can we energise East Sussex? (Julia Hilton – Energise East Sussex)
3. Our mental health and the natural environment. (Dr Louisa Thomson – Renaisi)
4. How can improving your neighbourhoods’ environment enable active travel and improve quality of life? (Roddy Crockett- Sustrans)
5. Natures Gym – The physical health benefits of outdoor exercise and volunteering (Tim Hills – The Conservation Volunteers)
6. How to WOW Hastings! (Sherry Clark – Transition Town Hastings and St Leonards)
7. What does a healthy and sustainable food environment in Hastings and St Leonards look like? (Anna Card – East Sussex Council Public Health)
8. Challenging inaction on improving our housing stock. How can we encourage energy efficiency and eliminate barriers to achieve carbon emissions reductions and healthier homes? (Cath Geoghegan – Retrofit works)

Feedback, next steps, closing remarks and evaluation

To bring the event to close participants were invited to:

- hear feedback from the conversation hosts;
- receive updates on the previous two networks which explored Social Prescribing and Ageing Well in Hastings and St Leonards;
- consider planned next steps (recorded in full later in this report);
- complete evaluation forms which will inform future events and have contributed to this report;
- share information about projects and activities using  www.escis.org.uk ;
- book places on future HCN events (links below) already planned for January and April 2020:
 - [HCN event: The impact of loneliness and isolation for all in Hastings & St Leonards](#) (Jan 2020)
 - [HCN event: Marketplace and open mic](#) (April 2020).

All slides from the morning (including updates from previous events) can be seen on the HCN pages of the HVA website: [Outcomes from the 'How Can Improving the Environment Benefit Our Health & Quality of Life'](#)

The Conversations

The eight conversations that were hosted throughout the morning generated a wealth of information and insights that will be invaluable to advance this work and connect people sectors and organisations.

The venue slightly inhibited the format which encouraged participants to move between conversations rather than stick with one for each session – something that worked well at the last HCN event. This was commented on by a few participants:

“I think the space constrained people moving around the conversations so might be worth thinking of how to encourage that more”

However, overall feedback on the conversations was very positive saying:

“Good mix of people – listening/hearing about projects not heard about before – more knowledge on what’s going on around Hastings”

In this section of the report gives a brief overview of what the conversations highlighted.

Where indicated further information is recorded in Appendix 2. Photos of flip charts are included on the HCN pages of the HVA website: [Outcomes from the 'How Can Improving the Environment Benefit Our Health & Quality of Life'](#)

Host input highlights some key themes from the conversations but, in the spirit of the event, we are leaving it for you to draw your own conclusions from what you experienced on the day, or what you read in this report and the accompanying linked information.

Conversation 1: Challenging fuel poverty - hosted by Tracy Dighton

This conversation gave the opportunity to explore how community organisations can help in reducing the stigma regarding accessing advice and the Warm Home Check Service?

Host feedback: Tracy shared that people can be embarrassed about being in fuel poverty and that pride may prevent them asking for help. She highlighted that there are more schemes now to help people than there was 40 years ago and this means that older people may not always know about them.



People can fear losing power or becoming dependent on others. They may lack confidence and so are often not assertive about what they need. These factors can lead to people not getting the support they need. During the conversation the participants discussed some of the ways of solving these issues. This included:

- Informing people about the Warm Home Discount to reduce fuel bills
- Having 1 to 1 time with people to help build confidence and trust in maintenance workers
- Acting as people’s advocates
- Sharing information about the health benefits to having a warm home

Flipchart notes are included in Appendix 2

Conversation 2: How can we Energise East Sussex - hosted by Julia Hilton



In Hastings and St Leonards, where there is so much happening, this conversation encouraged participants to consider how we can make connections between what’s already out there.

Host feedback: Julia highlighted how the group had discussed the value of having umbrella branding for Hastings and

thoughts around a co-op for exchanging services between people (skill sharing).

It was thought that the best way of sharing information and encouraging working together, is ‘mouth to mouth’ at ground level. The group thought it was important to build these discussions through more events. **Flipchart notes are included in Appendix 2**

Conversation 3: Our mental health and the natural environment - hosted by Dr Louisa Thomson



This interactive conversation was a chance to explore in more detail the research Renaisi are UNDERTAKING for DEFRA. This research aims to 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.

Host feedback: Louisa highlighted how much she had enjoyed getting the instant reactions from people who joined the conversation about their use of open spaces and finding out more about what is going on already in green spaces in and around Hastings.



There was discussion about how to get people working together to use the natural environment and how people feel when they have been outside. Louisa will be continuing her research locally and is keen to feedback at future HCN events. **Host notes are included in Appendix 2**

Conversation 4: How can improving your neighbourhood environment enable active travel and improve quality of life - hosted by Roddy Crockett



This conversation enabled the group to discuss active travel and liveable neighbourhoods.

Host feedback: Roddy shared thoughts about how open space was used when people were children and how there is rarely any adult free spaces for children now. There can be some intolerance to the noise that children make and they are told off even though, as some people pointed out, there is

often more noise being made by traffic etc. The suggestion was made that could outside sitting places be used flexibly for different activities? Do spaces have to be age related?

Flip chart notes are included in Appendix 2.

Conversation 5: Natures Gym – the physical health benefits of outdoor exercise and volunteering



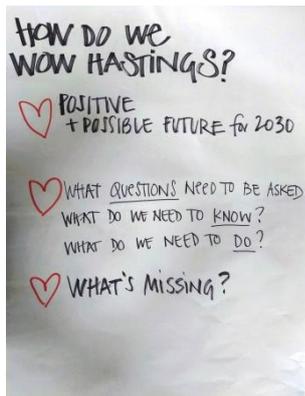
This conversation explored what physical activity in and around nature is already happening?

Host feedback: Tim shared the group's discussion around how outdoor spaces need to be kept in good order so that they are accessible. He mentioned the concept of a 'Nature Forum', groups working

together to protect open spaces through conservation volunteering and family nature activities. He also mentioned discussions around how different types of outdoor spaces are needed for people at work and others with more complex needs.

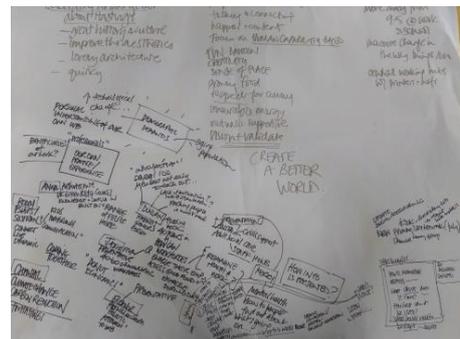
Host notes are included in Appendix 2

Conversation 6: How to WOW Hastings! – hosted by Sherry Clark



This conversation was based around the Wheel of Wellbeing and encouraged participants to explore how to promote Hastings in a more positive way.

Host feedback: Sherry highlighted how there are good things going on and asked participants to share their own feedback from the conversation.



Some key points were:

- Encourage people in full time work to think about their own physical and mental wellbeing during the day.
- Keep older buildings in Hastings in good repair and use them.
- Encourage people to think about their wellbeing from a younger age.
- Think about activities for different age groups.

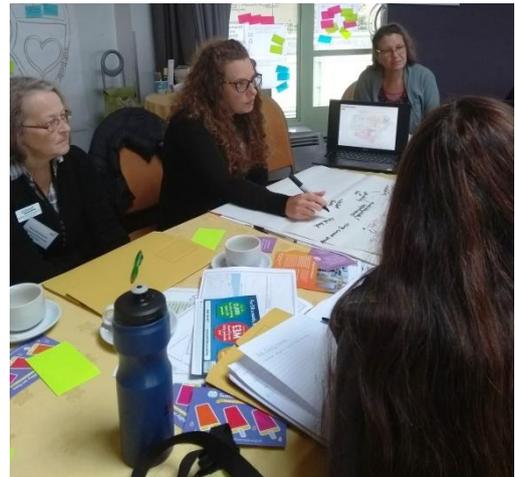
Conversation 7: What does a healthy and sustainable food environment in Hastings and St Leonards look like? – hosted by Anna Card.



Host feedback

Anna identified three key points that had come out of the conversation she hosted.

- Using space that is already there for Community Gardens and how to sustain them with not a lot of funding.
- Look at the roles of supermarkets re food waste. Foodbanks – although the food is welcome and needed, is it healthy?
- Make education around, and the cooking of food, enjoyable.



Flipchart notes are included in Appendix 2

Conversation 8: Challenging inaction on improving our housing stock – hosted by Cath Geoghegan.

This conversation encouraged participants to consider the question of how we can encourage energy efficiency and eliminate barriers to achieve carbon emissions reductions and healthier homes?

Host Feedback: Cath explained that the conversation had highlighted what some of the barriers to improving homes can be. These included:

- Lack of knowledge and trust in contractors
- Landlords not bothered
- Increase in community home ownership
- Homeowners not always thinking to plan ahead about how they are going to pay for bills, upkeep etc.
- The standard of empty holiday homes.



She highlighted there are schemes to help navigate the process of home improvement with advocates to explain and answer questions.

Flipchart notes are included in Appendix 2

Updates for previous HCN events

Before moving on to next steps an update was shared on outcomes to date from two previous HCN events.

- Social Prescribing – connecting to the right support across Hastings and St Leonards (Ruairi McCourt – AUKES on behalf of the Social Prescribing Pathway Steering Group) 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 in Hastings and St Leonards (Teresa Flower – ESCC on behalf of the Bank Buildings Project Planning Group). This update highlighted that the event report 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

For more information contact: Debby Anderson, ‘Pop In’ Development Worker HVA: debby@hastingsvoluntaryaction.org.uk

Presentation slides can be viewed at [Outcomes from the 'How Can Improving the Environment Benefit Our Health & Quality of Life'](#)

Emphasis was placed on ensuring that:

- HCN participant’s energy, passion and time was not wasted
- That the wealth of experience and knowledge in the room was utilised
- That cross cutting themes were identified and used to ensure a more joined up approach to meeting local needs and wants
- That community assets are recognised and valued
- That important issues, ideas and actions are not forgotten
- That HCN event’s provide great opportunities for networking, but also encourage and support shared action.

Next Steps

These networking events are a vital way of keeping in touch, building new connections and “joining the dots” between people ideas and initiatives. They are truly cross sector and positively encourage dialogue.

At the end of this morning, packed with activity and sharing of ideas and enthusiasm, some next steps were identified. These included:

- 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 [Outcomes from the 'How Can Improving the Environment Benefit Our Health & Quality of Life'](#)
- 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 as they were at this event.
- A list of hot topics (ideas for future HCN events) identified on event evaluation forms are included as Appendix 4. How these ideas and themes can be explored moving forward will be considered by the HCN Executive Committee.

To make sure you are part of the energy these events generate register for forthcoming events follow these links to the HVA website events pages:

[HCN event: The impact of loneliness and isolation for all in Hastings & St Leonards](#)

This community network event will bring together community, voluntary, independent and public sector practitioners to discuss issues around loneliness and isolation for all in Hastings & St Leonards.

SUSSEX ROOMS, WHITE ROCK THEATRE

21st January 2020 (9:30am - 1:30pm)

[HCN event: Marketplace and open mic](#)

This "un-themed" networking event will give you an opportunity to share information about your organisation's activities, learn about the range of services that are delivered in Hastings & St Leonards, browse the marketplace, and network with a mixture of people from the voluntary, community, statutory and independent sectors.

EAST SUSSEX COLLEGE HASTINGS

Wednesday 8th April 2020 (9:30am - 1:30pm)

Appendices

Appendix 1: Organisations/services who attended on the day.

Organisation/Service	Organisation/Service
Active Hastings	Hastings Voluntary Action
Adult Social Care (ESCC)	Parity Trust
Age UK East Sussex	Patient Participation Groups
CAB 1066	Public Health (ESCC)
Common Treasury	Renaisi
Education Futures Trust	Retrofit works
East Sussex Health Care NHS Trust	Rother Voluntary Action
Energise Sussex Coast	RSPCA
Fellowship of Saint Nicholas	Seniors Forum
Hastings and Rother/Eastbourne, Hailsham and Seaford CCGs	Sussex Community Development Association
Hastings Borough Council	System Change not Climate Change
Hastings Community Network (HCN)	The Conservation Volunteers
Hastings Museum & Art Gallery	The Rainbow Kitchen Magic
Hastings Sustainable Transport Forum	Transition Town Hastings and St Leonards
Hastings Urban Design Group	UK Green Building Council

Appendix 2: Conversations – more detailed information

Conversation 1: Challenging fuel poverty. How can community organisations help in reducing the stigma regarding accessing advice and the Warm Home Check Service? (Flipchart notes)

WHY STAY IN A COLD HOME	HOW TO OVERCOME IT
70 years+	Advocates to guide - I worry about my neighbour
Used to putting on a jumper – make do	Trusted contractors – time to build confidence to deal with people 1 to 1 – other projects - gardening
40 years ago – where to go?	Ease – single point of contact – you are important
Pride – won't ask	Benefits – health, bills
Not knowing there is help	Case working a problem
Losing power – stick with their way	Make it free
Fear the dependency culture	Maximising income, reducing fuel bills, measures
People that need it the most–not assertive	Finance e.g. Parity Trust
Poverty-substance misuse	

Conversation 2: How can we energise East Sussex? (Flipchart notes)

Branding - Getting people to recognise that all current activities can connect	Getting people involved	Regular spot in town for volunteers to find out about events
Media activity	Multi stake holder	Market stall for information
Seniors Forum – lack of motivation for volunteers	Skill sharing	Connections
Fun Palaces	Visual link	Co-op, exchange of services between members - don't need to pay vat.
Difficult to understand if you can't measure	Constraints, restrictions	Need to reduce demand
Business hub	Eliminate stigma	Community internet
Do we need a sort of Hastings planetary 'wellbeing' logo that 'brands activities that are already happening?		

Conversation 3: Mental Health, wellbeing and the natural environment (Host notes)

The aim of the research we are doing for DEFRA is to 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. Hastings is one of the case study areas

The conversation was a chance to explore this in more detail and get some suggestions from participants on what kinds of activities are taking place in Hastings, some of the challenges around accessing the natural environment and to recommend places for me to visit as part of the research.

Photo challenge! I floated the idea of capturing some pictures on social media to help explore the benefits of being outdoors. This could be from you, or people you work with:

- Take a picture outside (this could include a selfie)
- Write a sentence saying what you were doing outdoors, and one thing it make you feel or think about.
- Post on social media using the hashtags #OutdoorsinHastings and #NatEnvResearch and we'll pick these up. Or email them to me: L.Thomson@renaisi.com

Q1: What is the Natural Environment in and around Hastings like?

Participants were asked to share their **instant reactions** to the natural environment in Hastings as well as:

- Places they would be happy to go on their own
- Places where they would take friends and family

- Places where they would not be comfortable going

This was to test out one of the exercises we'd like to do as part of the research discussions with people participating in different projects. The main points raised were:

- There are a lot of green spaces in Hastings that people can enjoy – ranging from the sea front and beach, to parks, nature reserves, country parks and hills.
- The areas people feel most comfortable in tended to be the beach/promenade, Alexandra Park in the day and the hills
- Places that were popular to take friends/family included the sea front, country park, Alexandra Park, the Old Town, St Helen's Wood.
- Spaces that people were less keen to go to included parks at nights and woods

Q2: How can we improve access and usage of the natural environment in Hastings?

Participants were asked to think about the barriers people face in Hastings. These included:

- **Transport** – lack of routes and bus services, cost
- **Fear/anxiety** – not having done it before, going somewhere new on your own for the first time
- **Accessibility issues** – for example, hills, spaces that aren't accessible for children, parents and the elderly, people with disabilities.
- **Motivation** – lacking this
- **Unprepared** – not having the right clothes, footwear. Not knowing what to do once you're there.
- **Poverty**- families need help to find out what they can do for free in natural environments
- **Awareness and knowledge** of what is around, and how the natural environment can be accessed – e.g. public rights of way.
- **Personal safety** – natural environments not well lit in winter when events get darker earlier so people don't go out
- **Local planning** – with some spaces under threat

People were then asked to think about some tips to help overcome these barriers. These included:

- **Start young** – get school children involved in understanding their local environment. Working with families as early as possible.
- **Improve access and transport** links, cycle paths.
- **Support people** to get to places with buddying/sharing journeys, or facilitating access from their home/a central location
- **Accessible** paths/access to the beach
- Have **introductory activities** and suggestions for things to do – help to normalise these activities
- Help with clothing/footwear – e.g. welly swap for kids.
- Provide a purpose, sense of challenge (e.g. trails, quests), and offer tasters. Keep it simple. Beat the Streets was given as a good example.

Q3: Who needs to do what to make sure access to the natural environment is at the heart of local strategies, and that different organisations promote the NE as a pathway to good health and wellbeing?

Participants talked about:

- Hastings BC have recently done a call out on who uses local spaces. Looking for specific ideas
- Practitioners – could connect more with the natural environment. E.g. do meetings outside. How could we get that more engrained in local organisations?
- Don't forget about people working – often most stressed, and less active. Lunchtime health walks?
- Fund infrastructure – so volunteers can focus on doing their roles, and be well supported with this.
- More people need to know what is available

Q4: Where should I go and visit as part of the DEFRA research to help understand participants' views on what is provided in Hastings?

Finally – those who took part in the conversation gave me a long list of projects to look into/follow up with a visit including:

- RAW – Rick Burgess.
- Healthy Living Clubs in Hastings/St Leonard's – targeted at over 50s/LGBTQ+. Provided by Age UK East Sussex
- Little Gate farm – targeted at people with LD/autism to get people into employment and working.
- Hastings Wild Things project – targeted at children, young people families – provided by RSPCA Mallydams Wood Education Centre
- Education Futures Trust – beach and woods based projects, learning, wellbeing, sports. Targeted at children, adults, young people.
- TCV – Green Gym – all but focussed at those at risk of poor mental health, and improving physical health. Health walks – everyone but mostly accessed by older people. East Sussex Biodiversity Action Team – for all.
- Education Futures Trust – Without Walls and outdoor courses
- Alexandra Park Greenhouse group
- Bohemia Walled Garden in Summerfields Wood
- Barby Keel in Ninfield (Animal Sanctuary)
- Bathing pool site
- South Saxons – ageing wildlife group
- Combe Haven Countryside Park

Conversation 4: How can improving your neighbourhoods' environment enable active travel and improve quality of life? (Flipchart notes)

Active travel to school	Summer holidays	Shops nearby
Primary network – cycling/walking	Being allowed outdoors (children)	Respectful use of shared space
The right noise – children?	'Hubbub' what was it in 20's, 60's	Free range children
Walking deliveries	Flexible infrastructure – Parkour/sitting	Fewer children being driven to school
Is every environment playable/sociable	Local jobs	Traffic free routes
Diversity of people around you – respect a place	Industry being put into parks, putting in table tennis tables	Access to healthy foods
Lack of adults	There is/is there? A choice issue for where you work/employment	Access to health services
Freedom to cycle	Going to a local school	Greenways
Being drawn to the outdoors		

Conversation 5: Natures Gym- the physical benefits of outdoor exercise and volunteering. (Host notes)

What's Already Being Done Locally (a roundtable discussion).

- Local List of Trainers to facilitate group leadership of adults with learning difficulties & autism – Stay Up Late project Brighton.
- **South Saxons Wetlands** – a couple of local residents trying to keep the site clear of litter and although LNR seems to have no HBC budget or intervention. Local concerns about nearby development issues.
- **Ore Community Land Trust** – Speckled Wood – a greenspace saved from development after local resident's campaign then turned into a community led Friends of style group who have championed and worked on the space to make it useable by the local community. Now running conservation activity sessions on a regular basis, holding events, buying parcels of land within the site where possible and HBC have gifted them several areas of the site. They are grant writing and fund raising and work in conjunction with other local groups, third sector partners and HBC.
- **Education Futures Trust** – They have a (relatively) new base at the Firs on Elphinstone Road. They have a MUGA on the grounds and a forest school, some 5-a-side football pitches and some outdoor gym equipment has been installed. They also hold some mental health walks in Alexandra Park.

- **Hastings Old Town PPG** – They are looking to invest in some older persons play kit, but these discussions are in the development phase.
- **Sussex Community Development Association** – Let’s Get Working Programme. Providing opportunities for 16+ with learning difficulties, mental health issues and disabilities to help them into work or training. As part of this development they are keen to refer clients into to volunteering opportunities and activity programmes across Hastings. They may be able to help provide training to community groups on how to engage with people with learning difficulties and mental health issues.
- **Hastings Borough Council** – Spaces for Recreation. Keith reiterated that recreation spaces within the borough don’t have to be formal and that all greenspaces are important and play a role in improving the local community, environment and create opportunities for people to engage with nature and improve their health, even if it’s just walking the dog.
- **East Sussex Healthcare Trust** - Promoting a cycle & walk to work scheme for ESHT staff and would encourage other employers to do similar. They are also looking at developing an activity trail around the grounds of the Conquest Hospital.
- **RSPCA – Mallydams** - The Hastings Wild Things Project - a project run at Mallydams Wood which supports families, children and young people to develop a positive attitude towards personal development, learning and the natural world. Developing self-esteem along with emotional and academic resilience helps families, children and young people realise the potential they have in their own lives and the valuable contribution they can make to their community. At Mallydams people take part in a vast range of outdoor activities from exploring, playing and adventuring in the woods to building birdfeeders, fires, cooking outdoors and planting trees. All the activities are designed to be achievable and rewarding as well as having a element of discovery and learning.
They also offer a diverse range of Key Stage 1&2 curriculum linked activities for school groups, incorporating a rich mixture of learning styles to investigate the woodland environment and its wildlife. They can also lead coastal activities on the beach at Pett Level investigating rock pools and learning about rocky shore ecology and visits to a wildlife friendly local farm to explore ancient wildflower meadows and find out about good animal welfare farming.
- **The Conservation Volunteers** – Deliver a range of volunteering opportunities across the town, the main projects being;
- **The East Sussex Biodiversity Action Team (East Sussex BAT)** meet every Monday, Wednesday & Friday offering a whole day conservation volunteering experience. The group works on site including Hastings Country Park, Brede High Woods, and Church Wood Local Nature Reserve & Alexandra Park. The volunteers are led and instructed by experienced trained leaders to carry out a wide range of conservation tasks including , tree planting ,coppicing and woodland management, hedge laying, fencing ,pond creation & maintenance, invasive species management and footpath clearance.

- **The Green Gym** is TCV’s groundbreaking outdoor activity for health programme that has been running across the UK since 1997. 3-hour sessions of activities such as nature conservation, horticulture and food growing designed to improve physical health and mental wellbeing.
- **The Health Walks Scheme**, this county wide entry level walking programme encourages people to get out, meet new people and improve their health with short, led group walks. Each week walks are held in Alexandra Park, Church Wood, Ore, St Leonards Seafront & the Old Town. There are also mindfulness walks and a bereavement walk & talk run in conjunction with St Michael’s Hospice.

The group also where aware of numerous community groups carrying out conservation work on local greenspaces, such as the Friends of Ponds Wood, The Friends of Hastings Country Park, The Alexandra Park Greenhouse Group, The Bohemia Walled Garden Group, The Friends of St Helens Wood Group as well as a number of Forest Schools and Rambling groups.

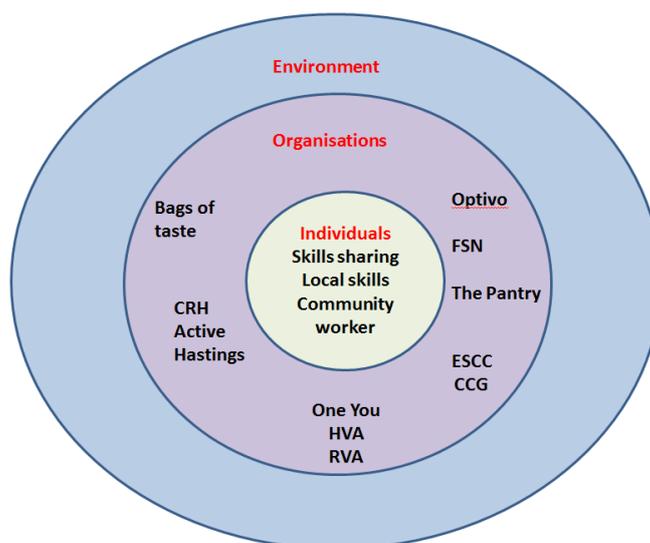
Conversation 7: What does a healthy and sustainable food environment in Hastings and St Leonards look like? (Flipchart notes)

Community growing and gardening – landowners as barrier	Allotments – who are they for	Landowners as barriers
Using current spaces to grow (Housing Association etc.)	Local food/affordable	Incredible, eatable food partnerships and sustainability of them
Fruit trees/bushes (sustainable options)/awareness you are allowed to use	Community market garden	Advertising/marketing
How to cook using the least energy possible eg. Slow cookers/microwaves	Food Banks – quality of the food that is being donated	Bags of Taste programme, make it enjoyable/re-cement the family/all eat together
Cooking (benefits & how to)	Cheaper option	Education for adults and children
Fast food and the cost of unhealthy food – how can we tackle this?	Transport/convenience	Distance to facilities/access
Tasters	Impact of loneliness/cooking on own	Culture/treat element
Language barrier/perception	Self esteem	Fair share

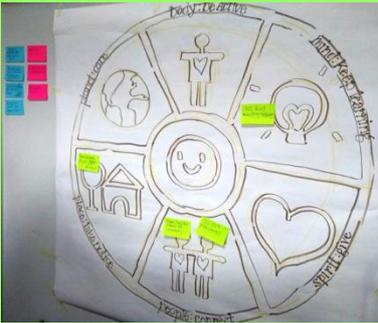
Conversation 8: Challenging inaction on improving our housing stock. How can we encourage energy efficiency and eliminate barriers to achieve carbon emissions reductions and healthier homes? (Flipchart notes)

Hard to treat	Lack of knowledge	Cost
Fear of 'rip off'	Trust/quote from impartial source	Fear of navigating different sources of information
Legislation – housing ownership, second homes, planning policy, national policy (organised group to define changes)	Social landlords – not making required changes	Lower mortgage rates to incentivise change
Inertia – landlords not motivated to change	Motivation for homeowners – how can people perceive a long term benefit	Education for people to plan ahead – 5-10yrs
Holiday homes – enforce higher STDS		

Who can help?



Appendix 3: Wheel of Wellbeing

Ideas and Suggestions (group comments)	Positives already happening (group comments)	The challenges (group comments) SKY?
<ul style="list-style-type: none"> • Time and energy depleted by fixing what's broken ...constantly repairing poor quality work (ACCOUNTABILITY) • What are the barriers? • Lack of knowledge and understanding • Need to join up • LACK OF CONFIDENCE to reach out and ask for help (centre of WOW) • Adverse "coping 2 skills alcohol and drugs to deal with poverty, disadvantage (centre of WOW) • PROFIT DRIVEN DEVELOPMENT (place) • Town designs create and support WB or diminish it? Walkability (Place) 	<ul style="list-style-type: none"> • Social justice, COMMON GROUND AND HUMAN RIGHTS AND WELLBENG (centre of WOW) • SOS 2019 mind/keep learning (mind) • SOS 2019 people/connect (People) • Connecting the council with community (People) • International examples Holland – People firsts (place) • DEFRA research project/Hastings as a case study site (place) • SINGLE POINT of CONTACT for INFO (place) 	<ul style="list-style-type: none"> • What makes a good neighbourhood? • Challenge to understand who might benefit and how? • How do we link group, coordinate use information available? • Visualising /info graphic – the Hastings context "living artefact" • Measures and metrics for gauging impact • How could pressure be put on statutory sector to use social value measures • What do we measure? • What do we VALUE? Kids making noise in playground • How can we improve the complex NAVIGATION PROCESS? (mind) • HBC Councillor briefing session (Mind) • LOBBY OPTIVO HOUSING (Place)

Appendix 4: Hot Topics

These ideas for future hot topics were recorded on the evaluation forms that were completed on the day.

- How to work in a joined up way
- Sustainability if funding dries up supporting each other.
- System Change: How to create: An effective community in Hastings & St Leonards.
- Effective broadly based groups.
- Legislative change (locally, internationally).
- Engagement with the local plan process (HBC has commenced a review of the local plan and this will extend over the next few years). Doubtless HUDG could co-sponsor (ask Julia Hilton).
- Poorer people accessing health foods.
- Better way of educating the community about the issues that were discussed today. Look at better ways to get the community involved and participating.
- 40/60yrs in work population – to help them to get more physically active and have knowledge around good nutrition and also work/life balance.
- Transport and affordability
- Climate change is a class issue, the most economically marginalised will suffer the most but are least responsible – what does a just transition look like. How will we clean up industry and services?
- Regeneration, tackling the housing crisis, poverty and its causes/?
- Landlords and the private rented sector. How do we get them engaged

Appendix 5: Contact Details of Presenters and Organisers (in order of agenda)

Name	Organisation and Role	Contact
Tracey Rose	Chief Executive FSN and Member of HCN Executive	Email: trose@fsncharity.co.uk
Teresa Flower	Locality Link Worker (Hastings and St Leonards) East Sussex County Council	Email: teresa.flower@eastsussex.gov.uk
Julia Hilton	Energise East Sussex	Email: julia@energisesussexcoast.co.uk
Tracy Dighton	Chief Executive Officer – Citizens Advice 1066	Email: tracydighton@citizensadvice1066.co.uk
David Bishop	Health Improvement Principal (Communities and Settings) - East Sussex County Council	Email: david.bishop@eastsussex.gov.uk
Dr Louisa Thomson	Head of Consultancy - Renaisi	Email: L.Thomson@renaisi.com
Sherry Clark	Transition Town Hastings	Email: sherryonse@gmail.com
Roddy Crockett	Partnerships Manager - Sustrans	Email: Roddy.Crockett@sustrans.org.uk
Tim Hills	The Conservation Volunteers	Email: t.hills@tcv.org.uk
Anna Card	Health Improvement Specialist (Physical Activity, Healthy Eating) - East Sussex County	Email: anna.card@eastsussex.gov.uk
Cath Geoghegan	Retrofit Works	Email: cath.geoghegan@retrofitworks.co.uk
Ruairi McCourt	Services Director - Age UK East Sussex	Email: ruairi.mccourt@ageukeastsussex.org.uk
Kim Kelly	Events Administrator - Hastings voluntary Action	Email: events@hastingsvoluntaryaction.org.uk