



## **Barton Healthy New Town – Mental Health Visions Workshop Wednesday March 29<sup>th</sup> 2017**

Our workshop was commissioned to bring expert partners together to develop a vision of what excellence would look like in Barton and Barton Park. Partners attended the workshop from Oxfordshire County Council, Oxford Health NHS Trust, Public Health, Children’s Services and from local third sector organisations including Oxfordshire Mind, Elmore Community Services. The event was also attended by representatives from Grovesnor, the developers for Barton Park, and from Cambridgeshire Mind who have developed excellent practice in promoting resilient communities.

### **Purpose of the workshop**

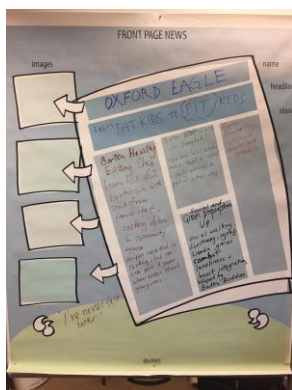
As work towards developing the Healthy New Town community has taken place, it has become clear that Mental Health is one of the most pressing issues facing Barton. Residents of Barton experience significantly poorer Mental Health outcomes than the rest of Oxford and Oxfordshire and have poorer engagement with services. Due to the level of concern and interest in Mental Health in Barton, Oxfordshire Mind were asked to facilitate workshops to explore how Mental Health and Wellbeing can be addressed in Barton and Barton Park.

### **Format**

Following an informative presentation from Grovesnor about the Barton Park, and from Azul about the Barton Healthy New Town project and the existing Barton Community, we spent the first half of the workshop developing visions for success through an exercise called ‘Front Page News’. This exercise involves imagining newspaper headlines 5 years into the future after work to promote Mental Health and Wellbeing had taken place. This exercise helps people to think about big, ‘newsworthy’ achievements, while keeping the ideas positive and possible.

The second half for the workshop centred around a template called ‘5 Bold Steps’, which translates the vision from the morning session into steps we can take to make these things a reality.

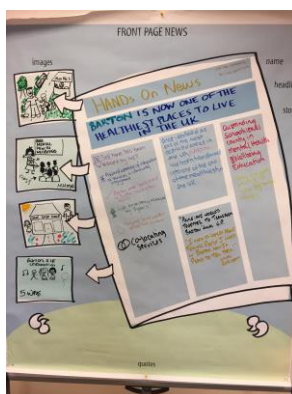
## Front Page News Headlines



### Some of the Headlines from 'The Oxford Eagle'

*"Barton Healthy Eating Club launches £2 cookbook with visit from Celebrity Chef. Recipes created in cooking club where older residents teach younger residents"*

*"Social and Green prescriptions up! Social walking, swimming & cycling groups combat loneliness and boost integration"*



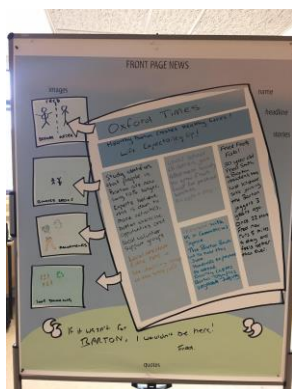
### Some of the Headlines from the 'Hands On News'

*"Barton is now one of the healthiest places to live in the UK"*

*"Self Harm has been reduced by half, now at the same level as the rest of the city"*

*"Life expectancy has increased by 8 years"*

*"Award-winning integration of health and social care services"*



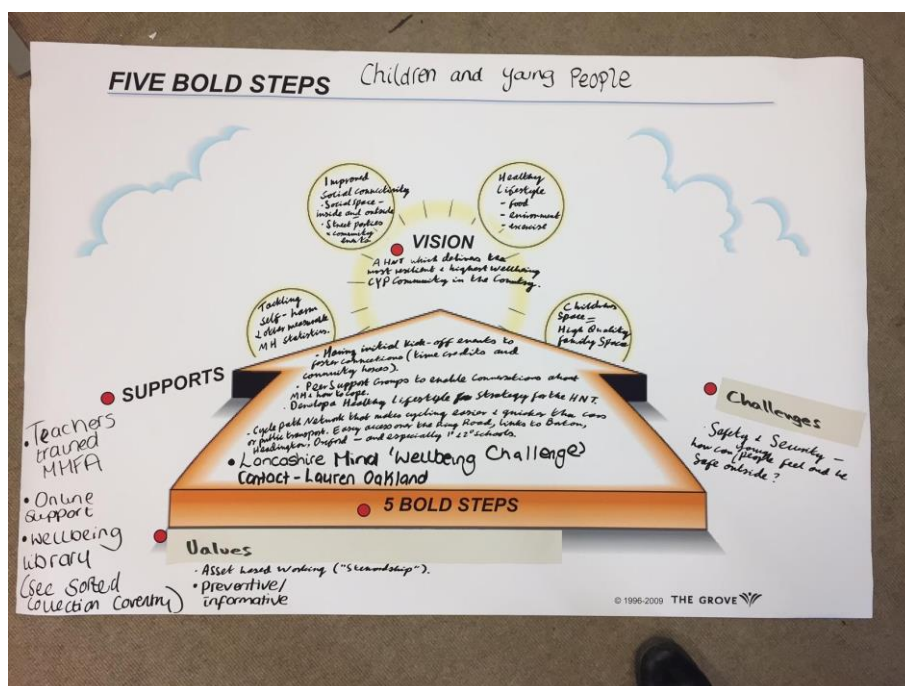
### Some of the Headlines from the 'Oxford Times'

*"Study identifies that residents in Barton are living 10% longer. Experts believe this is down to more activities, better exercise opportunities and the work of local volunteer groups"*

*"Fred feels fab! 30 year old Fred Smith, a Barton resident, has lost 10 stone since joining the Barton Joggers 3 years ago". Fred said "If it wasn't for Barton, I wouldn't be here!"*

The Front Page News exercise demonstrated the desire of all partners to have a real impact in ways which residents can feel. Service integration and joint working is a means to achieving improved outcomes, rather than an end in itself. The exercise also demonstrated the importance of looking at Mental Health and Wellbeing as a whole, rather than focussing exclusively on health from a clinical perspective.

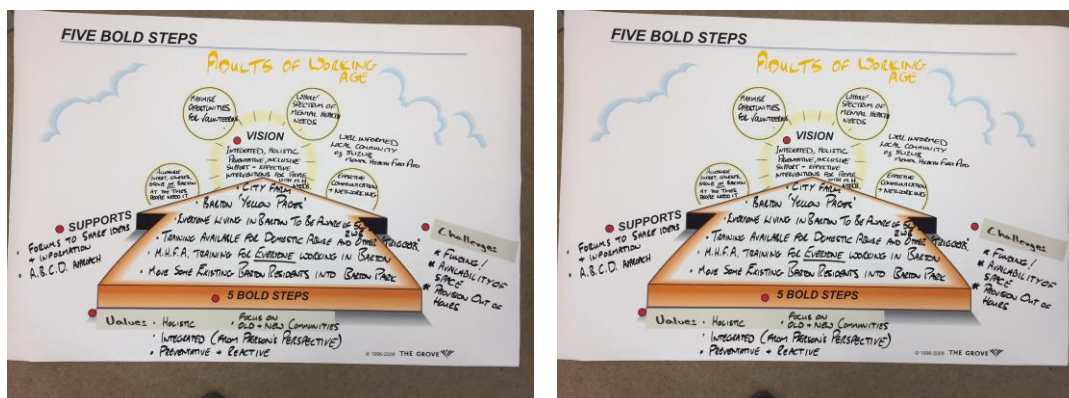
## Five Bold Steps Exercise – Children and Young People



Bold steps identified for improving Mental Health and Wellbeing for Children and Young People were:

- Ensure that Space intended for children is also designed to be high quality space for adults.
- Develop a cycle path network which allows easy and safe access to schools, parks etc.
- Peer Support Groups to facilitate conversations about Mental Health, to build resilience and develop coping skills
- Running a 'Wellbeing Challenge' in the community to engage everyone, including children and young people
- Train all teachers in the community in Mental Health First Aid, a nationally recognised training course aimed at improving first response to Mental Health issues.

## Five Bold Steps Exercise – Adults of Working Age



Bold steps identified for improving Mental Health and Wellbeing for Adults of Working Age and Older Adults were:

- Development of an Information Hub for everything going on in Barton – Online and Hard Copy.
- Make sure there are fun, accessible ‘Kick Off events’ to launch the community.
- Have a ‘City Farm’ where people can have access to animals. Also consider a dog walking scheme.
- Consider whether some existing residents of Barton can move into Barton Park
- Everyone working in Barton to have free Mental Health First Aid training
- Everyone living in Barton to be aware of the 5 Ways to Wellbeing
- Make sure training and information is available for local workers (e.g. cafe workers, hairdressers, shop assistants) who may be in contact with victims for domestic violence
- Make sure there are enough benches and rest opportunities for walkers, particularly older people.
- Apply for grants to develop fundraising opportunities

The bold steps identified can be grouped into three categories: Social Infrastructure, Physical Infrastructure and Visionary Ideas.

**Social infrastructure** includes social ‘Kick Off’ events aimed at creating opportunities for people to meet, develop friendships and contacts in the local community. It was stressed across the workshops that events and initiatives should be multi-generational where possible.

**Physical Infrastructure** should support social initiatives, through making sure that open and public spaces are as accessible and multi-purpose as possible. A simple

example of this would be to situate play areas near to spaces for adults, allowing children to play safely while their parents/carers can enjoy themselves!

**Visionary Ideas** involves thinking big and aiming high. Training everyone working in Barton in Mental Health First Aid would be a huge step towards building community capacity to promote wellbeing. Building 5 Ways to Wellbeing into the community, through information given to new residents, initiatives for the community, challenges and education would be a project which may gain national attention.

### **Next Steps**

With more time, we would like to prioritise the actions suggested and then develop action plans to make them a reality, including signing up local stakeholders to work on projects and identifying sources of funding if this is required.

Oxfordshire Mind – March 17