

York Health and Care's one BIG question - What helps you live a happy and healthy life?

How the **process** (health and care system change in 2022) feels currently:

- There's an absence of an authoritative voice
- There's been no real **co-production**
- "A train running in to a sandbank"
- There should be **more face to face** interaction with the York Health and Care Alliance
- It's difficult to understand how the general public will be impacted
- Maybe the public is apathetic, but this change feels too complicated. People feel strongly but we need clarification.
- We need more input from **grassroots** organisations

What helps you live a **happy and healthy life**?

- The **support** of local people
- Having someone to talk to and someone who cares about you
- Affordable access to **fitness opportunities** (gyms, pools, clubs, etc)
- Having **control** the choices that affect my life
- Knowing where to go to get support
- Freedom of fear
- Having a daily purpose - something to do (making cakes for the church etc.)
- **Safety** - later on in life it's good to have a safe space

- Affordable access to **other forms of health support** (physiological *and* psychological support, holistic therapies, talking therapies, reflexology, acupuncture)
- **Having enough money** to do all of these things that keep us well
- Access to suitable and affordable housing

What keeps you healthy and happy in relation to - **Health, Care and Support**

- **Timely access** to the right sort of care
- Healthcare that has continuity - 'I want to see someone who knows me'
- More information, knowledge and choice about **later life care**
- More focus and emphasis on preventative care
- Getting to access services **before crisis point**
- **Being listened to...**properly listened too

What keeps you healthy and happy in relation to – **Your Community**

- **Help to go to things** for the first time. Social prescribing comes in to play with this. “Having an introduction to something new can lead to a huge change in someone's life.”
- Having a place to go and something to do
- People **being aware** of what's already there - places for older people to meet
- **Being able to access** – some people can't travel to reach activity happening
- More local printed pieces coming through the door.
- **Spaces for minority communities** (race, faith, LGBTQ). Communities of interest.

What keeps you healthy and happy in relation to – **Your City**

- Feel safe in the city in relation to hate crime- everyone should be free from persecution
- Neighbours who support vulnerable people
- **Access for everyone** to the city centre
- Places in the city to meet for people **with little ones**
- Affordable transport

What IS working?

- Spark York is a real credit to the city. Free of charge community space.
- **My GP is close to** me geographically
- GoodGym York is helping with my physical and mental wellbeing
- **Access to cultural opportunities** are great here - theatres etc.
- You can pick up prescriptions from the supermarket
- Feeling of safety walking within centre of the city
- General practice and **social prescribing has developed** since the covid epidemic arrived has changed things significantly

What ISN'T working?

- There needs to be more spaces for community groups to meet - community hubs run by local communities with support from the council
- More policing within neighbourhoods
- There should be **decent housing** for everyone
- The price of rental properties is far too high. It's harder for younger people to buy in York.
- How can the city make sure that people who are ageing without children/ aging alone offer support?
- There should be a reduction in air pollution within the city
- We need **access to toilets** and seating in the centre
- Basic information needed to see what the options are and under what circumstances you can choose that option – better signposting to organisations that can help
- We should make self- care a part of our educational process
- We need cheaper and more **integrated transport** - one travel card for buses, taxis, electric scooters/bikes etc.
- There's a lack of **NHS Dentistry**
- Poverty agenda needs to be linked in to the health agenda because one drives the other
- We need a clear statement which lists inequality and lets us know whether things are getting better or worse (**key indicators**)
- We need to get local businesses geared up to create safe places for those with dementia
- More support for **people on waiting lists** - the mental health issues surrounding this are huge
- Growing concern around the new electric scooters
- Waiting times to speak to GP practice is too long
- Lots of organisations could be more joined up with collaborative working
- A better cycle network would be good, and we need **safer places to leave your bike** in the centre of town