

What helps you live a happy and healthy life?

**My
Christian
faith**

**Outdoor
recreational
activities such
as walking the
dog.**

**Seeing my
friends. I like
coming here
to Sanderson
House to
socialise.**

**Being
able to go
out for a
walk.**

**Visit the
community
hub to meet
my friends.**

**Cooking
and
baking, I
love it!**

**Support
of local
people**

**Someone to talk to
and something to do
(making cakes for the
church etc.) There are
many people who live
too many hours in the
day on their
own. There's a gap of
support.**

**Affordable
access to
fitness
opportunities
(gyms, pools,
clubs, etc)**

**Control the
choices that
affect my life.**

**Knowing
where to
go to get
support**

**You can't be
happy if you're
afraid. You
need freedom
of fear.**

**Educational
process - how
to take care of
'self'**

**Better signposting
to each
organisation. Trying
to find one that will
listen. Keeping the
structure of
organisations
simple.**

**Purpose -
having day to
day purpose is
massively
helpful**

**Access to the right
information and
advice to be able to
make decisions
about your health
and care**

**Safety - later
on in life need
to have a safe
space**

**Affordable access to
other forms of health
support -
physiological and
psychological
support. Affordable
access to 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**

**Someone
who cares
about you**

Think about these areas specifically:

Health, Care and Support

Access to healthcare when needed

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 the crisis point

Basic information needed to see what the options are and under what circumstances you can choose that option

Being listened to...properly listened too

Your Community

Help to go to things for the first time - social prescribing comes in to play. Having help and an introduction can lead to a huge change in someone's life.

People being aware of what's there - places for older people for example

Having a place to go - and something to do

Some people just don't want to be online - need more local printed pieces coming through the door.

Minority communities (race, faith, LGBTQ) - should have spaces available to them to go to. Communities of interest.

Outreach programmes - bringing preventative agenda out in the community. Some people can't travel to access this. Being aware AND being able to access

Your City

Neighbours who support vulnerable people

Access for everyone to the city centre

A reduction in air pollution within the city

Access to toilets and seating in the centre

Places to in the city to meet for people with little ones

How can the city make sure that people who are ageing without children/aging alone offer support? It's the little things that make a difference. 'For want of a horseshoe nail'

Affordable transport

Community hubs run by local communities with support from the council.

More spaces for community groups to meet. And if not, cheaper transport.

Decent housing for everyone

People being able to feel safe across the city. Thinking about hate crime - everyone should be free from persecution

What's working well already?

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.

Picking up prescriptions from the supermarket

Feeling of safety within centre of the city

General practice and social prescribing has developed since the covid epidemic arrived has changed things significantly

What needs to change?

Bishopthorpe to Monks Cross could be made easier by a direct line. One travel card for buses, taxis, electric scooters/bikes etc. Person who provided this feedback tries to cycle, but due to age and health would find it difficult

Lack of NHS Dentistry

Public transport could be improved.

Poverty agenda needs to be linked in to the health agenda because one drives the other

Wide health inequalities within the city - why can't we have a statement which lists inequality and lets us know whether things are getting better or worse (key indicators)

My hearing aids need adjusting. I was able to book an appointment for the next week and hopefully they will be able to adjust them, as I struggle to hear.

Getting a rental property is a nightmare. Need to look at empty properties, air bnb and the astronomical pricing around renting - not affordable

Making businesses geared up to create safe places for those with dementia. Revisit how to help with this.

1 side of A4- why can't we have a statement which lists inequality and lets us know whether things are getting better or worse (key indicators)

More support for people on waiting lists - the mental health issues surrounding this are huge

Growing concern around the new electric scooters - off pavement and on pavement and being parked in odd places

When you ring the GP practice the waiting time is very long and you often don't get to book the appointment.

Lots of organisations could be more joined up with collaborative working

A better cycle network would be good - more safety

Safety isn't great in terms of anti-social behaviour and crime. More policing within neighbourhoods

More safe places to keep your bike when you're in town

Thank you! A couple of other things:

1. Please could you add the name of the group / organisation who had this conversation below, or if you are an individual and are willing, let us know your name!
2. Once we have gathered your views we may need to come back to ask some more specific questions to ensure we get any proposed changes right. If you would be happy to be contacted again for some follow up questions please email your contact details to VOYCCG.Communications@nhs.net

e.g. York Toast
Appreciation
Society

**e.g.
John
Smith**

**Michal
Czekajlo,
individual**

Community
Internet Café
at St Clements
Church on
Scarcroft
Road.

**York
CVS**

Sanderson
House
Community
Hub

