



Partners in improving local health

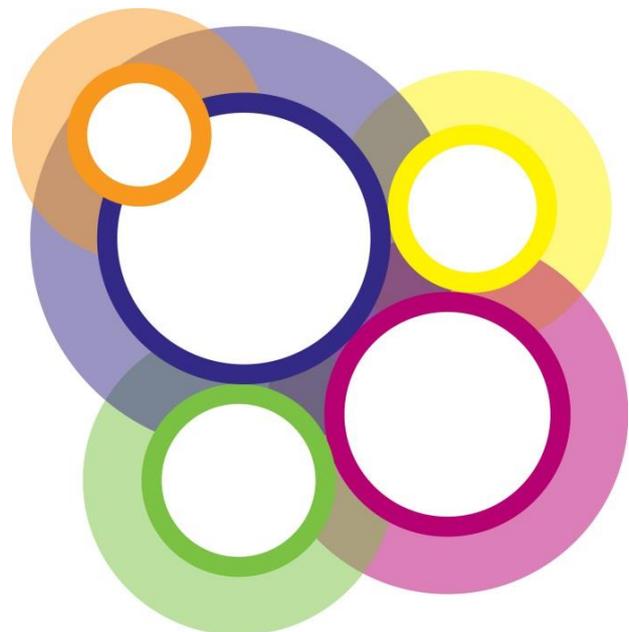


**North of England
Commissioning Support Unit**

Sunderland Health Events Public feedback on options for future events

For NHS Sunderland Clinical Commissioning Group

January 2019



Sunderland Health Festival – Survey results

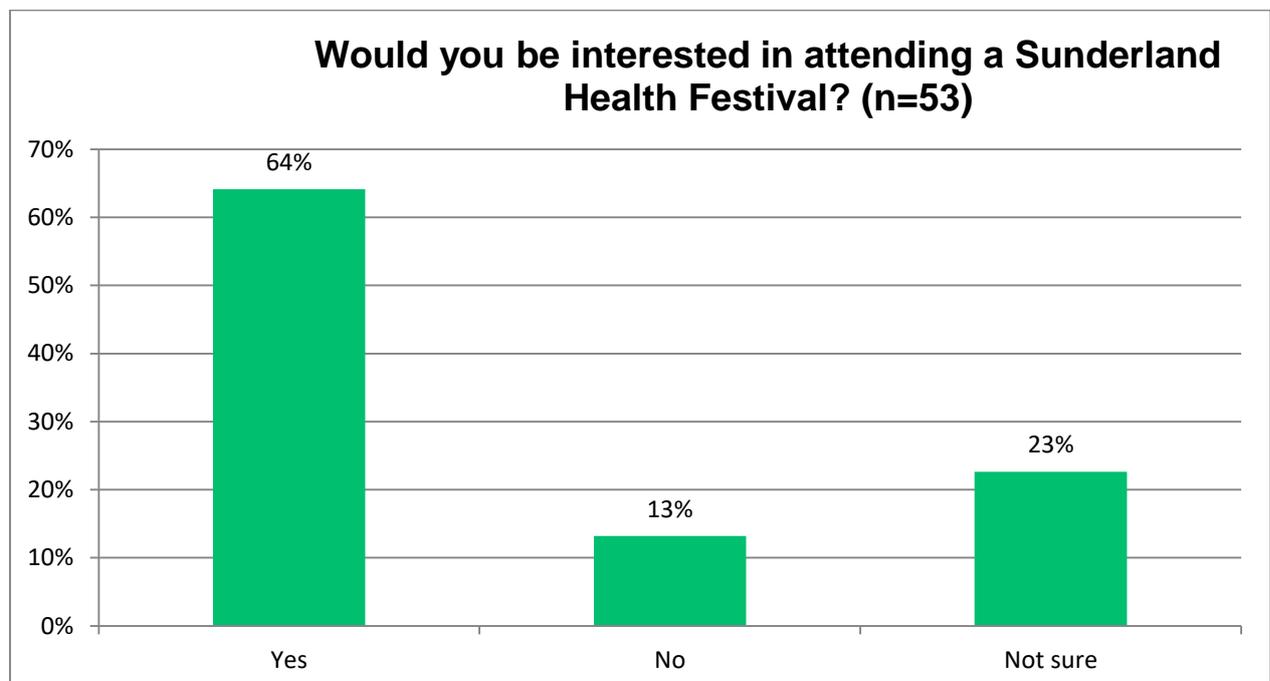
Sunderland CCG wanted to do some public engagement to find out what members of the public wanted through a public event. An online survey was created which asked people to tell us when they would be interested in attending a Sunderland Health event, what they would like to do at these events, and what they would like to find out about.

The survey was originally publicised several times on Sunderland CCGs social media pages and through MyNHS. After a number of weeks with a single figure for the number of responses, the survey was also circulated to PPG practice managers, to the Equality and Diversity group, and through the list of VCSO contacts. From this circulation, the number of responses increased to 53. Therefore, the responses to this survey may not represent the views from general members of the public, but are predominantly more likely to reflect the views from VCSOs.

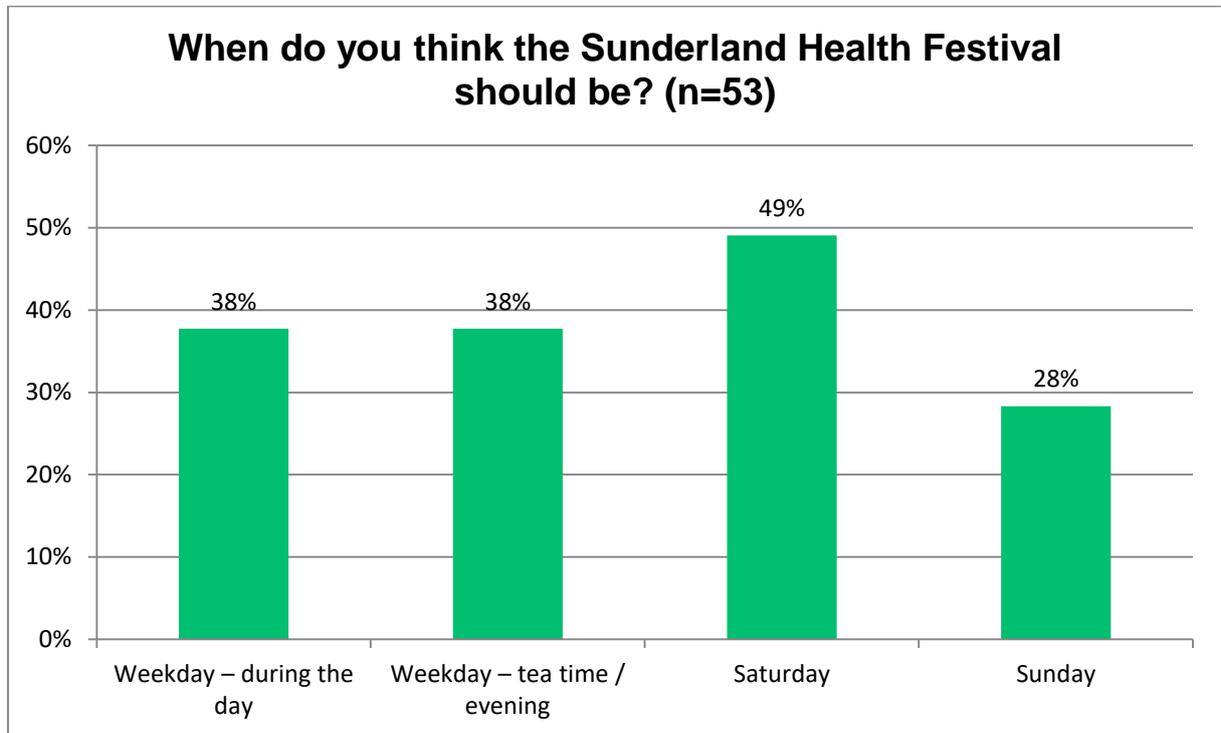
The survey was open between 10 August and 24 September. In total 53 responses were received. The below will summarise the main findings from this online survey.

Sunderland Health Festival – summary from survey

Two thirds of respondents (64% - 34 people) told us they would be interested in attending a Sunderland Health festival. A quarter of respondents (23%) told us they were not sure

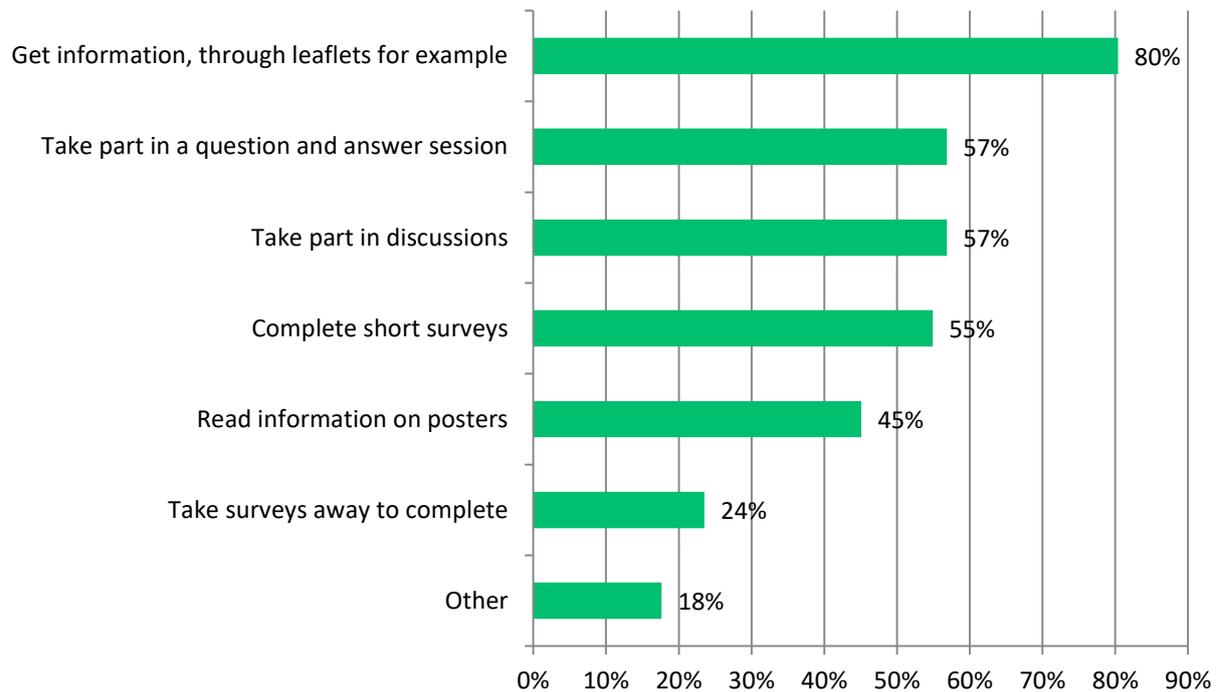


Respondents were then asked to tell us what day of the week they thought the event should be held. Responses were mixed with people selecting all the options proposed. Although the most popular response was for a Saturday event (49%), because of the low number of responses to this questionnaire, this equates to only 6 additional people choosing this option. The least popular option was for a Sunday event, with only 15 people selecting it.



People were asked to tell us what they would like to do at these events. Eight out of ten (80%) people told us they would like to get information from the events to take away with them, such as leaflets and pamphlets. Almost six out of ten (57%) said they would like to take part in a question and answer session or take part in discussions.

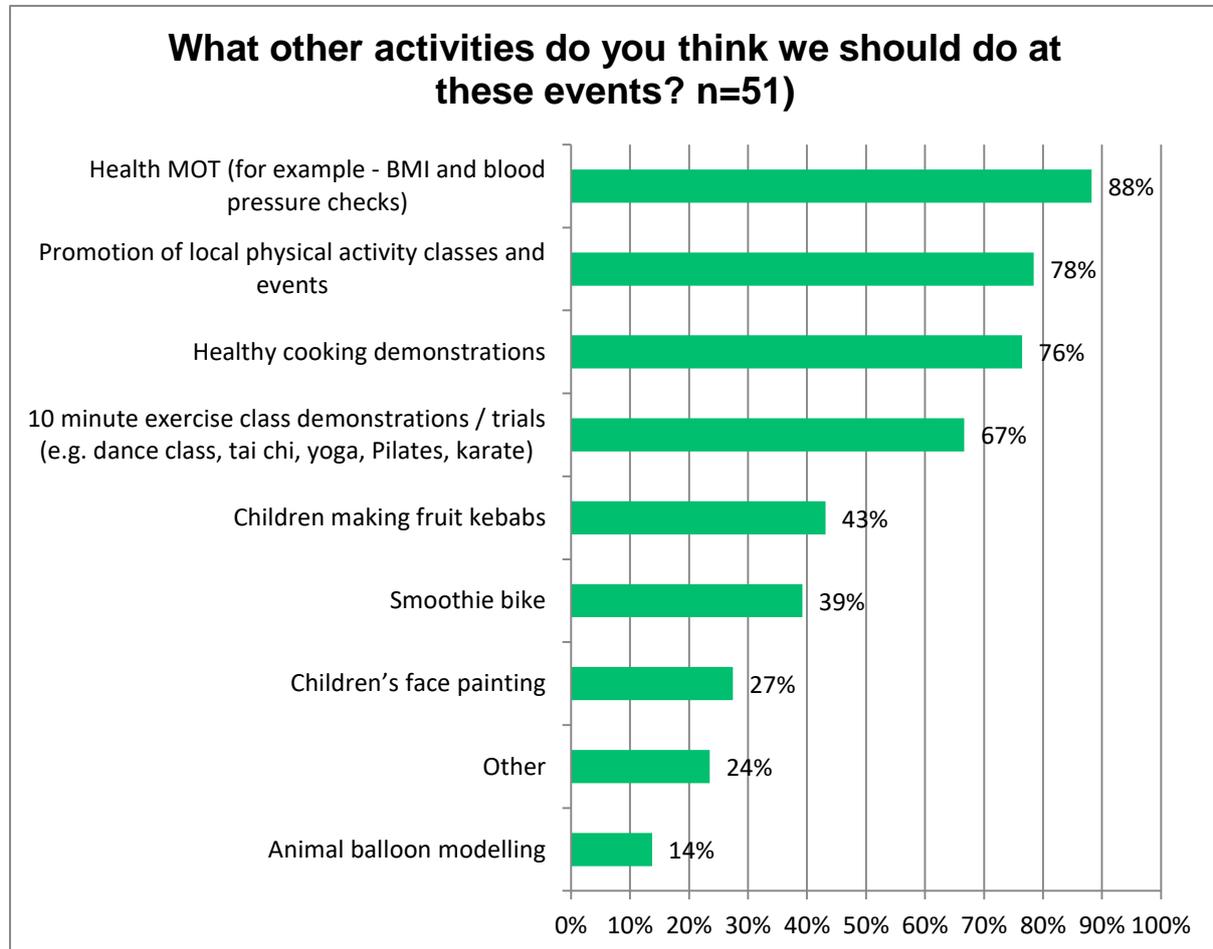
What would you like to do at these events? (n=51)



None people provided an additional response to what they would like to do through a Sunderland Health Festival. These are included in the table below:

<ul style="list-style-type: none"> • We need to understand what the CCG priorities are so a question and answer session with decision makers within CCG would be welcome.
<ul style="list-style-type: none"> • As a charity would like to have an information stand at this event.
<ul style="list-style-type: none"> • Have interactive displays - and cater for the whole family
<ul style="list-style-type: none"> • The future of elderly care
<ul style="list-style-type: none"> • Maybe demonstrations of healthy eating etc.; • Promotions and samples of health products; • Exercise workshops and advice; • Demos re CPR and other basic first aid
<ul style="list-style-type: none"> • Mini health checks
<ul style="list-style-type: none"> • Meet health professionals. Perhaps have some basic health checks - maybe supported by organisations like British heart foundation? Some fun exercises too like competitive activities; fitness measures. Also some example self-care activities? Like yoga demos you can have a go. Talk to the pharmacist or mindfulness sessions?
<ul style="list-style-type: none"> • Have information on what is to be discussed beforehand so the public can input and have ideas to give.
<ul style="list-style-type: none"> • It would be helpful if the meetings are about information on new changes introduced in the NHS and why different GPs offer different services also how their services in technical knowledge issue are offered to what the government say is allowed. It seems GP can choose over governments guide lines.

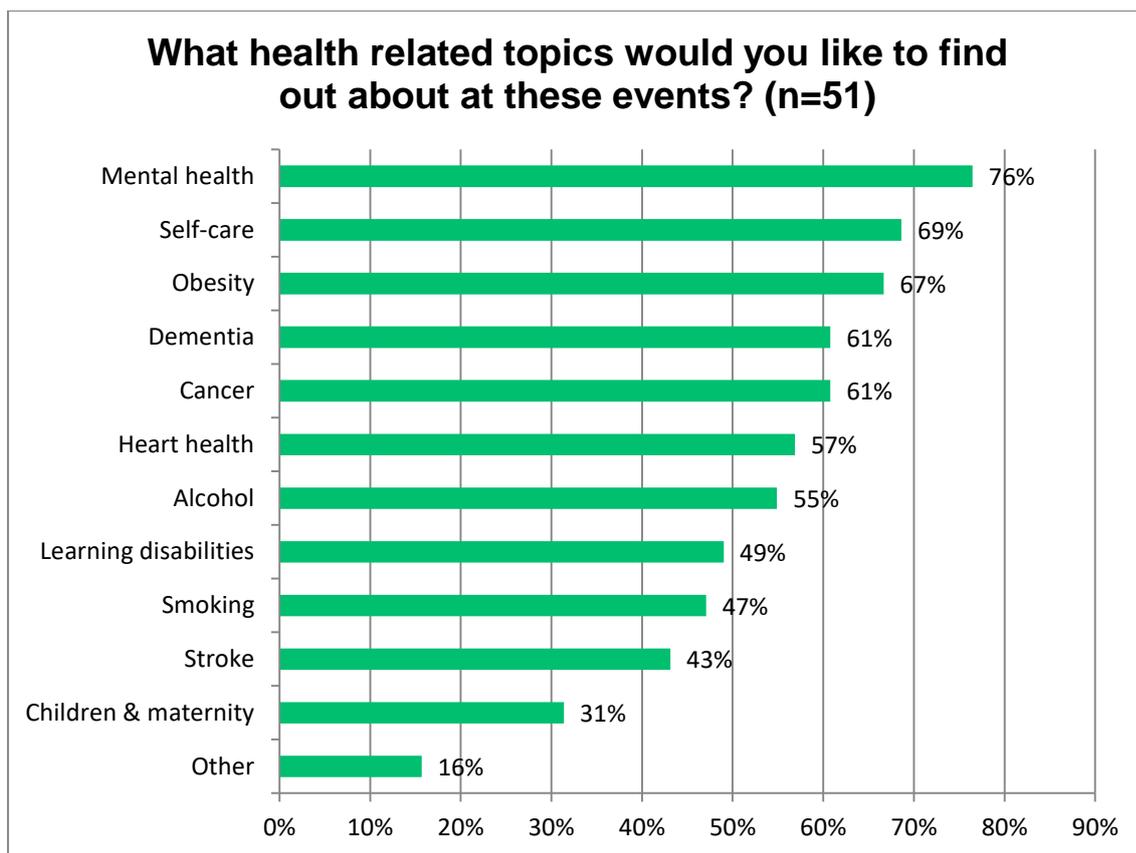
Next, we asked people to tell us what activities they think we should do at these events. The most popular options were for a health MOT (88%), to promote local physical activity classes and events (78%), for health cooking demonstrations (76%), and for 10 minute exercise class demonstrations / trials (67%).



People were invited to make other suggestions, and twelve people provided a comment. These are included below.

<ul style="list-style-type: none"> • Joint event with other VCSE health and social care organisations so it is more diverse and shows who else provides services across the city instead of the obvious ones
<ul style="list-style-type: none"> • Promoting local activities and amenities
<ul style="list-style-type: none"> • Mental health information should be present for adults and children
<ul style="list-style-type: none"> • Information around mental health as well as physical health; • Reading for pleasure to reduce stress; • Books on prescription information
<ul style="list-style-type: none"> • A sheet with a list of exercises people can do at home
<ul style="list-style-type: none"> • Information on self-care and especially mental health
<ul style="list-style-type: none"> • Meet the pharmacist • Mini health checks • Mental health support from the recovery college
<ul style="list-style-type: none"> • I would like information on health related issues available.
<ul style="list-style-type: none"> • Could other organisations promote their offers? For example, I work for Anchor Housing and we have communal activities which help promote well-being and helps to combat loneliness
<ul style="list-style-type: none"> • Information stands from health related companies and charity's - Carers. Healthwatch, mind
<ul style="list-style-type: none"> • I think different ages will want different things but all will be interested. I also think general health issues should be able to be addressed in a quiet room with a qualified worker.
<ul style="list-style-type: none"> • Prevention of pressure ulcers

Next, we asked people what health related topics they would like to find out about. The most popular suggestion was about mental health (76%), self-care (69%), and obesity (67%).



People were invited to make additional comments, and eight people did. These are included in the table below:

<ul style="list-style-type: none"> • Share the facts and local statistics in the literature of why these services are needed - It needs to be out there so people start to take more notice
<ul style="list-style-type: none"> • Hearing loss
<ul style="list-style-type: none"> • Not just for me, but I think all these things should be covered.
<ul style="list-style-type: none"> • Autism
<ul style="list-style-type: none"> • MSK / arthritis • Pain management • Medicine management / review
<ul style="list-style-type: none"> • Acquired brain injury - not just stroke.
<ul style="list-style-type: none"> • Brain Injury • Carers support • Alternatives to using GPs
<ul style="list-style-type: none"> • Pressure ulcer prevention • Role of carers

Additional comments to the survey

In addition to the survey responses, two VCSO contacted Sunderland CCG with an additional response. These are included below:

VCSO 1

Incorporate some sort of point of care testing into future events. LD event was so well organised and had great health outcomes. Having an information, table top session as well as people getting tested makes an event really work well and positive impact.

VCSO 2

One of the questions asked what I would like to know more about or find out about. Can I ask why it is just stroke that is mentioned and not acquired brain injury? I know this is sometimes because of national health outcomes that need to be monitored. However at a local level and as a project funded by the CCG it would be advantages to be included on the list.

Demographic information

Age (n=49)	%	No.
18 - 24	2%	1
25 – 34	6%	3
35 – 44	16%	8
45 - 54	29%	14
55 – 64	29%	14
65 – 74	10%	5
75 or older	6%	3
Prefer not to say	2%	1
Gender (n=49)		
Male	27%	13
Female	73%	36
Gender assigned at birth (n=49)		
Yes	100%	49
Disability, long-term illness, health concern (n=49)		
Yes	35%	17
No	65%	32
Caring responsibilities (n=49)		
Yes	51%	25
No	49%	24
Postcode (n=49)		
DH4 or DH5 - Coalfields	14%	7
SR1 or SR2 - Sunderland East	20%	10
SR3 or SR4 - Sunderland West	22%	11
SR5 or SR6 – Sunderland North	18%	9
NE37 or NE38 - Washington	12%	6
Other	12%	6
Ethnicity (n=49)		
White (British, Irish, European, or other)	98%	48
Another race or ethnicity	2%	1
Sexual orientation (n=50)		
Heterosexual or straight	92%	26
Bisexual	4%	2
Other	2%	1
Prefer not to say	2%	1
Religion (n=50)		
No religion	38%	19
Christianity	58%	29
Buddhist	2%	1
Other religion	2%	1