

THRIVE PLYMOUTH YEAR SEVEN (2022/23) LISTEN AND RECONNECT

Office of the Director of Public Health



I. HEADLINES FOR THRIVE PLYMOUTH YEAR 7 - Update

Through the launch and listen and reconnecting workshops, over 100 people have directly engaged in Thrive Plymouth Year 7 events. This includes over 100 people who attended the launch in May 2022 and 30 in workshop attendees over the last month.

Key achievements have been:

- New Thrive Plymouth Members
- Pandemic reflection stories and enablers of health and wellbeing during the pandemic
- Network members and organisations trained in listening skills and behaviour change tools
- Dissemination of Mental Health Awareness Week Campaign
- Connection between and engagement in projects health and wellbeing projects such as Belong in Plymouth, NHS Health Check review, Compassionate City
- Co-production of city wide training module 'Trauma informed approaches for workplaces' to support wellbeing at work

Network meetings will be planned over the year to continue our efforts to reconnect the Thrive Plymouth Network and as a city. Meetings will provide an opportunity reflect on the impact of pandemic on health inequalities, review progress on previous Thrive Plymouth campaigns, work on this year's actions and consider actions for future years.

I. Background to the Thrive Plymouth programme

People's lifestyles (whether they smoke, how much they drink, what they eat, and whether they take regular exercise) affect their health and wellbeing. Each of these lifestyle risk factors is unequally distributed in the population. Although, the overall proportion of the English population that engages in three or four of these behaviours (to an unhealthy extent) has declined in recent years, these reductions have been unequal as they have been seen mainly among those in higher socio-economic and educational groups. Therefore, although the health of the overall population has improved (as a result of the decline in these behaviours), the poorest, and those with least education, have benefitted least, leading to widening inequalities and avoidable pressure on health and social care services.

'Thrive Plymouth' is a 10 year programme which aims to improve health and wellbeing in Plymouth while narrowing the gap in health status between people in the city.

It is being led by the Office of the Director of Public Health, Plymouth City Council. The campaign is based on the local 4-4-54 construct, i.e. that poor diet, lack of exercise, tobacco use and excess alcohol consumption are risk factors for coronary heart disease, stroke, cancers and respiratory problems which together contribute to 54% of deaths in Plymouth (i.e. 4-4-54). Positive mental wellbeing across the whole population as the foundation of a healthy lifestyle can support changing these behaviours, thus reducing chronic illness and prevent associated deaths. Wellbeing is important because evidence shows that people with high levels of wellbeing live longer, have lower rates of illness, recover faster from illness, stay well for longer, have more positive health behaviours and generally have better physical and mental health. Research also shows that better wellbeing means that we will find it easier to naturally make better decisions about how we can improve our health. We all know, for example, that if we are free from tobacco, drink less alcohol, are physically active and eat healthily, we will feel better

now and live longer, healthier and happier lives. In addition to an on-going focus on the four behaviours and wellbeing as a foundation, the Thrive Plymouth campaign will also have a specific annual focus.

Thrive Plymouth was adopted by Plymouth City Council on 11 November 2014. It strongly reflects the Council's endorsement towards the objective of strengthening the role and impact of ill health prevention. It is a key delivery mechanism for the city's integrated health and wellbeing system as well as its aspirations for health and wellbeing, set out in the Plymouth Plan. Thrive Plymouth draws on the approach to chronic disease prevention first presented by the Oxford Health Alliance and further developed in San Diego.

Figure 1 – The Thrive Plymouth construct



2. Annual campaigns

As well as the ongoing focus on the four behaviours mentioned above, there is also an annual focus as follows:

- Year 1 2014/15 Workplace health and wellbeing
- Year 2 2015/16 Schools

• Year 3	2016/17	Localising the national 'One You' campaign
• Year 4	2017/18	Mental wellbeing
• Year 5	2018/19	People connecting through food
• Year 6	2019/20	Mayflower 400
• Paused	2020/21	On hold due to COVID-19
• Paused	2021/22	On hold due to COVID-19
• Year 7	2022/23	Listen and Reconnect
• Year 8	2023/24	TBC
• Year 9	2024/25	TBC
• Year 10	2025/26	TBC

3. Thrive Plymouth Year Seven – Listen and Reconnect

Thrive Plymouth Year 7 (TPY7) will seek to understand the impacts of the pandemic on our city and population; as a Compassionate City, we believe there is a need to reflect on our experiences and acknowledge what we have been through. Though there has been much trauma, we believe that there have also been some positives which we want to help the city to build on.

The name of the campaign for the year is 'Listen and Reconnect'. TPY7 will use this year to focus on listening and reconnecting across the network but also the people with whom we work, between our organisations and the wider public.

The COVID-19 pandemic highlighted that the health inequalities persisting in our society affect the things which enable us to live well. Difficulties and issues in access to employment, housing, education, our social networks and spaces, will have had an impact on health inequalities experienced here in Plymouth.

As COVID-19 restrictions are lifted, it is important for us as a city to meaningfully listen and reconnect with each other. Public health want to help the city to build on and take the best of what we have seen over the pandemic, and apply it to the wider challenges of inequality.

Training workshops will be offered and network meetings will be hosted. Working with partners and the Thrive Plymouth Network we will seek to encourage participation in these workshops which will be held in community spaces and wellbeing hubs across the city.

It is hoped that in building the city's capacity to listen, we can begin to regroup and redouble our efforts to tackle health inequalities and get back to basics around our four lifestyle factors; helping people to consider any changes over the pandemic, and how they might want to tackle any negative ones, and embed and celebrate any positive changes.

4. TPY7 Listen and Reconnect in summary

The main programme for the year will focus on a range of training workshops, with a view to sharing best practice around listening and evidence-based behaviour change tools, bringing the network and city together in our physical spaces. The TPY7 campaign is keen to showcase and support approaches, and projects, used locally to 'listen and connect'. Case studies and our training offer will form the basis for the subsequent Director of Public Health Annual Report.

We co-designed the year's training offer with Livewell Southwest, Theatre Royal Plymouth, Public Health Team and St Luke's Hospice Plymouth.

The offer will encourage all organisations that participate in the Thrive Plymouth network (80 members as of May 2022) to build their capacity for listening, to encourage reconnection among those around themselves, and enable the public to share their pandemic experiences and stories with regards to health, wellbeing and tackling inequality.

5. TPY7 Listen and Reconnect in detail

Each year the Thrive Plymouth annual focus is launched formally through an event. This launch event took place online via MS Teams on **Monday 11th May from 9.30am-1.00pm.**

Since the pandemic, the number of Thrive Plymouth Network members has decreased due to a large number leaving their organisations. We therefore agreed to extend invitations beyond the Thrive Plymouth Network who are traditionally voluntary organisations and health and social care groups, to grow our reach. This included:

- Schools
- Businesses
- Health and social care
- Voluntary Organisations
- Community Groups
- People who work with children, young people and vulnerable people/complex lives
- Those interested in making a difference to health, wellbeing and/or health inequalities

Our partner's hosted training workshops with over 100 spaces offered in total. This took place following the launch to enable people in developing the tools and skills to meaningfully listen and-reconnect within their organisations and community. These were delivered online and face-to face in order to provide partners and the Thrive Network an opportunity to reconnect, in person, at health and wellbeing hubs across the city. The training workshops are listed below:

- **Appreciative Inquiry** Delivered by Plymouth City Council
Appreciative Inquiry is a technique used to help understand and facilitate change in complex systems. It starts with understanding how people experience a system and then using this to deliver a real cultural change within their organisation.
- **Compassionate Friends Awareness Session** Delivered by St Luke's Hospice Plymouth
A Compassionate Friend lends a helping hand, or listening ear, to people who have a life limiting illness or are affected by loss and bereavement. Our awareness session builds compassionate friends' skills and confidence in order to have open, honest and sensitive conversations, while equipping them with skills to think about ways they can help and support their peers, colleagues and communities.
- **Motivational Interviewing** Delivered by Livewell Southwest
Motivational Interviewing is an approach towards behaviour change across a range of needs which embraces and enhances the person's autonomy to focus on the things that matter to them.

This seeks to help learners:

- Gain knowledge of the principles and ethos of Motivational Interviewing
 - Practice using Motivational Interviewing
 - Acquire Motivational Interviewing tools to use at work
- **'Our Space'** Delivered by Theatre Royal Plymouth

'Our Space' is a creative programme that works with adults and young people with lived experience of homelessness, mental health issues, reoffending, or feel socially isolated for other reasons. This workshop allows participants to see what takes place in a typical 'Our Space' session whilst gaining insight from the team about our person-centred approach.

- **Solution Focused Therapy** Delivered by Livewell Southwest
Solution Focused Therapy is a strengths-based approach to health improvement – supporting clients to reach solutions and achieve their health and wellbeing goals.

6. **TPY7 Listen and Reconnect - the 'offer' and the 'ask'**

Each year the Thrive Plymouth campaign includes an offer to the city, and an ask from the city. The offer and ask for TPY7 is listed below.

Our Ask:

- Join the Thrive Plymouth network
- Attend training and workshops
- Conduct an appreciative inquiry in your community/setting
- Take Compassionate Friends Awareness session into your settings/communities
- Share Every Mind Matters tips for lifting people out of loneliness
- Promote safe spaces for conversation, reflection and connection
- Attend a Thrive Plymouth network meeting

Our Offer:

- Appreciative Inquiry Training
- Compassionate Friends Awareness
- Motivational Interviewing Workshop
- Our Space Workshop
- Solutions Focused Therapy
- Every Mind Matters Resources & Tips – Lifting out of loneliness
- Thrive Plymouth Network Meetings
- Support with 'Listening and Reconnecting' and actions going forward

7. **LAUNCH EVENT MAY 2022**

We launched Year 7 in May 2022 online to encourage wider participation across the city. Delegates heard reflections on the pandemic from key partners across the city. Partners included primary care, Plymouth Youth Parliament, Trevi House which supports vulnerable and disadvantaged women and mutual aid networks from across the city. Pandemic reflections not only explored the challenges to health and wellbeing but also the positives which enabled it. We set up 'Google Whiteboard' to continue collecting delegate pandemic experiences and what helped enable health and wellbeing. This board is still live to continue to collect reflections. This will be analysed and learning will inform action for future Thrive Plymouth campaigns.

Following this, we heard six, including video footage of introductions, to different models and tools being used locally to listen and reconnect. Case studies were presented to showcase how they are being used successfully to improve health and wellbeing.

We developed a package of training offers and workshops to encourage local action following the launch based on the models that were presented at the launch.

Over 100 people attended the launch event representing existing members of the Thrive Plymouth network alongside organisations from health and social care, the voluntary sector, council staff, mutual aid networks, primary care providers, schools and businesses. Following the launch, over 20 people shared a reflection, over 30 people made pledges to join the Thrive Plymouth Network and engage in the year 7 campaign. A summary of the pledges made since the launch are below:

- 30 people pledged to listen and connect with their community.
- 10 people pledged to do Appreciative Inquiry
- 16 people pledged to promote safe spaces for conversation, reflection connection
- 24 people pledged to attend Thrive Network Meetings
- 30 people pledged to attend workshops and share practice

8. PROGRESS ON Y7 'ASK'

It has been six weeks since the launch of TY7. Below is progress on our 'Ask' of the city following our training workshops.

Training workshops

Training workshops began on 16th May 2022 and ran over a three week period. Each partner organisation offered two training dates. In person training was held at Theatre Royal Plymouth, Four Greens Health and Wellbeing Hub –Whitleigh and Jan Cuttings Healthy Living Centre. Future workshop dates will be considered to encourage wider participation.

- 30 people attended training workshop
- Voluntary and mutual aid groups valued opportunity as costs can be a barrier to accessing training
- Participants intend use learning to support workplace wellbeing and the populations they work with
- Meeting in person provided an opportunity to connect and network

Conduct an appreciative inquiry (AI) in your community/setting

- Will use AI knowledge to support public health 'Health Checks Project'
- Will use approach to explore work place wellbeing at large employers in Plymouth

Take Compassionate Friends Awareness session into your settings/communities

- 10 made pledges to be Compassionate Friends and engage in local Compassionate Cafes which support those experiencing loss and bereavement.

Share Every Mind Matters tips for lifting people out of loneliness

- 98 impression on twitter over 24hours
- Need to conduct a further review through partners and Thrive Plymouth Network members

Promote safe spaces for conversation, reflection and connection

- In discussions with Horticultural therapy trust to promote space for listening and reconnecting
- Health and Social teams to do pandemic reflection with staff

Attend a Thrive Plymouth network meeting

- The next steps will be to plan the first network meeting taking a hybrid approach as people continue to build their confidence connecting face to face.
