

# THRIVE PLYMOUTH YEAR 7 (2022/23) : LISTEN AND RECONNECT BRIEFING

Office of the Director of Public Health

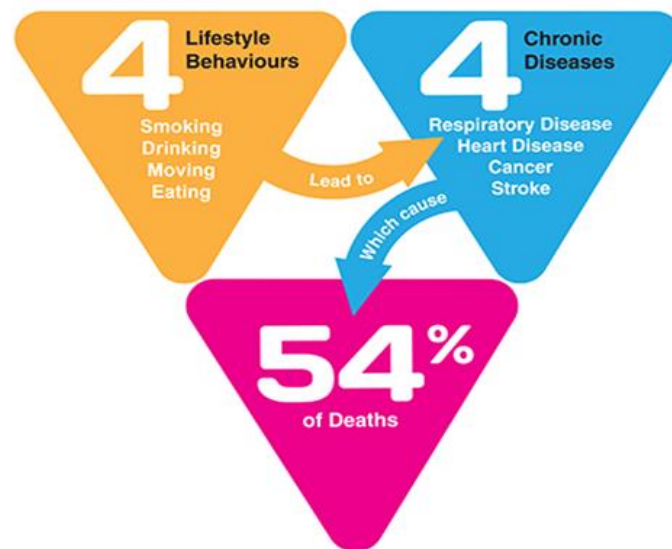


## I. BACKGROUND TO THRIVE PLYMOUTH

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

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



It is being led by the Office of the Director of Public Health, Plymouth City Council. The programme 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 programme also has a specific annual focus, with which to engage our local partners and population.

## Thrive Plymouth Annual Focus

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

## 2. YEAR 7 FOCUS : LISTEN AND RECONNECT

Thrive Plymouth Year 7 seeks 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 annual focus for the year is therefore 'Listen and Reconnect'. The year will bring focus on listening and reconnecting across the Thrive Plymouth 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 lifted and we learn to live with COVID-19, 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.

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

## 3. YEAR 7 LISTEN AND RECONNECT LAUNCH, OFFER AND ASK

A virtual event was held in May this year to formally launch Year 7. 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 programme.

The main programme for the year focuses 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 programme is keen to showcase and support approaches, and projects, used locally to 'listen and connect'. The year's training offer has been co-designed with Livewell Southwest, Theatre Royal Plymouth, Public Health Team and St Luke's Hospice Plymouth.

The offers 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.

#### Our Offer:

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

#### Our Ask:

- Join the Thrive Plymouth network
- Attend training and workshops and network meetings
- 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

## 4. PROGRESS SO FAR IN YEAR 7

- In June 6 workshops were delivered as part of the offer and all were well attended with more than 30 organisations taking part.
- All attending committed to using the learning to support their workforce wellbeing and the populations they work with.
- Further workshops on Appreciative Inquiry have been requested and will be scheduled to meet demand.
- 10 pledges to be Compassionate Friends and engage in local Compassionate Cafes which support those experiencing loss and bereavement.
- Every Mind Matters materials shared with 98 organisations who used them to promote World Mental Health Day and Lifting people out of Loneliness
- First Thrive Network meeting for 2 years took place in September. 30 attendees sharing what each has been doing or is planning to do this year, what they need help with and what evaluation is planned.
- Appreciative Inquiry approach being taken in community conversations in Devonport and in review of NHS Healthcheck programme
- Hope in the Heart programme has captured narratives and worked with people with lived experience using trauma informed and compassionate approaches
- Network members working on ways to share findings from appreciative inquiries and other approaches being taken e.g. in Belong in Plymouth