

## **NOTE OF THE FOLLOW UP MEETING TO GLASGOW'S HEALTHIER FUTURE FORUM (GHFF) 8 – 28<sup>TH</sup> JULY 2009 – compiled by Dr Rosie Ilett**

### **1. Background**

In response to requests at the Glasgow Healthier Future Forum event on 30<sup>th</sup> June 2009, Glasgow Centre for Population Health (GCPH) organised a follow-up meeting to consider in more detail some of the emerging ideas and issues. This took place at GCPH on 28<sup>th</sup> July 2009, attended by approximately 25 people from various sectors and disciplines. This note summarises discussions that took place, along with suggestions for their progression.

### **2. Introduction to follow-up meeting: summary of GHFF8**

Professor Carol Tannahill (Director, GCPH) introduced the morning which had been planned following an expressed appetite by GHFF8 participants for further work to be done to consider what needs to happen for Glasgow to come through the recession in a way that fosters and sustains health and wellbeing. She reminded the meeting of presentations at the event on the 30<sup>th</sup> June. She began by recapping the presentation made by Dr Sandra Carlisle from Glasgow University on work she and Professor Phil Hanlon are undertaking on culture and wellbeing:

- Happiness is a consequence of how we live, and depends on both our inner lives/values and our external circumstances
- We are not generally good at predicting what will bring happiness and contribute to wellbeing
- New Economics Foundation model considers how external and psychological resources contribute to wellbeing
- Culture is learned and shared knowledge, and influences goals and experiences
- Adapting to change – how can it be done to sustain wellbeing?

Professor Tannahill then covered some key points made by Steve Inch (Executive Director, Development and Regeneration Services, Glasgow City Council) in his presentation describing regeneration and recession in Glasgow:

- The scale of the recession was described, together with the failure of forecasters to predict it across the world
- Glasgow is being proactive and has developed a 10 point recession programme and has delivery systems in place (strategic partnerships, operational partnerships and project delivery structures)
- Key opportunities for regeneration in Glasgow include Commonwealth Games
- The city is aiming to get out of the situation and to differentiate itself

This was followed by reference to the key areas covered by Dr Pete Seaman and Andrew Lyon from GCPH in their presentation on using the three horizons approach:

- The civic conversation had brought a focus to the issue of 'the resilient city'
- The three horizon model was introduced, illustrated by materials from the civic conversation
- H1 and H2 concerns included concepts like how to engage with young people, and what limits exist to economic growth
- H3 concerns expressed by civic conversation participants focused on cultural aspects of city experience and included concerns about integration, fragmentation and relationality.

It was noted that Dr Seaman had already explained H3 in response to an earlier question, commenting that it related to identifying the cross over between problems and solutions by innovative thinking – usually outside mainstream.

Professor Tannahill summarised the key points of the 30<sup>th</sup> June meeting as being:

- The disconnect evident between Glasgow's economic success in the 1990s and its health experience
- As economies of developed countries have grown, improvements in wellbeing have stagnated
- Wellbeing is less strongly influenced by income than by other aspects of people's lives
- Wealth based on growth does not lead to equality of distribution
- We would engage in different kinds of action if health and wellbeing were central to our considerations.

Professor Tannahill then advised the meeting that analysis of feedback gathered from those attending GHFF8 indicated that the main themes of interest for that group were that new ways of action are needed to make health central to the city and to planning and the future, that new indicators and measures of change are required, and that poverty, equalities, partnership and citizenship are centrally important.

### **3. Reports from buzz groups**

The meeting then split into smaller groups to consider the following questions:

- (i) Reflecting on GHFF, what ideas, juxtapositions or opportunities really strike you?
- (ii) Can you think of examples of approaches that either exist or could be imagined that would help Glasgow and its communities get through the credit crunch to somewhere different?
- (iii) What needs to happen and by whom to support and sustain these H2 and H3 approaches?

*Overall points from the buzz groups in session 1 were:*

Employment is no longer booming in Glasgow, including in the previously robust service sector. Some groups, such as the long term unemployed, are becoming increasingly disenfranchised. There is a need to support the shifts into new employment models that can sometimes be very fragile and based on shorter hours and temporary contracts, and the individual changes that can occur for individuals in moving from unemployment to work, recognising transitional points.

Consumption for some parts of the community is reducing in the light of the current climate and although there may be a shift of behaviours for some, this is not the case for all – middle classes may be down-sizing but for many working-class people consumption and buying new, not second-hand, may still be important.

Glasgow City Council has experienced a fragmentation of its culture and arguably its value system because of removal of many services to arms length organisations. Complex relations with Scottish Government re Community Planning is leading to different levels of fragmentation and this needs to be recognised in terms of decision-making and priority-setting.

What happens in Glasgow city including development and regeneration activity has a wider geographical effect because of employment and residential patterns although health outcomes have a much tighter geography.

Income affects well being and economy up to a certain threshold. We have fallen into the trap that this is the way forward, and need to marry market and non-market based models. Resilience of people in power is also important at such a difficult time.

Resilience – how do public agencies affect individual and city resilience? There were views expressed that, increasingly, agency actions and inactions lead to greater inequality.

Overall points from all the buzz groups in session 2 were:

Social networks and contacts within communities are important to maintain independence and support, and to decrease reliance on statutory services, particularly for those who are more vulnerable. Agencies may wish to create social networks, but anxiety experienced by some people may mean that there is a need to look at how to engage with other people in ways that are not threatening like walks etc, also links to social prescribing.

Social engagement needs to be different, and there are examples of wisdom circles and other consultation models that some attendees felt are important. There is an overall need for people to feel trusted and be part of any change. Views were expressed that citizen's juries and the jury system itself are examples of participation.

There is a need for a new vision of Glasgow that is inclusive and engages people in terms of decision-making and planning.

#### 4. H3 modelling

Dr Seaman then led the group in a session using H3 modelling to consider the future and after some discussion, inequalities was agreed as the topic. The following points were made:

- Value systems are critical to build resilience in individuals and groups
- Need to change inner maps - and create new maps for the city
- Discussion about story-telling and what the story is, how to think about the future
- Different forms of leadership needed to create and embed new stories
- New types of fora like HFF and civic conversations are needed to support development of new stories and discussions
- Need for citizen's wage to change relationship between work and being a valued citizen
- Need change in how we see home ownership and where we live – new social housing models

The group began to list actual and potential actions to tackle inequalities on the three horizons model of mitigation, innovation and resilience. This helped the group think about the types of actions that may be needed to move beyond 'business as usual' in response to inequalities. A particular problem that emerged was how first horizon social policy interventions tended to hinder rather than create resilience.

<b>First Horizon Old system- in mitigating mode</b>	<b>Second Horizon Competing system providing innovation</b>	<b>Third Horizon Under the radar though promoting resilience</b>
Benefits System Categorisation/ labelling of claimant experiences /pathways	Partnerships  Devolution and setting local health policy	Citizen's wage Citizen's (free) public transport Advocacy/ Wisdom circles- quite voices becoming stronger/ hearing unheard stories
Public/ Private/ Voluntary split	Focus on the gap- relative deprivation	Bibliotherapy
Belief in trickle down	Private sector delivery	Community generated power (electricity)
Projectitis	Minimum wage plus (e.g GCC, living wage)	Community generated power (participative democracy)
Minimum wage	Porous to new evidence	Bridges
Evidence based policy	SOA to allow cross cutting	

Problematising culture of poverty	priorities  GCPH  Focus on poor health prevention rather than dealing with symptoms (H2+?)  Equitable distribution of health resources based on need (H2 -?)	
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Encouraging the individual or community as *producer* as well as consumer of societal goods is indicated strongly in the idea of communities producing their own power (electricity). Though at face value being seen as a response to climate change, it was offered in the spirit of enabling communities to have something to offer as well as having a degree of control over their own destiny. The identified need for bridges in H3 revealed recognition that many of the required actions will require champions to get them through. GCPH (a H2 organisation) was cited as an example.

### Conclusion

The meeting then concluded with an agreed set of action points that have been discussed by GCPH since the meeting as below, and these will be carried forward:

Task	Action
1. Feed some of thinking into GCPH next Seminar Series	GCPH including in planning for next Seminar Series. Programme will be publicised in the Autumn.
2. Better engage with voluntary sector re this discussion	Attendees for 7 as below will be reviewed, along with mailing list for Seminar Series etc.
3. Put reports and statement on the GCPH website	GCPH will develop a section on the website that includes this work with the original GHFF8 report.
4. GCPH to write up outcomes of morning and send to group	As this document, and will be further developed over coming months in advance of meeting as per 7 below.
5. H3 inequalities discussion – need continuing discussion, and some more examples	GCPH will organise a meeting in the Autumn focusing on H3 modelling and invite examples when publicising.
6. Need to learn from previous examples of recession and how other cities have developed creative responses and positive change – imagined cultures.	GCPH will establish a small piece of research to take this forward, supported by in-house effort.
7. Have another meeting of this group, expanded as appropriate, to consider further action, including how to link to key thinkers.	As 5, GCPH will organise another meeting, including other invitees to move thinking on.