

Healthwatch East Sussex Annual Event 22/10/2020 via Zoom

Prevention and Social Determinants Workshop Notes

Attended by both members of the public and health or care professionals

1. What are you hoping to take away from today's workshop? What can you contribute?

- I would like feedback on what people want to happen.
- There's a lot of quality of life surveys, slower pace or environment. It would be good to save some of this.
- How can we be better at fighting the covid infection and keeping the economy going at same time?

2. What have been the most important lessons from the Covid-19 pandemic, wellbeing and mental health?

- Many GPs and dentists are encouraging people to self-care and are not seeing many people face to face. We need to make sure that people understand what self-care means
- Many older people are not on the internet, but phone calls are good for lifting their spirits

3. How do you involve people in decision making?

- I would love to see members of public and GPs demanding better standards of housing.
- Widen the determinants of health to include housing. I'd like to see genuine funding.
- Ask for more sustainable funding.

4. If you were to prioritise one change after Covid-19 that focused communities, what would it be and why?

- We need to look at a more holistic approach. Why isn't the health & integrated care service integrated with housing.
- Prior to the lockdown, most people were 6 weeks from becoming homeless if they had a crisis like unemployment or relationship breakdown.
- Covid is a test for safety nets. More and more people are contacting us worried about their finances. They include people who have been working.
- We need a mixture of two things – short term for fighting this and what can be done for the long term.
- More work needs to be done to enable these communities. Some of the biggest impacts have been in the under 25s. Employment looks bleak for younger generation.
- Self-care - some people will need support with this and long-term care needs to be funded more long term.
- We need better signposting to support