

## 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