



# A Rapid Health Impact Assessment of the Conwy Health Precinct at Colwyn Leisure Centre

January 2008



Cardiff Institute of Society, Health and Ethics



## Acknowledgements

Conwy County Borough Council is grateful for support and assistance from Conwy Voluntary Services Council, Denbighshire Voluntary Services Council, Age Concern and the Welsh Health Impact Assessment Support Unit.

We are also very grateful to the stakeholders who gave their time to attend and contribute to the participatory stakeholder workshop

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## **Introduction**

In September 2007, the Welsh Health Impact Assessment Support Unit (WHIASU) (1) was approached to help support a health impact assessment (HIA) on the proposed Health Precinct in Eirias Park Leisure Centre, Colwyn Bay.

It was felt that the project would benefit enormously from a HIA – by both Conwy County Borough Council, who were leading on the project, and Conwy Voluntary Services Council. It would do this by identifying the Health Precincts potential impacts on health and wellbeing and any gaps in its provision that may have an impact on delivery to the local population. Importantly, it could throw up and address any health inequalities within it. It would also ‘add value’ to the proposal by actively engaging with local stakeholders – community and voluntary groups, local authority representatives, local public health practitioners and elected members – in a participatory workshop. This took place on January 15<sup>th</sup> 2008 and this report is one of the outputs from that day.

## **What is Health Impact Assessment?**

Health Impact Assessment is a process which supports organisations to assess the potential consequences of their decisions on people’s health and well-being. The Welsh Assembly Government is committed to developing its use as a key part of its strategy to improve health and reduce inequalities.

Health impact assessment provides a systematic yet flexible and practical framework that can be used to consider the wider effects of local and national policies or initiatives and how they, in turn, may affect people’s health. Health impact assessment works best when it involves people and organisations who can contribute different kinds of relevant knowledge and insight. The information is then used to build in measures to maximise opportunities for health and to minimise any risks. It also provides a way of addressing the inequalities in health that continue to persist in Wales. The systematic approach uses the wider or social determinants of health as a framework for appraisal and leads to realistic recommendations. The Welsh Health Impact Assessment Support Unit was established to support the process in Wales and provide advice and guidance for those who wish to undertake HIA’s.

## **Health Precinct – Colwyn Leisure Centre**

The “Health Precinct” is a joint partnership between Age Concern, Conwy and Denbighshire NHS Trust and Conwy County Borough Council.

The project is a part of an exciting refurbishment programme at Colwyn Leisure Centre and will complement and extend the wide range of community activities and programmes taking place at the Eirias Park complex.

The term Health Precinct project refers to the development of a place where exercise and health professionals can work together to develop innovative and evidence-based solutions to improving the health of the people of Conwy through physical activity, whether for ill health prevention, exercise by prescription, chronic disease management or rehabilitation from acute or chronic ill health. The Health Precinct also offers the opportunity to deliver other health services such as a Sexual Health Clinic.

This collaboration will support a wide range of local residents to move seamlessly from medically supported therapy to community based physical activity. There will also be an opportunity for the very important social element to be integrated into the delivery of programmes.

The Health Precinct is a natural evolution of programmes which have been operating at Colwyn Leisure for a number of years. Groups and individuals who have benefited and will experience greater benefits as a result of the Health Precinct project include: clients living with long term conditions and cardiac rehabilitation clients. The Health Precinct project will also provide the opportunity for the expansion and development of current programmes such as PALS, the GP referral schemes, cardiac rehabilitation and the Evergreens.

### **PALS (Positive Active Living Saturdays)**

This programme was created at the request of a group of over 50's who felt there was a gap in the activities provided. They did not want to compete with younger people or feel self conscious among extremely fit and active gym users. After consultation it was decided to extend the opening hours in order to accommodate the PALS group. The activities offered are varied and include tai-chi, aqua aerobics, line and ballroom dancing, badminton and the use of health and fitness suites. It also importantly provides an opportunity for social interaction. The service complements other activities and initiatives within the centre such as the gp referral scheme and the evergreens programme.

### **GP Referral Scheme**

This scheme was introduced in order to provide supervised safe physical activities within a community-based environment to a client base that otherwise may not have had an opportunity to access the facilities. Participating GPs or a member of the primary health care team will identify a patient who meets the referral criteria. The client will then have a number of group based activity options made available during the 16 week programme. This is monitored through progress reviews which are used to motivate and encourage continued participation of a more physically active lifestyle.

### **The Evergreen Programme**

The Evergreen programme consists of fitness classes and swimming sessions. These week day sessions complement the PALS scheme which operates on Saturday evenings. Both the Evergreens and PALS schemes provide an opportunity for social activity within a safe and friendly environment.

In short, the Health Precinct project will assist any person suffering from a chronic health condition or recovering from illness, to enjoy all of the proven benefits of appropriate physical activity in a structured, professionally supervised but very sociable environment. It will support mental health and well-being as much as physical health. It is also additional and complementary to all existing activities at Colwyn Leisure Centre and will have no adverse affect on current programme

## Partners Involved

### Building Strong Bridges

Building Strong Bridges is an initiative to strengthen partnership working between the voluntary sector and the NHS in Wales. Partnership working is the core principle for the delivery of the Welsh Assembly Government's policies and plans. Health and Social Care Facilitators have been established in every county in Wales to build strong bridges between the voluntary and statutory sector.

For more information please contact:

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### Conwy County Borough Council

Conwy County Borough Council/Conwy Local Health Board's Health and Well Being Strategy 2008 - 2011 has identified 3 Priority Areas:

1. Bringing the Right Services Closer to the Community
2. Helping People remain independent for longer
3. The prevention and management of chronic conditions

The Health Precinct team, comprising health professionals, exercise physiologists and appropriately qualified exercise professionals, will be dedicated to exploring how physical activity can be applied to each of those priorities.

The team will make use of a range of community resources, including walking trails, community halls, parks, outdoor facilities, swimming pools and leisure centres to develop sustainable and motivational programmes.

For more information please contact:

**John Hardy**

**Principal Leisure Manager / Prif Swyddog Hamdden,**

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## Welsh Health Impact Assessment Support Unit

[www.whiasu.wales.nhs.uk](http://www.whiasu.wales.nhs.uk)

### Welsh Health Impact Assessment Support Unit

WHIASU is based in the Cardiff Institute of Society, Health and Ethics which is part of Cardiff University's School of Social Sciences. It is funded by the Welsh Assembly Government, through the Wales Centre for Health and is resourced to cover both North and South Wales. The key roles of WHIASU are:

- To support the development and effective use of the health impact assessment approach in Wales through building partnerships and collaborations with key statutory, voluntary, community and private organisations in Wales.
- To provide direct information and advice to those who are in the process of conducting health impact assessments.
- To contribute to the provision of new research, and provide access to existing evidence, that will inform and improve judgements about the potential impacts of policies, programmes and projects.

#### For more information:

**North and Mid Wales:** Liz Green, Welsh Health Impact Assessment Support Unit, Croesnewydd Hall, Wrexham Technology Park, WREXHAM LL13 7YP Tel: 01978 313664 or Email: [liz.green@wch.wales.nhs.uk](mailto:liz.green@wch.wales.nhs.uk)

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## The Conwy Health and Well-being Partnership Team

Our vision is for a modern, successful Conwy with major improvements in the Health and Well-being of those who live in and work in the county. This will in time, reduce inequalities and promote social cohesion.

The role of the team is to develop, drive forward and support the implementation of and performance manage the Healthy Conwy Strategy.

The strategy is a plan to help people feel good, healthy and lead a full life and our work is undertaken in partnership with many agencies – statutory, voluntary and independent and also with the people who live and work in Conwy. For more information please contact:

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## The Stakeholder Workshop

The LA wished to include the widest possible range of partners so it was proposed initially to discuss the proposals with members of the local community and relevant stakeholders.

HIAs can be categorised in two ways. Firstly, “in-depth” HIAs, which are conducted over a matter of weeks or months, and secondly “rapid” HIAs, which are completed in hours or days. This approach was considered very suitable for the Conwy Health Precinct as the process had already gone through a very comprehensive process of option evaluation and a “preferred option” had been identified.

### Identifying potentially affected vulnerable and/or disadvantaged groups

Six weeks before the workshop a steering group was put together, membership of which was as follows:

Jill Owen	Health and Social Care Coordinator, CVSC
John Hardy	Principal Leisure Manager, CCBC
Paul Frost	Head of Leisure & Community Services, CCBC
Lindsay Haveland	Health and Social Care Facilitator, DVSC
Lee Parry-Williams	Health and Wellbeing Facilitator, CCBC
Liz Green	Welsh Health Impact Support Unit
Rhodri Morgan	Community Chest Officer, CCBC
Sian Ap Dewi	NPHS
Glynis Tabberer	Conwy & Denbighshire NHS Trust

A key element of rapid HIA is usually a participatory stakeholder workshop where those affected are brought together to examine the proposal. This was planned to take place on Tuesday 15<sup>th</sup> January 2008 at Colwyn Leisure Centre, Eirais Park, Colwyn Bay. The steering group met to identify vulnerable and/or disadvantaged groups who may be affected by the proposed changes. The following list of possible stakeholders taken from “Improving Health and Reducing Inequalities. A Practical Guide to health impact assessment” (2) was considered.

## **Vulnerable and/or disadvantaged population groups**

The target groups you identify as vulnerable or disadvantaged will depend on the characteristics of the local population and the nature of the proposal itself. The most disadvantaged and/or vulnerable groups are those which will exhibit a number of characteristics, for example children in living poverty. This list is therefore just a guide and you may like to focus on groups that have multiple disadvantages.

### **1. Age related groups\***

- Children and young people
- Older people

### **2. Income related groups**

- People on low income
- Economically inactive
- Unemployed
- People who are unable to work due to ill health

### **3. Groups who suffer discrimination or other social disadvantage**

- People with disabilities
- Refugee groups
- People seeking asylum
- Travellers
- Single parent families
- Lesbian and gay people
- Ethnic minority groups\*\*
- Religious groups\*\*

### **4. Geographical issues**

- People living in areas known to exhibit poor economic and/or health indicators
- People living in isolated areas
- People unable to access services and facilities

You will also want to assess the impact on the general adult population and/or assess the impact separately on men and women.

Please note that this list is a guide and is not exhaustive.

\* Could specify age range or target different age groups for special consideration.

\*\* May need to specify.

Invitations were sent out by post to groups and individuals from the following population groups:

#### **1. Age related groups**

- Children and young people
- Older people

#### **2. Income related groups**

- People on low income
- Economically inactive
- Unemployed



- People who are unable to work due to ill health

### **3. Groups who suffer discrimination or other social disadvantage**

- People with disabilities (including physical, sensory and learning)
- Families
- Ethnic minority groups
- People with mental health challenges
- People suffering the effects of drug or alcohol misuse
- Disease specific groups
- Carers

### **4. Geographical issues**

- People living in areas known to exhibit poor economic and/or health indicators
- People living in rural Conwy
- People who work in the existing GP surgeries
- Patient groups from affected surgeries.

A week before the event, those who had booked were sent the background information to the project and some information on what a Health Impact Assessment is. They were asked to read the information before coming to the workshop. Although they would be given the information again by John Hardy, Principal Leisure Manager of Conwy County Council, it was felt that it would be difficult to take in on the day and the participants needed time to absorb the information beforehand in order to participate in a more meaningful way. They were also asked to bring with them any evidence to support the workshop and their comments. This could be either quantitative or qualitative lay knowledge.

## **Evidence**

In putting together the proposal for the Health Precinct, the local authority had consulted with local public health and wellbeing partners, Trust and healthcare professionals and used the available evidence base to inform the direction of the service provision. The principle of the Health Precinct ties in with national and local strategies (3,4,5).

This evidence included community health information from the Welsh Health Survey (6), census data from the Office of National Statistics (7), data from the Conwy Health Needs Assessments and supporting research that indicates that increased physical activity has a beneficial impact on people's health and wellbeing (8,9,10,11). The Health Precinct wanted to build on services and provision that were already available locally and integrate them in a cohesive and beneficial way. The Precinct is situated in areas of Colwyn Bay as recognised by the Lower Super Output Area as deprived and are included in the Multiple Index of Deprivation for Wales (12,13). The HIA Development Officer searched for previous similar projects that had been subject to an HIA via the HIA networks (1, 14,15) but none had been undertaken.

As statistical evidence on the health impacts had been considered already, the aim of this workshop was primarily to gather lay and community knowledge and evidence around the impacts of the Health Precinct. All comments were documented in a participatory workshop and the comments within this report are those from the day.

## Participatory stakeholder workshop

There were twenty participants, with representatives from a variety of voluntary organisations, patient groups, the Local Health Board, the Local Authority and service users.

<b>ATTENDEES</b>	
Chris Sweetnam	Service user
Judith Jones	Service user
Roy Dracott	Carer
Eryl Davies	Participation & Engagement Project Officer, Age Concern North Wales Central
Councillor Glyn Jones	Eirias ward, Conwy County Council
Councillor Abdul Khan	Glyn ward, Conwy County Council
Iain Mitchell	Director of Therapies, C & D NHS Trust
Jo Clay	Senior Regional Officer, Sports Council for Wales
Sian Hooson	Older Peoples Strategy Development officer, CCBC
Helen Thomas	Operational Manager Older People, CCBC
Marie Waugh	Chronic Conditions Coordinator, Conwy LHB
Ceri Smith	PSE & Healthy School Coordinator, Eirias High School
Louise Walton	CICS Team Manager
Helen Williams	Senior Practitioner, Conwy Social Services
Ann Allen	Hafal representative
Lynne Galbraith	Public Health Practitioner, NPHS Wales
Mrs L. Danson	Colwyn Bay Town Mayor and SSAFA Forces Help
David Lloyd Williams	Vice President of Colwyn Bay Lions
Mary Trinder	Staff Supervisor, Carer's Outreach
Mair Roberts	Health Link Worker, Carer's Outreach
Jill Owen	Health & Social Care Coordinator, CVSC
Colette Neal	Health & Social Care Facilitator, CVSC
Lindsay Haveland	Health & Social Care Facilitator, DVSC
Paul Frost	Head of Leisure & Community Services, CCBC
John Hardy	Principal Leisure Manager, CCBC

The programme for the participatory workshop was as follows:

9:15	Registration ( Tea/ Coffee available )
9:30	Welcome and introduction to workshop <i>Paul Frost, Head of Leisure and Community Services, Conwy County Borough Council</i>
9:40	An outline of the Health Precinct <i>John Hardy, Principle Leisure Manager, Conwy County Borough Council</i>
9:50	Outline of Health Impact Assessment <i>Liz Green, Welsh Impact Assessment Support Unit</i>
10:00	Introduction to Appraisal Tool <i>Liz Green, Welsh Impact Assessment Support Unit</i>
10:05	Screening session – using appraisal tool to identify key health impacts of the proposal <i>Liz Green, Welsh Impact Assessment Support Unit</i>
11:00	Tea/ Coffee break
11:15	Focus group(s) to: 1) Explore identified impacts in more depth 2) Identify changes required
12:15	Feedback or recommendations
12:30	Finish

Workshops were run in two groups. With Liz Green (WHIASU) and Lindsay Haveland (DVSC) facilitating one and Colette Neal (CVSC) and Lee Parry-Williams (Conwy Health and Wellbeing Team) facilitating the other. After their presentations, Paul Frost and John Hardy stayed throughout the morning so that they could answer questions and clarify issues about the proposals as they arose.

Participants used a Health and Well-Being Determinants Checklist (taken from 'Improving Health and Reducing Inequalities; A Practical Guide to health impact Assessment') in order to assist them in focusing their thoughts, and help them to make a judgement as to the likely impacts of the proposed strategy upon the different health determinants.

## HEALTH AND WELLBEING DETERMINANTS CHECKLIST

( please note that this list is a guide and is not exhaustive)

1. Lifestyles	<ul style="list-style-type: none"> <li>• Diet</li> <li>• Physical exercise</li> <li>• Use of alcohol, cigarettes, non-prescribed drugs</li> <li>• Sexual activity</li> <li>• Other risk-taking activity</li> </ul>
2. Social and community influences on health	<ul style="list-style-type: none"> <li>• Family organisation and roles</li> <li>• Citizen power and influence</li> <li>• Social support and social networks</li> <li>• Neighbourliness</li> <li>• Sense of belonging</li> <li>• Local pride</li> <li>• Divisions in community</li> <li>• Social isolation</li> <li>• Peer pressure</li> <li>• Community identity</li> <li>• Cultural and spiritual ethos</li> <li>• Racism</li> <li>• Other social exclusion</li> </ul>
3. Living/ environmental conditions affecting health	<ul style="list-style-type: none"> <li>• Built environment</li> <li>• Neighbourhood design</li> <li>• Housing</li> <li>• Indoor environment</li> <li>• Noise</li> <li>• Air and water quality</li> <li>• Attractiveness of area</li> <li>• Community safety</li> <li>• Smell/odour</li> <li>• Waste disposal</li> <li>• Road hazards</li> <li>• Injury hazards</li> <li>• Quality and safety of play areas</li> </ul>
4. Economic conditions affecting health	<ul style="list-style-type: none"> <li>• Unemployment</li> <li>• Income</li> <li>• Economic inactivity</li> <li>• Type of employment</li> <li>• Workplace conditions</li> </ul>
5. Access and quality of services	<ul style="list-style-type: none"> <li>• Medical services</li> <li>• Other caring services</li> <li>• Careers advice</li> <li>• Shops and commercial services</li> <li>• Public amenities</li> <li>• Transport</li> <li>• Education and training</li> <li>• Information technology</li> </ul>

6. Macro-economic, environmental and sustainability factors	<ul style="list-style-type: none"> <li>• Government policies</li> <li>• Gross Domestic Product</li> <li>• Economic development</li> <li>• Biological diversity</li> <li>• Climate</li> </ul>
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**Source:**

Improving Health and Reducing Inequalities: A practical guide to health impact assessment. Welsh Assembly Government. September 2004 (1)

## Summary of impacts

The following table describes the potential impacts of elements of the proposed Conwy Health Precinct, the adverse effects, the positive impacts, any gaps identified and the recommendations which emerged from the discussions of the issues.

1.Lifestyles	
Positive/Opportunities (+ve)	Negative/Issues (-ve)
<ul style="list-style-type: none"> <li>• Service. Flexible for carers</li> <li>• Encourages individual carers to look after their own health</li> <li>• Improves social inclusion</li> <li>• Improved access to physical activity improves lifestyle for all groups</li> <li>• Improved independence=Improved health</li> <li>• Improves health = Improved lifestyle</li> <li>• If you are making an effort to come, you will take control</li> <li>• Prevention is better than cure</li> <li>• Diet information</li> <li>• P.E. Information</li> <li>• Smoking and Substance information</li> </ul>	<ul style="list-style-type: none"> <li>• Segregation of groups</li> <li>• Safeguarding Vulnerable Groups Act- There are implications</li> <li>• Needs to ensure cross-generation involvement ( Food )</li> <li>• Needs to look at food provision within the centre</li> <li>• How will the outreach programme work? Who will it visit? Leisure centres/ community centres? There needs to be a plan</li> </ul>

**Lifestyle-Gaps:**

- Need to ensure an holistic approach is maintained
- Referral method?
- Better marketing Schemes
- Dietary advice

**Lifestyle- Recommendations:**

- Collaboration with school i.e. Healthy eating and dietician/ nutrition

**2 Community and Social Influences**

Positive/Opportunities (+ve)	Negative (-ve)
<ul style="list-style-type: none"> <li>• Builds social networks</li> <li>• PALS</li> <li>• Signposting</li> <li>• Partnerships with specialist organisations</li> <li>• Better perception therefore wellbeing included</li> <li>• Coming to leisure centre can remove" ill health" label. "Normalises" life again.</li> <li>• Great partnership working opportunities</li> <li>• Keeps people within social environment</li> <li>• Provides sense of belonging</li> <li>• Brings about cultural change</li> <li>• Breaking down perceptions of "this is not for me"</li> <li>• Bringing things out of hospital</li> <li>• Builds self-esteem/confidence</li> <li>• Collaboration with education</li> <li>• Educational delivery</li> </ul>	<ul style="list-style-type: none"> <li>• Access and transportation</li> <li>• Car parking</li> <li>• How to convince individuals to give confidence to come/ build trust</li> <li>• How competent will the sports instructors be across the whole spectrum of medical conditions?</li> <li>• Some people may not want to join in a public activity - How flexible will the facility be to accommodate this?</li> <li>• There needs to be flexibility when dealing with chronic conditions</li> <li>• Creche facilities and respite facilities for cared for</li> <li>• Consider wider population</li> <li>• Specialist equipment</li> <li>• Capacity</li> <li>• Cost</li> <li>• Perception it is only for Colwyn Bay</li> <li>• How many people can this project support</li> <li>• Management of expectations</li> <li>• Timetable for rollout/timeframes into community</li> </ul>

**Gaps:**

None Identified

**Recommendations:**

Glynis Tabberer to work with Ceri Smith re: collaboration with school

### 3 Environmental and Living Conditions

Positive/Opportunities (+ve)	Negative (-ve)
<ul style="list-style-type: none"> <li>• Being looked at</li> <li>• Area attractive</li> <li>• Civic pride</li> <li>• Public transport could be arranged on site as school buses do</li> <li>• Flying start coming on site</li> <li>• Creche facilities</li> <li>• Physical access to facilities should be good</li> <li>• Physical environment of centre improved= improves the aspect of the area = improves mental health &amp; wellbeing</li> <li>• Attractive environment raises emotional &amp; mental wellbeing</li> </ul>	<ul style="list-style-type: none"> <li>• Parking</li> <li>• Mobility</li> <li>• Road hazards</li> <li>• No public transport drop off sites on-site (affects those with breathing problems-chronic conditions)</li> <li>• Need to prioritise those most at risk</li> <li>• Lighting outside</li> <li>• Signage</li> <li>• Colour schemes for visually impaired</li> <li>• Needs assessment for <u>every</u> condition?</li> <li>• Will everyone be able to use the building?</li> <li>• Is the level of access required sustainable for all conditions?</li> </ul>

#### Gaps:

None Identified

#### Recommendations:

Parking- Need to prioritise those most at risk. Suggestion- Referral pass space in addition to disabled parking. ( Needs managing ).  
Work with school to ensure parents don't park.

### 4 Economic

Positive/Opportunities (+ve)	Negative (-ve)
<ul style="list-style-type: none"> <li>• Maintaining people with chronic conditions in work</li> <li>• Stakeholders can play a role in spreading the word</li> <li>• Free for over 60's</li> <li>• £1.50 per session</li> <li>• Good employment ladder</li> <li>• So new and unique</li> <li>• Great window for Conwy</li> </ul>	<ul style="list-style-type: none"> <li>• Difficult to accommodate all needs of every condition</li> <li>• Assessment of need</li> <li>• Conwy as a county has a low income</li> <li>• Need to highlight cost guide</li> <li>• Access-Cost of this</li> <li>• Possible capacity &amp; training implications for employees of leisure centre services</li> </ul>

#### Economic -Gaps:

If referred- Any possibility of travel pass for access?

#### Economic- Recommendations:

None given

## 5 Access to Services

Positive/Opportunities (+ve)	Negative (-ve)
<ul style="list-style-type: none"> <li>• Having a pool of experts to call on</li> <li>• Experts from different fields all in one place ie. CICS</li> <li>• Continuation of support easier</li> <li>• Community transport schemes exist</li> <li>• Opportunity to share good practice- Centre of Excellence?</li> <li>• Those referred have access to intermediate care/ social services</li> <li>• Possibility of one-stop shop provision for information, sign-posting to other relevant services</li> <li>• Internet access</li> </ul>	<ul style="list-style-type: none"> <li>• Community transport schemes are limited</li> <li>• Training issue takes time and people away from their "day job"= cost implications</li> <li>• Public transport doesn't stop here</li> <li>• Demand may outstrip supply?</li> <li>• Individuals not affiliated to organisations or GP's- how will they be encouraged to take part?</li> <li>• GP's- If they aren't "signed up", how will it work?</li> <li>• Access for rural areas limited</li> <li>• Limited parking facilities</li> <li>• Capacity of Community transport</li> <li>• SS lack of capacity in CICS- Provide phoneline for SS customer care in health precinct</li> <li>• Managing expectations</li> <li>• Capacity-Who leads?</li> <li>• Transport for people with Long Term Conditions-Community Transport capacity</li> </ul>

### Access to Services -Gaps:

Could link with DWP ( pension service)/ welfare rights an other organisations- Have " hot desks"

### Access to Services- Recommendations:

Directory of services provided within HP



6 Macro	
Positive/Opportunities (+ve)	Negative (-ve)
<ul style="list-style-type: none"> <li>• Retaining qualified and high quality staff</li> <li>• Increase of volunteering possibilities</li> <li>• Return to work opportunities</li> <li>• Increased mental wellbeing for people with chronic conditions</li> <li>• Better management of condition=people maintained in employment</li> <li>• Increasing skill base of work force</li> <li>• Reduce health expenditure</li> <li>• Health facilities have moved further into the community</li> <li>• Meets Government policies such as:- Health Social Care &amp; Wellbeing Strategy, Designed for North Wales, Fulfilled Lives, Primary Care Estates Strategy, Community Service Framework, Climbing Higher, National Services Frameworks , Management of Chronic Conditions in Wales</li> <li>• Involvement of GP's</li> </ul>	<ul style="list-style-type: none"> <li>• Increase in car usage &amp; parking in the area</li> <li>• Congestion</li> <li>• Need educational support</li> <li>• Invest</li> <li>• WNERs?</li> </ul>
<b>Macro-Gaps:</b> None Identified	

<b>Macro- Recommendations:</b> None Given
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## Summary of Recommendations

Having identified the potential impacts upon the health and well-being of the affected groups, the following section focuses on opportunities to maximise the potential improvements to peoples' health and well-being, and to minimise the potential harmful effects upon peoples' health and well-being, arising from the proposed Conwy Health Precinct.

From the appraisal session, it became clear that there were several cross-cutting themes emerging and issues to consider. These included:

- Access for all groups
- Transport
- Parking
- Management of Expectations and Capacity
- Transfer of resources from hospital to community services
- Marketing
- Management-monitoring, referrals, capacity, evaluation
- Signage

Recommendations, incorporating comments, additions and alterations received after the draft report was sent out to participants, are summarised below:

### **Final Recommendations:**

- Directory of Services offered and who to ( what is not offered )
- Cycle rack
- Referrals pass space in addition to disability parking with clamps- generating income!
- Public transport drop off point close to main entrance and shuttle from main gate
- Intermediate care ( and others ) to collaborate with school
- Clear referral processes
- Outreach roll-out programme for rest of Conwy ( like “Doris” )
- Informal timetable
- Newsletter/articles /public open forum-preferred choice to raise awareness
- One stop shop
- Regular interface between different groups to aid social inclusion. Provide the appropriate service and make it available to whoever needs it regardless of condition/age/group
- Make sure there is a ready supply of professional able to deliver
- Training of professionals needs to be holistic
- Organisations in community to take responsibility for raising awareness within own groups
- Develop an outreach service to develop confidence of individuals who don't want to join in public activities i.e. home visits to give info/raise awareness
- Peer support scheme to help develop confidence in individuals
- Incentive scheme i.e. bring a friend and get free coffee etc.
- Full risk assessment of the individual and of the service to be carried out for the more complex medical conditions. This needs to be ongoing
- Develop schemes locally so that people with low incomes are able to enjoy long term physical activity, i.e. make sure cost doesn't prevent people from maintaining their wellness
- Ensure adequate signposting to welfare benefits advice to fit in with above
- Ensure good signposting to voluntary support groups. Particularly the disease specific and carers organisations
- Public transport needs to be included as a partner in the project
- Encourage transport to put a bus stop here-include centre in the schedules
- Develop/extend/improve community transport schemes locally

- Develop long term parking solutions – need more disabled bays
- Develop timetable of services that doesn't clash with peak flows of traffic in surrounding environment i.e. schools- This could have an impact on individuals being able to use their free public transport passes or the availability of community transport vehicles
- Develop a more integrated transport system
- Revamp highway infrastructure of centre. One entrance is not enough, especially if sharing it with the school

## **Producing the report**

Jill Owen (CVSC) and Liz Green (WHIASU) used the material gathered at the workshop to compile this report of the potential health impacts of the Conwy Health Precinct and recommendations as to how adverse effects could be minimised and beneficial effects maximised.

The report was shared with the individuals present at the stakeholder workshop for comment before being finalised and submitted to Conwy County Borough Council to take forward the recommendations.

## **Conclusion**

The aim of this rapid Health Impact Assessment was to identify the potential health and wellbeing impacts of the proposed Conwy Health Precinct and make recommendations as to how project delivery could be modified and enhanced in order to remove or minimise negative or harmful health and wellbeing impacts, and maximise positive or beneficial effects upon health and wellbeing. The feedback from the session was very positive and many found the HIA process a useful and informative way of discussing the nature of the development and meeting with other partners and stakeholders to hear their perspectives. The evaluation comments are included in Appendix 2.

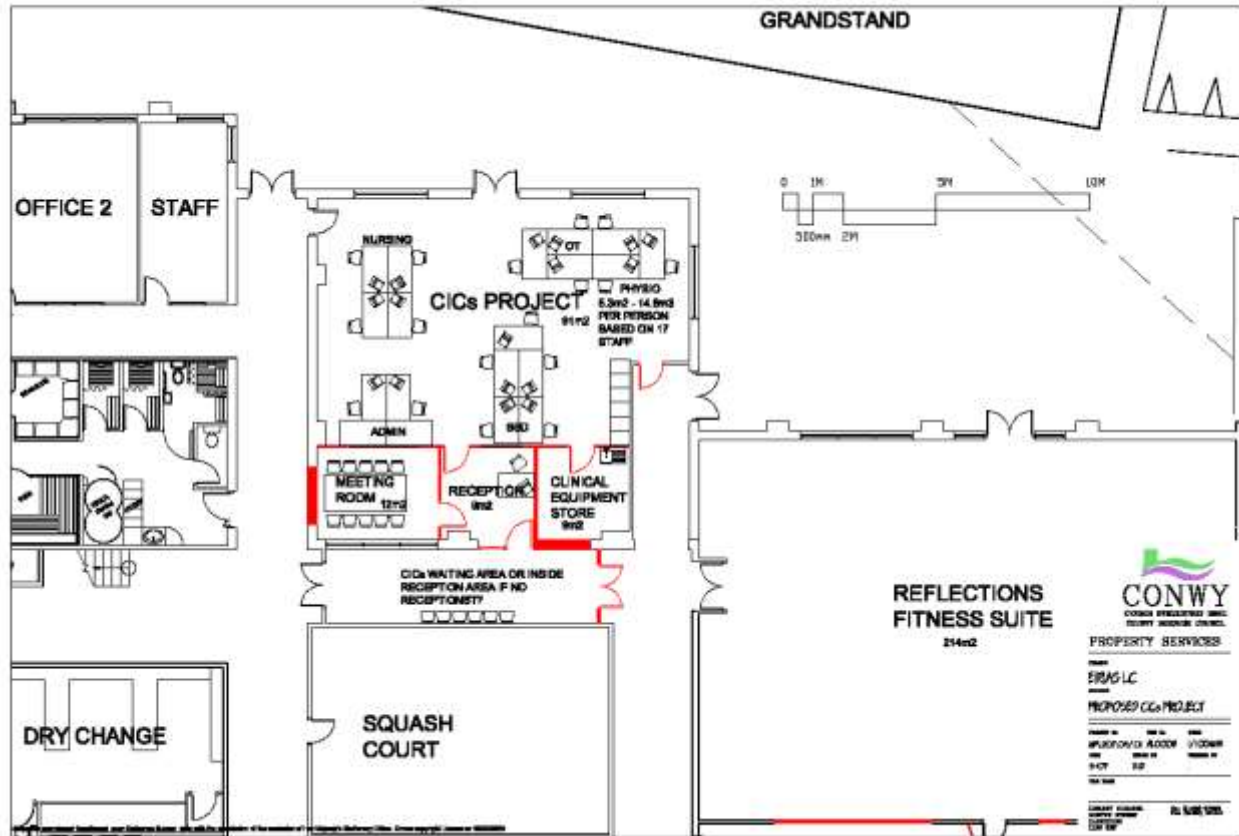
Once the report is submitted to Conwy County Borough Council it would be particularly helpful to have feedback on which of the recommendations they have implemented and which they haven't. The HIA has been included as one of 5 case studies in a research project by WHIASU' on 'Public Involvement in Health Impact Assessment in Wales' and the findings will be published and disseminated in Autumn 2008 (16).

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## Appendix One

### Proposed Floor Plan of Health Precinct Layout



## **Appendix 2**

### **Evaluation of Health Precinct HIA, Eirias Park, Colwyn Bay, Conwy**

**Date: 15<sup>th</sup> January 2008**

**Venue: Colwyn Bay Leisure Centre, Eirias Park, Colwyn Bay**

#### **Attendees**

Jill Owen	CVSC
Collette Neal	CVSC
Lindsay Haveland	DVSC
Paul Frost	Head of Leisure Services and Community Services, Conwy County Council (CCC)
John Hardy	Principal Manager, Colwyn Bay Leisure Centre, CCC
Lee Parry-Williams	Health and Social Care Facilitator, CCC
Rhodri Morgan	Community Chest Officer , CCC
Glynis Tabberer	Intermediate Care Service Manager, Conwy and Denbighshire NHS Trust
Eryl Davies	Participation & Engagement Project Officer, Age Concern,
Cllr Glyn Jones	Eirias Ward, Colwyn Bay Town Council
Iain Mitchell	Director of Therapies, Conwy and Denbighshire NHS Trust
Sian Hoosen	Older Peoples Strategy Development Officer, CCC
Chris Sweetnam	Service User
Helen Thomas	Operational Manager Older People, CCC
Marie Waugh	Chronic Conditions Coordinator, Conwy LHB
Mair Roberts	Health Link Worker, Carers Outreach
Jo Clay	Senior Regional Officer, Sports Council for Wales
Ceri Smith	PSE & Healthy School Coordinator, Eirias High School
Louise Watson	CICS Team Manager, Conwy and Denbighshire NHS Trust
Helen Williams	Senior Practitioner, Conwy Social Services
Cllr Abdul Khan	Glynn Ward, Colwyn bay Town Council
Cllr Mrs Danson	Mayor, Colwyn Bay Town Council
Roy Draycott	Carer
Judith Jones	Service User
Louise Walton	CICS Team Manager
Ann Allen	Hafal Representative
David Lloyd Williams	Vice President of Colwyn Bay Lions
Mary Trinder	Staff Supervisor, Carers Outreach
Lynne Galbraith	Public Health Practitioner, NPHS Wales

**Comments/Ratings (1 =did not meet expectations/poor and 10 = very much met expectations/excellent)**

- To HIA Conwy Health Precinct in a structured, facilitated environment. Excellent HIA, very well facilitated allowing all opinions to be raised. (10)
- That common ground would be identified amongst all stakeholders involved in key issues, concerns and recommendations would be identified (9)
- Excellent morning – helped to understand and inform the concept of health precinct (9)
- Content – Very good, good input from all members of the group and presentation good (9). Venue – found it difficult to hear because of noise from pool and other group working in the same room (3).
- Very informative and constructive. Unfortunately the room was not entirely suitable due to the acoustics (8)
- The presence of a wide cross-section of stakeholders presented expectations of a 'high-quality' discussion and a full list of recommendations (8)
- Very interesting most people had the same ideas. Pity the groups could not have met in different rooms. Content of workshop very good (8)
- It was an interesting and informative workshop. However, unfortunately the environment for the delivery of the workshop was acoustically difficult. It provided a forum to put view points across following a structured process (8)
- For the 'Health Precinct' to be explained and accepted as a centre of excellence for the Health/Social/Leisure services partnership (8)
- All explained well, very informative and thought all points were discussed thoroughly (8)
- To find out more about the 'Health Precinct'. To understand the involvement of key partner. To understand the role of Physical Activity in the Health Precinct. To understand how similar models may be rolled out to other areas in Wales. (8)
- Room inappropriate for meeting which detracted from presentations. Workshops useful – good facilitators and contributions (8)
- An interesting morning learning more about the project and the Health Impact Assessment – a very sound way of discussing issues. I understand a little more about how this can fit into the community and my field and am looking forward to seeing it develop (7)
- To participate in the decision making of the Health Centre and to obtain details of when it is expected to come to fruition (7)
- Opportunity to listen, consider and engage in meaningful debate 2 Collectively agree and document the key issues, conflicts and resolutions 3 This is a beginning and not an end (7)
- Understanding of the role of the Health Precinct. Some important issues raised (6)
- To understand what implications the health precinct has on the county of Conwy, the local area and my team (CICS). How my team will fit into the programme (5)
- I attended so that Mental Health might have a voice! I was right to attend as I feel that it was a very focussed on physical disabilities (5)