



Healthy Place Healthy Weight Wandsworth

LIVE KARMA YOGA
COMMUNITY | ACCESSIBILITY | EMPOWERMENT



healthwatch



Public Health



Contents

Acknowledgements.....	2
Introduction.....	4
The Workshops	4
Actions and pledges.....	8
Conclusion	9
Appendix.....	10



Acknowledgements

A vote of thanks and gratitude is extended to those who took part in the Healthy Place, Healthy Weight project and the planning, facilitation, and participation in the community workshops, including:

- The GLA (Greater London Authority)
- Elays Network
- Healthwatch Wandsworth
- Live Karma Yoga
- Wandsworth Council
- The Volunteers and facilitators at the workshops
- Organisations who attended and took part in the workshops
- Members of the community who supported and who took part in the workshops

Introduction

Childhood obesity is seen to be an increasing public health problem in the UK. This is a complex issue as unhealthy weight can be affected by a range of factors from environmental factors to lifestyle choices.

The aim of the Healthy Place, Healthy Weight project is to work collaboratively using a whole system approach to develop strategies that tackle childhood and family obesity in Wandsworth. The workshops were targeted in three wards (Shaftsbury, Queenstown, and Battersea) that are experiencing higher levels of deprivation and a higher prevalence of obese/overweight reception aged children.

The project is funded by the GLA as part of their Healthy Place, Healthy Weight Mission which aims to put communities, particularly the most disadvantaged, at the heart of a whole systems approach to tackling obesity in their local area.

A whole systems approach

To understand and tackle childhood and family obesity it is crucial to use a whole systems approach. A whole systems approach acknowledges that childhood obesity is not just an individual or public health issue but requires contributions from local authorities and other partners such as: local businesses, the NHS, schools, community groups, and the voluntary sector. The approach encourages an ongoing dynamic and flexible way of working between stakeholders, the agreement of action, and the development of sustainable long-term systems changes.¹

One of the key parts of whole systems thinking is collaborative work and this was important when applying this project in Wandsworth. To deliver this series of workshops Elays Network, Live Karma Yoga, Wandsworth Council, and Healthwatch Wandsworth worked together. Elays Network began in 2003 as a community structure to support young people in Wandsworth. Nearly 11 years later the organisation works with people of different ages and backgrounds providing a network of support to the Wandsworth area. Live Karma Yoga offer accessible yoga and wellbeing practices in the local community and aim to impact social change through uniting people from all works of life.

Healthwatch Wandsworth work to be the independent champion for people who use health and social care services in Wandsworth. Healthwatch does this by finding out what matters to local people and ensuring that the Wandsworth communities' views shape health and care services in the area.

Wandsworth Council Public Health team, who were the project leads and recipients of the GLA funding, work across the borough to improve the health of the local population and reduce health inequalities between different groups so that residents can live longer, healthier, and more fulfilling lives.

¹ Public Health England. [Whole Systems Approach to Obesity](#). 2019

For this 'Healthy Place, Healthy Weight' project the collective aim was to bring the local community in Wandsworth, including the boroughs' most underrepresented groups, together with partners who work in health and social care to create an action plan for tackling childhood and family obesity.

The workshops

One of the most important parts of this project was hearing from a wide range of voices in Wandsworth. As a partnership we hosted two community centred workshops. The workshops brought together a wide range of stakeholders from those who work in health and social care to parents and children that live in the area (full list of workshop attendees is available in the appendix).

The two workshops aimed to create an action plan based on the co-production of system maps and local priorities. This learning will be shared with South West London Integrated Care System (SWLICS) and other stakeholders whose work tackles childhood and family obesity.

Elays Network, Healthwatch, Live Karma Yoga and the Wandsworth Council Public Health team formed a task and finish group which worked collaboratively to plan both workshops. This meant that Healthwatch Wandsworth could think about the best ways to collect data for a report alongside thinking about what outputs it would be best for the workshop to have. With the permission of attendees, the workshops were captured on video.

[Workshop One](#)

[Workshop Two](#)

Workshop One

The first workshop was focused on creating a comprehensive map of what places, actions and organisations are helping or hindering children and families in making healthy lifestyle choices and maintaining a healthy weight. Working in small groups facilitated by Elays volunteers, attendees worked together to identify key areas that are contributing to unhealthy lifestyles and childhood and family obesity in Wandsworth. Across the room, there were five key subject headings that the identified areas came under. The five areas are interconnected and had various overlaps between them. The key areas included:

- **Finances and socioeconomic status**
- **Mental health and positive definitions of 'healthy weight'**
- **Space**
- **Community**
- **Education**

Finances and socioeconomic status

This was the most common issue that came up across the different groups during the workshop. A workshop attendee said that “healthier foods often cost more”. People spoke about how low income, coming from a poor background, or being a single parent, disabled, sick or chronically ill, can make it difficult to be able to make healthy lifestyle choices for yourself and your family. The cost-of-living crisis was mentioned often as attendees felt that this was limiting people’s ability to choose healthy foods or invest time and money into exercise.

Mental health and positive definitions of ‘healthy weight’

Many of the groups in the workshop identified mental health and how people perceive what healthy weight is as something that can negatively or positively impact childhood and family obesity.

“What even is a healthy weight?”

“The weight that you can maintain that’s healthy but also you’re having fun, you’re not worried about how you look, you’re socialising.”

A wide range of attendees at the workshop, including young people and adults, said that having a positive sense of self is important to have a healthy lifestyle and a healthy relationship with your body.

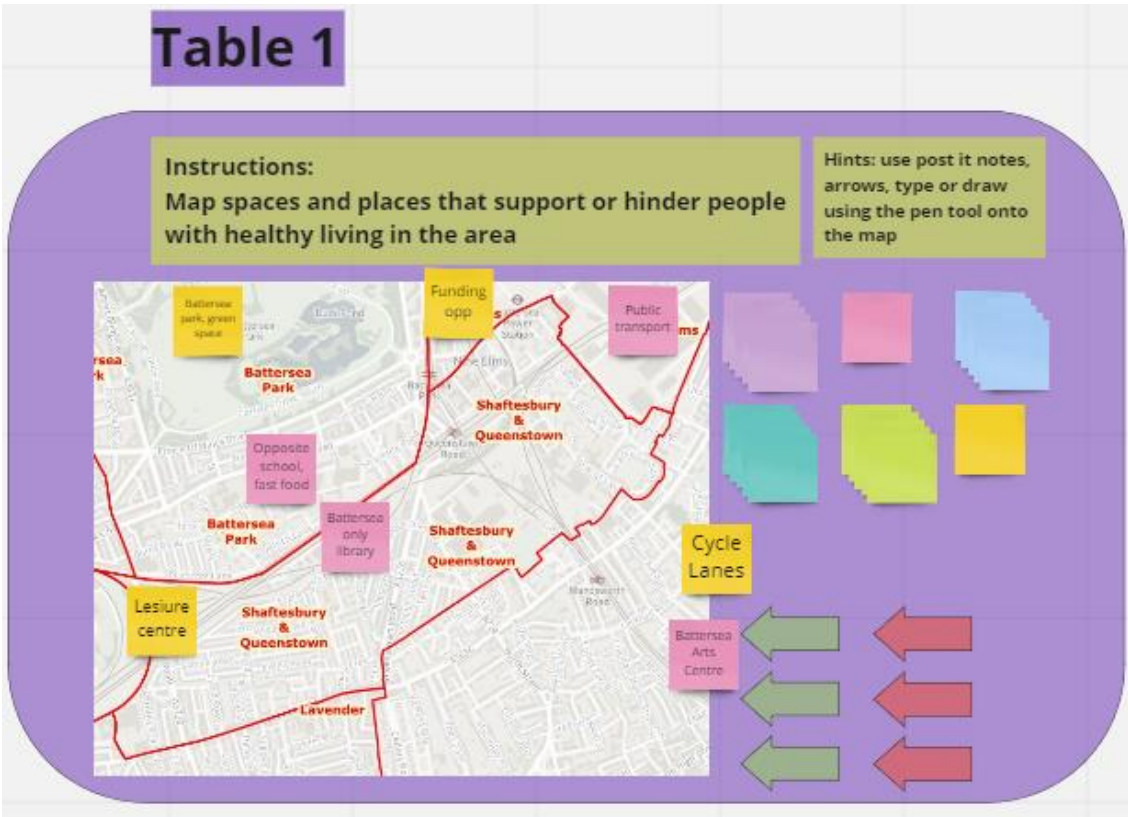
Many factors can impact people’s sense of self and well-being. Some of the issues that the workshop attendees spoke about included:

- Positive role models; people said that social media can be misleading and that there is a lack of healthy role models for young people.
- Some groups noticed the importance of family members being able to demonstrate healthy relationships with their bodies and how this influences how children understand themselves and their weight.

Space

Many of the groups spoke about how where they live and the facilities and resources that are local to them influenced what kind of lifestyle choices families and children made. Some topics discussed were:

- The importance of having accessible spaces to exercise. When thinking about accessible spaces to exercise attendees spoke about parks with



exercise equipment that are well-lit even in the evenings and promoting women’s only exercise classes or sessions.

- It was raised that there is a need to increase access to healthy and affordable food options in the local area as at present the most affordable and available option is fast food.

Figure 1. Map created by one of the groups during mapping exercise

Figure 1 is an example of the material that was co-produced in the first workshop. For further material produced in the workshops please see the Appendix.

Community focussed opportunities to engage with healthy living

At the workshop attendees spoke about the need for initiatives that promote social ways to engage with healthy habits and that are culturally specific and tailored to different communities’ needs. Many of the women from the local community spoke about how they attend Elays Network for exercise classes for women. One workshop attendee said “I do a yoga class each week at Elays Network, eat a balanced diet daily, and make sure I drink enough water.”

Education

Education was a key area of discussion as many of the groups in the workshop spoke about school meals and the need for opportunities to learn about healthy choices whether that is at school or in another type of learning format. People

said that it's important to learn about healthy lifestyles in a way that is relevant to the individual and their faith or culture, for example learning about healthy food from different places.

Workshop Two

Following workshop one, a local community resource pack (Appendix) was developed by the project group for attendees to have at workshop two. The resource included a concise directory of resources and services in Wandsworth that support residents and had space for attendees to reflect and record any personal or organisational pledges they wished to. In workshop two each table focussed on one area of intervention to recommend actions to be taken. Actions and pledges related to both individuals' own lives and to organisations.

To help workshop attendees think about different types of interventions and their impacts [a framework from Public Health England was used](#) to organise the interventions into different categories. 'Events' refers to events that we see around us and quick-fix solutions that are easy to implement. 'System structures' refers to interventions that reshape or redesign organisations and relationships within the system structure. 'System goals' refers to goals that the system could adopt to achieve change. 'System beliefs' refers to actions that attempt to change the mindset of deeply held beliefs of people shaping how things function. The final category of interventions is 'Interested in taking forward' where attendees could indicate action/s they were willing to take forward.

During the workshop the different groups tended to use the structure provided in personalised ways. The data recorded at each table has been included in the appendix of this report. Some groups made more personal commitments of actions to take forwards. Some tables used the chart to map stakeholders whilst others used the table structure to chart actions targeting different system areas.

Actions and pledges

The aim of the second workshop was to bring stakeholders together to prioritise areas for interventions and to propose actions that can help to tackle childhood and family obesity. Some of the pledges and suggested actions from individuals and organisations included:

Finances and socioeconomic status

- Wandsworth Council pledged to use the information gathered to help conduct a gap analysis and make recommendations. Public health will continue to have conversations about this and influence the system.

Mental health and positive definitions of healthy weight

The personal pledges that individuals working at this table made included:

- Be kind to body and mind
- Drink more water
- Get 10,000 steps a day

Space

The focus at this table was on ways to make green space more accessible.

- Increasing use of sails for play in all weather
- Improving lighting in parks
- Encouraging play time in all weather and increasing play time length
- Making sure that equipment in public parks is well cared for

Community focussed opportunities

This group spoke about different cultures' understandings of weight and health.

- Collaboration to deliver useful workshops in the community

Education and educational institutions

- Becoming part of [Healthy catering commitment](#)

Conclusion

The Healthy Place, Healthy Weight Wandsworth project created an opportunity for various partners across the system to work together and share their personal and professional experience on the barriers that children and families face when trying to achieve a healthy weight, lifestyle, and a healthy relationship with their bodies. It gave a platform particularly and importantly to local residents to share their lived experiences and ideas. This pilot has provided a framework for a wider whole systems approach that can be adopted across the borough and has demonstrated the successes and lessons learnt from this collaboration. However, the work doesn't stop with just the workshops. Honesty, continuous partnership, and joint working will now be the key drivers in creating sustainable and healthy changes in our communities. Follow up with stakeholders will be taking place later in 2023 in the form of 'you said, we did' to keep stakeholders abreast of the work that has taken place since the workshops.

Appendix

Resources from Workshop One:

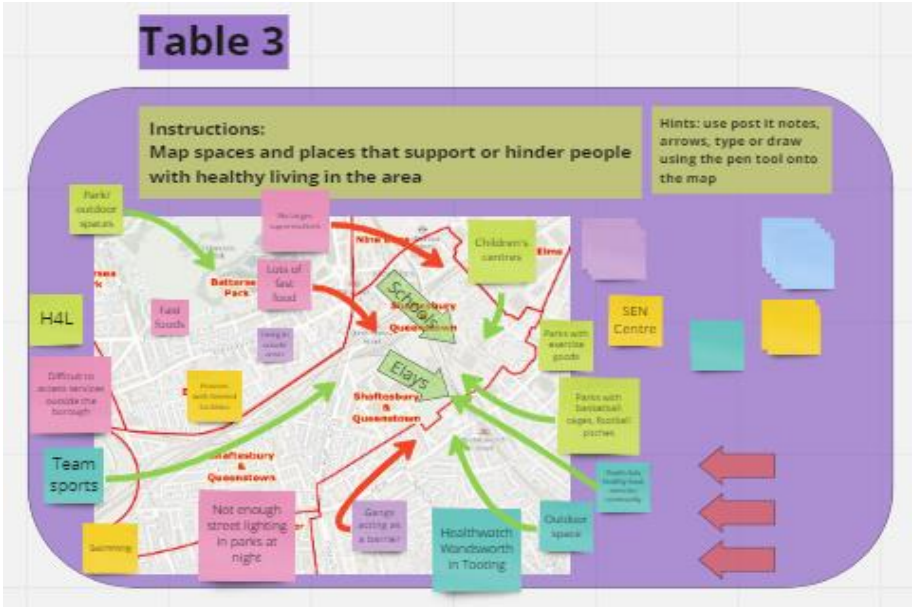
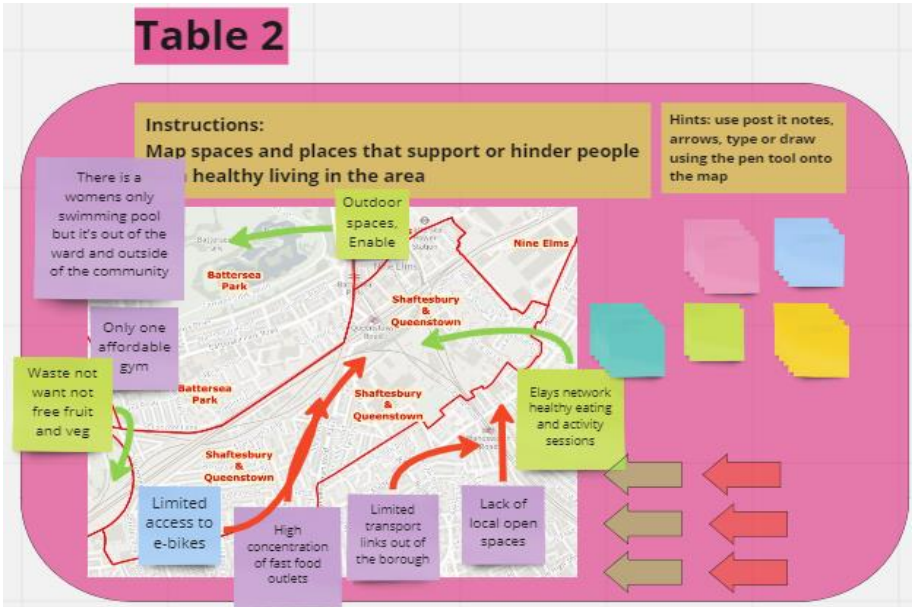


Table 4

Instructions:
Map spaces and places that support or hinder people with healthy living in the area

Hints: use post it notes, arrows, type or draw using the pen tool onto the map




Table 5

Instructions:
Map spaces and places that support or hinder people with healthy living in the area

Hints: use post it notes, arrows, type or draw using the pen tool onto the map





Table 6

Instructions:
Map spaces and places that support or hinder people with healthy living in the area

Hints: use post it notes, arrows, type or draw using the pen tool onto the map



Resources from Workshop Two

In workshop two we used Public Health England’s [Resource U Action Register](#) to structure each groups conversations.

Finance and socioeconomic status

Short term events	System structures	System goals	System beliefs	Interested in taking forward
Free events that focus on health, exercise, and education about healthy lifestyles	Healthy areas e.g. ensuring there are healthy food options and free opportunities to exercise even in places with high levels of multiple deprivation	Introduce free induction classes for gyms that could be accessed through GP referral	No responses recorded in this section	Public health will use the information gathered today to develop a gap analysis and make recommendations. Public health will continue to have conversations about this and influence the system
Activities that encourage healthy weight such as afterschool clubs and youth clubs	Safe spaces to play that are cared for, areas that are resources and properly monitored (e.g. exercise equipment in parks)	Classes for parents on understanding human anatomy and why it’s important for healthy lifestyle and weight		
Safe spaces to play that are cared for, areas that are resources and properly monitored (e.g. exercise equipment in parks)	Flexible working for people who are single parents/ are ill/ disabled/ struggle with work for other reasons	Eat well guides that are culturally appropriate at a regional level		

Support for single parents to find work that supports them and helps them to live a healthy lifestyle	Education for adults and children	Community growing gardens		
Opportunities to learn about affordable food and cooking (in school or in community groups)		'Cooking on a budget' lessons within the community		

Mental health and positive definitions of 'healthy weight'

Short term events	System structures	System goals	System beliefs	Interested in taking forward
Education, school talks, for example having influencers come in to talk about realistic health goals	Parents, caregivers	Knowledge and compassion	Sustainable planet 42% of children worry about the environment	Try to get more sleep
Council support	Role models	PSHE	Positive body image	Get more fresh air
Funding	Social media	Love yourself – move, eat, rest, sleep, play	Personal, not perfection – showcase the truth	Drink more water
Community Care	Support	Be kind to your body and mind	Should not believe that stress = best but that self care is a	Eat more fruit and healthier food

			good thing to centre	
Action/ hubs/ centres	Schools	Social connection and community		Get 10,000 steps today
	Community			PSHE
				True stories from influencers

Space

Short term events	System structures	System goals	System beliefs	Interested in taking forward
Fitness instructors at green gyms to support and encourage use from different ages	800 hectares of park/ common ground in Wandsworth - needs to be utilised more, toilets, shade, supporting these needs with baby changing facilities	Chestertons yearly international day - people bring in food from different backgrounds - cultural foods with a health twist	Things are being done, the community just don't know it	No details given in this section
ENABLE can support with walk leader training to help communities develop their own walking groups	How to get the info out there? - through parents at schools	Increase participation, increase use		
Festivals - invite communities 'did you know what's on?'	Providing 'sails' in playgrounds to cater for all weather	Increase lighting in parks and playgrounds		

More networking opportunities to bring the community together, all stakeholders	Schools - provide more play time not to take it away for 'bad behaviour', increase PE times (currently 1hr per week)	Increase lighting in parks and playgrounds		
Tree/ biodiversity educational walks hosted by enable, physically use the space and become engaged in the surrounding area promoting movement		Overcoming language barriers		
		Increase water fountains		

Community focused opportunities to engage with healthy lifestyle choices

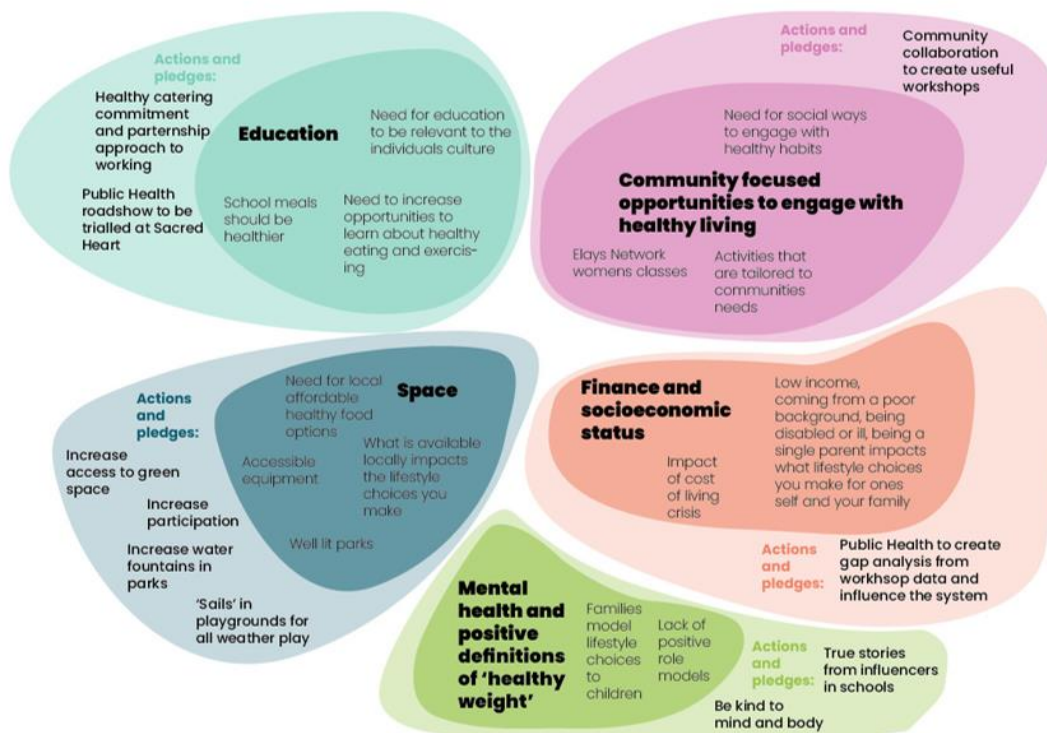
Short term events	System structures	System goals	System beliefs	Interested in taking forward
Community collaboration to create useful healthy eating workshops	No details given in this section	Bring your own fruit packed lunch	People from different backgrounds to represent communities' concerns	Scope out schools and their healthy eating policies
				Reach out to groups who have contacts in education

Health education and educational establishments

Short term events	System structures	System goals	System beliefs	Interested in taking forward
Breakfast clubs	Link public health and schools in a systematic way	Brightside magazine – to ensure information is accessible to people from different backgrounds and who speak different languages	No information provided in this section	Healthy Catering Commitment and partnership approach
Public health roadshows in schools	Messaging and information, widening access	Opportunities for businesses to support healthy lifestyles through mutually beneficial partnerships as part of CSR (Corporate Social Responsibility?)		Public Health roadshows – to be trialled at sacred heart
	Brightside magazine			Taking more of a systematic approach
	The use of school dinners			

Action plan* and the system

Summary of system and actions



* The action plan will be consulted on by key partners and may not always be aware of the full variety of activities across the borough. The plan will feed into a gap analysis on childhood obesity being conducted across the borough.

Full list of workshop attendees

Abdirahman Xirsi

Zahra Bihi

Eva

Tolu Oloyede

Saffron Mustafa

Sarah Cook

Kate Jennings

Georgina Fahy

Jaslin Seehra

Zdenka Buchan

Elizabeth Oddono

Hannah Opstad

Amish Pankhania

Amran Mohamed

Ruby Barnett

Richard Willmott

JoAnn Taylor-Villanueva

Katie Thomson

Sarah Fleming

J. Zakia Swaby

Kaity Hall

Clive Andrews

Sarah Forester

Vicky Pigott

Fitzroy Beckford

Marie Hanson MBE

Abdulkadir Abukar

- Amina
- Amina Warsame
- Ifrah Salad
- Nasra Warsame
- Tia San-Norton
- Lee Pittock
- Hamdi Adde
- Hannah Opstad
- June Pilgrim-Ndure
- Natalie Daley
- Peter Green
- Patricia Kanneh-Fitzgerald
- Kaci Taylor
- Amal Sheek
- Samsam

