



**Glasgow's Healthier Future Forum 8
Event Report**

'Glasgow – Culture, Wellbeing and the Economy'

30 June 2009

Overview

The 8th meeting of Glasgow's Healthier Future Forum took place on Tuesday 30 June 2009. The event was held at the Glasgow Centre for Population Health's new office location – House 6, 94 Elmbank Street, Glasgow.

The focus of the forum was 'Glasgow – Culture, Wellbeing and the Economy'. Presentations were heard from Dr Sandra Carlisle, Research Fellow at the University of Glasgow, Steve Inch, Executive Director of Development and Regeneration Services at Glasgow City Council and Dr Pete Seaman and Dr Andrew Lyon from the Glasgow Centre for Population Health (GCPH) and International Futures Forum (respectively).

A total of 81 people attended this event from NHS boards, local authorities, CH/CPs, voluntary sector, academia and the Scottish Government. (A copy of the delegate list can be found in Appendix 1.)

The format consisted of presentations followed by round table discussions. Dr Rosie Ilett, GCPH Deputy Director, chaired the event and began the session by welcoming everyone to what would be an interesting morning of presentation and discussion. (See Appendix 2 for the event programme.)

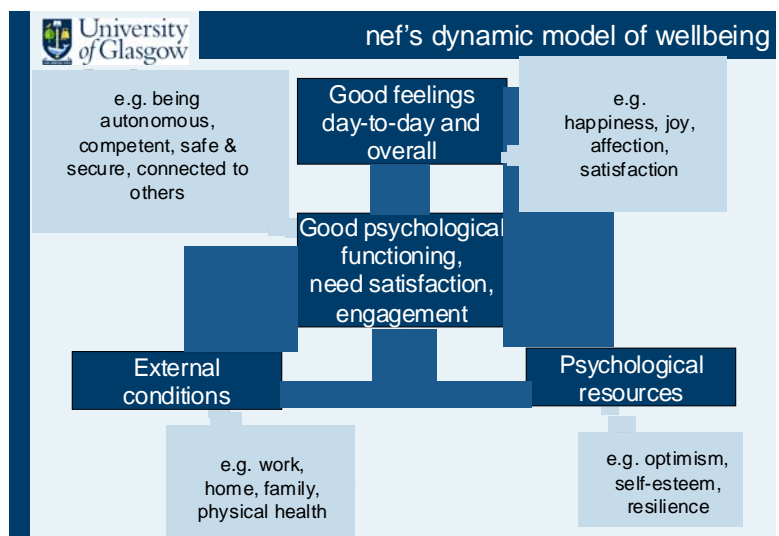
Presentations and key discussion points

Dr Sandra Carlisle – Wellbeing, Culture and the Language of Consumption

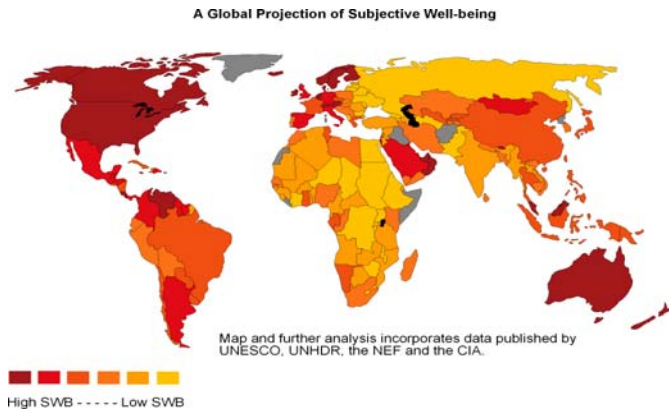
Dr Carlisle's presentation focussed on wellbeing – with findings from the 'science' of wellbeing; culture – the role of modern culture in wellbeing and the concept of consumption as the 'social conversation'; and re-thinking the future – why we need to protect wellbeing whilst facing an 'uncertain' future.

Sandra's key subject areas included:

- Key findings from psychological research – heritability, set point theory, adaptation theory and social comparison theory
- Paradoxes in economic research
- Problems for wellbeing research
- Nef's dynamic model of wellbeing
- The 'rules of happiness'



- Structural/material understandings of wellbeing
- Wellbeing in developed societies
- Symbols, status and meaning
- Consumption as language
- Facing up to inevitable change
- New thinking for real meaning



Quotes from focus groups carried out by Dr Carlisle were also used to enforce some of the key points. Three themes were included - 'The iron cages of Consumerism' (prisoner group), 'Education as a consumer product' (head teacher) and 'Exclusion from the language of goods' (mental health advocacy group).

- Example – 'Education as consumer product'

"People everywhere live busy, consumer-driven lives. Their energies are devoted to money, mortgages and there's no time for emotional energy"

"Their children are the same. It's very much 'I want to be a lawyer, doctor or dentist'. They're very materially focused."

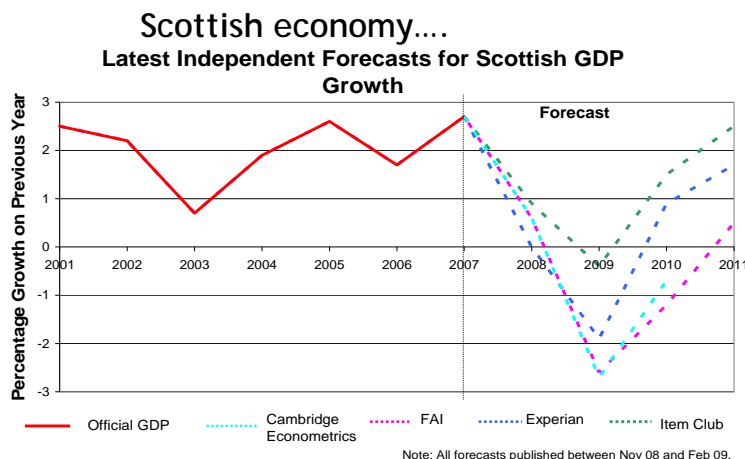
(Head teacher)

For a copy of Sandra Carlisle's presentation slides go to <http://www.gcph.co.uk/content/view/199/157/>

Steve Inch – Glasgow: Regeneration and Recession

Steve Inch delivered a presentation focused on the current financial climate and the challenges that this has created or will create in the future for the City of Glasgow. He covered areas that included:

- The economic background of Glasgow
- The current economy
- Implications for Glasgow and Glasgow City Council
- The Council's strategy for recovery



A comprehensive overview of the current financial situation in which Scotland, and more specifically Glasgow, currently finds itself was followed by comparisons with the rest of the UK and forecasts for future growth.

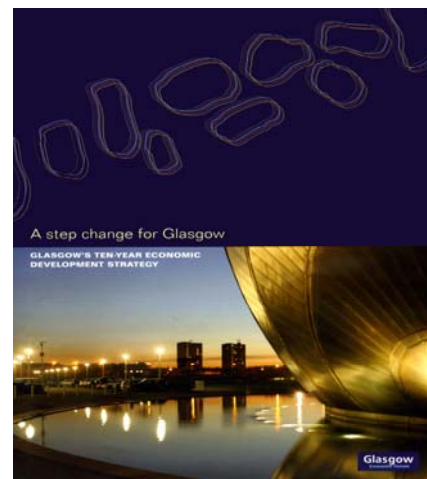
Employment figures, identified through the levels of claimed Job Seekers Allowance (JSA), in Glasgow were also given to May 2009. These showed an increase in claimant numbers in the last 2 years. A marked increase in the number of JSA claimants compared to each vacancy available is also notable. In May 2006 there were 2.1 JSA claimants per vacancy compared to current figures (May 2009) with 11.0 claimants per vacancy.

The presentation ended with a look to the current and planned work being undertaken by the council to mitigate against effects of the current economic climate.

Four key themes for responding to this type of economic climate were noted – supporting business, managing impacts on communities, managing impact on council services and preparing for recovery.

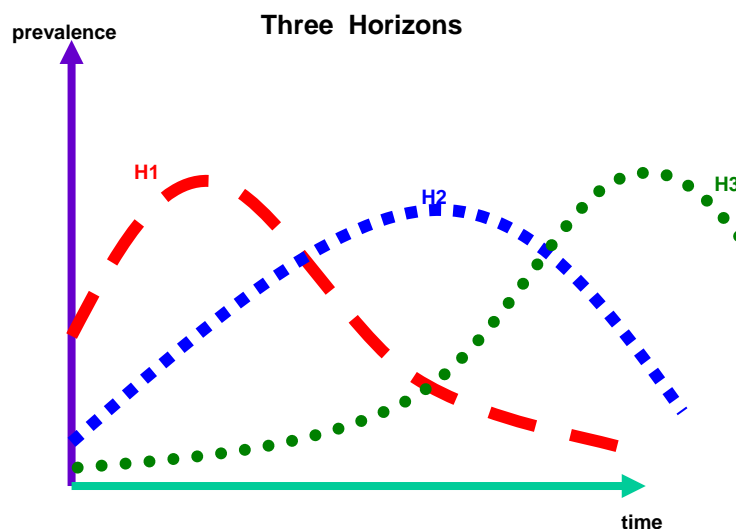
Also described was the ‘10 point recession programme’ and reference was made to the City’s ‘Local Economic Framework’.

For a copy of Steve Inch’s presentation go to <http://www.gcph.co.uk/content/view/199/157/>



Dr Pete Seaman and Andrew Lyon – Seeking resilience in the city

Andrew Lyon introduced the Three Horizons model – a methodology devised by colleagues at the International Futures Forum, which has been used and developed by the Glasgow Centre for Population Health (as below)



Andrew explained that the model represents different orientations or ways of thinking towards 'action'. Three 'horizons' are plotted with prevalence of action against time.

First Horizon (H1) represents ways of working that are 'ticking over' and is a space where extant systems and methods of action are present. The focus is on tackling today's issues with today's ideas and the emphasis on efficiency and value for money.

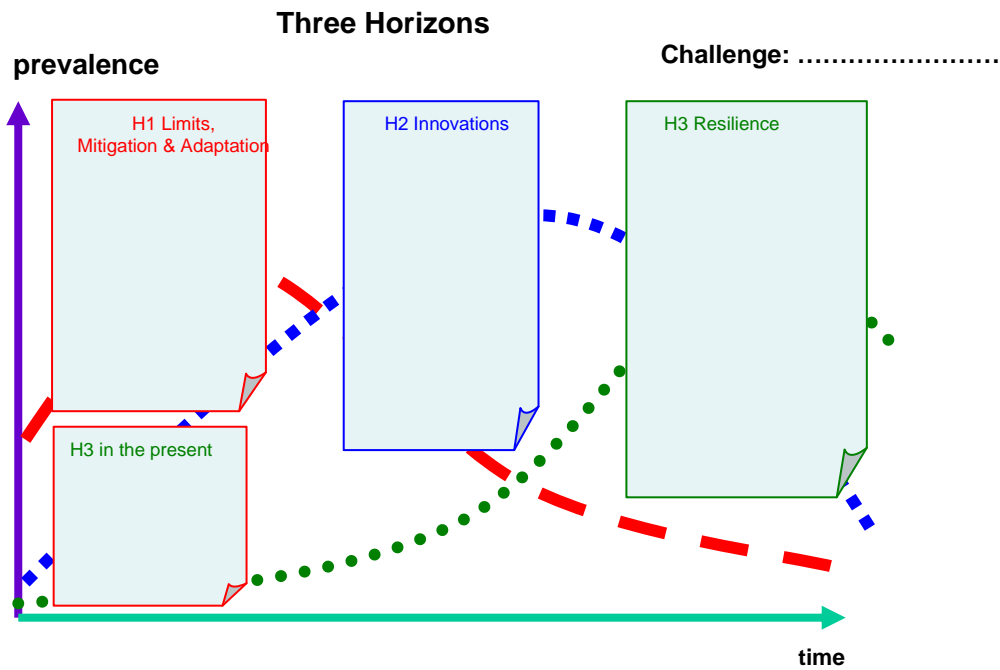
The second horizon (H2) highlights that our current way of working and addressing challenges can become less effective and are potentially no longer 'fit for purpose' usually due to a persistent or evolving problem that is not being adequately addressed. New ideas and approaches begin to emerge and research and development functions give us a new understanding for policy and action. In general, a move occurs from H1 to H2 when the methods of H1 are no longer effective. This also tends to incorporate the different style of thinking associated with the third horizon (described below).

In the third horizon perspective (H3) there is a focus on the consequences that actions have in the longer term. It is from this horizon, based on fundamentally different premises, that radical innovation and change can come. This way of thinking can appear to be 'left-field' and not relevant to current concerns, or consist of 'radical ideas' which are not comfortable to those in the mainstream.

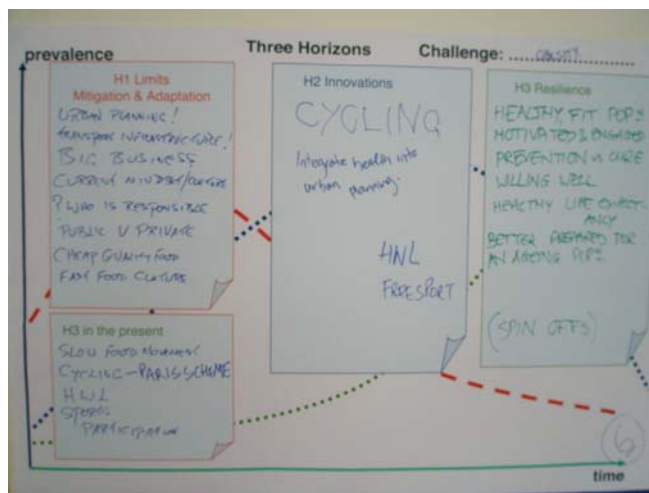
After this brief overview, Pete Seaman went on to add context to the Three Horizons model with background to the work of the Civic Conversation¹ and how the Three Horizons model was used within that work.

Each table was invited to try out the Three Horizons model. They were asked to think through a topic of their choice, putting thoughts and ideas down on poster size versions of the Three Horizons model (as shown below).

¹ For a Resilient City - Insights From a Civic Conversation in Glasgow (report)
<http://www.gcph.co.uk/content/view/18/35/>



The work of each table was then showcased on the walls of the conference room for participants to view and to reflect on their own, and other tables' work and ideas. An example of a completed poster – relating to Obesity – is shown below.



For a copy of Pete Seaman and Andrew Lyon's presentation go to <http://www.gcph.co.uk/content/view/199/157/>

Forum conclusion

Professor Carol Tannahill, GCPH Director, closed the forum by summarising some of the key points made during the morning. As a reinforcement to the focus on moving thinking towards action, Prof Tannahill asked everyone to reflect on what they had heard and discussed during the morning and then to write down one or more actions that they would take away with them. This time for personal reflection was then followed by thanks from Prof Tannahill for a productive and thought provoking morning and an invitation to continue the conversation during lunch.

Feedback and event evaluation

Presentation and discussion feedback

Feedback was gathered from the event via two different methods. Participants were firstly asked to record on special 'placemats' (Appendix 3) any points raised during presentations and/or discussion sessions that they felt were of significance. They were also given an event feedback sheet to complete at the end of the morning (see Appendix 4).

Wherever possible a facilitator from GCPH was allocated to each of the 10 round tables. They were not given any official questions to ask but were requested to stimulate as required, persuade those around the tables to record their thoughts, and to record any prominent pieces of information that they felt should be noted and fed back.

The main themes that emerged from the written feedback include:

- ***There is a need to take advantage of the current climate and use it to increase our ability to improve health and wellbeing, at the same time as promoting economic reform and growth***

'...need to find new ways of supporting the economy while changing values. A sudden revolution would destabilise, but more of the same will not be sustainable'

'wellbeing, culture and the economy all equally important and connected'

'the challenge of merging the language of economics and regeneration with the language of health and wellbeing'

- ***We need to develop new indicators and ways of measuring wellbeing which encompasses wellbeing and economic outcomes***

‘Recession should be an opportunity to review the past and approach the future with new ideas, plans and priorities that recognise we can’t have a financially flourishing society if we don’t invest in improving health and reducing inequalities’

‘...the need for a genuine and shared method of describing and measuring the wellbeing of communities and large urban/rural areas’

- ***We need to continuously focus on equalities in all actions that we take*** (It was also noted that this was not covered fully enough in the presentations that were given)

‘In our workshop we especially covered inequalities (in income and wealth) and we felt it was not sufficiently covered in the presentations’

‘Inequalities side is very important to Glasgow’

‘Inequality as influential dimension of wellbeing seems missing’

‘How can we have a particularly flourishing society if we do not invest heavily in health and equality’

- ***Partnership working is essential, as is the inclusion of all sectors in the thinking around the way forward – not just the public sector***

‘I didn’t hear much about partnership working and how together, local communities, organisations, public, third and private sectors can support the people of Glasgow to weather the recession’

‘Partnership working is the key....across organisations, sectors and people’

- ***Changing culture may be required but this is challenging – the concept of ‘citizenship’ should be a focus***

‘...re-focus from consumerism to citizenship and for public services to move to a more enabling role, rather than necessarily direct delivery, thereby supporting active citizenship rather than encouraging passive recipients’

- ***Current working and thinking is relatively good but we need to do more***

‘Both session one and two both very closely linked but approaches to improving wellbeing not being adopted in response to recession although this is a huge opportunity to do so’

‘The need to marry up the research and thinking around wellbeing with Local Authorities/Community Planning. Much of the potential for innovation is lost.....focussing exclusively on economic recovery, jobs etc and thereby the focus and the likelihood of wellbeing being nurtured is diminished’

General event evaluation

Participants were also asked to provide general comments about the forum, its theme and its usefulness to their day to day work. Illustrative comments are provided below.

- ‘Brilliant – fascinating discussion and good presentations. A very valuable session’
- ‘Good way to bring a very diverse set of people together – help people see and understand other people’s perspectives in discussions which otherwise unaware of’
- ‘A valuable focus on the health context of Glasgow as a city with particular circumstances and dynamics. Always an interesting group of people/thinkers/players. Link to the city administration remains important’
- ‘Good forum for discussion and encouraging new thinking/creativity, can we deliver real change?’
- ‘Useful in widening horizons and linking work to other developments’
- ‘Good to generate discussion and gain insight. Could perhaps do with more hands on/practical input?’
- ‘Exceptionally useful – keep inviting widest possible range of participants’
- ‘Good opportunity to network and discuss ideas but could have been more practical outcomes. How do we take this forward?’
- ‘Very useful – good to link this into other structures in the city eg health theme within community planning’
- ‘Provides a wider view of the city – health, economy, new ideas and ways of thinking’

Follow up discussion meeting

A desire to take action and work towards increased wellbeing during economic recession was a theme which became evident during the event and from the feedback received. To this end, a follow up discussion meeting was suggested. This meeting will take place on Tuesday 28 July 2009 and will include, again, a range of participants from a variety of different backgrounds who are eager to work towards accomplishing some of the ideas and prospects alluded to in the feedback of the main event.

Outputs from this meeting will be available to download from the Glasgow Centre for Population Health website – www.gcph.co.uk

Appendix 1 – Delegate list – Healthier Future Forum 8

Firstname	Surname	Organisation
Jenny	Ackland	NHS Greater Glasgow & Clyde
Susan	Aktemel	Impact Arts
Eugenie	Aroutcheff	Space Unlimited
Brian	Baker	
Hamish	Battye	South East Glasgow CHCP
Anne	Birch	Scottish Centre for Social Research
Robert	Booth	Glasgow City Council
Evelyn	Borland	North Glasgow CHCP
John	Boswell	Scottish Forum for Public Health
Allan	Boyd	NHS Greater Glasgow & Clyde
Morag	Brown	North Glasgow CHCP
Sandra	Carlisle	University of Glasgow
Jill	Carson	South West Glasgow CHCP
Laura	Carswell	Neilston Development Trust
Carol	Chamberlain	NHS Lanarkshire
Ting Fong	Choy	NHS Greater Glasgow & Clyde
Mark	Cohen	NHS Greater Glasgow & Clyde
Sylvia	Collumb	NHS Greater Glasgow & Clyde
Anne	Conrad	Scottish Environment Protection Agency
Flora	Cornish	Glasgow Caledonian University
Jennie	Coyle	Glasgow Centre for Population Health
Pauline	Craig	Glasgow Centre for Population Health
Cllr Stephen	Curran	Glasgow City Council
Nic	Dickson	Culture and Sport Glasgow
Anne	Docherty	NHS Lanarkshire
Margaret	Donaldson	Next Door Associates/Glasgow University
Jackie	Erdman	NHS Greater Glasgow & Clyde
Marion	Findlay	NHS Lanarkshire
Paul	Fletcher	Edinburgh University
Jenny	Flinn	Glasgow Caledonian University
Jan	Freeke	Glasgow City Council
Pauline	Gallacher	Neilston Development Trust
Fiona	Garrett	No Strings Attached (Scotland)
David	Gordon	NHS Health Scotland
Lindsay	Gray	MRC Social & Public Health Sciences Unit
Neil	Hamlet	NHS Fife
Edward	Harkins	Independent Consultant
Anne	Hawkins	NHS Greater Glasgow & Clyde
Pauline	Hennessy	Mainliners
Daniel	Hinze	Scottish Government
Rosie	Ilett	Glasgow Centre for Population Health
Steve	Inch	Glasgow City Council
Doreen	Jenkins	South Lanarkshire Council
Sarah	Jones	Health and Safety Executive
Russell	Jones	Glasgow Centre for Population Health
Kalonde	Kasengele	MRC Social & Public Health Sciences Unit
Philip	Kelly	South Lanarkshire council
Cath	Krawczyk	NHS Greater Glasgow & Clyde
Trevor	Lahey	NHS Greater Glasgow & Clyde

Firstname	Surname	Organisation
Mark	Langdon	Culture and Sport Glasgow
Graham	Leicester	International Futures Forum
Andrew	Lyon	International Futures Forum
Ewan	Macdonald	Glasgow University (Healthy Working Lives)
Liz	Maguire	Glasgow City Council (DRS)
Jan	Martinez	JRD Trust
Chloe	McAdam	MRC Social & Public Health Sciences Unit
Gerry	McCartney	MRC Social & Public Health Sciences Unit
Sabina	McDonald	South West Glasgow CHCP
A	McKay	
Will	McKay	Culture and Sport Glasgow
Fiona	McKie	Glasgow Centre for Population Health
Ally	McLaws	NHS Greater Glasgow & Clyde
Jennifer	McLean	Glasgow Centre for Population Health
Valerie	McNeice	Glasgow Centre for Population Health
Annette	McWilliams	New Shaws Housing Organisation
Andy	Milne	SURF
Annette	Monaghan	NHS Greater Glasgow & Clyde
Margaret	Moore	Scottish Government
Marese	O'Reilly	NHS Health Scotland
Susie	Palmer	Glasgow City Council
Jane	Parkinson	NHS Health Scotland
Brian	Patterson	GSERA
Susan	Pettie	Prophet Scotland
Saket	Priyadarshi	Glasgow Addiction Services
Cathy	Rice	South West Glasgow CHCP
Julie	Riddell	Glasgow Centre for Population Health
Karen	Roome	Glasgow Caledonian University
Kevin	Rush	Glasgow City Council
Jackie	Sands	NHS Greater Glasgow & Clyde
Pete	Seaman	Glasgow Centre for Population Health
Shrijana	Shesta	
Bridget	Sly	Culture and Sport Glasgow
Anthony	Sneider	BPS Scotland
Theresa	Storm-Ohm	Glasgow Centre for Population Health
Hugh	Sweeney	NHS Lanarkshire
Carol	Tannahill	Glasgow Centre for Population Health
Martin	Taulbut	NHS Health Scotland
Ian	Taylor	Jobcentre Plus
Stuart	Telfer	University of the West of Scotland
Lucy	Thompson	NHS Greater Glasgow & Clyde
Vicki	Trim	Health Improvement Consultant
James	Trolland	
Julie	Truman	NHS Greater Glasgow & Clyde
Sophie	Turner	University of Glasgow
David	Walker	Inverclyde CHP
Helen	Watson	Inverclyde CHP
Bruce	Whyte	Glasgow Centre for Population Health
Peter	Withers	NHS Tayside

Appendix 2 – Glasgow’s Healthier Future Forum 8 Programme

Glasgow’s Healthier Future Forum 8

‘Glasgow – Culture, Wellbeing and the Economy’

Tuesday 30 June 2009

9.00 – 12.30pm

Geoffrey Shaw room

Strathclyde House 6, 94 Elmbank Street, Glasgow

9.00 – 9.30	<p>Registration Tea/Coffee</p> <p>Viewing of <i>‘Miniature Glasgow’</i> & <i>‘Views of Health in Glasgow’</i> (GCPH Conference room, 1st floor)</p> <p>Bruce Whyte Public Health Programme Manager, GCPH</p>
9.30 – 9.45	<p>Introduction to the morning</p> <p>Dr Rosie Ilett (CHAIR) Deputy Director, GCPH</p>
9.45 – 10.30	<p><i>Wellbeing, culture and the language of consumption</i></p> <p>Dr Sandra Carlisle Research Fellow, University of Glasgow</p>
10.30 – 11.15	<p><i>Regeneration and Recession</i></p> <p>Steve Inch Executive Director, Development and Regeneration Services, Glasgow City Council</p>
11.15 – 11.30	<p>Tea/Coffee</p>
11.30 – 12.15	<p><i>Seeking resilience in the city</i></p> <p>Dr Pete Seaman Public Health Research Specialist, GCPH</p> <p>Andrew Lyon Converger, International Futures Forum</p>
12.15 – 12.30	<p>Closing remarks</p> <p>Prof Carol Tannahill Director, GCPH</p>
12.30	<p>Lunch</p>

Appendix 3 – Thoughts and Ideas ‘Place Mats’



Your thoughts, ideas and comments.....

Session 1

Wellbeing culture and the language of consumption

Session 2

Glasgow – Regeneration and recession

Session 3

Seeking resilience in the city

Appendix 4 – Evaluation Sheet



Glasgow's
Healthier Future
Forum 8

'Glasgow –
Culture, Wellbeing
and the Economy'

30 June 2009

Please provide us with general comments about your experience of this meeting of Glasgow's Healthier Future Forum:

Which of the issues discussed, or points made at this Forum, do you consider most important?

Have you attended any previous meetings of the Forum?

Yes / No

Have you attended any other Glasgow Centre for Population Health events?

Yes / No

If yes, please list details here:

What is your view on the usefulness of the Forum?

How might we improve future events?

Optional information:

Name:

Organisation: