

Influence Panel feedback

20 October 2016

Healthy New Town – Simon Bone, Whyndyke Garden Village

Chair Nick Milne welcomed Simon Bone, project manager for the Whyndyke Garden Village Healthy New Town Development, who gave a presentation on the plans to develop the site.

Question 1: What type of facilities would you require to meet the principle of ‘what makes/keeps you well’?

- Health facilities for the over-60s and 70s
 - Gym-type facilities with exercise equipment suitable for older residents
- Link the cycle ways so people can ride to the prom
- Allotments
- Orchard/woodland walks
- Footbridge across Preston New Road to make it possible to cross
- Park benches across the whole site for those who can only walk a short distance without needing to rest
- Access to good quality wifi connection
- Avoid using technology that can quickly become old fashioned and obsolete (iPads was the example)

Question 2: How would you feel about your health statistics being monitored remotely?

- The group was generally supportive but recognised their needed to be a way of assessing how statistics were used to benefit residents/patients
- “With mobile phones being embraced by the community this is the most exciting part of this project and could revolutionise health records”

Questions 3: What type and level of activity would you like to be involved in to help keep you healthy?

- Breastfeeding/parenting groups
- Steer clear of traditional sports as people do not like to participate in them – need to keep it at a lower level

Question 4: Would you access this activity as part of a mixed age range group or more as a group of similar age range and level of fitness?

- Age range/fitness levels don’t come into it when specifically looking at activities for people with mental health issues



influence Panel

Have your say and make a difference

- Where possible a good mix of age ranges could invoke a community spirit
- However gender and age-specific classes would be more appropriate for some people
- Older people can often want to give something back and help with the community. They have invaluable life experience.

Other points raised

- There could be an issue with smoking in or around parks and especially near to the commercial area
- Room sizes used for activities are important as people can feel intimidated if the room is too large.