

65  
High Street



Ian Morrell: Development Manager@65 High Street

Nailsea, North Somerset BS48 1AW

[ian@nailseatowncouncil.gov.uk](mailto:ian@nailseatowncouncil.gov.uk)

07934 291670



# The Importance of a 'Place'

## **No 65 users (examples)**

- 2<sup>nd</sup> Step (mental health) cafe
- 6t5 Youth Club
- Art and craft exhibitions
- ASD support group
- Better Nailsea/Nailsea in Bloom
- Boom Satsuma
- Cancer Café
- Citizens' Advice/NS Council
- Dementia Meeting Centre?
- Therapeutic art/craft groups
- Wellspring Counselling
- Workshops
- Young Carers

## **Run by us**

- Hidden Histories
- KiActiv@65
- NHS Digital: Techno-Timid
- Switching Service

**Concept created in  
the 1970's by Aaron  
Antonovsky**

The principle is to  
focus on peoples'  
resources and  
capacity to create  
health

Not on the medical  
medical focus of risks,  
ill health, and disease.

# Salutogenesis@65

## Key Terms

- Sense of Coherence
- Learned Resourcefulness
- Learned Hopefulness
- Connectedness, Belonging, Resilience
- Health, Stress and Coping
- Problem Solving and Activation

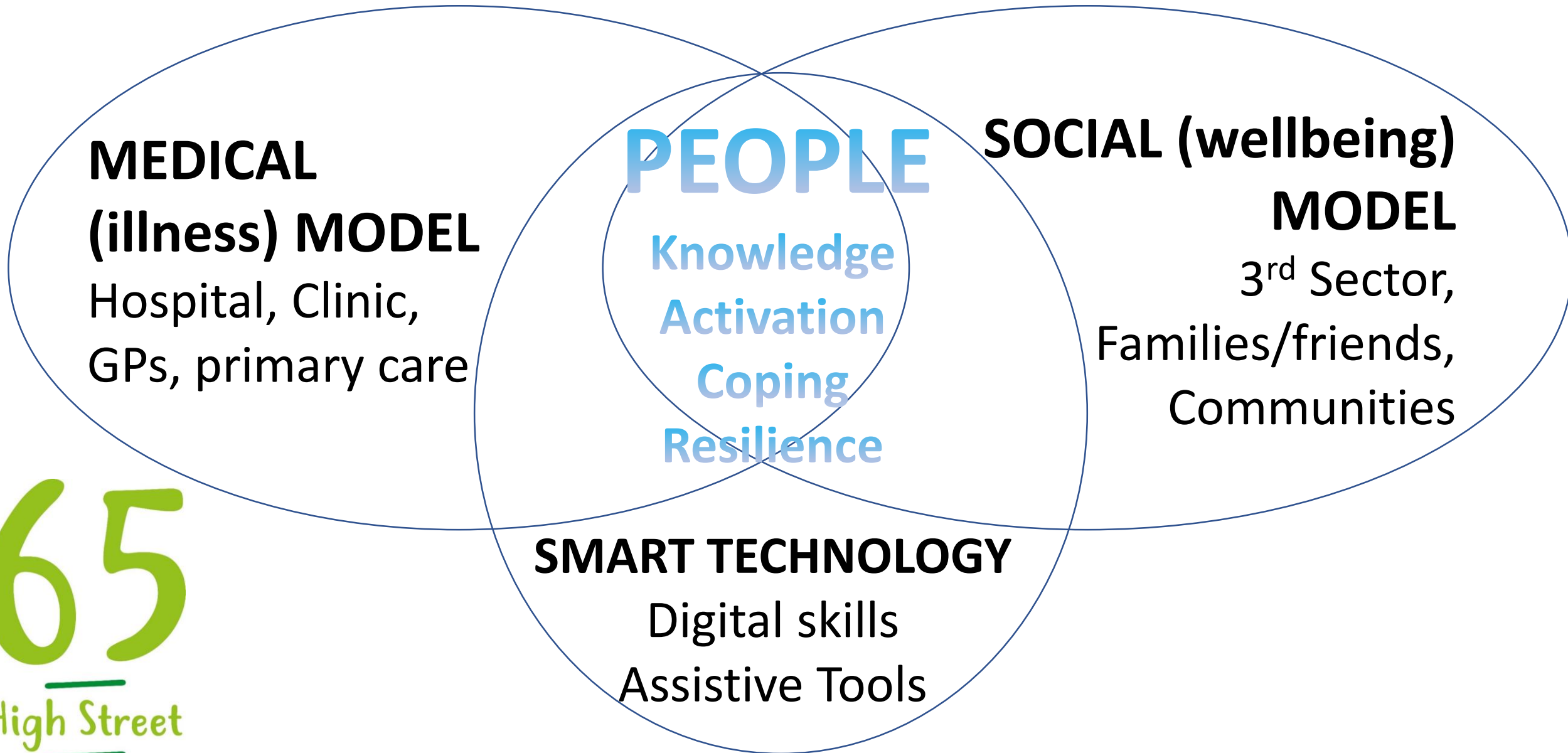


# Treat the Person not the Condition

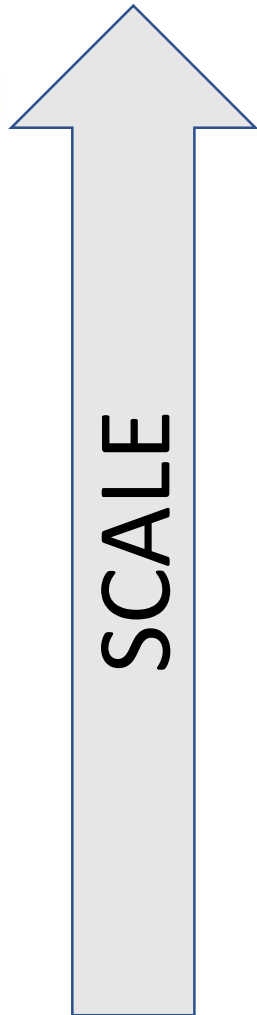
‘no decision about me without me’

- Wellbeing is made at homes and in communities, not in hospitals and clinics
- Community organisations are resourceful, adaptable and cost effective
- Community groups need places (not council one-stop shops) to meet, share, support – places connect people
- Community not agency-led has unique advantages
- Develop knowledge and confidence

# People-Centred Health and Wellbeing



# Linking the Medical and Social Models



Statutory Bodies e.g NHS, District/County Councils, large charities

## **BARRIERS TO COLLABORATION**

not done/invented here, silos, budgets, policies, professional boundaries, reorganisations, trust, power

3<sup>rd</sup> Sector e.g. volunteers, local charities, Community Interest Companies (CICs), housing associations



## Our Ethos

**JUST DO IT.**

- We are custodians not owners
- Human scale and relationships not economies of scale and structures
- No labels and no silos
- Trust people: listen and learn
- Synergy happens one conversation at a time
- Less Planning = More Serendipity
- It's easier to apologise than ask permission
- Amazing things happen when no one wants to take the credit



## What's the Relevance to our Sector?

- **Health and wellbeing** (increasingly broadly defined): we are already more involved than we realise
- **Parish councils** have access to key resources: networks, influence, coordination, buildings, money
- **Our key 'assets'** are partnerships, enabling and facilitating, not trying to replicate/replace NSC or NHS
- **Social Value** i.e. the return on every £1 spent: No 65 is an engine for generating social value
- **The parish and town council sector is a sleeping giant**