

## Notes on a 'Health and Wellbeing' Meeting held on 9th September 2009

Supporters of Transition Liverpool and other interested people have recently met to discuss possible health and wellbeing initiatives in a transition setting;

The group recognized that there were significant possibilities for providing health care, including NHS care, in a more sustainable way

Neil Chadborn presented a proposal for Eco Health: a new approach to public health. Neil's comments on this proposal are appended below. The group recognized that there were possibilities for developing a more ecological approach to public health ie in viewing communities as entities which exist in an environmental setting they recognized that sustainable living and healthy living are linked and that such links were likely to be strengthened under this approach.

Alan Cunningham argued for the importance of continuing with the rights based approach to health as recommended by the World Health Organisation and by the United Nations, he presented an ongoing project to build a Sustainable Communities Resource (described at <http://www.synerga.pwp.blueyonder.co.uk> –not yet accessible via Google and the other search engines). There was general agreement on need to continue the search for alternative and low carbon pathways to health.

The group recognized the poor psychological frame of mind of many people in poverty or under stress, there was strong agreement on the need to support a Hearts and Mind group should one emerge and on the need to explore spiritual and psychological pathways to health.

It was agreed that there would be a further meeting at FACT at 7. Pm on Monday 12th October 2009 (Notes by Alan Cunningham)

Proposal by Neil Chadborn to develop 'Eco-Health' (Ecological Public Health) projects with the community: (Neil's notes)

- as part of my work with Centre for Public Health, LJMU
- it has to have a research angle, but I'm more interested in action
- I'd like to concentrate on one or two localities (neighbourhood/council ward/GP practice area)
- Contacts will be essential - who are interested in health and environment
- I will also work with existing community groups to see if they want to take on projects
- Projects will be tackling climate change and also good for health, so simple example is active travel; good for health - getting fit, good for environment- reduce pollution
- I will develop a list of projects which the community could choose from
- or develop ideas that the community have.
- the research angle will be estimating household carbon footprint as people get involved in projects and investigating peoples attitudes and views on 'eco-health'
- I'm very keen for transition people to be involved, either as participants or as co-researchers.
- I'm open to suggestions as to localities, wherever I can develop good enthusiastic contacts probably.
- Ideas so far: Garston, W.Everton, Bootle , Kensington
- I am very aware that many areas have been 'over-researched' by academic groups, so am sensitive about getting approach right. I'm insistent that projects are owned and led by the community