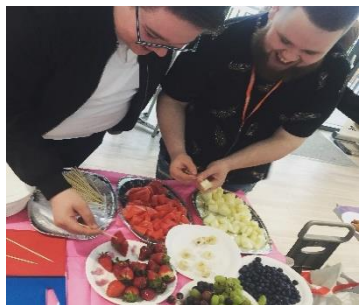


Slough People's Assembly

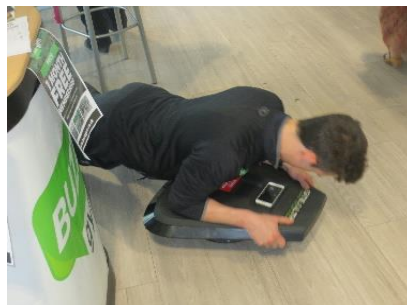
held on
Monday 30th April 2018

Slough's first Health and Care Fair



Trying fruit skewers at the Healthwatch stall

Almost 200 people attended our Health & Care Fair which was held at Arbour Park Stadium.



Buzz Gym's press-up machine

Attendees enjoyed health-related stalls from private businesses as well as the voluntary & public sector; and free activities, performances and prizes.



Healthwatch volunteer Misba chats to a stallholder about the green gyms in Slough parks

Volunteers helped run the event and also gave talks promoting the benefits of involvement.



Gathering people's views at writing tables.

We asked attendees for ideas & comments e.g. "How should health organisations communicate with people?"

"I loved the reiki taster, I felt more relaxed than I have in ages"

"I'm glad I'm here - otherwise I'd be alone"

"Being part of a group means you get motivated by other people."

"If a venue is too far to travel to I don't go"

"Meetings should make people feel that their views matter"

"Slough is friendlier than London."

Not liking
change

"What makes communication about healthcare difficult?"

I'm shy

Jargon

"Long hours and
long meetings"

Getting involved

- "I would like to meet more people" - organisations can help involve people by giving them opportunities to socialise and work with others
- "We need to work together to make strong force" to improve healthcare
- "I would like there to be more people talking about getting involved"
- I would like to see "more opportunities for groups to get together"
- I would like "an online health platform"
- People are put off by "meetings which are simply business meetings" and venues which are too far away

Feedback about event

- "Very impressed"
- "It benefits the community"
- "Compliments to the chef - the food was good!"
- "Slough is more friendly than London"

Getting the message

People's communication tips for healthcare organisations

- Healthcare organisations communicate best through staff who are 'friendly people who show they care' and who "motivate you....in a nice way"
- It's important for people know "there's someone there"
- Participants recommended coordinators to support involvement and peer mentors
- At meetings: "Make participants feel that their views matter & that they are involved"
- Mix different ages: "Don't stereotype us"
- On the telephone: "Being asked too many questions puts me off"
- "Don't make me call in at 8am - I'm busy getting the children ready for school"
- "Contacting the Youth Parliament is a good way to reach 11-19 year olds"
- "Love Healthwatch Slough Twitter tweets"
- "Food and stalls" are more inviting than "long meetings"

SAVE THE DATE for Healthwatch Slough's 4th **People's Assembly**



- **Date:** 1st August 2018
- **Festival Focus:** Big tent gazebo
- **Topic:** young peoples mental health & wellbeing
- **Venue:** Salt Hill Park, Slough



Stay in touch!

Help us improve health & care services - keep telling us your experiences.



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Healthwatch
Slough