



Director of Public Health and Communities Annual Report

2025-2026

*Building healthier
communities together*

Listening to, learning from, and
working alongside communities
and partners to improve wellbeing
and address inequalities.



**Nottinghamshire
County Council**

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Introduction

Welcome to my 2026 Annual Director of Public Health and Communities Report. This independent, statutory report provides an opportunity to raise awareness of local health and wellbeing issues, highlight areas of best practice and development and to make recommendations for change.

This year's report will focus on communities and the vital role they play in health and wellbeing. Communities influence many aspects of daily life that shape health outcomes, including access to good employment, healthy homes, education, transport, and safe green spaces - all of which are fundamental building blocks of good health.

Nottinghamshire is a county of significant diversity, with a mix of rural and urban communities as well as considerable differences in wealth, opportunities and health outcomes. For this reason, communities with varying experiences and perspectives across our borough and districts were intentionally chosen to ensure that as many different voices as possible could be heard and represented throughout this report. Case studies include Kirkby-in-Ashfield (central), Worksop, Eastwood, Arnold, Warsop, Laxton and Bingham.

I wanted to hear from local communities. Therefore, this report has been produced collaboratively with residents across these communities, and hearing directly from people with lived experience has been central to shaping its content and priorities. A series of video interviews form the foundation of this report, as it was important that communities could share their experiences in their own words, both the positive aspects of where they live and the challenges they face.

Whilst I may refer to this as "my" annual report, it is very much a shared endeavour. The insights, experiences and priorities identified by residents have shaped both the content of the report and the recommendations within it. Recommendations draw also on quantitative insights and reflections from our health and wellbeing partners on their experiences of working with communities.

I would like to thank everyone who contributed their time, honesty and experiences to help make this insightful report possible.

Thank you for taking the time to read this report. I invite you to listen to the experiences shared through the videos and to act on the recommendations identified to help improve health and wellbeing across Nottinghamshire's communities.



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Acknowledgements

With thanks to our residents for taking the time to share their stories, to our community and system partners for supporting our conversations and sharing their own learning, and to colleagues across the Nottinghamshire County Council Public Health and Communities Team for their support in the planning and delivery of this project.



Background

What are communities?

Communities may be defined by place, shared identity, common experiences or shared interests. Often, they are more than simply a geographical area. Individuals belong to multiple communities simultaneously, each influencing health and wellbeing in different ways.

Whilst communities have always played a fundamental role in shaping health and wellbeing, there is growing recognition, both nationally and locally, that improving population health requires a better focus and joint working with communities and partners in the places where people live, work, learn and connect.

Communities and the building blocks of good health

Whilst high-quality healthcare remains essential, good health cannot be achieved through healthcare services alone.

It is estimated that medical care accounts for around 10–20% of the modifiable factors that contribute to good health, with the remainder influenced significantly by the key building blocks of health, which include the social, economic and environmental conditions that shape people's everyday lives (Marmot, 2010; Marmot, et al., 2020; HSCC, 2023). Factors such as housing, employment, education, transport, access to green space, social relationships and opportunities to participate in community life all influence health outcomes and contribute to the differences experienced across our communities.

Communities provide the social and physical environments in which many of the building blocks of health are experienced and shaped. Evidence suggests that strong, connected communities can effectively promote physical and mental health, strengthen resilience during adversity, reduce social isolation, and enable people to take greater control over the factors that influence their health and wellbeing (Public Health England, 2015; South, et al., 2019).



A shift towards community-driven policy

Evidence suggests that community-centred approaches are often an effective means of both developing services tailored to local need and improving health outcomes.

A growing understanding of this has contributed to a recent shift in policy focus towards co-production, prevention, neighbourhood working and community empowerment.

National policy and guidance include the NHS Long Term Plan, the Fuller Stocktake, Families First Partnership, the uptake of neighbourhood policing models and the NHS neighbourhood planning guidance. These policies all emphasise the importance of reducing health inequalities through community-based, preventative approaches that bring together statutory organisations, voluntary and community organisations and residents.



This policy shift is reflected within Nottinghamshire's strategic priorities, including the focus on listening to and strengthening communities throughout the current Nottinghamshire Council Plan (Nottinghamshire County Council, 2025), the recommendations made in the 2024 Nottinghamshire Community-Centred Approaches to Health and Wellbeing JSNA (Nottinghamshire County Council, 2024) and the Councils Thriving Communities programme. All of these collectively advocate for prevention, collaboration and locally responsive approaches that build on community strengths and assets in Nottinghamshire.



Methodology

The report draws on a mixed-methods approach, combining qualitative insights from local communities, insight from quantitative data, and feedback from partners, which has been used to shape our understanding and inform recommendations.

Step	Description
Development of question set	The question set (see Appendix B), and the discussions that followed, were informed by the Heads, Hearts and Hands framework and Community Organising Principles (Community Organisers, 2026), encouraging participants to reflect on: • Heads – what people know, think and understand about their community. • Hearts – how people feel about where they live and their sense of belonging. • Hands – what people do, the actions they take, and the opportunities and barriers to community participation. To ensure the question set was informed by varied expertise, a clinical psychologist, communities' colleagues and public health colleagues worked collaboratively to inform and shape the question set.
Selection of areas of study	The report sought to include at least one case study from each of the respective seven Nottinghamshire districts and boroughs. It also aimed to reflect a diverse range of communities and voices in Nottinghamshire. For example, areas and communities that were either distinctly rural or urban, that had emerging and new communities, or were of rich Nottinghamshire heritage, such as ex-mining towns, were included. Areas identified as possibly being less visible in data and insight were also included, to both ensure that we are not missing key local voice, and to avoid engagement fatigue. Practical considerations, such as current level of engagement, connection with community partners, and staff availability, also influenced which areas were included.
Engagement with community participants	Resident perspectives were gathered through recordings of semi-structured interviews with residents from across Nottinghamshire. Engagement was initiated through community-based colleagues and supported in several areas by partners, who enabled this project to identify and connect interviewers with interview participants and facilitate recordings.

Step	Description
Quantitative analysis and indicator comparison	The case studies draw on a range of indicators e.g. prevalence of fuel poverty, air quality etc. broadly representing the building blocks of good health. As these indicators are measured using different units and scales, values have been standardised to a common scale, where the lowest value observed across Nottinghamshire is represented by 1 and the highest by 100. This approach also enables values to be interpreted relative to the highest and lowest quartiles within Nottinghamshire. The data is intended to provide context for the case studies and allow comparisons to Nottinghamshire as a whole. Also used is the Nottinghamshire ward-level “quilt” of data (see Appendix D). Here, for each indicator, wards were ranked relative to one another and colour coded accordingly. This is useful for context setting, may allow for an easier identification of patterns and more clearly displays where challenges or strengths may be clustered in Nottinghamshire.
Rapid qualitative analysis + theme extractions	Rapid qualitative analysis was used to identify themes in the participant interviews. These followed a two-stage review process. A standardised review document was used as a guideline for reviewers. Initially, an impartial reviewer, who was unfamiliar with the participants or case study details, was allocated to complete an initial review of the interviews and to extract key themes and pertinent participant messages. Following this, a second reviewer was responsible for confirming that the observations of the first reviewer were accurate and comprehensive. Finally, key themes were derived from the reviews selected and grouped by the report authors.
Partner Engagement	Conversations were initiated with health and wellbeing organisations across Nottinghamshire to help inform the report and support community engagement. Partners were contacted to share their experiences of working with communities. A simple ‘<i>what, so what, now what?</i>’ reflection framework was used to support this process and to help shape reflective case study examples. Insights were considered alongside community feedback and quantitative data throughout the report. Several partners also supported the planning and facilitation of engagement with community participants.

Limitations

The approach described above was designed to bring together different sources of insight to build a richer understanding of communities across Nottinghamshire. As with any approach of this kind, however, there are limitations to what can be captured within the scope and timescales of the report. These are acknowledged below.

Limitation	Description
Participation in qualitative engagement	Participation in the engagement activities was voluntary and dependent on local connections and individuals' confidence and willingness to share experiences. Self-selection/responder bias may influence the involved participants. The findings are a snapshot understanding from the perspectives of the residents taking part in the interviews at the time and are not representative of the populations of the case study areas.
Representativeness	Qualitative findings are based on individual perceptions and lived experiences, which may differ between communities and over time. Here, engagement may capture a snapshot of community experiences at a singular point in time. Without a specific plan for follow-up, it is hard for this report to reflect future changes. Findings have therefore been compared alongside quantitative data and other evidence sources to explore our understanding of communities across Nottinghamshire.
Practical engagement constraints	The scope of community engagement was influenced by practical constraints. Time available for engagement was limited by the report timescales, while staff capacity restricted the scale of engagement activity and the number of sessions that could be delivered. Opportunities to engage with certain groups were often dependent on existing relationships with community organisations, local partners and established community networks.
Qualitative analysis constraints	Rapid qualitative analysis was used to identify key themes from participant interviews. While this approach enabled findings to be generated within the report timescales, and was systematic in approach, it is less detailed than more comprehensive qualitative analysis methods such as thematic coding.
Quantitative analysis constraints	Case study areas vary significantly in population size (from 250 to 40,000) and differences in the data in small areas may be masked in the larger case study areas. Data sources were identified which best represented the important factors in community life supporting healthy lives. These are limited by availability of data for the geographical boundaries. Lastly, quilt data should be considered alongside local insight and lived experience. Quantitative indicators provide important context and help identify patterns between areas, but they do not necessarily capture the full experience of living in a community.

Nottinghamshire communities

The following section provides the local context for the findings, exploring the diversity of Nottinghamshire's communities and the differences in the conditions that shape health and wellbeing across the county.

Nottinghamshire communities overview

The communities in which we are born, live, work and socialise significantly shape our health.

Communities are shaped and influenced by several complex and interacting factors; including the landscape of the area, culture and heritage, and people.

Communities will often evolve and change as their populations age, new groups join, or as a result of housing or transport developments or changes to the local economy.

Nottinghamshire is a county of significant diversity, from the suburbs surrounding the city, to the towns and villages to the north and west, shaped by coal mining and textile industrial heritage, and, to the east and south: Nottinghamshire's rural communities, which are home to market towns, agricultural economies and commuter belts (Nottinghamshire County Council, 2018).

Population and demographic profile

There were 857,013 people living in Nottinghamshire in 2024. Spanning 805 square miles (Office for National Statistics, 2024), Nottinghamshire is composed of a mix of rural and urban communities, with considerable differences in wealth, opportunities and health outcomes, as demonstrated in the data quilt (see Appendix D).

Nottinghamshire's population is spread widely across the seven districts and boroughs, with urban areas tending to have younger populations than rural places. Children and young people make up around 20% of the population, while 59% are of working age and 21% are aged 65 or over (Nottinghamshire Insight, 2025). The population of Nottinghamshire is changing, increasing by almost 9% in the 13 years up to 2024, with the largest increase in Rushcliffe and the smallest in Broxtowe (Nottinghamshire Insight, 2025).

Health and Inequalities

Life expectancy in Nottinghamshire is generally close to the England average, however, disparities remain, with clear variation across the districts. Females in Nottinghamshire are living longer in worse health than males (Nottinghamshire Insight, 2025), this theme is explored in last year's Director of Public Health and Communities annual report.

Around 14.5% of the population of Nottinghamshire live in communities that fall within the most deprived quintile nationally. This means that people can live shorter lives and have more ill health than less deprived areas. There are significant differences across the County in experiences of deprivation, for example, in Mansfield 31% of the population live in communities that are within the most deprived quintile nationally, whereas in Rushcliffe none do, and within each district and borough there are further variations (Nottinghamshire Insight, 2025).





The considerable variation between Nottinghamshire communities is demonstrated visually in the quilt (see Appendix D), which brings together 34 indicators across a range of population, socioeconomic, environmental and health characteristics, providing a detailed picture of the factors that shape health and wellbeing across local communities. It uses measures including, but not exclusive to, deprivation levels, economic activity and qualifications, employment and the local economy, digital connectivity, crime and disorder and access to libraries and green space.

While some Nottinghamshire communities experience positive outcomes across several indicators, others experience overlapping challenges relating to deprivation, employment, crime, housing and health. As indicated in the quilt, areas with higher levels of deprivation may often have higher levels of economic inactivity due to long-term sickness, lower qualification levels, greater fuel poverty and poorer health outcomes. Patterns of strengths and challenges therefore tend to cluster across multiple characteristics, demonstrating that areas across Nottinghamshire experiencing poorer health outcomes often also experience wider social, economic and environmental challenges.

Many of the trends displayed by the quilt may be reflected in the resident findings detailed in this report. For example, measures relating to crime and antisocial behaviour vary considerably between wards, highlighting differences in the extent to which residents may feel safe in their local environment.

This links to what we heard from residents, with some who described concerns around community safety, including antisocial behaviour, and the impact this can have on their confidence to use community spaces and participate in local activities. In contrast, several residents in communities described as peaceful and safe identified feeling secure as an important part of belonging. Together, these findings are but one example of how the building blocks of health can directly shape people's wellbeing.

Understanding community need

The 'needs' of a community will vary greatly and for a more holistic understanding it is important to consider different types of needs, and who these are defined and identified by. While deprivation is recognised as a useful proxy measure, needs (and assets and solutions) are best defined by communities themselves (Nottinghamshire County Council, 2024).

Themes

Whilst the data provides important context for understanding the different circumstances in which communities across Nottinghamshire live, it does not capture how people experience and perceive their communities. Our conversations with residents provide a lived experience perspective, highlighting several recurring themes across the communities involved in the report.

THEME 1

Community a result of relationships and not of geography.

Participants provided several definitions of 'community'. These definitions rarely defined 'community', and the associated sense of belonging, in terms of a physical place. Instead, 'community' was often defined in terms of a group of people who offer a supportive, accepting and welcoming environment that, at its core, makes people feel like a valued participant.

For participants, community does not necessarily result from physical boundaries, but instead from the formation and maintenance of relationships and the sense of belonging they create.

"I think community, for me, means being part of something bigger than myself. Helping other people, but also knowing that there are other people that you can rely on. So it's belonging, I think." **LAX002**

"Community means to me, having people that you can go to to just be yourself or to be around people who are kind to you, or nice to you or include you." **ARN004**

"Community means to me where people get along, help each other." **WOR001**

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THEME 2

Strong communities still experience structural barriers.

Whilst many of the interviews were positive in tone, they did not present communities in Nottinghamshire as being universally thriving.

Several wider, structural issues were identified by respondents. The identified recurring barriers primarily covered:

- Issues with transport, lack of bus services and resultant isolation
- Poverty, disadvantage and food insecurity
- Lack of opportunities or prospects for children and young people
- Concerns around community safety
- Stark differences across postcodes across Nottinghamshire
- Lack of support for rural communities that may feel forgotten

The participants describe that whilst Nottinghamshire communities exist and thrive, they may often do so with a backdrop of overarching structural barriers. Here, strong communities are seen to help people cope with adversity, rather than address structural inequality.

"We always used to have a local bus ... that doesn't come at all now, there's no public transport without us going down a steep hill ... a lot of older people find that difficult.....a lot of elderly people, especially if they're on their own, can become isolated." **EPE001**

THEME 3

Community organisations create infrastructure for connection and wider health and wellbeing improvements.

Across the interviews, respondents rarely talked about statutory services (like NHS and Local Government services) improving their lives directly. Instead, they often spoke about the varied number of benefits derived from involvement in community groups and community life.

Participants repeatedly described communities that provided friendship, purpose, confidence, information, volunteering opportunities, general support and signposting.

Here, it is implied that community assets have helped create benefits that are both varied and may directly result in improvements in health and wellbeing outcomes for residents.

"The most important things for maintaining or improving your lifestyle when you have Parkinson's are to take your medication, to take exercise, to take water, plenty of water, and to have a supportive network. In the Eastwood Parkinson's Exercise Group, we do three of those things." **EPE002**

"The longer that you come, the more you get to know people Becomes real friendship." **EFS002**

THEME 4

Communities matter most during difficult times.

Participants frequently described support through communities in relation to particularly stressful and often exceptionally challenging life events.

Whether this be recovery and support following bereavement, physical and mental illness, moving country, or stressful caring responsibilities, it seems clear that participants describe community as something that becomes essential when life becomes difficult.

Here, communities are seen to support and help in very varied ways.

"When I lost my husband, I had so many offers of help from people who I didn't really know at the time. Everybody was willing to come together to support me." **LAX002**

"It means a lot to me, without the community I'd be on my own now, my husband passed away." **WAR002**

"It's like if people are ill...we go and phone for an ambulance." **KIR002**

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THEME 5

Participation, volunteering and involvement build purpose and resilience.

Participants repeatedly described helping others or giving back as something that improved their own wellbeing. Within this theme, there was a focus on the importance of those with lived experience in certain communities.

It is possible that volunteering, or more broadly helping or giving back, in the context of communities across Nottinghamshire, is pursued not just as something that is purely altruistic, but instead, as something that can lead to significant self-development. Improved confidence, purpose and a strengthened sense of personal identity were all reported by participants pursuing volunteering and involvement opportunities across Nottinghamshire.

"Lived experience cannot be taught, lived experience is not a certificate you can get at university, you cannot teach it." **WOR002**

"It's helped me to focus so that I feel of use in the community, and I'm using my time, not just for myself but to benefit other people... it gives purpose." **EFS001**

"They've [Change Grow Live] brought me out of my shell, given me a lot more confidence, they've helped with my mental health." **WOR001**

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THEME 6

Feeling safe underpins belonging.

During the interviews, feeling safe emerged as an important foundation for belonging, participation and community wellbeing. Experiences of safety varied across the different communities and age groups. Some participants described their local areas as safe and peaceful places where people feel comfortable connecting with others and taking part in community life.

In contrast, some of the young people that were interviewed expressed concerns about gangs, knife crime and antisocial behaviour, which can affect their confidence to use community spaces and engage in local activities.

Some older participants also reflected on changes in community culture over time, including a perceived decline in connection, respect and consideration within communities.

Despite these different perspectives, there was a shared recognition that feeling safe is a key condition for building strong and connected communities. When people feel secure in their surroundings, they are more likely to participate in local activities, form relationships and access support.

"What frustrates and concerns me most is the actual look of the area. There is antisocial behaviour, there can be, but its visible." **WOR002**

"It's [Bingham] peaceful and safe, it's a great place to raise children..." **BIN001**



THEME 7

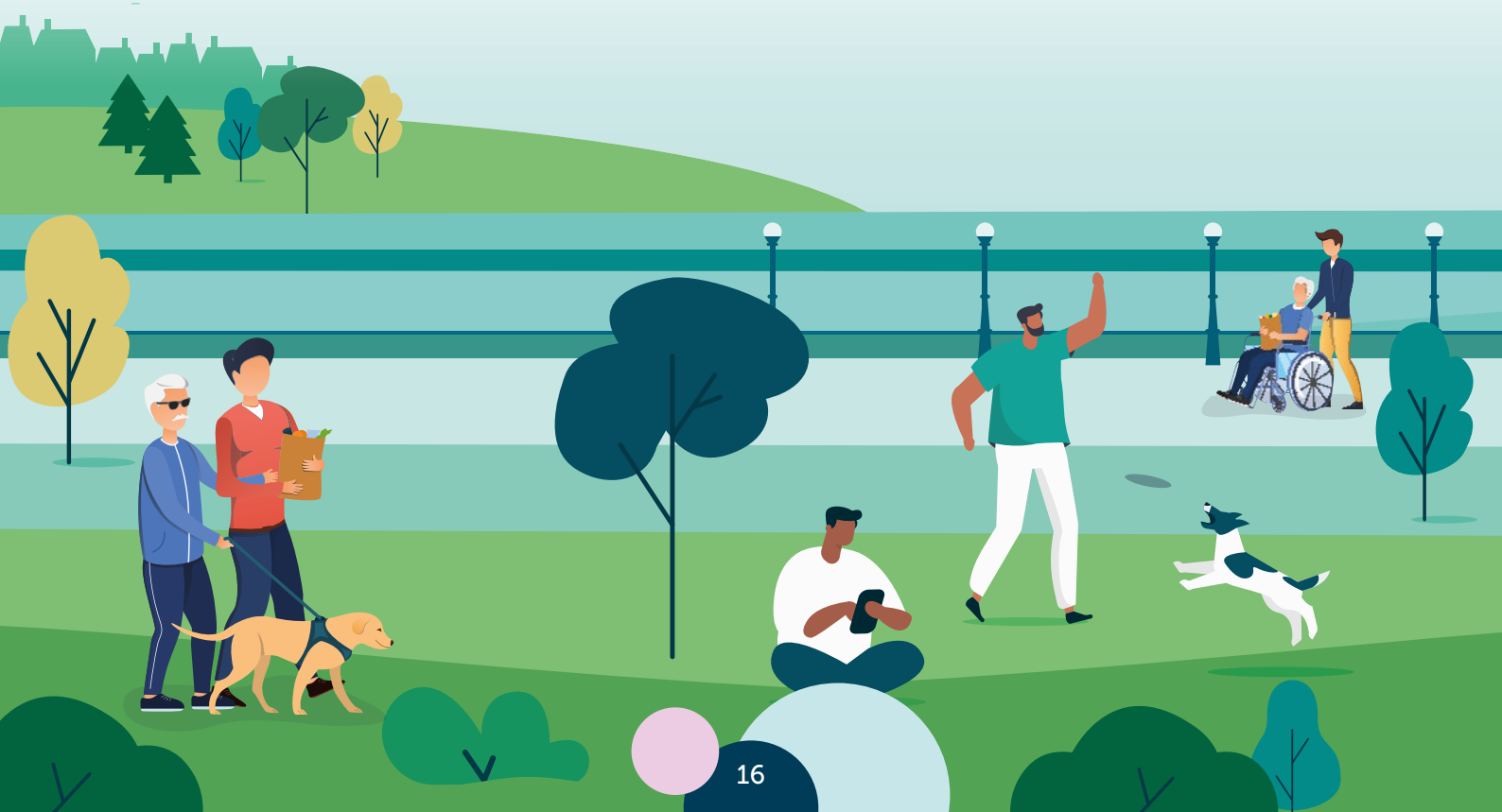
Physical places enable social connection.

Participants highlighted the importance of physical community spaces in bringing people together and strengthening social connections. Places such as churches, village halls, pubs, parks and community clubs were frequently mentioned as valued parts of community life.

While these spaces provide a physical location for activities and services, their importance appeared to extend beyond the buildings themselves. The spaces were valued because they created opportunities for people to meet, socialise, build relationships and develop a sense of belonging. These spaces offered informal opportunities for conversation, mutual support and participation in community life, helping to reduce isolation and foster social connections.

"We take part in many local activity organised by church, such as, English conversation class, family event, and seasonal celebration. These activities have helped us meet local residents and feel more connected to the community." **BIN001**

"The public can gather and meet in various areas. It doesn't have to be a pub it doesn't have to be a church hall. Although all of those places are good. Even just the town centre with a few benches and a market, it's all you need." **WOR002**



THEME 8

Information, awareness and barriers to access are recurring gaps.

A recurring theme across the interviews was the importance of improving awareness of the support, services and opportunities that already exist within communities. Participants frequently described difficulties finding information about available support, with many feeling that services were not visible or accessible enough. This was seen as a particular challenge for newcomers and those with limited local knowledge.

This suggests that the challenge is not always the absence of support within communities, but rather its visibility and accessibility. Improving communication, outreach and signposting could help ensure that more people are aware of and able to benefit from the resources available to them in their communities.

Several participants also highlighted the importance of support from peers and community organisations to help them understand written correspondence and navigate digital services, particularly when accessing healthcare and arranging GP appointments online.

"But does it reach everybody? I'm not 100% sure it does." **WAR001**

"People are well supported if they know where to find the support." **ARN004**

"They [elderly people in the community] get their letters. They don't understand them. So at least there's one of us who can share and tell the next one what it's for and what it says." **KIR001**

"If more information can be accessible to the newcomers... it would be better for us or for the newcomers in future to settling well." **BIN002**



THEME 9

Young people want to contribute, not simply be consulted.

Young people described a strong desire to contribute to their communities, rather than simply being consulted about decisions that affect them. They spoke about wanting safer communities where they can build positive relationships, make friends and feel a sense of belonging. Many highlighted the importance of opportunities that help them develop confidence, skills and leadership abilities, enabling them to take an active role in shaping the places where they live.

A number of young participants emphasised that their voices should be genuinely heard and acted upon, with meaningful involvement in decisions. They also expressed a need for spaces, activities and services that are designed around their interests, experiences and aspirations. Young people did not want to be portrayed solely as recipients of support or services. Instead, they saw themselves as valuable contributors with ideas, insights and energy to offer.

"I wanted to be included in this group because I felt that I wanted to help make a change...and also to have a say in my community." **ARN004**

"They've supported me by helping me become a young leader."
ARN003

"I don't have much confidence, and I thought it [Next Move] would improve my confidence a bit, and it has." **ARN002**

"Having my voice heard in the Next Move project is important because teenagers don't normally get listened to, and they always just need to go with the flow with what's happening in Arnold." **ARN003**

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THEME 10

People want and value communities that are inclusive, connected and shaped by everyone.

Across the interviews, participants consistently highlighted the importance of communities that are inclusive, welcoming and shaped by everyone. Feeling welcomed and valued, particularly as a newcomer, was seen as fundamental to developing a sense of belonging and connection. Participants expressed gratitude for the support available within their communities and emphasised that opportunities, services and activities should be accessible to all, regardless of age, background or circumstance. There was also strong support for creating community activities that reflect the interests and needs of different groups while also providing opportunities for people from diverse backgrounds to come together.

Intergenerational opportunities were particularly valued, with participants recognising the benefits of building understanding, strengthening relationships and sharing experiences and knowledge across age groups. Reducing stigma was also identified as an important step towards creating environments where everyone feels able to participate and seek support when needed. Overall, people described thriving communities as those where everyone feels included, supported and able to contribute, ensuring that community life truly reflects the voices and experiences of all residents.

"The social life of the village needs to cater for all comers, not just for one side of the community." **LAX001**

"I'd like everybody to feel that they owned part of the community and looked after it." **WAR001**

"I'd like to see, personally, this is for me, young and old get together more." **WAR001**



Quilt Themes

This section links how data from the quilt is similar to the experiences of the participants. Both sources of information highlight clear differences between the social and economic conditions that influence health and wellbeing in communities across Nottinghamshire.

Here, we can see that residents value connection, belonging and participation. It is also clear that data indicates that several key barriers exist, which can limit people's ability to engage in community life. Interestingly, these patterns are mirrored in participant responses.

A pattern can be observed between measures of deprivation, economic inactivity due to long-term sickness or ill health, and educational attainment, with these factors tending to overlap in communities experiencing greater socioeconomic disadvantage. The quilt also highlights stark differences in employment, skills and economic opportunity across Nottinghamshire.

Community-centred approaches

- learning from partners

The qualitative findings show the importance of communities, community assets, belonging and connection. This is mirrored in the national and local evidence.

Community-centred approaches to improving health and wellbeing are described as not just being community-based, but also focussing on assets within communities, addressing inequality, and increasing people's and a community's control over their health and lives (Public Health England, 2018). The family of community-centred approaches described in *Health matters: community-centred approaches for health and wellbeing* (Public Health England, 2018) encompasses a range of approaches, including asset-based approaches which build on community strengths, and co-production, a method for sharing power and involving people as equal partners. The Ladder of Co-Production from Think Local Act Personal (used in adult social care) provides a series of steps towards co-production which can be used in strategic commissioning across health and social care (Think Local Act Personal, 2025).

The 2024 Nottinghamshire Community-Centred Approaches to Health and Wellbeing Joint Strategic Needs Assessment (JSNA) explores the evidence base and local insight in Nottinghamshire around community-centred approaches. It highlighted that communities want to be supported and involved in their own development and feel that organisations are working alongside them, and want creative and flexible solutions that can adapt to ongoing and changing needs. The JSNA also recognises several challenges with current approaches including sustainable funding, that some communities experience survey fatigue, and that not all communities feel they have spaces to meet. The JSNA makes several recommendations in relation to ways of working with communities, including:

- As far as possible, work with communities should build on existing assets and resources and be led by people living and working within the community, avoiding a "top-down" or "one size fits all" approach.
- When identifying "priority" communities and community needs, organisations should avoid overreliance on readily available quantitative data sources and aim to develop their understanding of the needs felt and experienced by communities at a hyperlocal level, including through deeper qualitative insight and engagement.
- Organisations should ensure that underserved and marginalised communities (and parts of communities) who may benefit the most from community-centred approaches are included and that their voices are heard in any work undertaken.
- Organisations should build trusted long-term relationships with communities to underpin and enable a timely response to changing needs.

Sharing system learning

To build on the learning from the JSNA, health and wellbeing partners across the County were asked to reflect on their recent experiences of using asset-based approaches and of a shift towards co-production. Using a simplified version of the Rolfe Reflective Model (Rolfe, G. et al., 2001) this learning has been explored through the following reflective case study examples:

Title	Developed with	Focus on	Area
Building Capacity, Not Dependency	Bassetlaw Community and Voluntary Service (BCVS)	Helping residents establish community groups, strengthen social connections and address issues that matter to them.	Manton in Bassetlaw
Building Strong Foundations	Adult Social Care	Building a strong platform for better conversations between senior leaders, elected members, staff and the public through a co-production group made up of people with lived experience.	Countywide
Cotgrave Young People's Subgroup	Rushcliffe Borough Council	A co-design approach to addressing gaps in opportunities and support for young people.	Cotgrave in Rushcliffe
Lived experience at the heart of service development	Broxtowe Action Network on Dementia (BAND) and Community Friendly Notts	A sustainable partnership embedding co-production into practice to deliver improvements for people living with dementia and their carers.	Broxtowe
Putting Power in Communities	Ashfield Voluntary Action (AVA) and Public Health and Communities	Developing sustainable local residents' action groups, giving residents the skills, confidence, opportunity and authority to identify issues, influence decisions and take collective action.	Coxmoor and Greenwood in Ashfield
Resident voice informing local community change	Active Notts, Newark and Sherwood District Council and YourCVS	Partnership working enabling residents to identify barriers to physical activity and access to services, informing environmental improvements and service planning.	Hawtonville in Newark & Sherwood
The 'Feeling Great Passport' co-designed with children of Warsop parish	The Small Steps to Feeling Great in Warsop Parish Partnership	A co-designed whole school approach to health and wellbeing for local primary schools	Warsop Parish in Mansfield
Young people's voice through relational prevention	Positively Empowered Kids CIC	Building trust, identifying needs early and creating safe spaces where young people can belong and thrive, through detached outreach, trusted relationships and youth-led activities.	Arnold in Gedling

For further details of this activity please refer to Appendix E.



The key themes and learning points from these reflections with partners to consider for the purpose of this report are identified as:

1. Successful co-production requires long-term commitment from all involved, genuine partnership and a sustained presence within communities to build trust over time.
2. Focus on strengths, assets and capabilities of residents, communities, partners and staff, ensuring approaches empower communities meaningfully.
3. Sharing influence and responsibility effectively requires tactful support for both organisations and communities, alongside strong facilitation.
4. Listen first, without judgement, creating space for authentic and unfiltered voices to be heard and to genuinely shape decisions and action.
5. Engage people with lived experience from the outset to understand what matters the most, and the challenges, barriers and opportunities that may not be visible through data alone.
6. Invest time in building relationships and trust, recognising that meaningful progress happens at the pace of those relationships and requires dedicated capacity in terms of both staffing and time.
7. Start with practical, tangible actions that demonstrate impact and build confidence before involving people in longer-term strategic planning and system change.
8. Embrace the complexity of co-production; the process can feel messy.
9. Make engagement accessible and inclusive by using plain English and offering flexible ways for people to contribute.

These key themes have been considered alongside the insights, experiences and priorities shared by residents in the video recordings to shape the recommendations made in this report.

The learning from these approaches is brought to life through the case studies below, which provide examples of how community-centred approaches are being put into practice across Nottinghamshire.

Community case studies

The case study areas were agreed based on consideration of geographical coverage and opportunities to showcase and explore diversity across rural, urban, and agricultural areas, areas of industrial heritage, experiences of deprivation, health inequalities and the building blocks of good health. Case study areas also offered opportunities to work with community partners to facilitate conversations with residents, working collaboratively to enable the consideration of geographical communities, communities of interest, and communities experiencing change.

Insights from available data provide some context and help us understand differences across the county in the important factors which support healthy lives. As the case study areas vary significantly in size, both geographically and in terms of population (from 200 people in Laxton to 40,000 people in Arnold) it is important to note that some differences may be masked in the data.

The case study areas are: Arnold (Gedling), Bingham (Rushcliffe), Central Kirkby in Ashfield (Ashfield), Eastwood (Broxtowe), Laxton (Newark & Sherwood), Warsop (Mansfield), Worksop (Bassetlaw). This is a snapshot understanding from the perspectives of the residents taking part in the recorded conversations at the time, and insights from available data; case studies will not be representative of whole communities, and several limitations are explored in the *Methodology and Limitations* section of the report.

Those participating in the semi-structured recorded conversations kindly agreed to share their stories of community life. Summaries of these recorded conversations are included in each case study. It is important to also hear these stories in the residents' own words, please navigate back to the main 'Director of Public Health Annual Report 2025/26' page to watch a video summary of the conversations informing this report.

Details of the organisations and support mentioned in the recorded conversations are available in Appendix A.

Case study data definitions are available in Appendix C.





Warsop

Warsop is a civil parish in Mansfield District which includes the settlements of Market Warsop, Church Warsop, Warsop Vale, Meden Vale and Spion Kop.

There were 12,644 people living in the area in 2021.

Warsop is a historic parish on the edge of Sherwood Forest with roots back to Saxon times, and a rich mining heritage.

With the support of Vibrant Warsop CIC, we recorded conversations with two residents in Warsop.

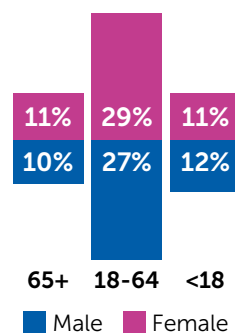


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Compared to Nottinghamshire as a whole, in Warsop:

- There is a similar population profile, with a slightly higher proportion of young people
- There are more people not working because of health or disability
- There is more vulnerability to food insecurity during increases in cost of living
- There are more children in poverty
- There is a lower level of education and skills
- There is better access to green and blue spaces
- There are less people in good health
- There are more people with a disability

Population Profile



In each community, higher values mean:	Nottinghamshire			Warsop
	Low quarter Less than	Mid-value	High quarter More than	
More households are fuel poor	26	38	51	46
More older people living alone	22	36	55	28
More people not working because of health or disability	10	19	30	39
Lower priority place for food insecurity	22	47	70	9
More children in poverty - after housing costs	18	32	49	52
Increased population 'churn'	7	10	14	7
Better level of education & skills (less deprivation)	24	49	80	13
Better ability to travel to facilities and services	61	75	85	65
Worse air quality	46	68	76	49
Better measures of living environment (less deprivation)	36	61	79	71
Worse access to green and blue space	46	62	76	39
More individuals in good health	46	59	71	39
More people with a disability	26	38	51	60

Lowest 25% in Nottinghamshire
Highest 25% in Nottinghamshire

Conversations in Warsop

WAR001

Describes Warsop as having a strong sense of community and belonging, with local groups which can help people feel accepted, supported, confident and connected, however some people may still be left out because of isolation, digital access issues or transport barriers.

Meaning, belonging and what matters

"I think it's a place to feel comfortable, where you feel safe and part of the community."

"I like it's not far from the countryside. I like the open spaces that we've got. I like the sense of community, the groups that you can join."

What supports community life

"It's [Vibrant Warsop] opened up opportunities for various people to join lots of different clubs."

"So I started an online singing group during COVID where there were five of us... It's now moved to two groups. There must be 30 plus singers now."

"I feel accepted. I feel involved. I think it's given me confidence."

"I think becoming part of a group during that time made you feel less isolated."

What is difficult or needs to change

"But does it reach everybody? I'm not 100% sure it does."

"I'd like everybody to feel that they owned part of the community and looked after it."

"I'd like to see, personally, this is for me, young and old get together more."

"I think in these strange times with the digital age, it's leaving people on the wayside, and that's not necessarily just elderly people."

"It's difficult to take ownership sometimes, to step outside of your comfort zone... But once you've done that, you will be welcomed."

WAR002

Describes a 'fantastic' community which is experiencing change from being a mining community and with new developments, discussing activities and support on offer from Vibrant Warsop and some challenges in getting new volunteers..

Meaning, belonging and what matters

"The community here is fantastic, the mining community. I'm from a mining family."

"Lots of new people have moved into Warsop with all the new development that's happening, whereas it was mostly a mining community."

"I just love the community-side of things and meeting new people."

What supports community life

"We are lucky in Warsop, there are lots of groups."

"Since Vibrant Warsop has arrived here, it's been fantastic for the community."

"I've always loved the garden.", "It's good for my mental health and also my physical being ... it's an all-round."

"I am much improved through coming here and doing the exercise."

"What they do for the community, if anyone has any problems or anything, they're absolutely wonderful."

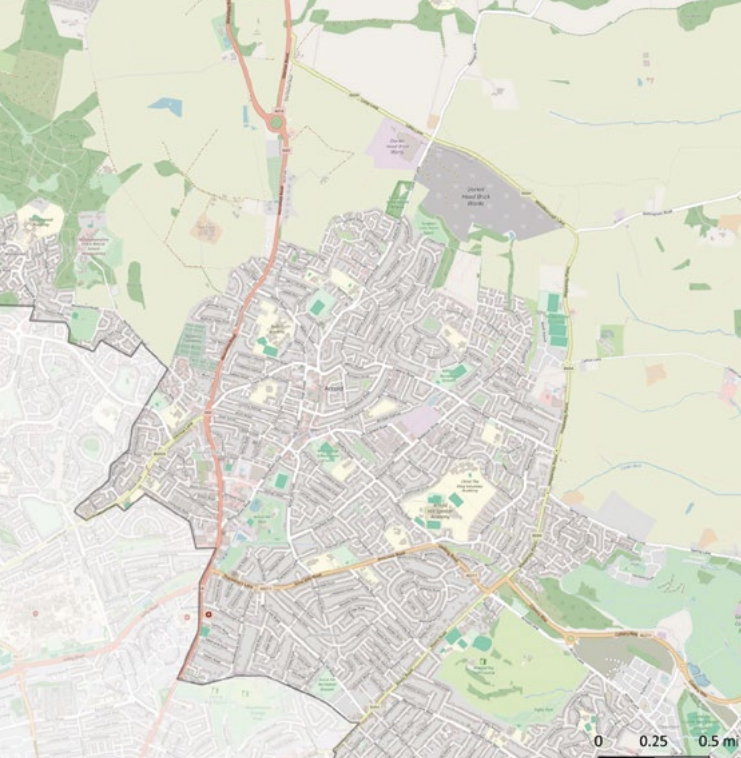
"I love the countryside."

What is difficult or needs to change

"It's difficult with all community groups now, getting volunteers."

"I just wish that people had more respect, young and old."

"I just wish that we could go back to the old-fashioned, how it used to be, but that won't happen."



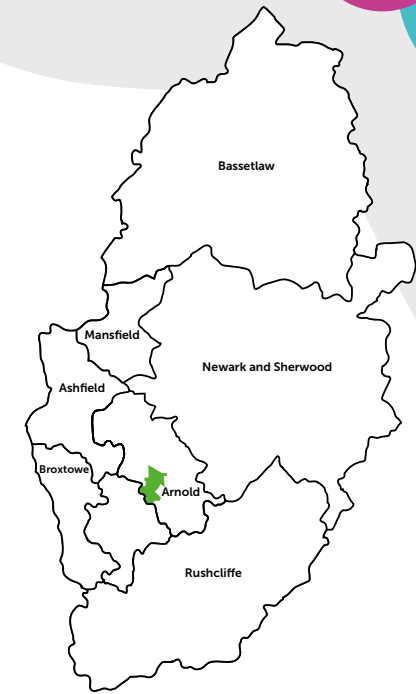
Arnold

Arnold is a suburban area with the largest town centre in the Borough of Gedling, north-east of Nottingham City.

The area has an industrial heritage, linked to the hosiery and textile industries and the iconic Home Brewery, now Sir John Robinson House, a Nottinghamshire County Council office building. Nottinghamshire Police Headquarters are also located in the area.

There were 39,995 people living in Arnold in 2021.

With the support of Positively Empowered Kids CIC, we recorded conversations with four young people in Arnold.

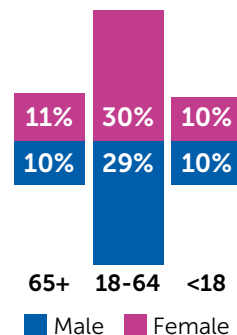


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Compared to Nottinghamshire as a whole, in Arnold:

- There is a similar population profile by age
- There is worse access to green and blue spaces
- The ability to travel to facilities and services is better
- Air quality is worse

Population Profile



	Nottinghamshire			
	Low quarter		High quarter	
In each community, higher values mean:	Less than	Mid-value	More than	Arnold
More households are fuel poor	26	38	51	34
More older people living alone	22	36	55	30
More people not working because of health or disability	10	19	30	23
Lower priority place for food insecurity	22	47	70	68
More children in poverty - after housing costs	18	32	49	31
Increased population 'churn'	7	10	14	9
Better level of education & skills (less deprivation)	24	49	80	57
Better ability to travel to facilities and services	61	75	85	91
Worse air quality	46	68	76	80
Better measures of living environment (less deprivation)	36	61	79	50
Worse access to green and blue space	46	62	76	86
More individuals in good health	46	59	71	59
More people with a disability	26	38	51	40

Lowest 25% in Nottinghamshire
Highest 25% in Nottinghamshire

Conversations with young people in Arnold

ARN001

Describes how the Next Move project helps them connect with others and build confidence, and concerns about safety in Arnold and feeling the school system could be improved.

Meaning, belonging and what matters

"I like being a part of the Next Move project because I make new friends, meet new people, gets me out of my comfort zone."

What supports community life

"I make new friends, meet new people."

What is difficult or needs to change

"Too many people getting excluded. Need to make it better."

ARN002

Discusses the importance of having extra-curricular clubs where people can improve confidence and speak to people they wouldn't normally talk to, and a need for better access to open and green spaces.

Meaning, belonging and what matters

"When people trust each other, they can talk to each other without worrying about things", "showing honesty and kindness."

What supports community life

"You can feel more connected by turning up every week."

"Set up activities to try to improve people's mental wellbeing."

"Talking to new people you thought you'd never like."

"Opportunities to help out, gain leadership skills, or just doing the fun activities."

"Takes their mind off life and any struggles they're having at the minute."

What is difficult or needs to change

"When people act like they just don't care about what's going to happen... the repercussions...of their actions."

"Where I live it's nothing but housing estates."



ARN003

Discusses the value of being able to meet up with friends, and the importance of young people having their voice heard.

Meaning, belonging and what matters

"I like how there's people who I can actually become friends with."

"People deserve a place to feel supported."

What supports community life

"I come to this group because I really enjoy seeing my friends and talking to [] and that. Being part of this group makes me feel confident and supported with everything."

"They've supported me by helping me become a young leader."

What is difficult or needs to change

"Having my voice heard in the Next Move project is important because teenagers don't normally get listened to, and they always just need to go with the flow with what's happening in Arnold."

ARN004

Discusses the importance of young people having a voice so they can share the change they want to see, and how it is important that people know what support is available to them.

Meaning, belonging and what matters

"Community means to me, having people that you can go to to just be yourself or to be around people who are kind to you, or nice to you or include you."

"A strong, healthy community looks like lots of different types of people all coming together and just being kind, friendly and caring with each other and listening to people's problems ... and also is a place where they can feel safe."

What supports community life

"I wanted to be included in this group because I felt that I wanted to help make a change...and also to have a say in my community."

"It makes me feel quite welcomed and ... like I have a place to be myself."

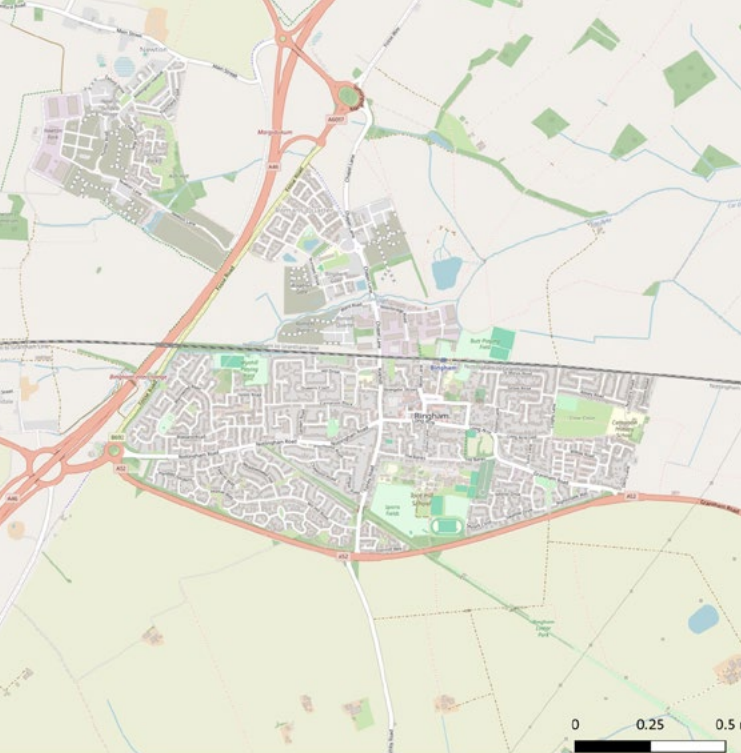
What is difficult or needs to change

"It's important that me and other young people get a voice, because it means they get their say and don't just feel like nobody is listening to them and the community is against them."

"Having spaces where they can be themselves without causing harm to others, and also having a voice and giving their own opinions instead of other people deciding for them."

"People are well supported if they know where to find the support".





Bingham

Bingham is a historic market town in the Borough of Rushcliffe, 8 miles east of Nottingham, 11 miles southwest of Newark.

There were 10,080 people living in Bingham in 2021.

Recent changes in the area include significant housing developments with large numbers of new homes, and the opening of Bingham Arena Leisure Centre in 2023.

We recorded conversations with two new residents in Bingham.

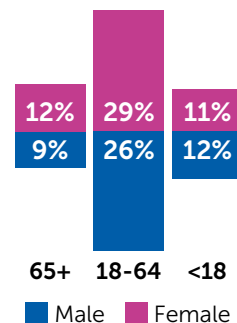


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Compared to Nottinghamshire as a whole, in Bingham:

- There is a similar population profile, with a slightly higher proportion aged under 18 & a lower proportion of males aged 18 to 64
- Less households are fuel poor
- Less people are not working because of health or disability
- There are less children in poverty
- There is a better level of education and skills
- There are more people in good health
- There are less people with a disability

Population Profile



In each community, higher values mean:	Nottinghamshire			Bingham
	Low quarter Less than	Mid-value	High quarter More than	
More households are fuel poor	26	38	51	16
More older people living alone	22	36	55	46
More people not working because of health or disability	10	19	30	6
Lower priority place for food insecurity	22	47	70	94
More children in poverty - after housing costs	18	32	49	15
Increased population 'churn'	7	10	14	11
Better level of education & skills (less deprivation)	24	49	80	94
Better ability to travel to facilities and services	61	75	85	70
Worse air quality	46	68	76	35
Better measures of living environment (less deprivation)	36	61	79	89
Worse access to green and blue space	46	62	76	45
More individuals in good health	46	59	71	76
More people with a disability	26	38	51	23

Lowest 25% in Nottinghamshire
Highest 25% in Nottinghamshire

Conversations in Bingham

BIN001

Expressed gratitude for the welcome by their new community, having received a lot of kindness, and now they're happy to give something back through volunteering and being involved in the community.

Meaning, belonging and what matters

"Community, I would describe friendly, welcoming, supportive, peaceful, and family friendly. Yeah. People are always willing to help each other, especially when someone is new, come to this area."

"A strong community is one where people know their neighbour, support each other, and make everyone feel included. Everyone should feel they belong regardless of their background."

What supports community life

"I think the people make it special. Although it's a small town, there are many community activity organised by volunteer and local organisation. It make people feel connected."

"We take part in many local activity organised by church, such as, English conversation class, family event, and seasonal celebration. These activities have helped us meet local residents and feel more connected to the community. At the same time, we also enjoy sharing our own culture."

What is difficult or needs to change

"One challenge is helping some newcomers integrate with the wider local community. Sometimes, maybe Hong Kong people stay within their own language group. I think creating more opportunity for different community to mix together would benefit everyone."

BIN002

Describes their community as welcoming, supportive and convenient for newcomers, with kind neighbours and good local facilities, but more accessible information could help new people settle in and get involved, and more attention may be needed for older people who live alone.

Meaning, belonging and what matters

"I would describe that my community here is very friendly, welcoming, and also supportive, and very energetic, actually."

"As a newcomer, as a person from different country, who is new to the UK, feel very valued here and this very meaningful, and I'm very grateful for that."

What supports community life

"I like Bingham, this place, because it's a mixture of a quiet village environment... but at the same time, the local amenities... are very convenient."

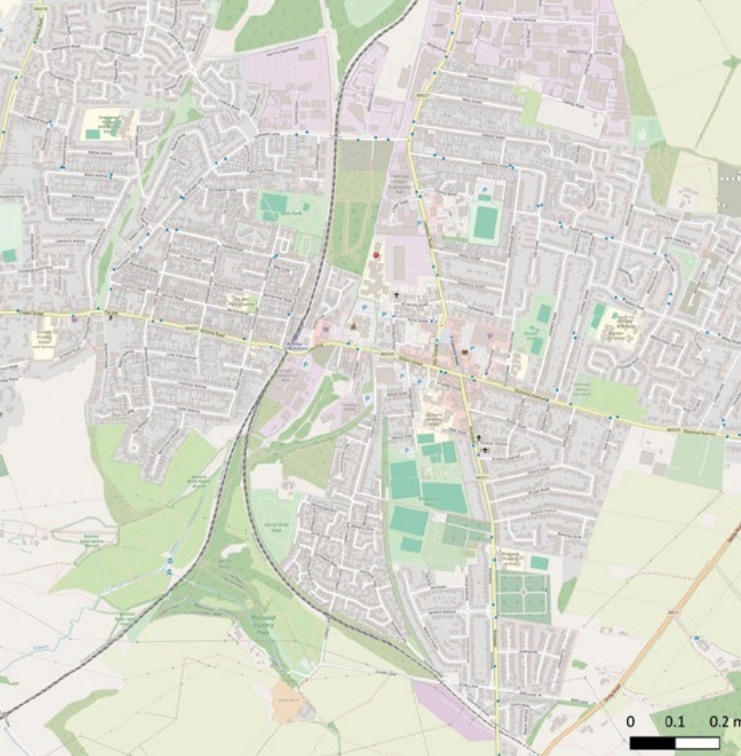
"I have joined some Facebook group or WhatsApp group, so I have some connection community."

What is difficult or needs to change

"For every newcomers to a new community, they will find sometimes a little bit difficult or struggling, where shall I start with or how can I start with?"

"As for a newcomer, we are sometimes we struggle with to access some facilities or when I can contribute more."

"If more information can be accessible to the newcomers... it would be better for us or for the newcomers in future to settling well."



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Central Kirkby-in-Ashfield

Central Kirkby in Ashfield is part of Kirkby in Ashfield town, in Ashfield District.

Kirkby-in-Ashfield has a rich history shaped by a coal mining heritage.

There were 6,758 people living in this part of Kirkby-in-Ashfield in 2021.

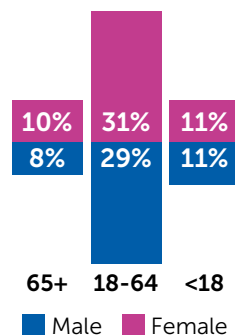
With the support of the Community Friendly Notts project we recorded conversations with two residents in central Kirkby-in-Ashfield.



Compared to Nottinghamshire as a whole, in central Kirkby-in-Ashfield:

- There is a similar population profile
- More households are fuel poor
- More people are not working because of health or disability
- There is better ability to travel to facilities and services
- Air quality is worse
- There is worse access to green and blue space

Population Profile



In each community, higher values mean:	Nottinghamshire			Central Kirkby in Ashfield
	Low quarter Less than	Mid-value	High quarter More than	
More households are fuel poor	26	38	51	60
More older people living alone	22	36	55	27
More people not working because of health or disability	10	19	30	32
Lower priority place for food insecurity	22	47	70	26
More children in poverty - after housing costs	18	32	49	58
Increased population 'churn'	7	10	14	9
Better level of education & skills (less deprivation)	24	49	80	26
Better ability to travel to facilities and services	61	75	85	88
Worse air quality	46	68	76	82
Better measures of living environment (less deprivation)	36	61	79	29
Worse access to green and blue space	46	62	76	83
More individuals in good health	46	59	71	47
More people with a disability	26	38	51	49

Lowest 25% in Nottinghamshire
Highest 25% in Nottinghamshire

Conversations in central Kirkby-in-Ashfield

KIR001

Describes a strong sense of community, where residents are friendly, support one another, and enjoy activities. Being part of the group makes them happy, and they would not want to live anywhere else, however some people need more help with understanding letters they receive, and some older people may be sat alone in their room.

Meaning, belonging and what matters

"I love it. It's friendly. We all get together. We have fun."

"we've got loads and loads of friends, and we do things together. If one's ill, then we all muck in and everything. If we can help, we will, but we're like one big family. Community."

"You can't be happy all the time when you're not feeling well, but being all around these people, I wouldn't want to live anywhere else."

What supports community life

"Everybody gets together, don't they? The best they can. Some can't get down here, but the ones what do, we all have a good time, all join in."

"I used to go to sleep in the afternoon because I was so bored, but now I'm never in."

What is difficult or needs to change

"Well, the letters. They get their letters. They don't understand them. So at least there's one of us who can share and tell the next one what it's for and what it says."

KIR002

Describes how having people around, shared spaces, group activities and everyday conversations help to feel connected, supported and part of a strong community, and the value of both connection and personal space.

Meaning, belonging and what matters

"What I like about where I live is camaraderie, getting to know new people, enjoying yourself."

"I meet different people, and at least I get to know different people. I get to know them. They get to know me."

What supports community life

"They can have tea, they can have coffee, they can have biscuits... and just sit and chat to each other."

"It's just being with somebody else that you can talk to and explain your situation. They explain their situation. Next thing you know, that you're best friends."

"A strong community would be like it is now, that I feel that we're a strong community."

"It's like if people are ill, what do we do? We go and phone for an ambulance."

What is difficult or needs to change

"Sometimes it's quite hard to do [].....it can be hard finding somebody to talk to."



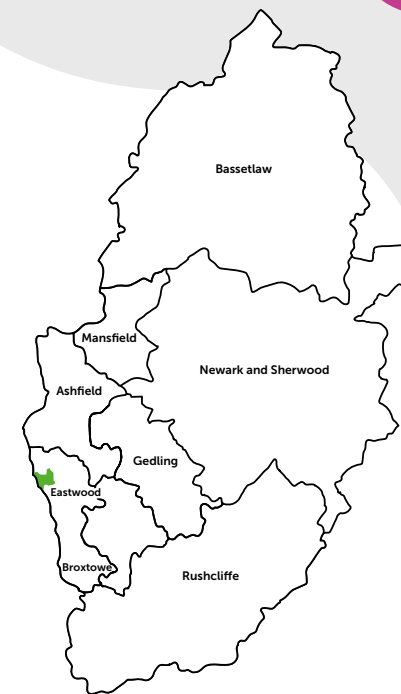
Eastwood

Eastwood is a small town and civil parish in Broxtowe Borough.

A former mining community, known for being the birthplace of the famous author, D.H. Lawrence, with a museum dedicated to his life.

There were 10,297 people living in Eastwood in 2021.

With the support of the Eastwood Food Club and the Eastwood Parkinson's Exercise Group, we recorded conversations with four residents in Eastwood.

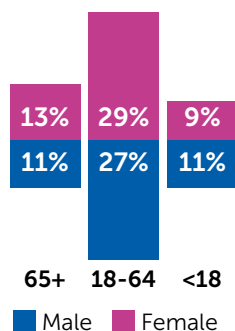


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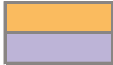
Compared to Nottinghamshire as a whole, in Eastwood:

- There is a similar population profile, with a slightly lower proportion of males aged 18 to 64
- Less people are in good health
- There are more people with a disability

Population Profile



In each community, higher values mean:	Nottinghamshire			Eastwood
	Low quarter Less than	Mid-value	High quarter More than	
More households are fuel poor	26	38	51	47
More older people living alone	22	36	55	40
More people not working because of health or disability	10	19	30	30
Lower priority place for food insecurity	22	47	70	33
More children in poverty - after housing costs	18	32	49	46
Increased population 'churn'	7	10	14	11
Better level of education & skills (less deprivation)	24	49	80	25
Better ability to travel to facilities and services	61	75	85	83
Worse air quality	46	68	76	74
Better measures of living environment (less deprivation)	36	61	79	47
Worse access to green and blue space	46	62	76	59
More individuals in good health	46	59	71	39
More people with a disability	26	38	51	58

 Lowest 25% in Nottinghamshire
 Highest 25% in Nottinghamshire

Conversations in Eastwood

EFS001

Describes a strong sense of community, shaped by industrial heritage, but people are facing challenges around deprivation, health, food insecurity, isolation and lack of opportunities for young people, spaces like the Food Club help people feel supported, connected and purposeful.

Meaning, belonging and what matters

"I feel that to belong to a community is vital, and to belong to a community like this in Eastwood is everything, really."

What supports community life

"Purpose is the key thing to life anyway. Everybody needs purpose."

"You don't have to do a lot to make a big difference."

"You'd actually benefit from volunteering."

What is difficult or needs to change

"It was a mining area. It was also a hosiery, a big hosiery industry. Unfortunately, that's all gone."

"We are regarded as one of the most deprived areas... and health-wise, we've got one of the poorest records of health as well in the area."

"...the lack of things for the young people to do, that's the thing that I'm sort of aching over at the moment."

"....they need direction. They need to feel that they've got a future."

EFS002

Describes the benefits of volunteering. How in helping others you also help yourself, form friendships and feel part of a community. There is a great sense of belonging and feeling of family and support at the Food Club.

Meaning, belonging and what matters

"Community is about helping each other grow and looking after each other".

"I love walking around Eastwood; I love bumping into people."

"You'll always find someone you can say hello to."

"I like the history in Eastwood...the shops around here, the history of that."

What supports community life

"Nice to have a community of young mums around me that are also going through this stuff. It's also nice to have an older community around me that can teach me things."

"Being a part of the food club makes me feel at home. I feel like when I walk into food club I'm so comfortable."

"I feel like whatever weight I have on my shoulders I can sit down and forget about the world."

"However much I give them, they give me."

"If you have no family, they make you family. If you have no friends they make you friends."

What is difficult or needs to change

"I'd like to see a lot more businesses opening up around here", "Shops for younger people, healthier shops."

"spaces you can go to be creative."

EPE001

Describes how the exercise group provides a space both for the exercise and physical benefits, but also a social space to meet people who understand your situation and can support you.

Meaning, belonging and what matters

"A strong healthy community is where people support each other, you know you can always call on someone whenever you need help, just being there for each other."

"The area we live in is special."

"We've got people who are always willing to help and are very supportive."

What supports community life

"To me they're pretty much like a family."

"Being with people who understand what's going on in your homelife."

"Being part of the group makes me feel involved, secure in the knowledge that there are other people there."

"they understand what's happening and what you're going through."

What is difficult or needs to change

"It's very difficult for some Parkinson's disease patients to get out and about".

"They just get used to not going and not doing things."

"We always used to have a local bus ... that doesn't come at all now, there's no public transport without us going down a steep hill ... a lot of older people find that difficult."

EPE002

Describes how community groups for people with long-term conditions can be instrumental in reducing isolation, building confidence, and improving wellbeing by providing emotional support, social connection, and opportunities for exercise and activity that help them manage their condition.

Meaning, belonging and what matters

"Strong, healthy community, for me, is one which is supportive of everything that you try to do. They will listen carefully to the ideas that you're putting out and then say, yes, we can use some of those ideas. Not all of them, but we can use some of them and help you in the direction you want to go."

What supports community life

"I've never known a community so community-minded."

"This area really stands out as a community area because people are always looking out for each other."

"When people are first diagnosed with Parkinsons, it can be like a hammer blow, quite a depressive thing. Now, the first thing that some people will do is to go into a deep depression and sit on the sofa, and that's it. Well, the research that universities have done have said quite clearly the most important things for maintaining or improving your lifestyle when you have Parkinsons are to take your medication, to take exercise, to take water, plenty of water, and to have a supportive network. In the Eastwood Parkinson's Exercise Group, we do three of those things."

What is difficult or needs to change

"Personally speaking, I can't think of any frustrations other than the potholes in the road, but apart from that, no, I think it works very well indeed."

"To be able to cater for more people of whatever need they have and to be able to satisfy that need because there's so many people in the community that should be being helped that perhaps aren't being helped."



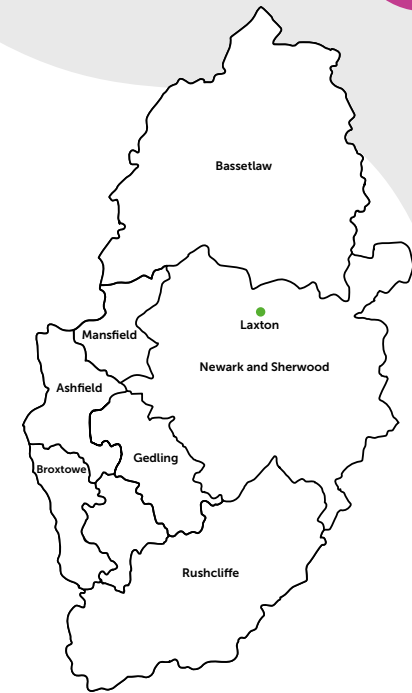
Laxton

Laxton is a small rural village in Newark & Sherwood district.

Laxton is known for having the last remaining working medieval open field system in England.

There were 251 people living in the village in 2021.

With the support of the Laxton Visitor and Heritage Centre, we recorded conversations with two residents in Laxton.

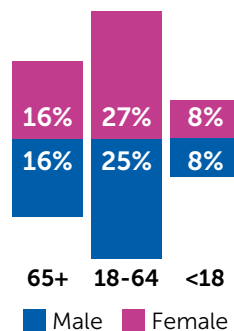


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Compared to Nottinghamshire as a whole, in Laxton:

- There is a higher proportion of people aged 65 or older
- There are more older people living alone
- There are less children in poverty
- There are less people not working because of health or disability
- There is less ability to travel to facilities and services
- Air quality is better

Population Profile



	Nottinghamshire			Laxton
	Low quarter	High quarter		
In each community, higher values mean:	Less than	Mid-value	More than	
More households are fuel poor	26	38	51	47
More older people living alone	22	36	55	65
More people not working because of health or disability	10	19	30	9
Lower priority place for food insecurity	22	47	70	37
More children in poverty - after housing costs	18	32	49	14
Increased population 'churn'	7	10	14	7
Better level of education & skills (less deprivation)	24	49	80	75
Better ability to travel to facilities and services	61	75	85	7
Worse air quality	46	68	76	6
Better measures of living environment (less deprivation)	36	61	79	11
Worse access to green and blue space	46	62	76	86
More individuals in good health	46	59	71	68
More people with a disability	26	38	51	27

Lowest 25% in Nottinghamshire
Highest 25% in Nottinghamshire

Conversations in Laxton

LAX001

Describes Laxton as a small, close rural community where people know, support and socialise with each other, however small rural communities can be forgotten and could benefit from stronger local powers.

Meaning, belonging and what matters

"The community, I suppose, means to me, the people I live amongst and people I work with, and the group of people living together, working together, doing things together, social things together."

"It's a farming village. It's not an executive village. And it's small, compact, solid, I would say."

"I enjoy the fact that you know everyone... If you need help with anything, you can ask for it from the people that you know."

What supports community life

"I think the social side of things is very important, particularly I think for retired people."

"We have a coffee morning, which is really very important and happens once a month, and all sorts of mixture of people from the village attend."

"Being part of the coffee morning... has made me closer to some of the people in the community."

What is difficult or needs to change

"I have to walk along in the road. I can't walk on the pavement because the grass and hedgerow hasn't been cut."

"It would be a better system if they were able to spend locally on the needs of the village."

LAX002

Describes Laxton is a supportive rural community where people help each other, and that community activities such as coffee mornings can help people feel less isolated, supported and more involved.

Meaning, belonging and what matters

"I think community, for me, means being part of something bigger than myself. Helping other people, but also knowing that there are other people that you can rely on. So it's belonging, I think."

"I love the fact that where I live is rural. It helps my mental health."

"I love the fact that I know my neighbours."

"I actually came out of my shell as a result of the coffee mornings."

What supports community life

"You don't feel alone if you are part of a wider group of people. There's always somebody that you can ask for help from."

"People keep an eye on each other, and will always step in to help if they can."

"Groups like the coffee morning are essential, because they give a focal point to the village."

What is difficult or needs to change

I think if we had more events, and more diverse events maybe, more directed maybe at the children and the families."

"We always need more volunteers, so the more people that we can encourage to join and help out, the easier it is on everyone because it shares the load."

"You would be more isolated if all you had to do was rely on public transport."

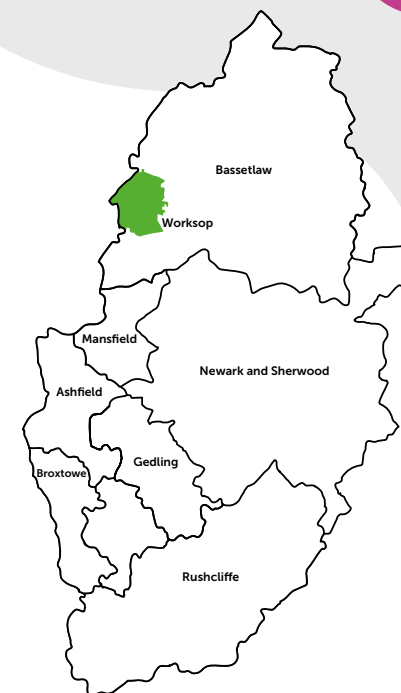


Worksop

Worksop is market town in Bassetlaw district close to the border with Derbyshire and South Yorkshire and known as being the gateway to the Dukeries.

There were 44,733 people living in the Worksop area in 2021.

With the support of Change Grow Live, we recorded conversations with two residents in Worksop.

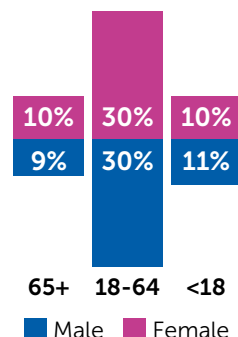


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Compared to Nottinghamshire as a whole, in Worksop:

- There is a similar population profile
- Across the selected indicator measures none of the values for Worksop are within the highest or lowest quarter

Population Profile



	Nottinghamshire			Worksop
	Low quarter	High quarter		
In each community, higher values mean:	Less than	Mid-value	More than	
More households are fuel poor	26	38	51	38
More older people living alone	22	36	55	30
More people not working because of health or disability	10	19	30	22
Lower priority place for food insecurity	22	47	70	29
More children in poverty - after housing costs	18	32	49	43
Increased population 'churn'	7	10	14	11
Better level of education & skills (less deprivation)	24	49	80	32
Better ability to travel to facilities and services	61	75	85	73
Worse air quality	46	68	76	56
Better measures of living environment (less deprivation)	36	61	79	68
Worse access to green and blue space	46	62	76	61
More individuals in good health	46	59	71	53
More people with a disability	26	38	51	40

Lowest 25% in Nottinghamshire
Highest 25% in Nottinghamshire

Conversations in Workshop

WOR001

Highlights a need to reduce stigma surrounding homelessness and substance use and the importance of lived experience. This is exemplified in the boutique at CGL, where donated free clothes are displayed like a shop.

Meaning, belonging and what matters

"People know they've got support, they feel safe and welcomed and so they don't fall back to where they started."

"Community means to me where people get along, help each other."

"If they've got any problems, they sit and talk about it to see what they can do to move things forward."

"That's all they need, just someone to talk to."

What supports community life

"Groups like this are important to help people progress with their life."

"They always get asked what support they need from the moment they step in to sign up."

"It's helped me knowing that I'm helping others."

"I love it when I see somebody smile that you've helped."

"I never used to speak when I first came here ... now I get on with everybody, everyone is like one big happy family."

What is difficult or needs to change

"People need to be aware of homelessness and people that are on drugs or alcohol that need rehabilitation, because there's a lot of stigma ... people just assume the worst."

"If I could change one thing about the community, probably to do more groups for the whole community to try to get people back together."

WOR002

Describes how someone who has lived experience can feel a great deal of purpose in using that to help others, feeling that they can provide insight which cannot be taught.

Meaning, belonging and what matters

"We're human beings, and although we don't realise it, we've held a community ever since human beings have been on this planet. We gather in groups."

"A strong, healthy community would be everybody in harmony, nobody under fear or anything like that, enjoying where they live, enjoying the environment and a much happy, friendly atmosphere and environment for everybody."

What supports community life

"This group of people had all had a similar experience to me, and I found it so welcoming that it was able to... we could talk to each other; we can support each other....."

"And then we discovered that this recovery community is a huge community because you feel very isolated. You just don't realise how many people there are in that community."

"I'll be quite honest, without that group of people, without CGL, I don't think I could've operated. It's brought me a purpose again. It's brought me self-worth, and it really makes me feel good that I can use everything that's happened to me."

What is difficult or needs to change

"What frustrates and concerns me most is the actual look of the area. There is antisocial behaviour, there can be, but it's visible. Boarded-up shops just don't look good."

Data in these case studies

What is measured	Nottinghamshire			Communities in this report							In each community, higher values mean:
	Low quarter Less than	Mid-value	High quarter More than	Arnold	Bingham	Central Kirkby in Ashfield	Eastwood	Laxton	Warsop	Workshop	
Fuel poverty	26	38	51	34	16	60	47	47	46	38	More households are fuel poor
Single person household aged 65 or older	22	36	55	30	46	27	40	65	28	30	More older people living alone
Economic inactivity - health or disability	10	19	30	23	6	32	30	9	39	22	More people not working because of health or disability
Priority places for food	22	47	70	68	94	26	33	37	9	29	Lower priority place for food insecurity
Children in relative poverty after housing costs	18	32	49	31	15	58	46	14	52	43	More children in poverty - after housing costs
Population change in 1 year	7	10	14	9	11	9	11	7	7	11	Increased population 'churn'
Deprivation - education & skills	24	49	80	57	94	26	25	75	13	32	Better level of education & skills (less deprivation)
Ability to travel to facilities & resources	61	75	85	91	70	88	83	7	65	73	Better ability to travel to facilities and services
Air quality	46	68	76	80	35	82	74	6	49	56	Worse air quality
Deprivation - living environment	36	61	79	50	89	29	47	11	71	68	Better measures of living environment (less deprivation)
Access to green or blue space (water)	46	62	76	86	45	83	59	86	39	61	Worse access to green and blue space
People in good health	46	59	71	59	76	47	39	68	39	53	More individuals in good health
People with a disability	26	38	51	40	23	49	58	27	60	40	More people with a disability

 Lowest 25% in Nottinghamshire
 Highest 25% in Nottinghamshire

*These indicators are reported on a variety of units – To aid interpretation they are all scaled so that the lowest value in Nottinghamshire is 1 and the highest 100.



Recommendations

There are many similarities between the experiences of residents and partners. Residents describe the importance of connection, belonging, participation and feeling heard, while the case studies and partner reflections demonstrate how these principles can be supported in practice.

There is good practice to celebrate, and going forward the focus should be on building on what is already working, addressing the barriers identified by communities, and creating the conditions for communities to have greater influence over the factors that shape their health and wellbeing.

The recommendations below, many of which have been shaped by resident voice, set out where there is an opportunity to act. These recommendations also draw on the quantitative insights, the learning and reflections of health and wellbeing partners, and, the local and national policy and evidence base referred to in this report.

For consideration by Health and Wellbeing Board partners	
1 Recognise the value of connection, belonging, and of having someone to talk to	• Ensure connection is recognised, valued, and prioritised as a fundamental building block of good health across system and partnership planning. • Explore how resources can be prioritised to increase understanding of barriers to connection, and increase opportunities for connection, for example through national and local funding opportunities, including the Local Communities Fund.
2 Collaborate with community organisations as equals	• Statutory partners (like the NHS and local authorities) should ensure proactive collaboration with community-led organisations recognising them as essential infrastructure and equal partners in improving health and wellbeing. • Recognise and celebrate the significant contribution of the VCSE sector in Nottinghamshire and take steps to strengthen and support the sector through VCSE programmes from statutory partners (like the NHS and local authorities).
3 Invest in the resources and skills which enable co-production	• Explore where there are gaps in co-production, investing capacity in co-production activities in these areas, and recognising that meaningful and impactful relationships take time to develop. • Support staff; allowing them the confidence, skills, resource and time to work with communities effectively, meaningfully and sustainably, learning from examples of good practice shared by partners.

For consideration by Health and Wellbeing Board partners cont.

4 Make test and learn business as usual and create spaces to share learning and good practice	• Support and embed a test and learn culture in how we understand the needs of a community, and how we deliver community centred approaches that enable partners to adapt and respond to changing community needs and build on each other's experiences and learning. • Consider how the Health and Wellbeing Board (including the Steering Group & workshops), the Thriving Communities Programme, and local partnerships can systematically showcase learning across the system, including from grant funded programmes.
5 Make support easier to find	• Ensure local communication, outreach and signposting are up to date and accessible, enabling residents to access existing community support, activities and services more easily. • Ensure digital information and signposting is accessible for varying levels of digital literacy by providing plain language information, offering non-digital routes, and signposting to digital inclusion support and resource such as Your Notts Directory. • Explore how information on community-based support can be made more accessible to new residents, in partnership with local developers, housing providers and estate agents.
6 Strengthen volunteering, peer support and lived experience opportunities	• Review and align organisational approaches to supporting volunteering, identifying opportunities to sustain and expand opportunities for volunteering, peer support and lived experience, recognising these approaches as valuable for improving wellbeing, building resilience and strengthening communities. • Explore specific opportunities for activities and learning which bring together younger and older generations, such as mentoring and reverse mentoring schemes.
7 Give communities genuine influence	• Building on existing commitments within the Council Plan to be a 'Council that Listens', explore opportunities to learn directly from residents and ensure there is a clearly established route to directly connect authentic, unfiltered resident voice with strategic decision-making spaces, ensuring these opportunities are tailored to needs and accessible for everyone, including young people. • Consider opportunities to systematically build resident voice into strategic governance including for the Health and Wellbeing Board, Integrated Neighbourhood Public Service planning and the upcoming Local Government Reorganisation.
8 Better understand barriers to access	• Ensure lived experience is incorporated early in identifying needs and designing interventions to understand barriers that may not be visible in data, and, to identify community-led solutions. • Develop a systematic approach to ensuring that health literacy and digital inclusion are considered in the review and development of health and wellbeing services and offers.
9 Make spaces work for communities	• Better understand the barriers in unlocking existing community spaces, taking a holistic view of the places where communities connect.

For action at community level			
Theme	Community specific concern	Action	Owner
Transport	Change to bus services in Eastwood. Isolation in rural areas if reliant on public transport.	Explore how feedback can inform transport planning and policy.	Public Health and Communities & EMCCA
	Not being able to walk along roads safely due to hedges not being cut.	NCC Highways Team follow up specific concerns.	NCC Highways Team
Connection	Possible barriers to connections for those living in sheltered or supported housing.	Share feedback and learning from recent asset-based community development work by the Community Friendly Notts Team at the Nottinghamshire Housing Directors Strategic Group.	NCC Public Health and Communities
	Lack of community activities that can bring whole communities together.	Explore opportunities to prioritise support and resource through national and local funding opportunities including the Local Communities Fund to increase activities that bring whole communities together.	NCC Public Health and Communities
Safety	Concerns about gangs and knife crime.	Explore violence reduction opportunities with the Nottingham and Nottinghamshire Violence Reduction Partnership across areas citing concerns.	NCC Public Health and Communities & the Violence Reduction Partnership
	Concerns about anti-social behaviour and the look of the area putting visitors off in Worksop.	Explore how feedback can inform local partnership work including the Worksop Together Board and Community Safety Partnerships.	NCC Public Health and Communities

Glossary

Asset Based Community Development

Community centred approaches focussing on assets within a community and empowering residents.

Building Blocks of Health

We need all the right building blocks in place in order to thrive, these include stable housing, good work, access to healthy affordable food and social connections.

Community

A group of people joined together by a common interest, characteristic or experience.

Co-production

A way of working where residents and organisations work together, sharing power, for a collective outcome.

Director of Public Health

The Director of Public Health has a statutory duty to take steps to improve the health of the local population.

Director of Public Health Annual Report

A requirement for all Directors of Public Health to produce an annual independent report on the health of the local population, which the local authority is required to publish. The report aims to raise awareness and understanding of local health issues, highlight areas of concern, and make recommendations for change.

Heads, Hearts, Hands

A framework to guide conversations in a structured way that helps people to take action.

Health inequalities

Unfair and avoidable differences in health between different groups of people.

Joint Strategic Needs Assessment

A process where Public Health teams and teams across the Integrated Care System come together to understand the health and care needs of a population, making recommendations about what can be done to improve the health and wellbeing of the people discussed in the report.

Neighbourhood Health Plan

Aims to create healthier communities by delivering NHS care closer to home and improving access, with a focus on prevention and reducing health inequalities.

Nottingham and Nottinghamshire Integrated Care Board

Statutory NHS body responsible for planning, funding, and coordinating healthcare services for Nottingham and Nottinghamshire.

Public Health

The goal and purpose of public health is to protect and improve the health of the population and to reduce unfair differences in the health and wellbeing of people from different communities.

Semi-structured interview

A semi-structured interview is a qualitative interviewing method that combines pre-determined questions with the flexibility to adapt questions, ask follow up questions, and, explore ideas.

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