

Well communities



Palmerston North Health and Wellbeing Plan development

Over the past few months many residents, community groups, service providers and organisations from across the community have given us their views on “what works well in the community to keep people healthy and well?” and “what are the key issues/ challenges affecting the health and wellbeing of people and families/whānau in our community?”

We would like to thank the 529 people who completed surveys and the 834 people who attended engagement sessions with groups of service providers, community groups or at community events for their input.

Summary of common responses from our Community Engagement

What works well in the community to keep people healthy and well:

- Strong communities and community groups
- Free GPs for U13 and Dental for U18
- Community organisations, services and support groups
- Recreation areas and facilities – walking tracks, parks, pools, sports grounds, theatres, libraries, Youth space
- Health Services – hospital in city, hospice, good GPs
- Community gardens and community events
- Family friendly and easy to travel around

Key Issues/Challenges affecting the health and wellbeing of people and families/whānau in our community:

- Access to GPs – wait times
- Cost to see GPs and dentists for adults
- Lack of transport – to get to services and event
- Waiting times for hospital appointments/operations/ED
- Mental Health – lack of access to services, waiting times and support for whānau
- Housing – quality, cost and availability
- Cost of healthy food/prevalence of junk food
- Lack of knowledge of what support/services are available
- Poverty/cost of living/financial strains
- Drugs and alcohol/addictions
- Communication – language barriers, people not feeling valued or listened to when engaging with health services/ cultural responsiveness
- Family violence

Five
territorial local
authority districts
are covered by
MidCentral DHB



- Lack of parenting skills
- Overburdened service providers – demand exceeding supply
- Inequity in education and employment opportunities/ lack of pathways for some
- Isolation – older people and refugees

Going Forward

We are doing further community engagement to identify the priority health and wellbeing needs within Palmerston North - taking the common themes back out to the community to identify priorities and what we should focus on first. After all community engagement is complete, three to five priority areas will be identified.

Focus areas will be identified within the priority areas and then we will look at the capacity for change. Work will be done with different service areas and partners to establish action points under each priority to make a positive impact. These actions will be implemented over a one to five year period.

Any questions please contact:

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