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# KVA Health and Wellbeing in Uncertain Times Conference Feedback: 21 October 2020



Covid-19 has changed the shape of organisations across the world. This conference explored how the Voluntary Community and Social Enterprise (VCSE) organisations in the health and wellbeing sector could adapt and thrive in the future. 55 people attended the conference from a mixture of statutory and VCSE organisations in Kingston.

## Morning Speakers

- [Covid-19 and Inequalities](#): Iona Lidington, Director of Public Health, Assistant Director Healthy and Safe Communities, Kingston Council
- [Social Prescribing Youth Network](#): Paul Jarvis-Beesley, Head of Health, StreetGames
- [Reducing Health Inequalities for Black and Asian communities during the COVID-19 Pandemic](#): Dr Tushna Vandrevala Associate Professor in Health Psychology, Kingston University
- [Loneliness during the pandemic](#): Olivia Field, Head of Health and Resilience Policy, British Red Cross

## Afternoon Workshops

- [Building a more digitally savvy team](#) with Superhighways PowerPoint Slides
- [Diverse and Inclusive Volunteering](#) with Volunteering Kingston
- [Funding in the Health and Wellbeing arena](#) with Kingston Voluntary Action
- [How To Compassionately Support Your Workforce And Volunteers During These Uncertain And Challenging Times](#) with Kingston Adult Education

## Breaktime refreshers



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*"I liked the way the day was run and got ideas on interactivity e.g. jam boards and the wellbeing YouTube playlist was a lovely idea."* Kimberley Salmassian, Kingston Centre for Independent Living

*"A very interesting, relevant and informative conference. A great mix of speakers and many take aways."* Caroline O'Neill, SWL CCG (Kingston & Richmond)

*"The conference was well organised and provided a brilliant insight into what's happening in the Health and Wellbeing sector within Kingston. It gave a brilliant opportunity for networking as well."* Laura Everton, Fulham Football Club

*"It was relevant and interesting - the speakers were outstanding."* Amy Lenderyou, Refugee Action Kingston

**97% said they felt the conference was relevant to their organisation and felt more confident to address health and wellbeing issues that Kingston residents will face.**

### What is the one thing you will proactively undertake to do, or use, in your work following this conference?

Ranked in order of responses from most response to least

- **Support wellbeing of staff, volunteers and myself**
- **Consider how we reach and tackle health inequalities for different demographics such as BAME groups**
- **Address loneliness for clients, family and friends**
- **Improve IT skills and use different digital tools**
- **Use Connected Kingston and other online resources**
- **Use learning to support funding strategy and applications**
- **Work in partnership with other organisations**
- **Plan for future**
- **Rethink how we reach our audience**
- **Involve others in service development**
- **Offer new activities via Zoom**

# KVA Health and Wellbeing in Uncertain Times Conference Feedback: Jamboard Activity

Read detailed feedback here: <http://bit.ly/2Wix2Pk>

## CHALLENGES YOU ARE FACING?

- Digital exclusion
- Volunteering
- Reopening services
- Remote working

## HOW HAVE YOU ADAPTED?

- Going online
- Adapting services
- Working in partnership
- Using the phone to deliver services
- Support wellbeing
- Increased communications
- Becoming more flexible
- Planning for the future

## LONG TERM SOLUTIONS

- Targeting services
- Doing things differently
- Invest in early intervention/ prevention
- Digital inclusion and increase online activities
- Work in partnership across different sectors
- Continue with face to face activity

## HOW ARE YOU PLANNING WHAT YOU DO NEXT?

- Look at good practice elsewhere
- Work with stakeholders
- Information for clients/ residents/ staff
- Regular review of services
- Local/national data
- Seeking sustainable funding