

Leith Conference

Keeping Well Health and Wellbeing Day 1

- Mental / Health – intergenerational groups – paring young and old folks 9
- Trees are important for mental health 4
- Community activity ownership 3
- Eating Well – Food poverty, need access to fruit + health food 2
- Positive alternatives (skate park!) 2
- More proactive about health = less reliance on health service
+ Massive Social Return 1
- Access to community growing – food education 1
- Meanwhile use to create community gardens
- Fitness/ Exercise – affordable access to exercise facilities
- Need safe, well lit, open 24 hours social place
- Cooking education + communal eating
- More unsupervised play (less reliance of screens, more face time)
- Educate about 'heathy' use of Social Media

Now

Leith has....

Outdoor gyms on Leith Links & outdoor classes

Wide variety of health facilities – yoga, gym, platies, football

Projects that teach cooking (i.e. Citadel + Duncan Place) & healthy eating

Limited Shared Spaces e.g. community centre

Intergenerational are at Citadel and Pilmeny

Good Wild spaces (i.e. Water of Leith)

The Junction and other support services

Soon

More Public toilets & walking routes + water fountain (Yes)

Communal Eating and Sharing your own grown food (such as Crops in Pots)

Volunteering Initiatives that are intergenerational

More available indoor spaces for teenagers during winter

Examine demand of Services such as [CAMHS](#)

Support for BME families

Park at Western Harbour which could host sports clubs

Repurpose old bowling Club (Links Gardens)

Future

Safe and well-lit public parks (i.e. Dalmeny Street)

Educate parents about 'hands off' safety
Community open spaces i.e. for dog walking
Larger quality housing (i.e. social, affordable) – common good.

If we did one thing ... No child poverty

If we did one thing ... Make Homelessness a thing of the past

If we did one thing ... Be mindful of the [Inverse Care Law](#) when planning health and wellbeing services

If we did one thing ... [Proportionate Universalism](#) to address most need and reduction of funding opportunities

Exploring the issues

Physical Wellbeing

- Need affordable access to local exercise facilities
- A safe, well-lit, open 24 hours, social space
- Community activity ownership
- Being proactive about health = less reliance on health services

Mental Health

- Social isolation exacerbated by living online.
- Intergenerational groups – pairing young and elderly people for company / educational. Importance of face to face communication.
- Highlighting positive alternatives to being online – be social in a skate park.
- More unsupervised play (less reliance on screen time)
- Educate about 'healthy' use of social media.
- Trees are important for mental health.
- *"Being in real life in Leith is even better than online life. Get real!"*

Eating Well

- Food poverty need access to affordable healthy fresh food
- Cooking education and communal eating
- Access to community growing and food education
- 'Meanwhile' use to create community gardens