

## THE EDINBURGH WELLBEING PACT

In our last special edition of Colleague News, you may remember that we focused on our three conversations approach, which helps us achieve our strategic ambitions by working differently and in a more preventative and personal way.

This month, we're focusing on another one of the key programmes of work helping us to achieve our strategic aims; the Edinburgh Wellbeing Pact.

### **WHAT IS THE EDINBURGH WELLBEING PACT?**

The Edinburgh Wellbeing Pact or "The Pact", as it's sometimes known informally, is the Edinburgh Integration Joint Board's (EIJB) commitment to redefining our relationship with the citizens of Edinburgh and our partners. It's underpinned by a shared common purpose: to achieve and maximise the wellbeing of all our citizens.

By focusing on what's important to people, the skills and attributes they have, the role of their family, friends and communities, we can provide a service that fits around them, allowing them to live as well as possible.

Since we started developing the Edinburgh Wellbeing Pact in 2020, we've been working hard to partner in a more collaborative way with the people of Edinburgh, and the voluntary and independent sector, and grow a culture that puts people's wellbeing at the heart of our decision making. Encouraging and supporting people to look after their health and lifestyle as best they can and setting out what people can expect from the services we provide.

The Edinburgh Wellbeing Pact is our pact between our partners and the people of Edinburgh to all work together to put wellbeing first.

## **OUR EDINBURGH WELLBEING PACT**

"We will work with the people of Edinburgh to better understand what is important to them in their lives and how they want to manage their own health and wellbeing, to provide a service that fits around them and allows them to live as well as possible and have more good days."

## **WHAT HAS BEEN DONE DO FAR?**

In the midst of the pandemic, we used a range of different approaches to find out what health and care means to the people of Edinburgh and our partners.

Between June to September of 2020, we:

- interviewed 23 city leaders from the third sector, public sector, elected members, Board members, academia and private sector
- held 12 focus groups with 84 frontline colleagues and practitioners
- ran a public survey which received 356 responses
- held 11 diverse community of interest groups, including BAME, faith groups and people with specific health conditions
- joined eight voluntary sector forum meetings with 191 participants.

We also asked people to submit photos of what health and care means to them which we shared in Waverley Station. With all that in mind, this helped us build our six key themes, which you'll hear more about in our podcast.

## **WHY WELLBEING IS SO IMPORTANT**

In the wake of the COVID-19 pandemic, the importance of mental health and wellbeing continues to be at the forefront of everyone's mind, with isolation and loneliness being the biggest threat to wellbeing.

When we conducted our many focus groups, one participant's comments really stuck out to us, which helped shape our thinking around the purpose of the Edinburgh Wellbeing Pact.

*"COVID-19 had made us all reflect and rethink what's important to us, our families and communities. We didn't see COVID-19 coming and we are all experiencing it but in different ways and at different times. But what has been overwhelming and perhaps a more shared experience has been the response and reliance of us, as citizens, as neighbours, as family members, as friends, as workers, carers and volunteers mobilising and coming together to help support, care and nurture one another."* – **Participant 6, The Pact interviews**

## LISTEN TO OUR PARTNERSHIP PODCAST TO LEARN MORE



Listen to our Partnership Podcast:  
The Edinburgh Wellbeing Pact

In this [Partnership Podcast](#), Dr Linda Irvine Fitzpatrick from the Edinburgh Health and Social Care Partnership and Stef Milenkovic and Ian Brooke from EVOC take us back to the very beginning of the work to develop the Edinburgh Wellbeing Pact. They tell us about the importance of the Edinburgh Wellbeing Pact, reflect on the conversations and discussions that have happened and share a glimpse into

what's coming next.

## THERE'S MORE TO COME

We want to keep you involved and well informed of the work we're doing across the Partnership to achieve our strategic ambitions so keep your eyes peeled for regular updates to our new web page, [Sharing our Strategy](#), where we will be bringing you regular podcasts, videos and blogs updating you on our progress.

If you have a story to tell involving transformation, we want to hear from you at [EHSCP.communications@edinburgh.gov.uk](mailto:EHSCP.communications@edinburgh.gov.uk)

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