



Health is made at home – hospitals are for repairs

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Taking off my NHS spectacles

- A celebration of the health creators
- The NHS, government and the general public
- The NHS can't do everything by itself

The health creators

- New ideas about creating health and quality of life
- Not social prescribing, “*engaging*” the public
- Taking control, not business as usual



**Health is about
physical, mental and
social wellbeing**

The World Health Assembly 1948

Health and wellbeing

- are about life and freedom, confidence, and the quality of our lives
- our relationships, how we live, and what happens to us at work and at school
- being all that we can be, and living life to the full



Creating health

- providing the conditions in which people can be healthy and helping them to be so.
- what a parent does ... and what a good teacher does, a good school, a good community ...
- helping create resilient, confident, capable and healthy individuals



Human flourishing

- The causes of health not the causes of ill-health
- Salutogenesis and eudaimonia
- Science – greenery, relationships, exercise

Health and wellbeing

- Health services, healthcare
- Prevention and protection
- Health creation





The health creators

The health creators (just a few)

- Bolton at Home
- TR14ers
- Sewing Rooms

Ten behaviours

- Take off our NHS spectacles
- Mental health
- Relationships
- Build on strengths
- Importance of communities
- Meaning and purpose
- Connect and communicate
- Environment matters
- Be entrepreneurial, learning by doing
- Take control



Building a healthy and health-creating society

The health creators, NHS and government

- different language and emphasis on systems, business planning, contracts and science
- government with its politics, silos and top down approaches
- challenges and the opportunities

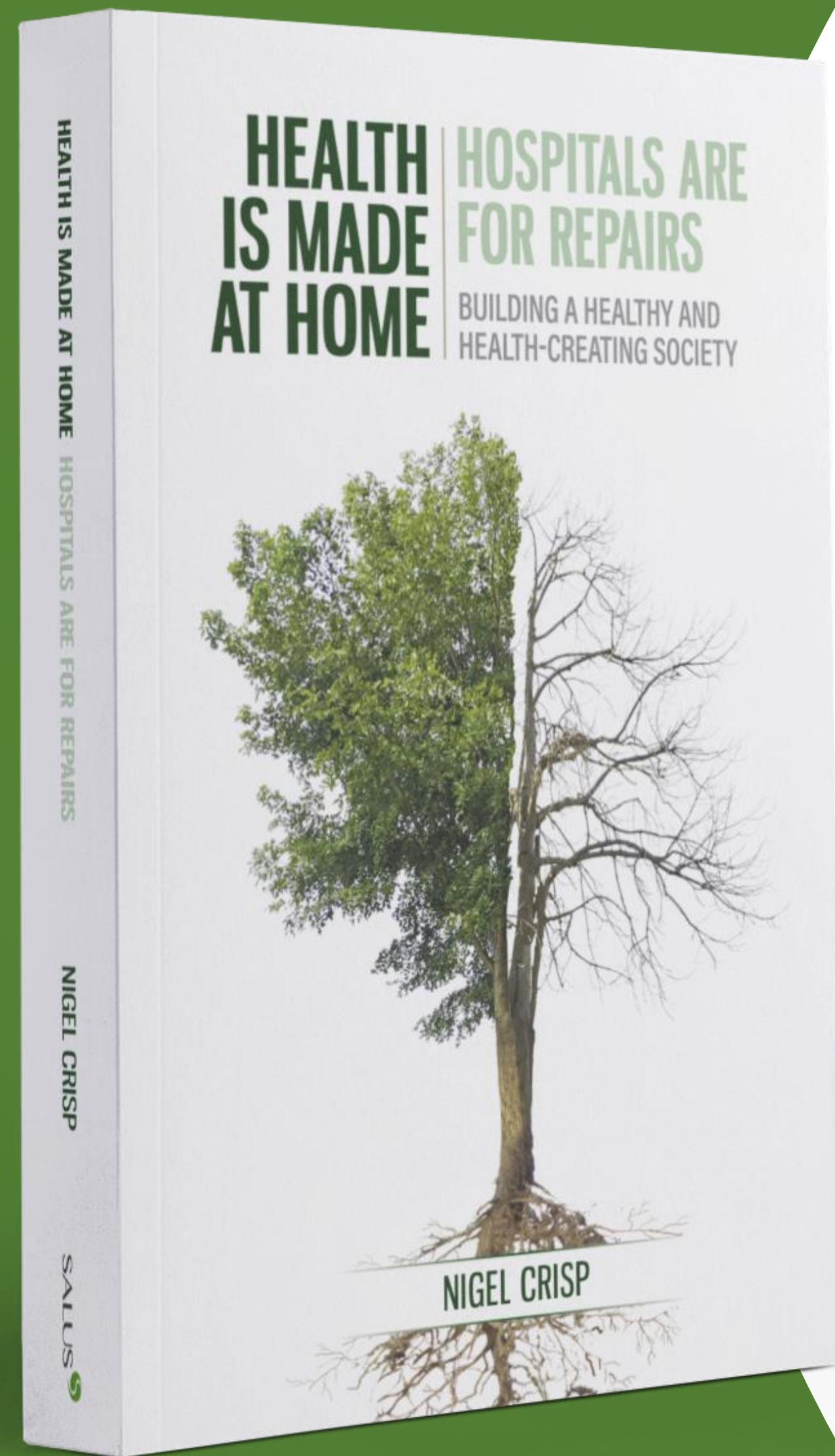
The TCPA Healthy Homes Bill

- Duty to promote health, safety and wellbeing
- 11 standards
- Annual report from Secretary of State
- Appointment of Health Homes Commissioner



Our health as individuals is intimately connected to the health of our communities, the health of wider society and, ultimately, the health of the planet.





HEALTH IS MADE AT HOME

HOSPITALS ARE FOR REPAIRS

BUILDING A HEALTHY AND HEALTH-CREATING SOCIETY

NIGEL CRISP

www.healthismadeathome.uk

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