

65
High Street



Ian Morrell: Development Manager@65 High Street

Nailsea, North Somerset BS48 1AW

ian@nailseatowncouncil.gov.uk

07934 291670

65

High Street

The Importance of a 'Place'

No 65 users (examples)

- 2nd Step (mental health) cafe
- 6t5 Youth Club
- ASD support group
- Boom Satsuma
- Cancer Café
- Citizens' Advice
- Employment Support
- Exhibitions
- Nailsea Disability Initiative

- North Somerset Council
- Parkinsons' Support Group
- Therapeutic art/craft groups
- United Response
- Wellspring Counselling

Run by us

- NHS Digital: Techno-Timid
- Switching Service
- Terracycle

Places Connect People

Sociologist Ray Oldenburg 'The Great Good Place'

"it is a place of personal ease; it is a place of warmth – of friendliness, support and mutual concern; and it is a place of social equality."

- Wellbeing is made at homes and in communities, not in hospitals and clinics
- Community organisations are resourceful, adaptable and cost effective
- Community groups need places (not council one-stop shops) to meet, share, support
- Community not agency-led has unique advantages

**Concept created in
the 1970's by Aaron
Antonovsky**

The principle is to
focus on people's
resources and
capacity to create
health...

Not on the medical
focus of risks, ill
health, and disease.

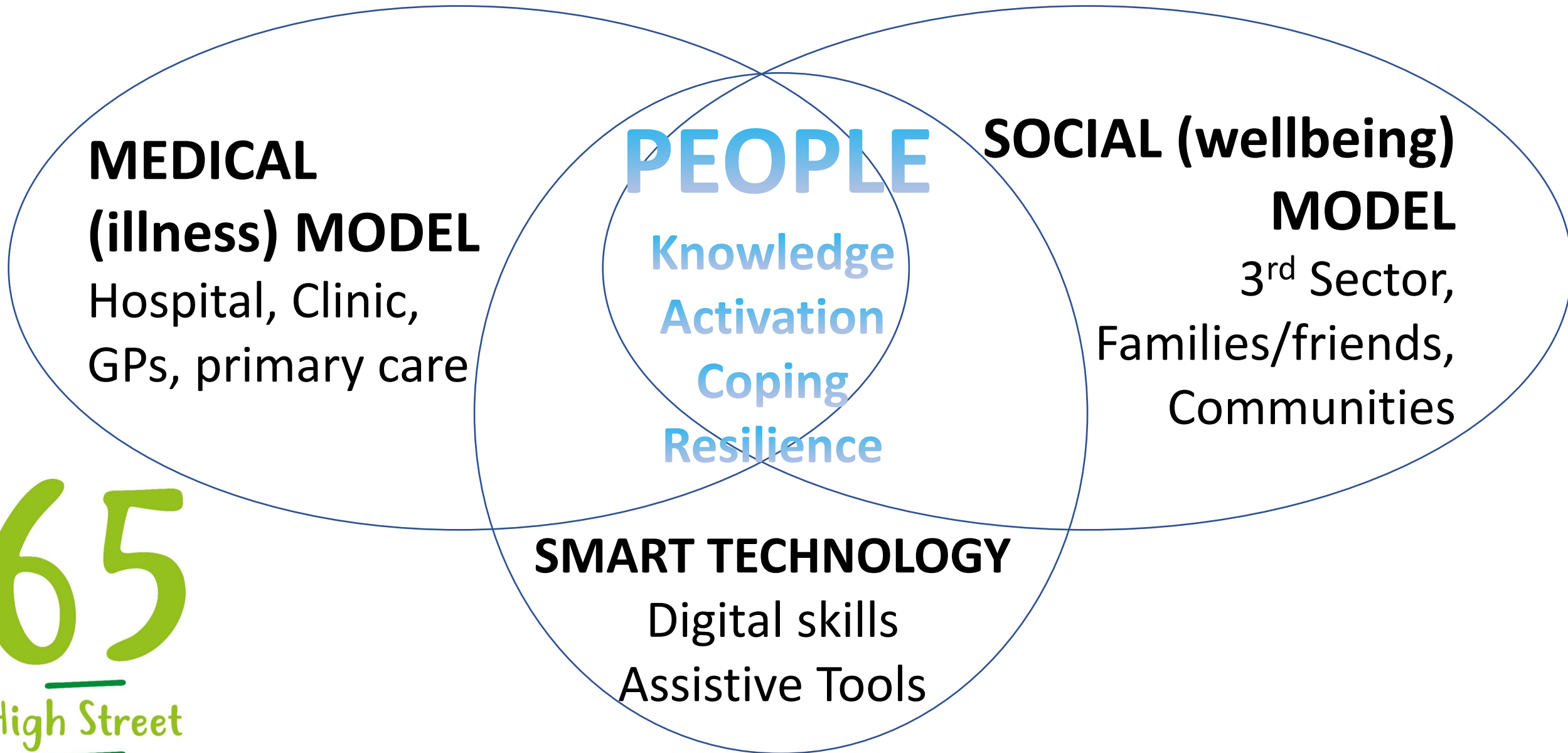
Salutogenesis@65



Key Terms

- Sense of Coherence
- Connectedness, Belonging, Resilience
- Learned Resourcefulness
- Learned Hopefulness
- Problem Solving, Coping and Activation

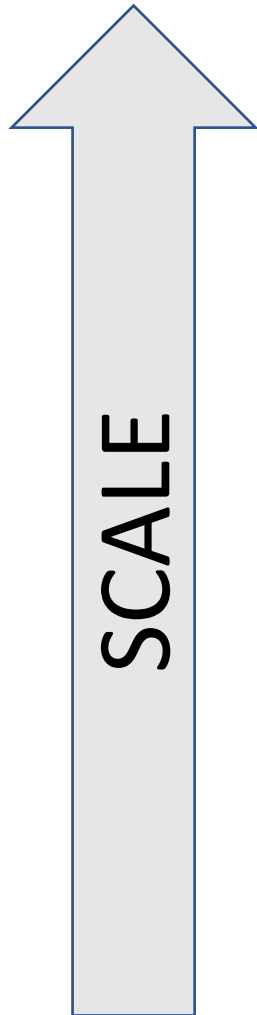
People-Centred Health and Wellbeing



65

High Street

Linking the Medical and Social Models



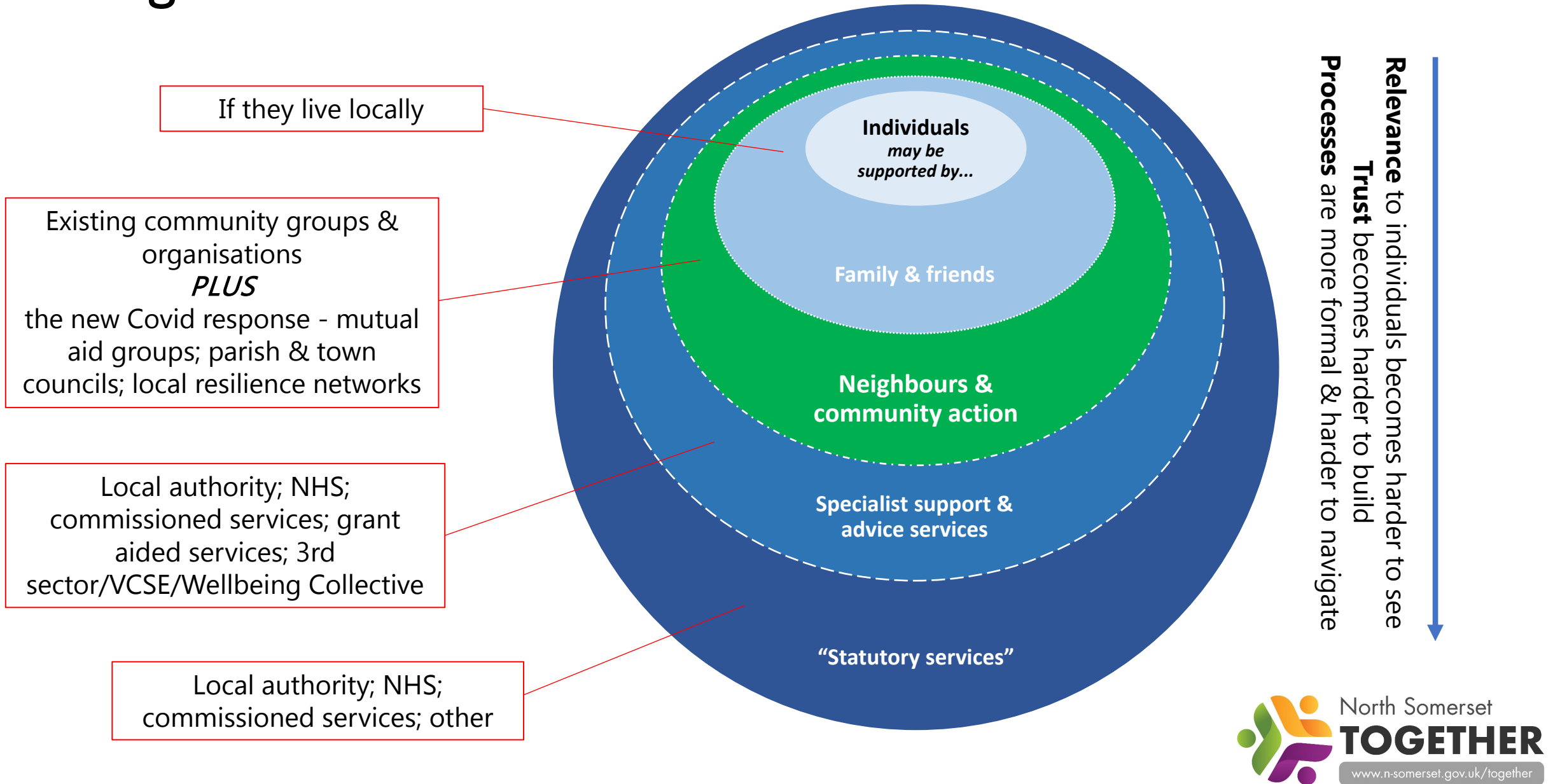
Statutory Bodies e.g NHS, District/County Councils, large charities

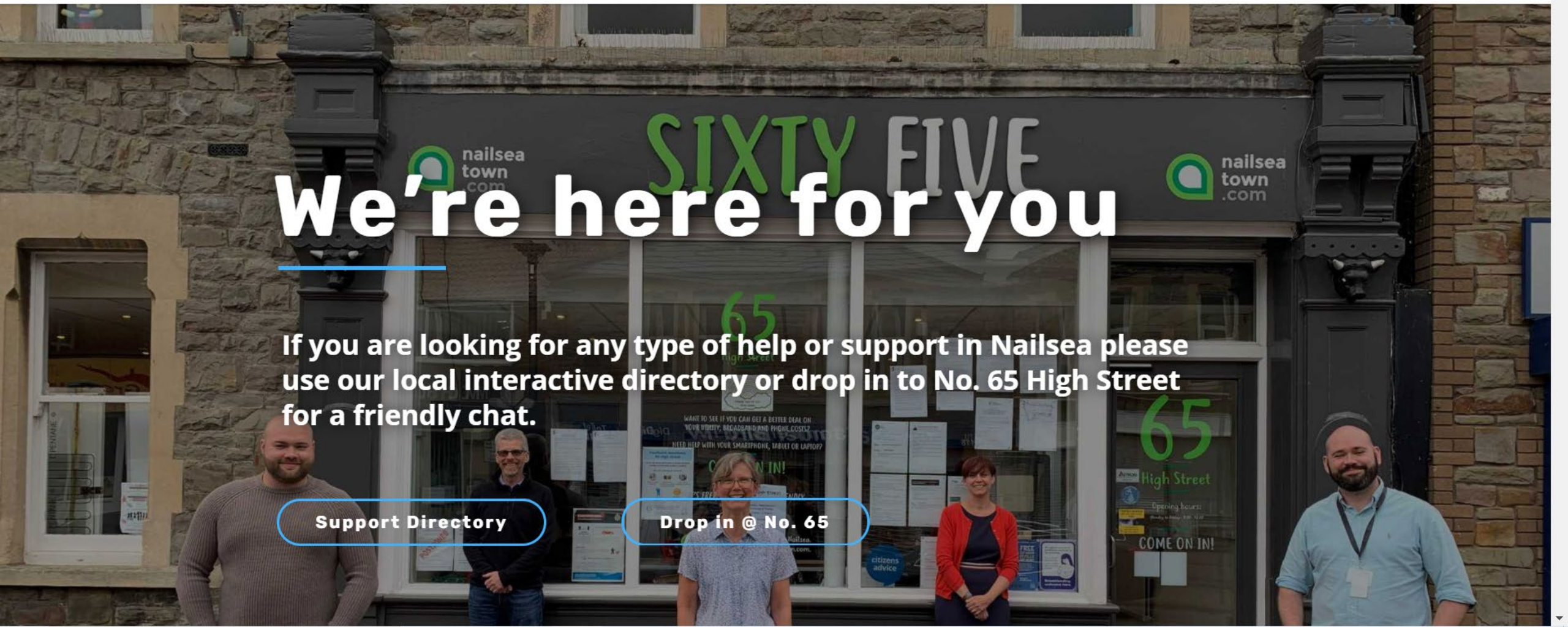
BARRIERS TO COLLABORATION

not done/invented here, silos, budgets, policies, professional boundaries, reorganisations, trust, power

3rd Sector e.g. volunteers, local charities, Community Interest Companies (CICs), housing associations

The Big 'Lesson' from the Covid Crisis





We're here for you

If you are looking for any type of help or support in Nailsea please use our local interactive directory or drop in to No. 65 High Street for a friendly chat.

Support Directory

Drop in @ No. 65



Our Values

JUST DO IT.

- We are custodians not owners
- Human scale not economies of scale: relational not transactional
- No labels and no silos
- Trust people: listen and learn
- Synergy happens one conversation at a time
- Less Planning = More Serendipity
- It's easier to apologise than ask permission
- Amazing things happen when no one wants to take the credit