



## THE SANATAN PARIVAR, MAIDENHEAD

### INSIGHT REPORT

#### Context:

The Sanatan Parivar (TSP), rooted in the philosophy of "the world as one family," has been a steadfast advocate for fostering unity and wellbeing among Maidenhead's diverse communities. While predominantly Hindu in membership, TSP welcomes individuals of all faiths, exemplifying inclusivity and shared purpose. Recently, in collaboration with Frimley NHS Trust, TSP embarked on a mission to uncover the health and wellbeing priorities of the local Hindu community, with the aim of shaping future health services. This report presents the voices of the community through a thematic lens.

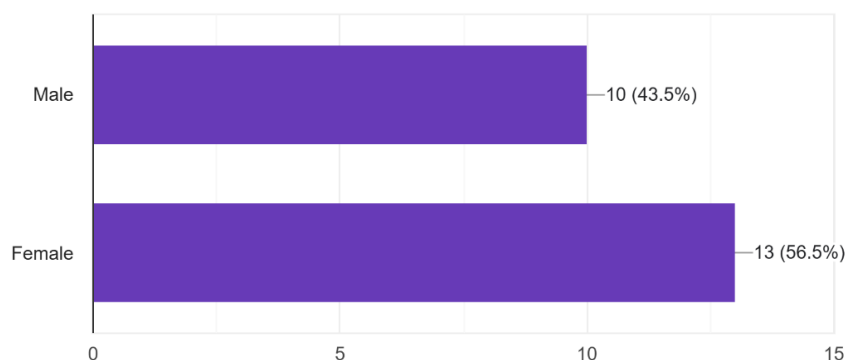
#### Methodology:

**Community Conversations:** A focused group discussion was conducted with 10 participants, equally representing men and women, aged 35 to 50 years.

**Broader Outreach:** An open-ended online survey garnered 23 responses from individuals aged 27 to 72, with an average age of 48.

#### 2. What is your gender?

23 responses



This dual-method approach ensured a balance of in-depth dialogues and a wider breadth of perspectives.

## Thematic Analysis of Community Responses

### Question 1: What aspects of health, care, and wellbeing are most important?

#### 1. Access to Healthcare

- Timely access to doctors and hospitals.
- Availability of healthcare at odd hours.
- Local urgent care facilities to reduce travel distances.

*"Having easy access to healthcare locally ensures peace of mind," shared one participant.*

#### 2. Local Environment

- Safe and vibrant neighbourhoods.
- Open spaces, parks, and recreational facilities.
- Schools and housing that support overall wellbeing.

#### 3. Quality of Care

- Reduced waiting times.
  - Access to specialist consultations.
  - Emphasis on mental health and culturally aware care.
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### Question 2: What should be the top priorities for health and care in our community?

#### 1. Urgent Care Facilities

- Establishing a comprehensive urgent care centre at St. Marks Hospital.
- Smaller injury units at all health centres.

#### 2. Efficient Appointments

- Streamlined booking systems for quicker appointments.
- More knowledgeable and proactive General Practitioners (GPs).

#### 3. Emergency Services

- Local emergency units equipped with necessary diagnostics.
- Reduced reliance on distant facilities like Windsor and Wexham.

#### 4. Preventive Health Measures

- Early diagnosis and regular health check-ups.

- Balanced nutrition programs and wellness campaigns.
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**Question 3: What could significantly improve your and your family's wellbeing?**

**1. Mental Wellbeing**

- Access to resources promoting emotional and psychological health.
- Initiatives for a balanced lifestyle combining nutritious food and physical activity.

**2. Local Healthcare Access**

- A walk-in clinic and quicker GP appointments.
- Availability of diagnostic facilities and outpatient services at St. Marks.

**3. Routine Health Checks**

- Twice-yearly health screenings for all family members.
- Proactive measures for chronic conditions like diabetes.

*"Routine check-ups and accessible local healthcare centres would address our needs effectively," remarked one respondent.*

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**Question 4: What challenges make it difficult to access care or support?**

**1. Long Waiting Times**

- Delays in getting appointments even for urgent needs.
- Extended emergency room wait times.

**2. Travel and Costs**

- High expenses and the inconvenience of traveling to facilities in Slough or Windsor.
- Public transport challenges.

**3. Lack of Awareness**

- Limited knowledge about available services and referral systems.
- Challenges faced by newcomers unfamiliar with local healthcare pathways.

**4. Cultural Barriers**

- Need for doctors who understand cultural and dietary practices.

- Miscommunication and gaps in tailored guidance.
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**Question 5: What should leaders focus on to improve health and care?**

**1. Expand Local Services**

- Reopening and enhancing St. Marks Hospital with urgent care and diagnostic services.
- Investing in minor injuries units and community clinics.

**2. Enhance Service Accessibility**

- Simplified processes for GP appointments and referrals.
- Eliminating parking fees at hospitals to ease financial burdens.

**3. Improve Communication**

- Clear information about healthcare options and pathways.
- Culturally competent care practices and targeted outreach.

**4. Strengthen Resources**

- Increased staffing of healthcare professionals.
- Policies that prioritise patient needs and reduce systemic inefficiencies.