



UBC Inclusive and Healthy Cities Commission

Activity Report January - October 2015

New start for the Commission

The Commission is the new one in UBC structure - it was established this year on the basis of former commissions on Health and Social Affairs and Sport. (the report covering the period from October 2013 to December 2014 is available online at: <http://www.ubc.net/commissions,29.html>).

For the new start of the commission it was necessary to begin with building up key relations between those who expressed will of taking the lead and responsibility for the development process of the commission. That means, that proper amount of time and suitable space was inevitable during the year for deepening information about each other: Who we are? What our interests are? What do we want to give and take from the commission's activity? What our strong points are? It was the first and big task for the commission.

Besides the work and efforts was taken TO LEARN MORE about the UBC new directives and tasks given by the UBC management.

To give the chance for good start and further effective activity the key **Expected results of the first faze for the 2015 was sketched:**

- Draft proposition of our commission vision
- Kick-off meeting (well prepared and conducted)
- Agreed commission management structure
- Annual action plan for the commission and draft vision of activity for the future years
- Defined topics to work on
- First approach for the topic/ idea done by the city members

What does it mean inclusive city/ healthy city? General understanding

INCLUSIVE CITY: City governed by community. Community which has tools, methods, infrastructure to create systemic access to decision making process, city facilities, plans (even policies), for all those who wish to participate. Inclusiveness can be constantly improved and effect in easier access of wider range of people to mentioned above factors/ elements. What notions or values makes inclusiveness stronger? Participation, transparency, dialogue, knowledge (good local diagnosis), evaluation (lessons learned approach), professionalism, balance between community's sectors activity (public, ngo, commercial)...

HEALTHY CITY: a city that is well designed and well-connected is healthy. Accessibility and a safe city gives involvement and movement. Self-dependency, independency and inclusion are important elements for a healthy city. City as an organism which has its' own parts/functions and areas which are in good or bad condition.

Defining commission idea

- Commission is a space for exchange information, experience, good practices and knowledge (including research on the most advanced level)
- Commission is a place for reinventing tools for daily work, methods of actions, services and innovations in the fields of inclusion and health
- Commission gives the opportunity for professional excellence (workshops/ seminars for employees/ commission members)

- Commission can be also a tool for building good image of the institutions, organisations, cities which are involved in the commission's activity
- What does the commission could be in the next two or three years?
 - Commission could be stable platform for contacting people, matching partners for cooperation,
 - well-connected/ networked team of professionals from various fields of interests
 - well integrated team for actions and events (maybe even starter of project team)
- What the dreams about the future of the commission are?
 - commission is a well-designed and managed space of various activity levels:
 - there is a place for those who want to observe, learn by observing
 - there is a place for those who want to create a single events and take some responsibility for single subjects
 - there is a place for those who are eager to develop complex research, diagnosis and propose solutions
 - there is a place for visionaries who are perfect in sketching the horizons ...
 - commission has its own, unique brand mark, is recognisable amongst UBC and maybe in the Baltic sea region ... achieved by high quality actions, publications, representatives (deeds, people, material input).

Commission can develop on the continuum: place for exchange (now), tool for shaping local policies (in the future).

Organisational structure

At the annual meeting in Gdynia participants decided to establish following structure of the commission. The lead is given to Gdynia for 2015. During this time Trelleborg is co-leading and taking the responsibility for the communication. Karlstad, Klaipeda and Tartu joined the team and steering group of five cities is formed. Also commission members decided that leadership lasts for one year, then the co-leader will become a leader city for the next year.

Matching topics to work on

As the topic to work on the Commission has chosen the **Open Social Spaces** idea. Member cities decided to undertake research to deepen the idea locally and then to prepare reports and disseminate widely examples of good practices. Other topics highlighted by members touched service and administrative system management and quality, employment and creative involvement in the social life by many demographic groups, forms of dialog with the citizens (amongst others meeting places, consultations, participative planning).

Action Plan

There are few branches of commission activity. First one is dedicated to the topic chosen by the participants of annual meeting. For the 2015 the topic is the open social space. The plan of work on it is to define the open social space by members cities (local seminars, meetings, experts opinions) and identify where the local open spaces are at the innovation spiral (which stage of social innovation it is: prompts / proposals / prototypes / sustaining / scaling / systemic change). For the UBC General Conference in October commission cities will prepare reports on open social spaces and they will try to match the partners for development of the open social spaces. For the GC also a study visit in one of the Gdynia's open space will be organised.

Second important branch consists with commission management tasks. Steering group and leader cities developed the action plan, budget, they prepared annual meeting and topic meeting on the General Conference. Trelleborg and Gdynia representatives have met twice during 2015 (May and October). Communication strategy is under construction and will be fully introduced with the beginning of 2016.

Kick-off meeting in Gdynia

Nineteen people from eight member cities participated in the first meeting of Inclusive and Healthy Cities Commission which took place on 9-10 June 2015 in Pomeranian Science and Technology Park in Gdynia, Poland.

The purpose of the meeting was firstly to find a general understanding of terms *inclusive* and *healthy cities* by all members and then to define a Commission idea and identify topics to work on. And lastly - to draw up an action plan and draft budget for 2015-16. Two-days workshops gave the opportunity to talk these issues over.

During the kick-off meeting the host city briefly presented Gdynia's social policy. There was also a time to make a short tour in Pomeranian Science and Technology Park to see spaces for premises (Startups) and laboratories, conference and exhibition halls, prototype rooms and recreation area - Experiment Science Centre. Participants had also an opportunity to get in touch with one of local social economy enterprises - the study visit with dinner was organized in Gdynia Social Cooperative "Together", which is successful in catering and health food branch and assures a job for over a dozen of disabled people.

The second commission meeting will be held in October 2015 in Gdynia and the next one in May 2016 in Trelleborg.

Jarosław Józefczyk
Chairman of the Commission

13 October 2015