

Well London

London Health 09

Alison Pearce, 9th November 2009



LONDON

HEALTH COMMISSION

- The strategic partnership for health in London
- Aims to reduce health inequalities and improve the health of all Londoners
- Multi-sectoral – all key sectors represented at regional level
- Influencing, supporting, driving change
- Focus on social determinants of health



What is Well London?

- £9.46M from BIG Lottery Fund
- Partnership approach supporting local action
- Objectives:
 - Changing perspectives on mental health by tackling stigma and promoting positive mental well-being
 - Increased access to and consumption of healthy food
 - Increased opportunities for people to become more active
- 20 areas across London



Well London Alliance

- London Health Commission
- Central YMCA
- Groundwork London
- London Sustainability Exchange
- University of East London
- South London & Maudsley NHS Foundation Trust
- Arts Council-London

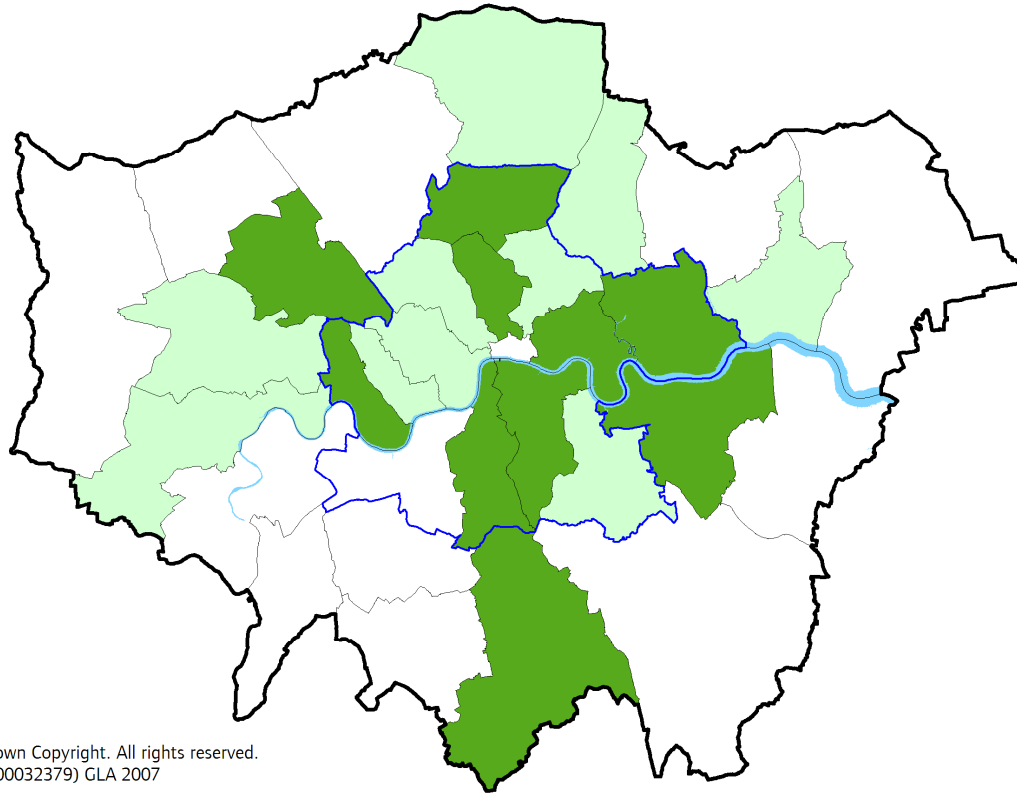


20 Boroughs

- Brent
- Croydon
- Greenwich
- Hammersmith & Fulham
- Haringey
- Islington
- Lambeth
- Newham
- Tower Hamlets
- Barking & Dagenham
- Camden
- Ealing
- Enfield
- Hackney
- Hounslow
- Kensington & Chelsea
- Lewisham
- Waltham Forest
- Westminster
- Southwark



Where we work



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Outcomes

- 34, 508 direct beneficiaries will have increased opportunity for healthy levels of physical activity, healthy eating and mental well being
- 5,176 direct beneficiaries will have improved mental health and well being and in addition there will be more positive community perspectives on mental health & well being
- 4,602 direct beneficiaries (3,424 adults and 1,178 children) will have increased uptake of healthy eating choices; including enhanced access to affordable healthy foods
- 4,348 direct beneficiaries will have increased levels of healthy physical activity



Features of Well London

- Partnership approach to delivery
- Work at the very local level
- Work in the most deprived communities
- Innovative approach to community engagement
- Community development approach
- Join up, integrate and add value to local work on healthy eating, physical activity, mental health and open spaces, and use of cultural and creative practice throughout
- Rigorous evaluation
- Influencing policy and practice across London and beyond



Evaluation

- Rigorous evaluation to provide learning and evidence to support roll-out and mainstreaming
- Cluster Randomised Controlled Trial – baseline and follow up surveys
- Additional funding from Wellcome Trust for
 - Analysis of structural barriers to good health
 - longitudinal qualitative studies
 - Surveys in comparison areas
- Evaluation of Well London structures and processes
- Project level evaluation
- Multimedia documentation



Projects

Heart of the Community:

- CADBE*
- WL Delivery Team
- Youth.comUnity
- Active Living Map
- Training Communities
- Wellnet

* Community Assessment, Design,
Brokerage, Enterprise

Themed:

- Activate London
- BuyWell
- EatWell
- Changing Minds
- DIY Happiness
- MWIA
- Healthy Spaces
- Be Creative Be Well



Progress

- Extensive community engagement process delivered in 20 areas
- On-going development and delivery of local programmes
- Baseline survey completed
- Issues identified which require action at the pan-London level



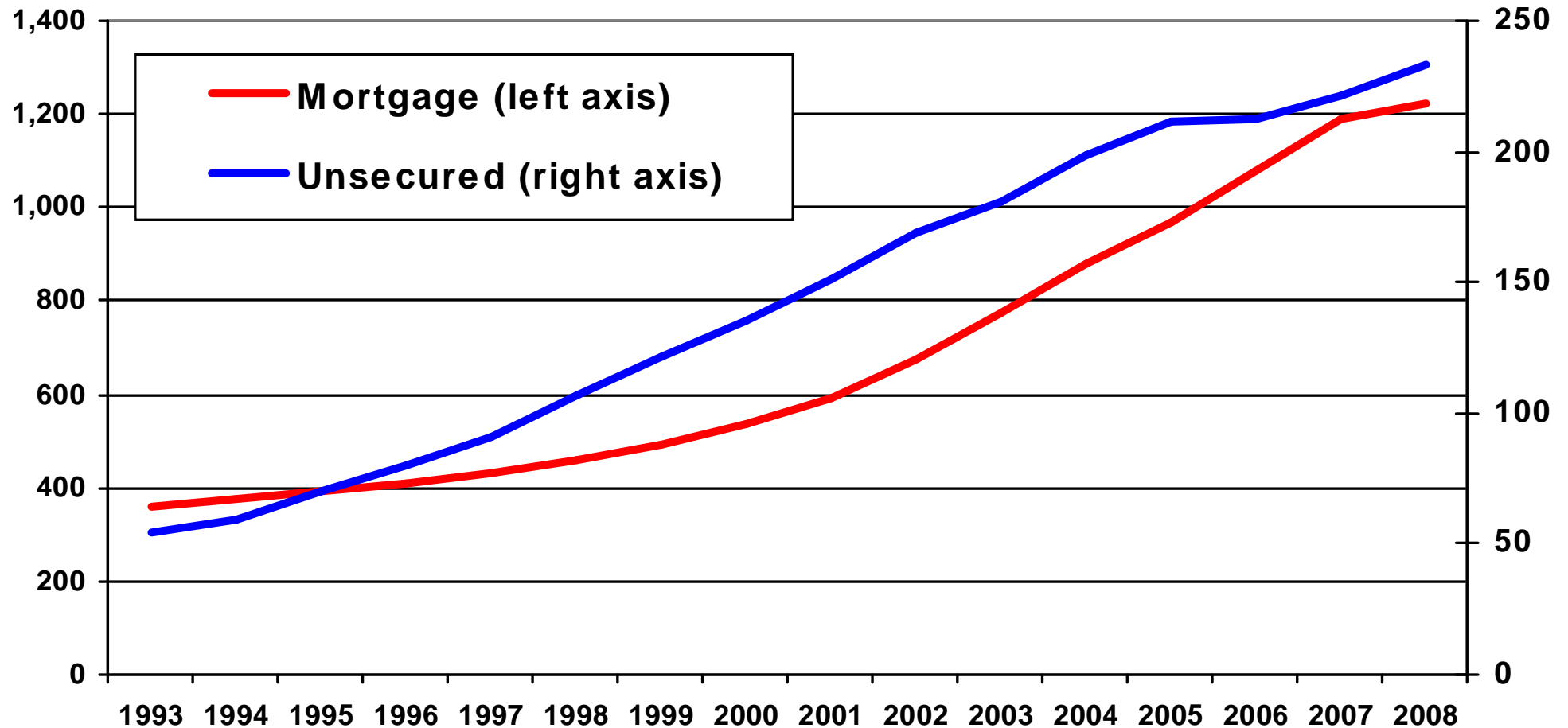
To find out more
www.london.gov.uk/welllondon



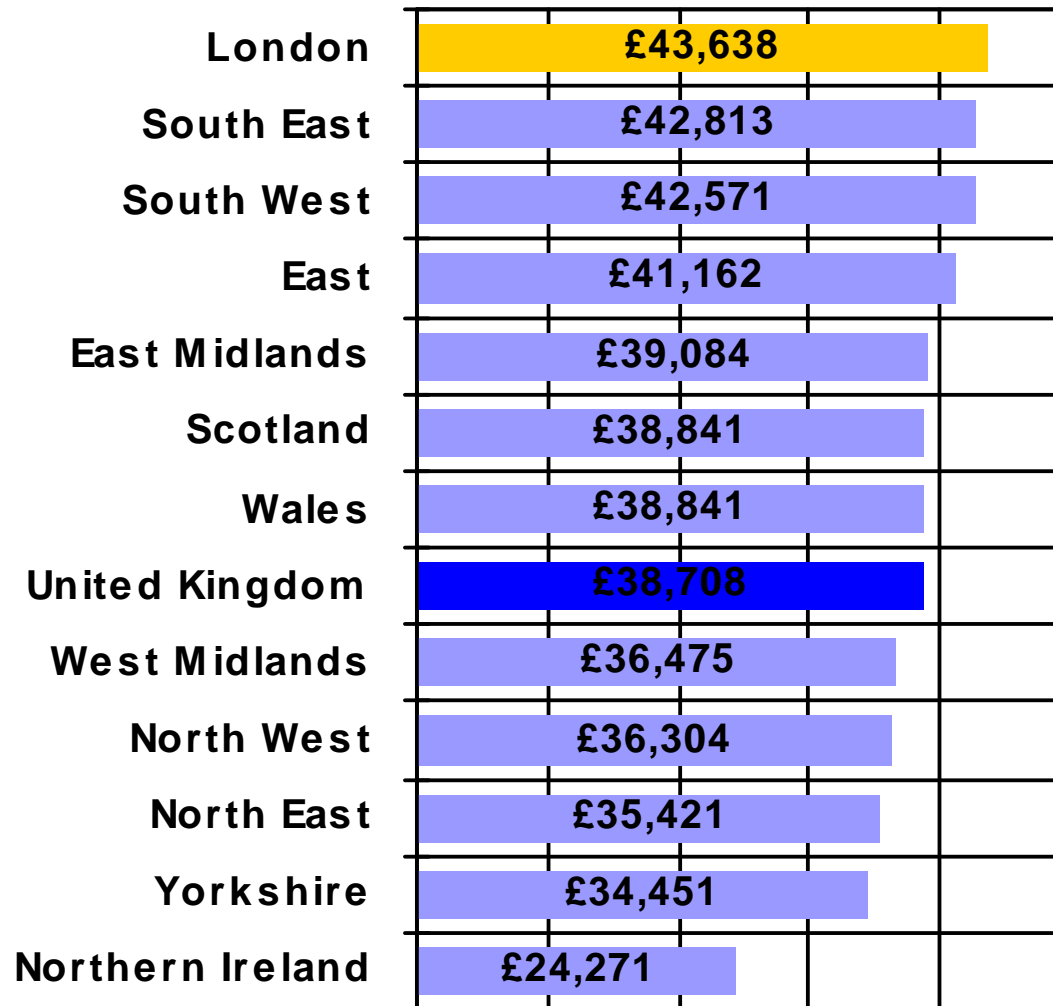
Prescribing debt advice

Getting the NHS into gear with local government on
debt and health

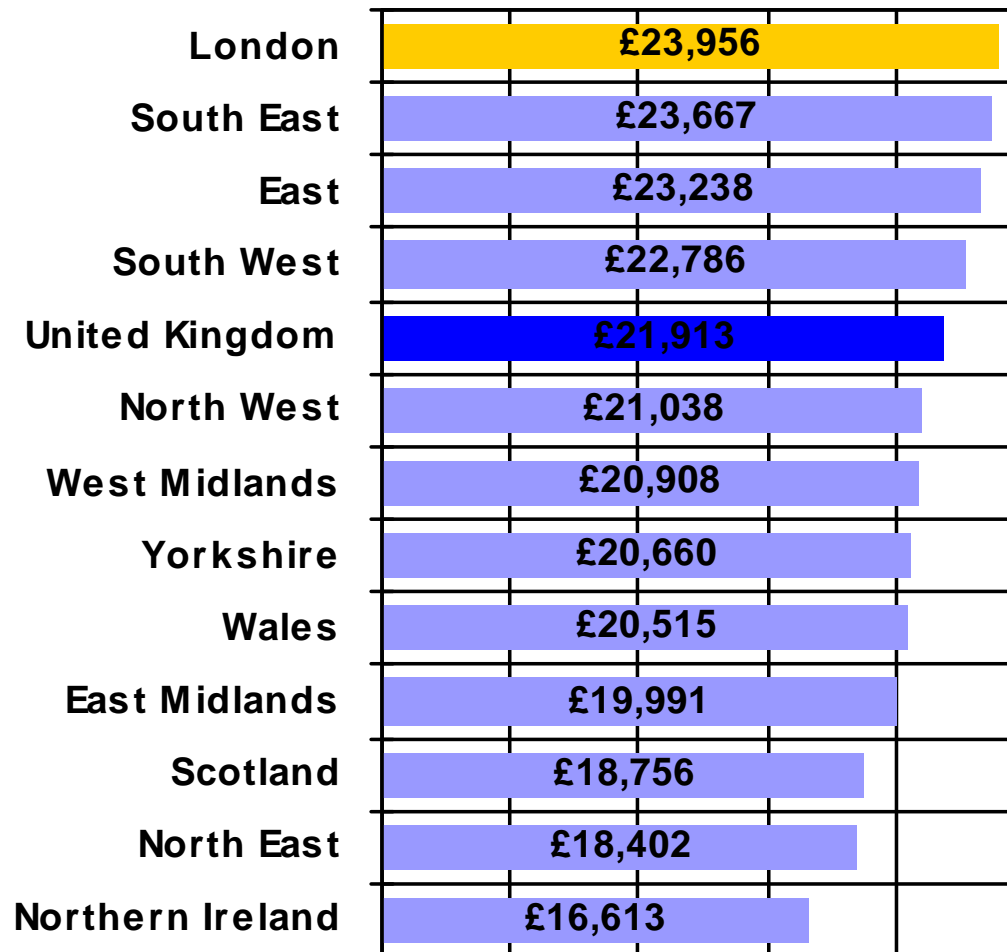
Indebted Britain (£ billion)



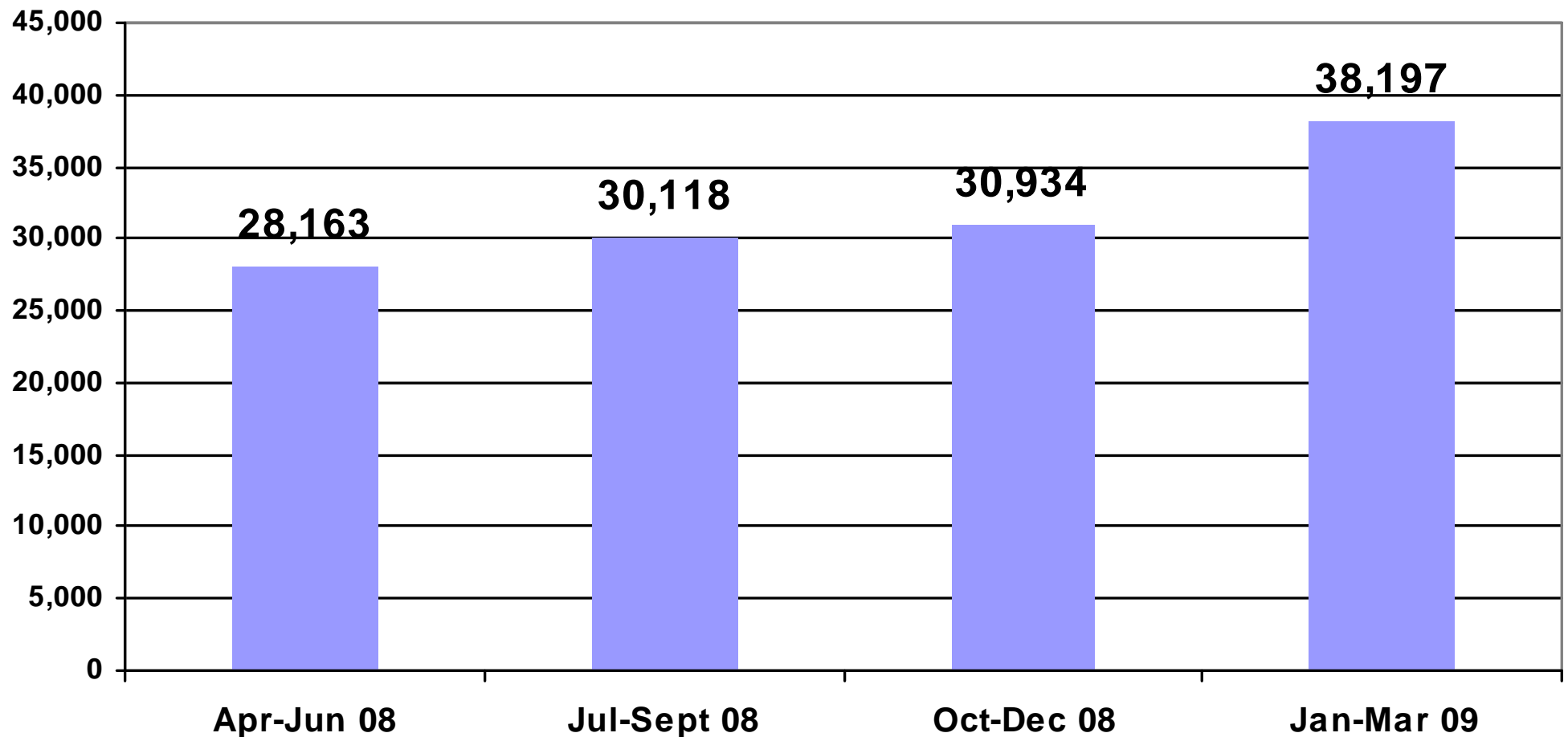
Indebted London (average debt with mortgage – CCCS DMPs)



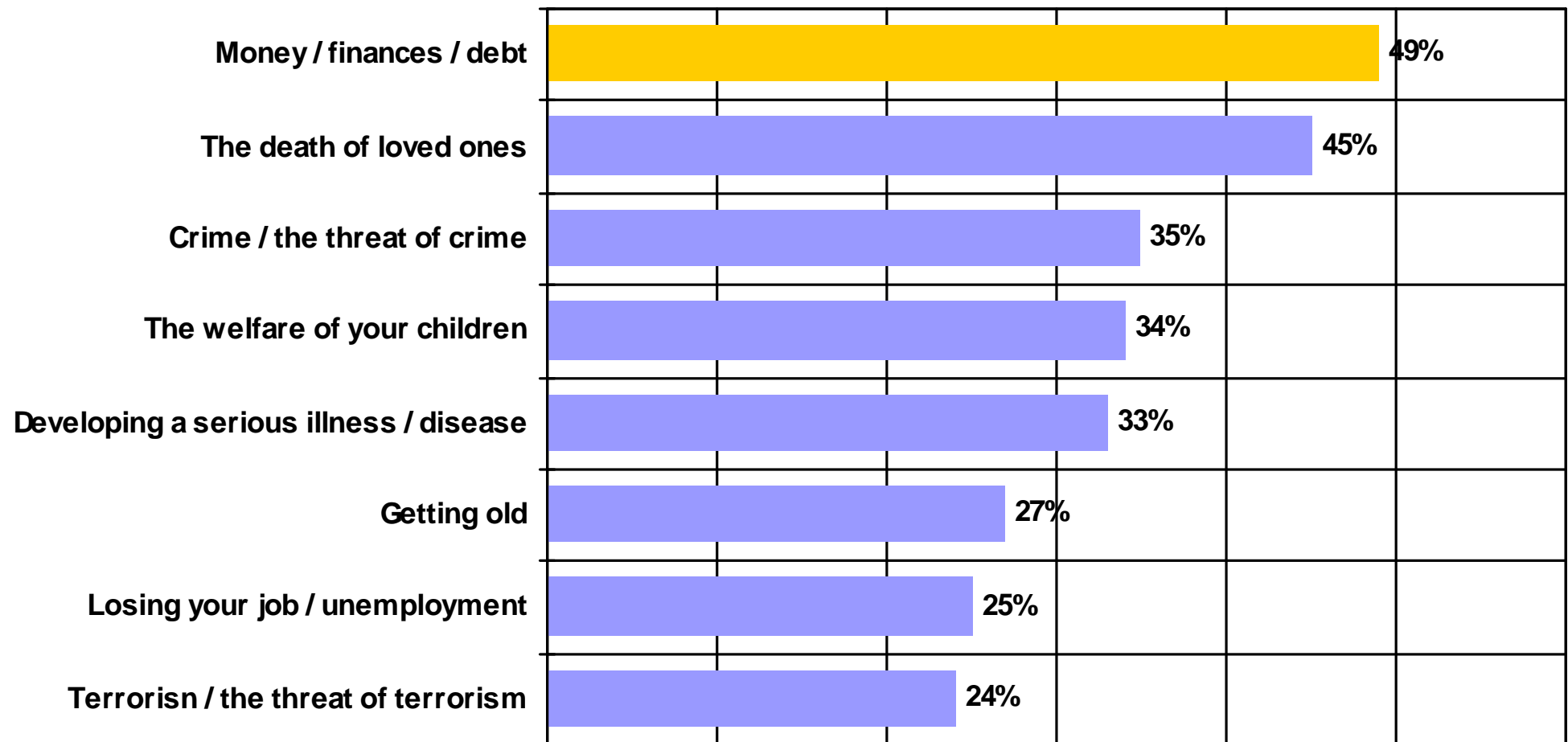
Indebted London (average debt for those renting – CCCS DMPs)



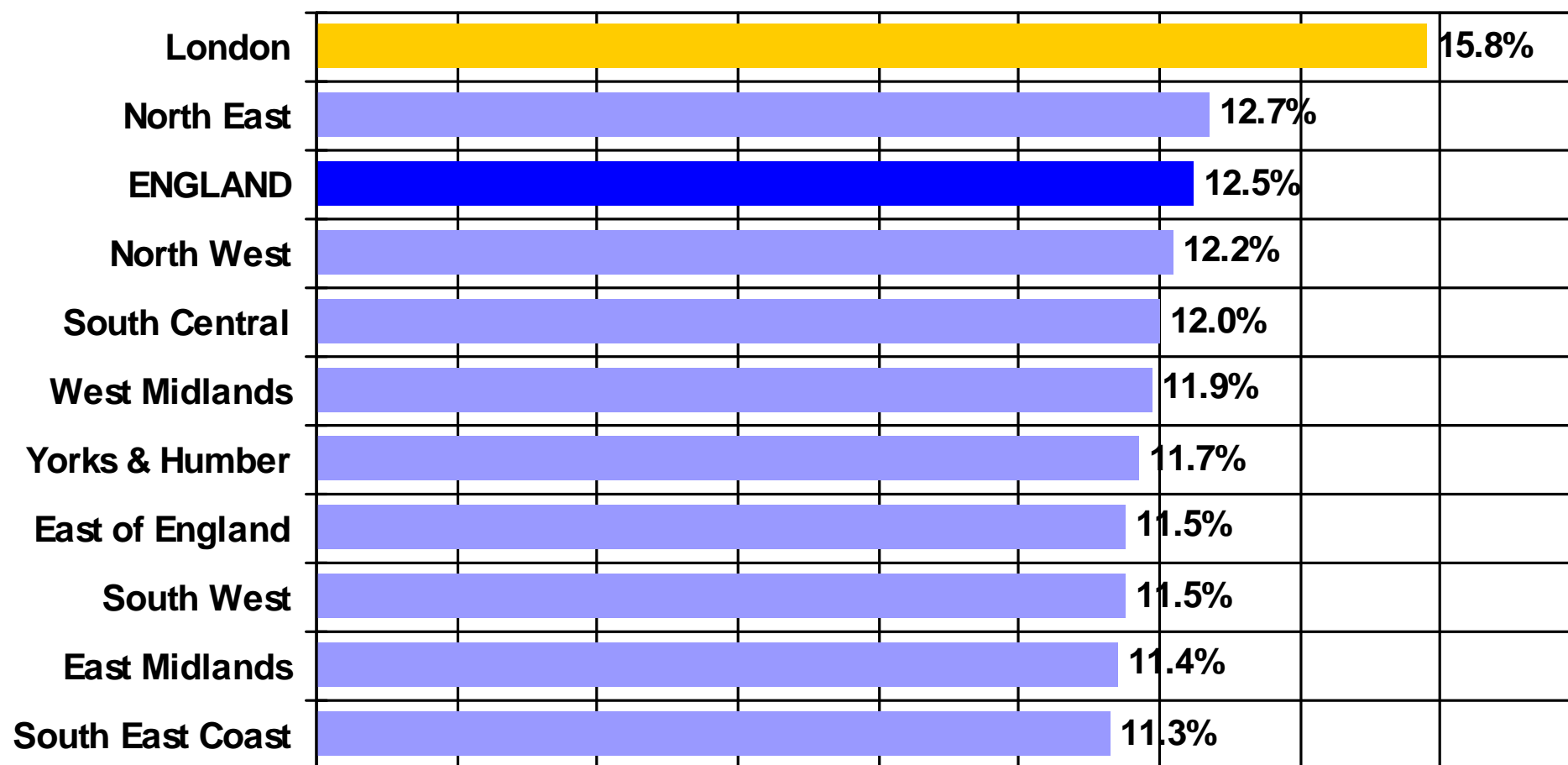
Debt advice inquiries – London's CABs



What causes anxiety (Mental Health Foundation)



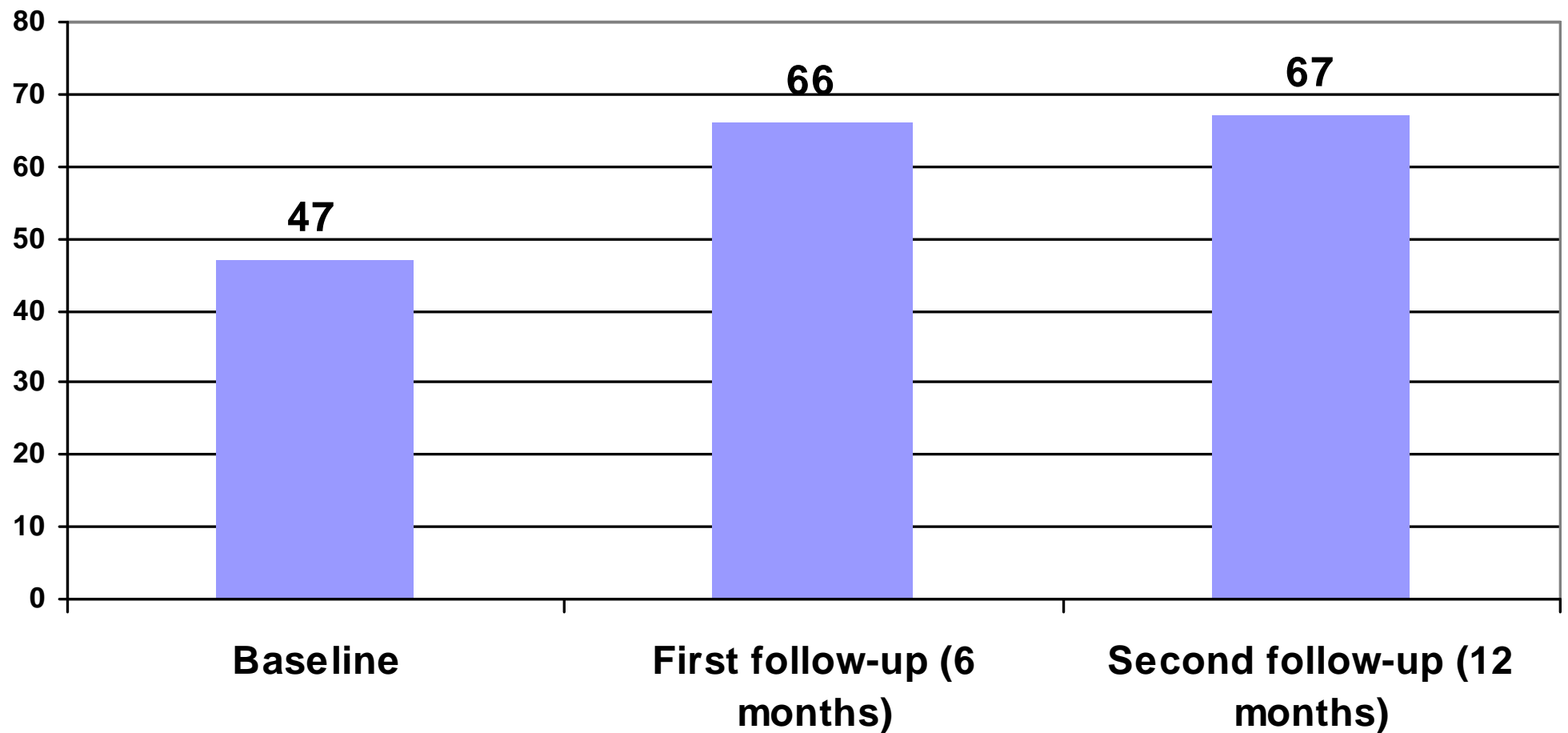
Proportion of spending on mental health by SHA (2007/08)



Specifically debt and mental health...

- Combined in at least 250,000 Londoners
- Costing an estimated £450 million
- Generating 350,000 extra GP visits
- Co-morbidities include heart disease, respiratory and gastrointestinal disorders
- Overall position set to worsen with rising unemployment

Impact of debt advice (mean health rating)



Main recommendations

- A concerted approach in encouraging people to seek early debt advice;
- Communication with healthcare professionals about the importance of debt advice in preventing ill health;
- Greater use of NHS channels to inform people about the various providers of free debt advice;
- Promotion of online debt advice where appropriate to alleviate the burden on telephone and face-to-face advice services;
- Stable funding for all types of debt advice;
- Better links between helplines for debt and for mental health;
- NHS support for a specialist service for those with debt and mental health problems.

Acknowledgement

The Forum is grateful for the support of the DH London Region

Project group

- British Bankers' Association
- Consumer Credit Counselling Service
- Department of Health
- London Councils
- London Mayor's Office
- Royal College of Psychiatrists
- Toynbee Hall
- SANE
- South London and the Maudsley NHS Trust