

Appendix 2

Bells Gardens Tenants & Residence Association consultation 13/03/2019

A meeting was held on 13th of March, 2019 between members of Southwark Council's Healthy Communities Scrutiny Commission and Bells Gardens TRA committee in order to help the community to develop an idea of good health. The meeting involved the Commission Chair Councillor Barrie Hargrove, Council Officers Julie Timbrell (Scrutiny Project Manager) and Tizzy Keller (Public Health), Bells Gardens TRA chair Paul Wright and TRA committee member, Abiola Salako as well as Public Health Researcher Shayda Kashef from King's College London. The researcher from Kings College London ran the discussion to understand what the community think the priorities for public health are in their area.

Notes have been compiled using notes from the researcher, officers and a blog by [Abiola Salako](#).

Themes:

1. Care for vulnerable people
 - a. Need for more community outreach/how to identify problems of lonely and vulnerable individuals
 - i. Need for funding for sustainable and consistent activities and advertising for neighbourhood events
 - ii. Understanding that over time events can reach more people if they occur regularly
 - b. Bells Gardens is not a particularly close knit estate and they suspect there is an issue with loneliness. What is needed is resource to identify and help lonely people
 - c. The estate housing officer knows the more vulnerable people in the estate and there is a possibility he could use this knowledge to provide more support.
 - d. Need for better understanding for the link between poor mental health and loneliness and/or job loss
 - e. Need for organised peer support groups for people with chronic illnesses
2. Hygiene & sanitation
 - a. Protocols for rubbish disposal are not followed by all the tenants
 - i. How to confront those that litter in more effective ways
 - b. Educating people on hygienic practices
 - c. A need for better understanding that damp and mildew can lead to health problems and that some residents struggle to manage the complex protocols to tackle this and could do with support
3. Expectations of healthcare professionals
 - a. There was a big focus on wanting healthcare professionals to be embedded into the community – to know the residents and to monitor the area
 - i. Ideally, these officers would feedback to health researchers who do research at a local level
 - b. High turnover of GPs -> difficult for health professionals to get to know the residents of the community
 - i. Familiarity allows for the creation of support groups for vulnerable people

- c. Want public health professionals to be 'on the ground' helping residents understand what public health means and how to make the most of the resources available to them
 - d. Public health research: stop doing 'research for research's sake' and start monitoring the neighbourhood
 - i. Can help close the knowledge gap
4. Obesity & Good Nutrition
- a. Need to address lack of knowledge about how to eat well (and cheaply) and involve the community in the action
 - i. Example: Bags of Taste
5. Noise on the estate; and the importance of creating a calm environment
6. Exercise classes. The TRA have just installed an outdoor gym but thought free classes would help get people using it. There is also a need to raise awareness of the importance of exercise in order to avoid disease conditions such as obesity
7. Health check: educating people on how to get these