

Healthy Communities Scrutiny Commission: Bells Garden Estate approach

Background information

Health and Wellbeing Board

March 2019

Healthy Communities Scrutiny Commission are looking at health inequalities in Southwark

BACKGROUND

- Health Communities Scrutiny Commission received a presentation given by officers on reducing health inequalities across disadvantaged communities on the 8th October 2018

Some of the key emerging issues the Commission has identified:

- Economic deprivation and precarious employment.
- Poverty and the intersection with health inequalities generally; and the impact on children in particular.
- Multiple deprivation.
- How the Free Swim and Gym offer could develop to be most impactful on those who need it most.
- How the wider environment impacts on health (e.g. opportunities to walk and cycle, and the availability of affordable and good quality food) and the levers the council has to positively influence this.
- Behaviour change leading to more healthy lives.
- The extent engaged and active communities impact positively on health and how to promote this.

An emerging approach looking at health inequalities at a community level

BACKGROUND

- The commission recommended testing an estate level deep-dive approach to explore the health inequalities in a local community and develop a richer understanding of their experience.
- Bells Garden estate was chosen as it is in a deprived area and has good engagement through the TRA and local organisations. It will be undergoing a small regeneration programme to build more housing and a new community centre and multi use sports area and the outcomes of this review can feed into those plans.
- Evidence has been gathered on Council and health services usage
- A community drop-in event was held on 13th February 2019 to speak to residents
- Next steps
 - Focus group with TRA on 13th March 2019
 - A final report will be produced by the committee containing recommendations

The Bells Garden Estate is located in the Peckham ward of the London Borough of Southwark

2017 WARD PROFILE - DEMOGRAPHICS

- Peckham is more ethnically diverse than the rest of the borough with a total BAME population of 71%
- Life expectancy for males is 77 years and females in Peckham is 82 years both lower than the Southwark and London averages.
- Higher proportion of children living in low income families than Southwark average.

Ethnic group	Peckham	Southwark	London
White	29%	54%	60%
Mixed	7%	6%	5%
Asian	9%	9%	19%
Black	50%	27%	13%
Other	4%	4%	3%

Figure 1: Proportion of residents by BME group (Census 2011)

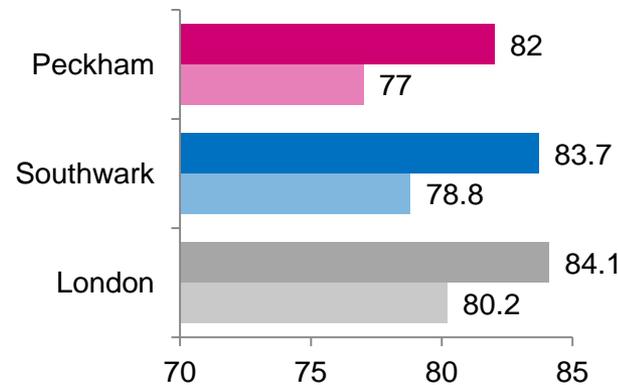


Figure 2: Life expectancy at birth of males and females, years (2013-15)

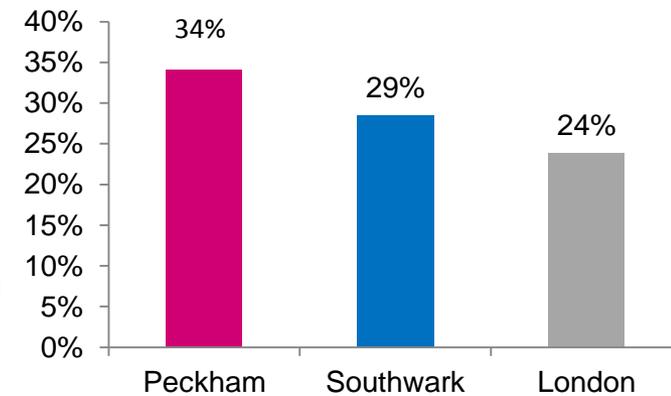


Figure 4: Percentage of dependent children under the age of 20 living in low income households, 2014

References

- Southwark Ward Profiles. Southwark Council : London 2017

The Peckham ward has more emergency admissions for COPS and Stroke when compare against England

2017 WARD PROFILE - DISEASE AND POOR HEALTH

- Better than England for heart attacks (MI)
- Worse on COPD, stroke and lung cancer when compared to the rest of England
- Worse on stroke admissions when compared to the rest of the borough
- Worse on prostate cancer but better on breast cancer compared to England

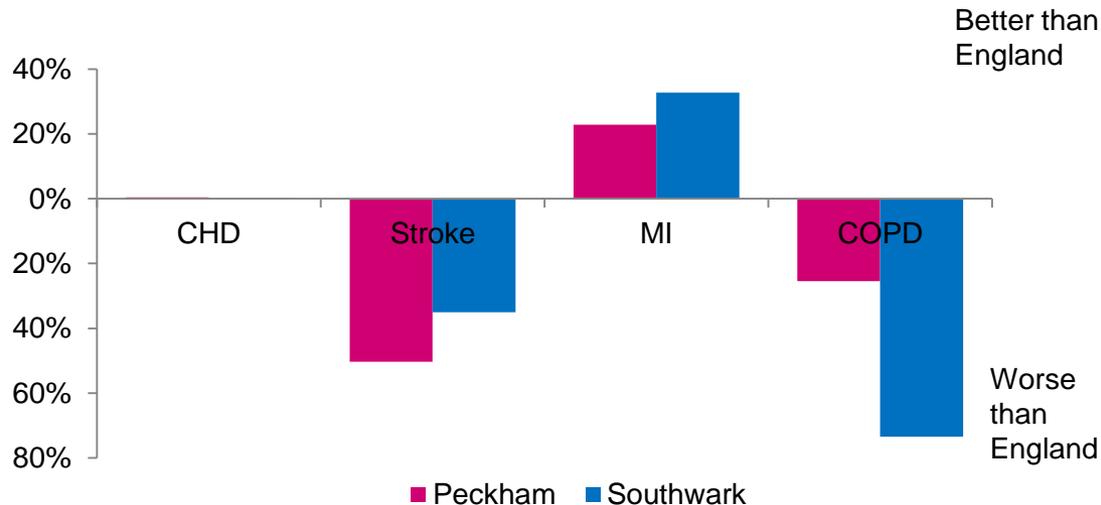


Figure 11: Standardised emergency admissions ratios for coronary heart disease, stroke, myocardial infarction and chronic obstructive pulmonary disease (2011/12 - 2015/16)

References

1. Southwark Ward Profiles. Southwark Council : London 2017

The Bells Garden Estate is in an area that is within the 20% most deprived nationally

INDICES OF MULTIPLE DEPRIVATION

The indices of multiple deprivation (IMD) show that the Bells Garden is in an Lower Super Output Area that is within the **20% most deprived nationally**.

Splitting this down into the different domains of deprivation shows that the area is in the:

- 10% most deprived for Income
- 20% most deprived for Employment
- 40% least deprived for Education, Skills and Training
- 30% most deprived for Health and Disabilities
- 20% most deprived for Crime Rates
- 20% most deprived for Barriers to Housing
- 20% most deprived for Living Environment

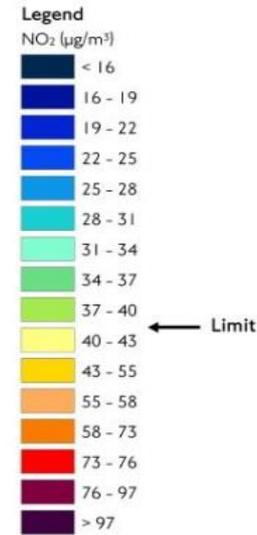
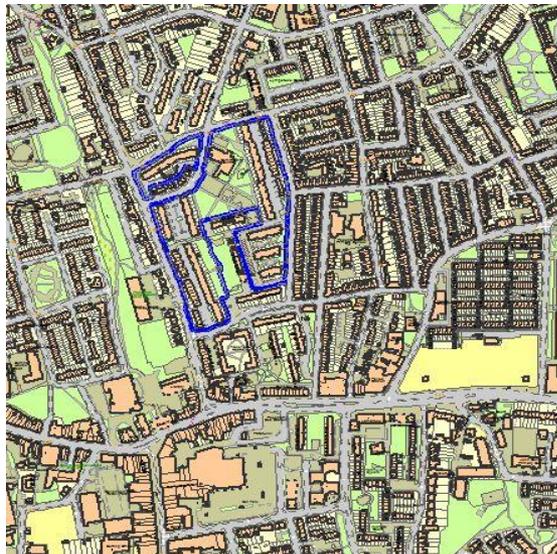
References

1. Southwark Ward Profiles. Southwark Council : London 2017

The nearest air monitoring site shows high levels of NO₂ due to close proximity to main road

AIR QUALITY

- Concentrations of key pollutants are decreasing in Southwark but NO₂ continues to be of concern
- The estate is shown (in blue) with the local roads. Similar to all other main roads in Southwark, the roads adjacent to the estate exceed the legal NO₂ objectives.



References

1. XXXX

There are a number of community health improvement initiatives in the area

EXAMPLES

- Free Swim & Gym and Exercise on referral : via Peckham Pulse
- Books on prescription – health resources freely available via Peckham library
- Wellbeing hub (signposting info / workshops / projects)
- Bags of taste (Cook and Eat) – have been operating from Bells Garden previously
- Southwark's Healthy Cooking Course pilot took place on February / March 2018 with Brixton People's Kitchen / be enriched
- PECAN and Central Southwark Community Hub Food banks
- Holiday Hunger programme (CSCH)
- Garden Organic (Master gardeners programme)
- Food Action Alliance (39 orgs – mostly grass roots) often meet at Bells garden and are working with Southwark to develop a Food Insecurity Action Plan
- Faith and health programme (facilitated by Health Watch and Community Southwark and local participants included Muslim Association Nigeria UK)

Data is being collected on these community health improvement initiatives (where available)

Within the estate, the uptake of Health Checks is 27% compared to 32% in the borough

MAINSTREAM ATTENDANCE

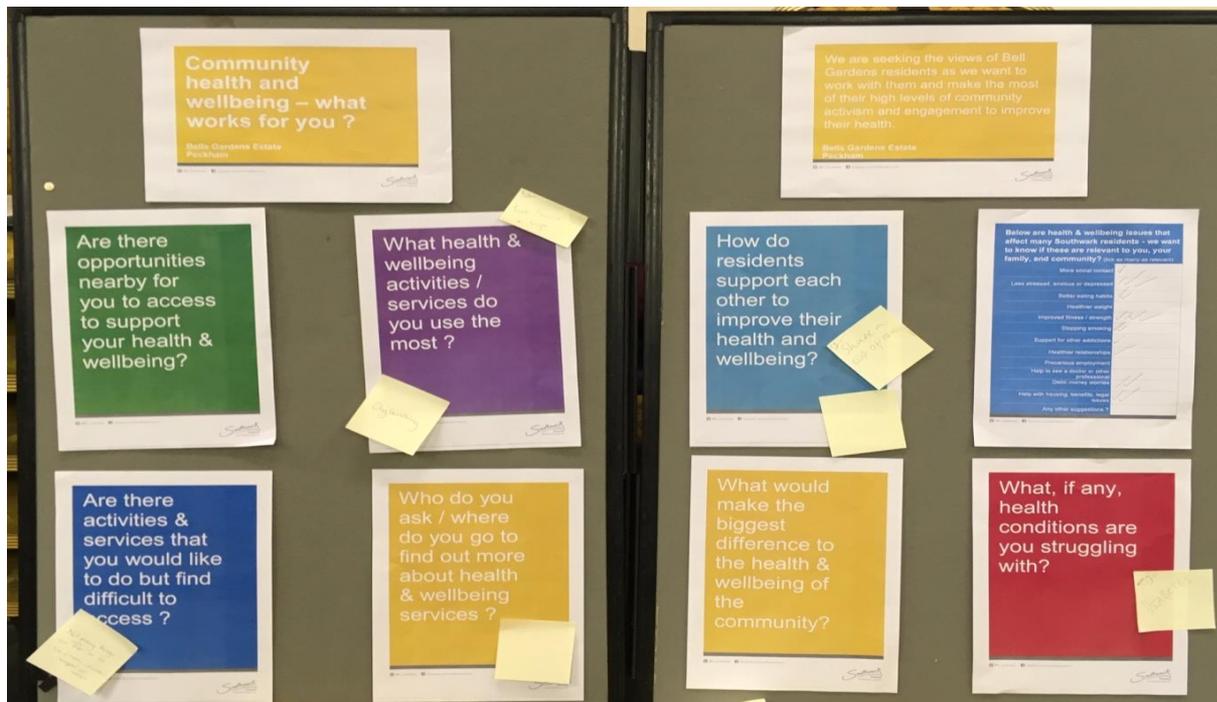
NHS Health Checks

- Within the estate, 55% of residents are currently eligible for an NHS Health check, compared to 67% in other parts of the borough.
- The uptake of Health Checks on the estate is 27% (116 residents of 429 eligible residents) compared to 32% (37882 residents of 117005 eligible residents) outside the estate
- Potential reasons for lower eligibility could be younger population or more people excluded due to pre-existing health conditions.
- More work could be done to increase general uptake as it is slightly lower than the rest of the borough.

To understand what works for residents, a drop in event was held at the community centre

DROP IN EVENT

- A consultation event on Health and Wellbeing was held on 13th February 2019 at Bells Garden Community Centre 4pm – 8pm.
- Residents were asked about what works for their health & wellbeing – as an individual & as a community
- 14 questionnaires were completed, with representations across all ages.



Residents identified health and wellbeing issues that were relevant to them & the community

DROP IN EVENT

Residents identified the following issues as important

- Improved fitness/ strength (5)
- Less stressed, anxious or depressed (4)
- Better eating habits (4)
- Stopping smoking (4)
- Debt/money issues (4)

References

1. XXXX

Residents identified health and wellbeing issues that were relevant to them & the community

SUMMARY OF FEEDBACK

- Residents listed a range of opportunities available nearby to support health & wellbeing
- Residents use a variety sources for information on available services or activities e.g. GP, pharmacy, council website
- Popular physical activities include walking, using the gym & going swimming.
- Older residents struggled to find activities that were suitable for them
- The TRA is seen as a useful resource and some residents are keen for more opportunities to meet their neighbours.
- Some residents would like access to free counselling services and training opportunities for older people

Opportunities to explore further to improve health and wellbeing on the estate

Potential areas

- Explore how the permeability of the estate could be improved e.g. signage and wayfinding, lighting
- Explore ways to communicate to residents what health and wellbeing services and activities are on offer
- Explore how the council can further support and empower resident groups to organise activities / events to meet each other
- Ensure that the new community centre caters to the needs of local residents providing opportunities for healthy activities to take place which promote social cohesion.