Wellbeing and Happiness in Lambeth

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Safer Lambeth Partnership Executive, 20th July, 2010
Wellbeing and Happiness in Lambeth programme 2009-2012

Programme launched
November 2009

Copies available from:
http://www.lambethfirst.org.uk/
mentalwellbeing
What is wellbeing?

- Feeling Good
- Parenting
- Education & learning
- Functioning Well
- Keeping active
- Sense of trust & safety
- Social connections
- Fairness & equality in society
- Decent environment
- Friends and relationships
- Work
Social relationships are critical to our wellbeing.

Exercise improves mood and lowers depression and anxiety.

Five Ways to Wellbeing

1. Connect...
   - Holds us to friends, family, work, school or a community group. The connections are important for supporting each other and developing a sense of belonging.
   - Go for a walk or run, cycle, or take the stairs instead of the lift.
   - Connect with others, whether it's a friend, family, colleague or someone you support and vice versa.

2. Be Active....
   - Encourages social interaction and increases self-esteem.
   - Be curious and try something new, whether it's a new hobby, a sport or an unusual activity that you enjoy.
   - Encourage other friends and family to be active, thereby feeling supported, encouraged and appreciated.

3. Take Notice....
   - Builds trust and positive social relationships.
   - Try some activities that connect you with things you enjoy, such as a boat ride, a bike ride, or a walk in a favourite place.
   - Keep learning and being active, whether it's a new language, sport, or a hobby.

4. Keep Learning....
   - Do something nice for a friend, or a stranger. Thank you for being a friend.
   - Volunteer your time. Join a community group.
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   - Create connections with the people around you.

5. Give....
   - See yourself, and your happiness, as part of the wider community. Seeing yourself as part of the wider community can be incredibly rewarding.
‘Fair Society, Healthy Lives’ Objectives

1. Give every child best start in life

2. Enable all to maximise capabilities & have control over life

3. Create fair & good employment

4. Ensure a healthy standard of living

5. Healthy & sustainable Communities

6. Strengthen ill health prevention
<table>
<thead>
<tr>
<th>Wellbeing Indicator</th>
<th>London</th>
<th>Lambeth</th>
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</thead>
<tbody>
<tr>
<td>Number of people volunteering in the past 12 months (NI6)</td>
<td>20.5%</td>
<td>18.3%</td>
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<tr>
<td>Emotional health of children and young people (NI50) (Tellus, 2009)</td>
<td>53.2</td>
<td>49.9 (12th out of 14 Inner London boroughs)</td>
</tr>
<tr>
<td>Perceptions of drunk or rowdy behaviour as a problem (Place survey, 2008/09)</td>
<td>35.5%</td>
<td>36.1%</td>
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<tr>
<td>How happy would you say you are? (Lambeth residents’ survey 2008/09)</td>
<td>No data</td>
<td>7.12 (1 is extremely unhappy and 10 is extremely happy). Data from 2007/08 = 7.18</td>
</tr>
<tr>
<td>Civic participation in local area (NI3) (Place survey, 2008/09)</td>
<td>19.6%</td>
<td>20.3%</td>
</tr>
<tr>
<td>Do you agree or disagree that you can influence decisions affecting your local area? (NI4)</td>
<td>35 % (definitely or tend to agree)</td>
<td>34.7% (definitely or tend to agree)</td>
</tr>
</tbody>
</table>
Evidence community safety interventions that improve wellbeing

• Providing safe, green spaces
• Anti-stigma and discrimination initiatives/reduction of hate crime
• Facilitating regular contact between neighbours
• Helping residents to exercise control over local problems eg. perception a place in unsafe/undesirable
• Lower perceptions of crime
• Community cohesion initiatives
• Tackling substance misuse
Lambeth Wellbeing Programme
Statements of Intent
2009 - 2012

1. Public spaces and other public assets in Lambeth will be accessible, attractive and safe, and increasingly used by everyone

2. Lambeth will be a vibrant and creative place to live, work and learn

3. Lambeth will be known as a place where people care about each other

4. Lambeth will be an exceptionally cohesive place to live, learn and work

5. Lambeth will be a recognised leader in the provision of sustainable and effective services which enable local people to achieve, maintain and regain mental wellbeing
Safer Lambeth actions in Programme

- Carry out Drink Pattern Survey to inform approach to reduce alcohol related disorder
- Increase volunteering rates to Police cadets
- Deliver Policing Pledge
- Implement quality assurance findings of MARAC
- Carry out test purchase operations on underage sale of knives, cigarettes and alcohol
- Complete profile of domestic violence to encourage increased reporting
MWIA of Windrush Square
Over to you…

• What is already contributing to the wellbeing programme?
• Where are you making less progress?
• Is there an area of work you would like to pursue to find out if it will improve wellbeing?