

Early Interventions in Vulnerable Communities

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Equally Well Programme



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Definitions of regeneration on the Web:

- (biology) **growth anew** of lost tissue or destroyed parts or organs
- the **activity** of spiritual or physical renewal
- **re-formation**: forming again (especially with improvements or removal of defects); renewing and reconstituting

Definitions of urban regeneration on the Web:

- Urban renewal (similar to urban regeneration in British English) is a program of **land redevelopment** in areas of moderate to high density urban ...
- the improvement of urban areas which have been in **decline**.
- The **rejuvenation** of run-down areas in towns and cities, bringing important social and economic benefits.
- The re-use or redevelopment of decaying or run-down parts of older urban areas to bring them **new life** and economic **vitality**.



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NEW LIFE

VITALITY

REJUVINATE

GROWTH

REFORM

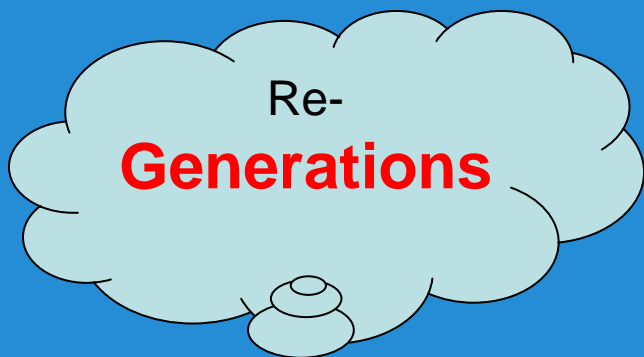
ACTIVITY

ANEW

**LAND /PLACE
REDEVELOPMENT**



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“

scotland's health is improving rapidly but it is not improving fast enough for the poorest sections of our society. Health inequalities ... remain our major challenge.

”

equally well

report of the ministerial task force on health inequalities



“

The unstoppable momentum ... when so many start to see things differently

”

equally well

implementation plan



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The most significant inequalities:

- Children's very early years, which influence the rest of their lives.
- The high economic, social and health burden imposed by mental illness, and the requirement to improve mental wellbeing.
- The “Big Killers” including cardio-vascular disease and cancer. Risk factors for these, such as smoking, are strongly linked to deprivation.
- Drug and alcohol problems and links to violence that affect younger men in particular and where inequalities are widening.



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Equally Well recommendations

- Support for families and young people
- Mental health and wellbeing
- Poverty and employment
- Physical environments
- Alcohol, drugs, violence
- Healthcare system



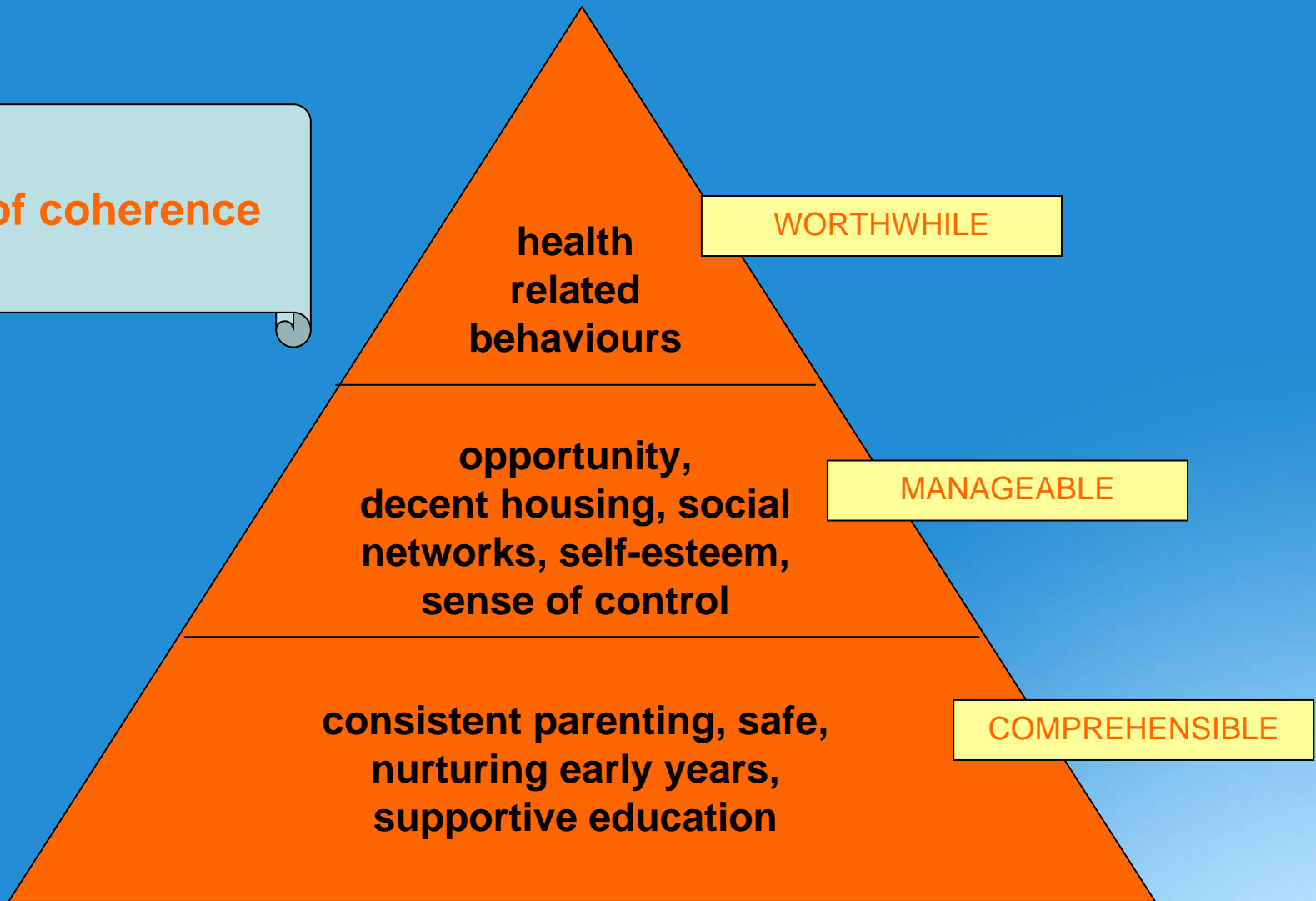
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Upstream/downstream: reducing inequalities in health depends on reducing inequalities in life chances and life circumstances



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Sense of coherence



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Sense of Coherence

“The extent to which one has a pervasive, enduring though dynamic, feeling of confidence that one’s environment is predictable and that things will work out as well as can reasonably be expected.”

So basically...a mixture of optimism or hope and a sense of control.

3 components

Comprehensibility is the extent to which events are perceived as making logical sense, that they are ordered, consistent, and structured.

Manageability is the extent to which a person feels they can cope.

Meaningfulness is how much one feels that life makes sense, and challenges are worthy of commitment.



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- Working Individually & building on each other.
- EW Philosophy adopted by all 8.
- Highlight what works well and what doesn't work.



- **Glasgow City** - integrating health into current and future city planning
- **Govanhill, Glasgow** - community regeneration and development
- **Whitecrook, West Dunbartonshire** - targeting the high prevalence of smoking in the area
- **Lanarkshire** - sustained employment and barriers to finding employment
- **East & Midlothian** - early years focus in highlighted communities
- **Blairgowrie** - looking at delivering health inequality sensitive services in a rural setting for people with multiple and complex needs
- **Fife** - anti-social behaviour in relation to alcohol and young people drinking
- **Dundee** - methods of improving mental wellbeing



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So What Are the Examples of Early Intervention from the Test Sites

West Dunbartonshire – Whitecrook

- Increased under age tobacco sales enforcement
- New model of curriculum delivery in Whitecrook schools relating to tobacco – in history, social studies etc.
- Work with parents on passive smoking risks



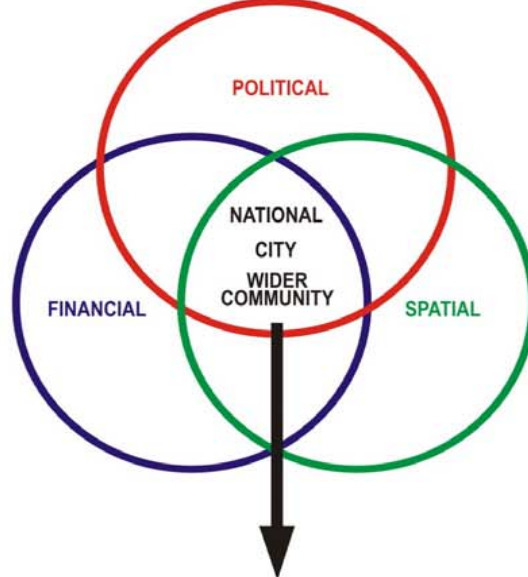
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Glasgow City Planning

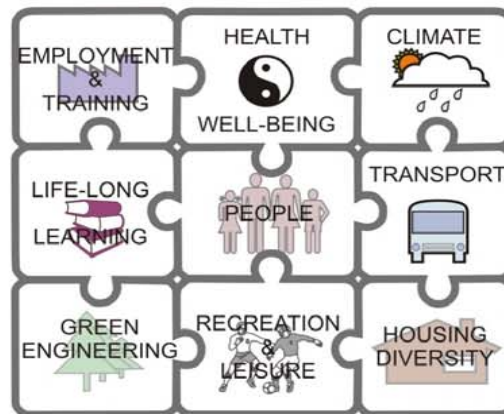
- Building health impact assessment into planning
- Working with designated areas in the city with local people on how communities could look and feel.
- Testing a healthy sustainable neighbourhood model...



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HEALTHY SUSTAINABLE



NEIGHBOURHOOD

Less within Planning Control

- ◆ Political Agenda
- ◆ Market Forces
- ◆ Access to Funding
- ◆ Climate Change

More within Planning Control

- ◆ Living and Working Conditions
- ◆ Social and Community Network
- ◆ Safe, stimulating Neighbourhoods
- ◆ Housing Diversity
- ◆ Integrated Transport
- ◆ Green Engineering
- ◆ Access and Connectivity
- ◆ Employability Gap
- ◆ Training
- ◆ Competitive Space
- ◆ Education
- ◆ Flexible Design
- ◆ Air Quality
- ◆ Water Quality



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Govanhill

- Partnership Hub
- Focus on core tenements for improvement
- Working with all age groups
- Community cohesion



Lanarkshire

- Employability Phoneline
- Referrals from professionals not traditionally concerned with employability
- Offering options for people – different types of jobs, training etc.



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Dundee - Stobswell

- Community branding – Stobswellbeing
- Huge amount of community engagement
- Mental wellbeing – social prescribing and mental health literacy tools



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Rattray – Perth & Kinross

- Lead worker role across agencies for families with complex needs
- School open early years work
- Community Flat
- Inter generational work via S.K.I.D



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Templehall, Kirkcaldy

- MAIT service
- Alcohol diversion scheme
- Bike trail scheme
- Tasking approach
- Girls out loud



East & Midlothian

- Started in East Lothian, now spread to Mid
- Service champions
- Community Champions
- Redesigning service provision – e.g. dental
- health services
- Firefly model of learning
- First Steps social marketing – parents for parents
- Focusing on school readiness and breaking the inter-generational cycles

