



Promoting Wellbeing And  
Happiness In Lambeth  
2009-2012

Sarah Corlett

Consultant in Public  
Health

# So far..

- Both mental health and mental ill health unequally distributed
- Socioeconomic inequality strongly associated but not shown to have causal relationship with illness
- Options to intervene to improve chances of mental health & wellbeing at population and targeted levels
- No specific primary preventive interventions for mental ill health but early intervention important
- Positive mental health valuable for all sorts of reasons & in its own right

# Mental ill health and inequality

- **Psychotic disorder:** Prevalence = 0.1% adults in the highest 1/5 of household income vs 0.9% in the lowest 1/5. The trend more noticeable in men than women
- Significantly higher levels of psychosis in black men (3.1%) than other ethnic groups (0.2% white men) but no significant variation in women by ethnicity
- **Common Mental Disorder (CMD):** people from low income households more likely to have CMD than those in highest income households. Most marked for men: in the lowest household income group men are three times more likely to have a CMD than those in the highest income households (23.5% vs 8.8%)
- Of individual CMDs, **depressive episodes** show the largest difference across income groups, especially among men (0.2% of men in the highest 1/5 of household income vs 6.9% in the lowest 1/5)

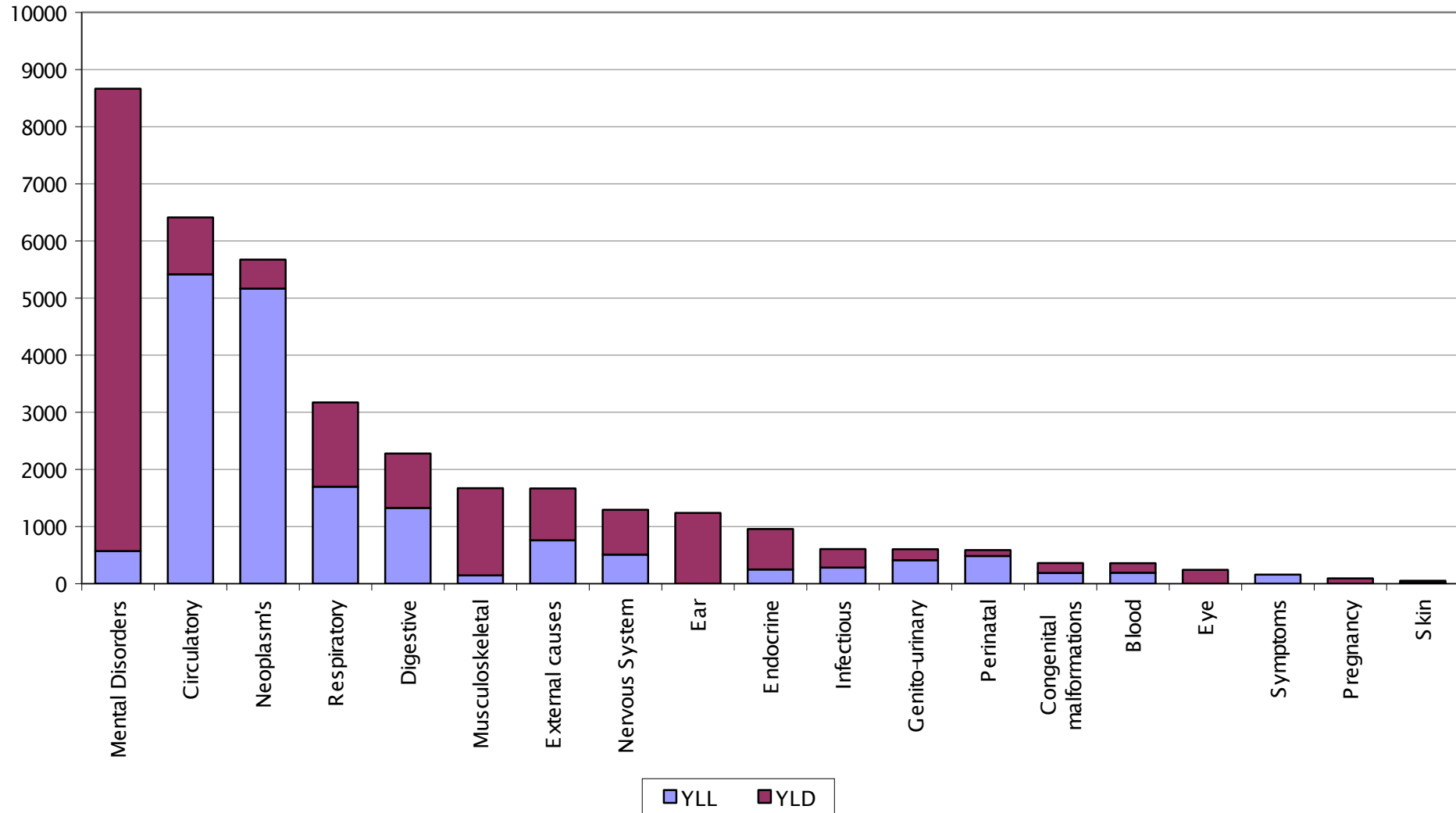
(ONS 2007)

# The Costs

## Disability Adjusted Life Years

### Lambeth 2005

Lambeth BoD 2005 (England)

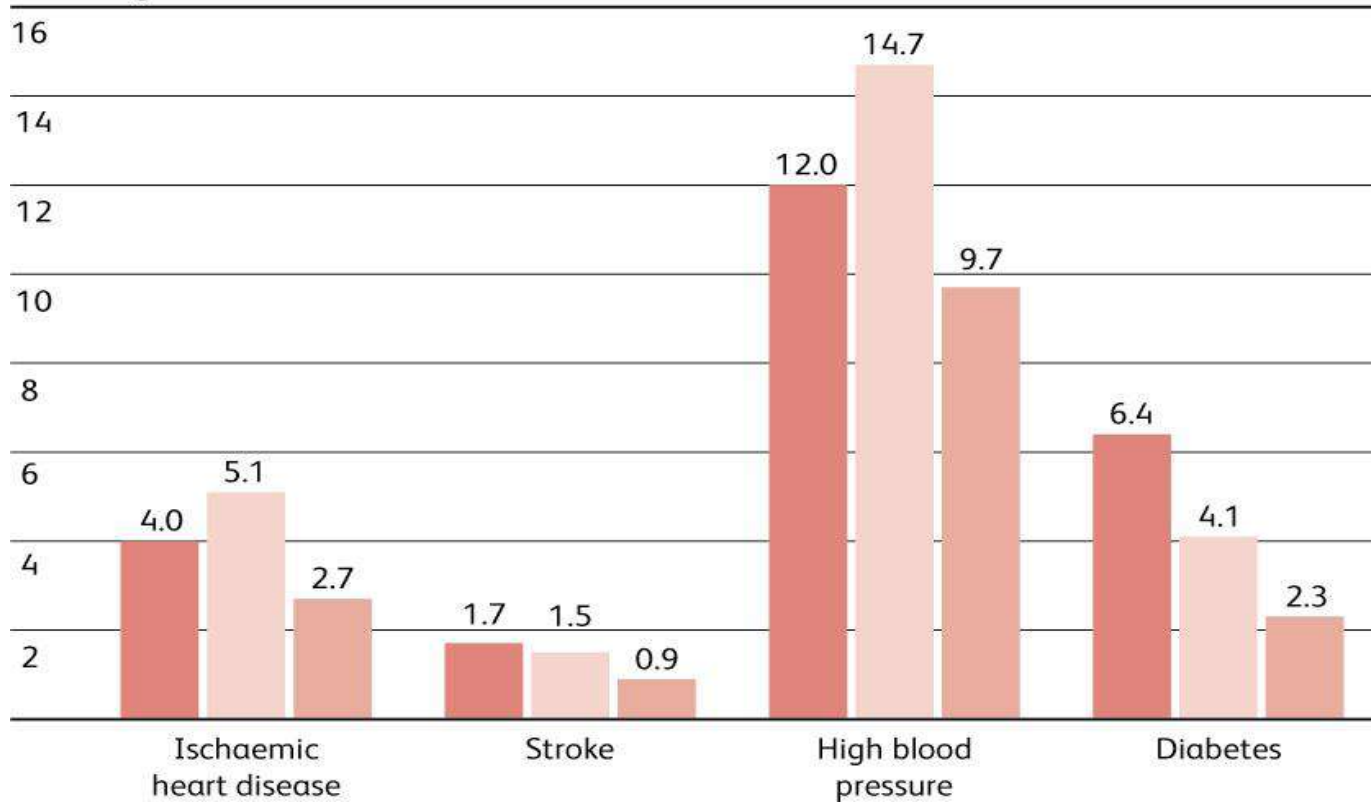


# Impact on physical health

## Prevalence of physical health conditions among people with schizophrenia or bipolar disorder

■ People with schizophrenia    ■ People with bipolar disorder  
■ People without schizophrenia or bipolar disorder

Percentage



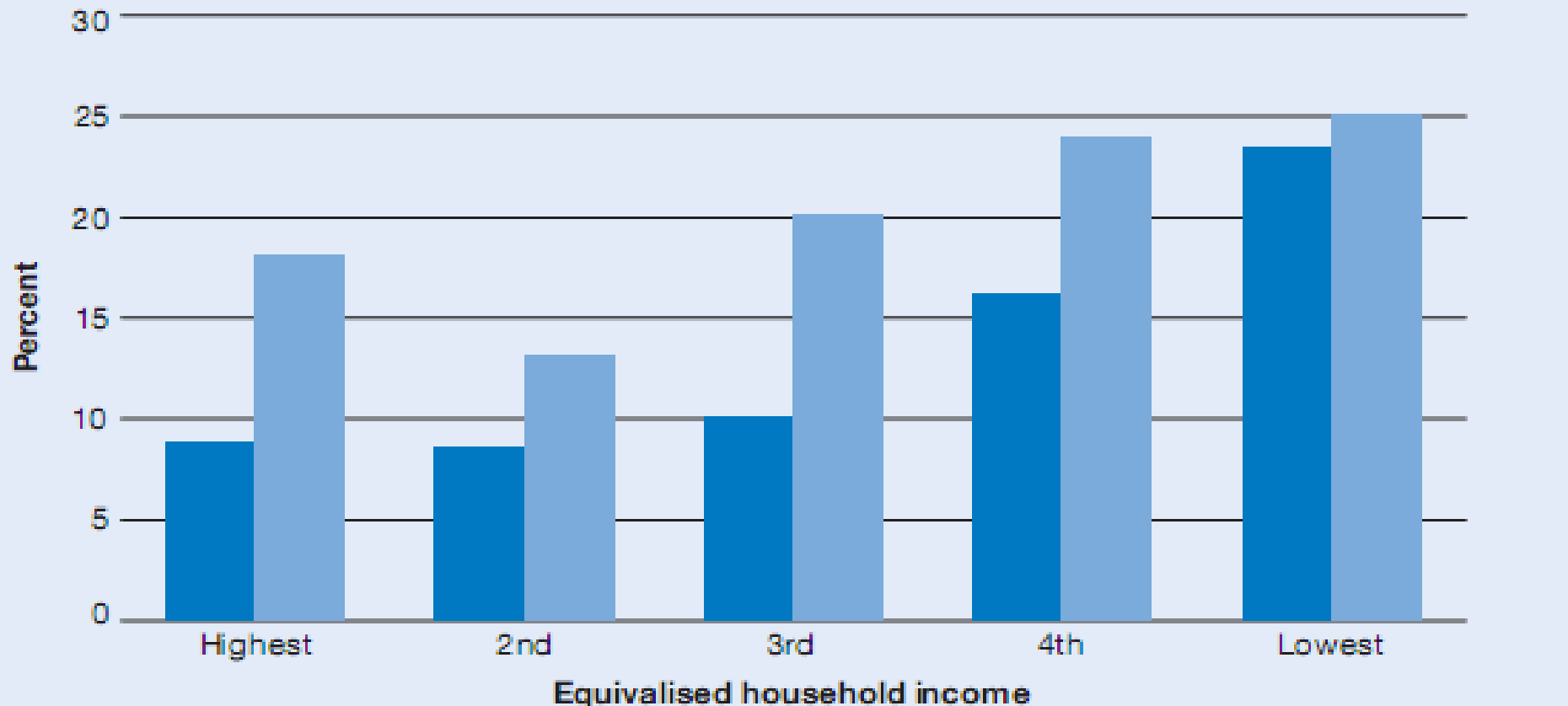
# Common Mental Disorder England 2007 (16+years) by income & sex (APMS 2007)

Figure 2E

**Prevalence of any CMD (age standardised),  
by equivalised household income and sex**

Men  
Women

*Base: all adults*



Where jobs and education are rewarding, challenging and foster personal development

Where people share a sense of belonging and are respectful of each other

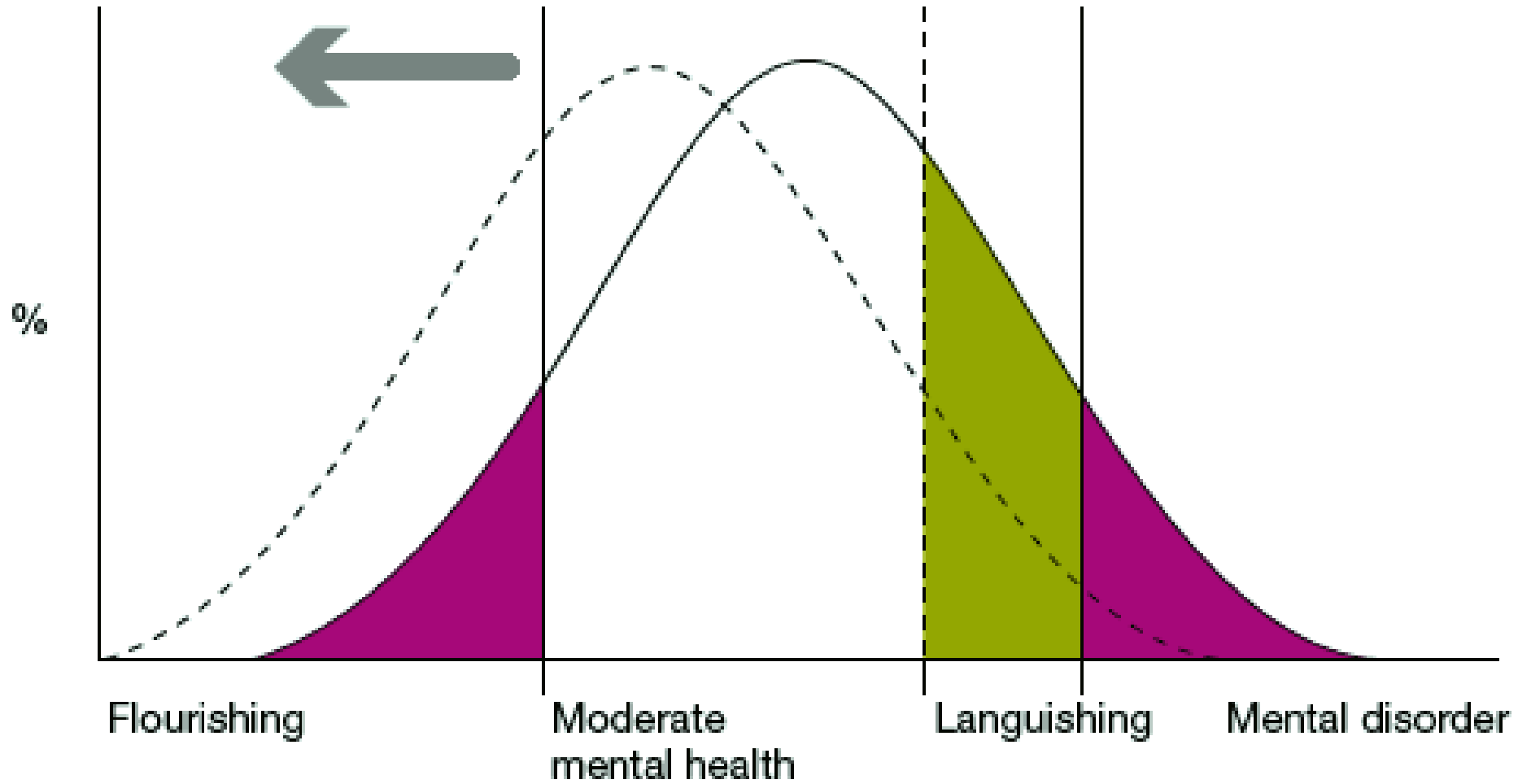


Where activities and environments are designed to be fun and interesting

Where people find it rewarding and worthwhile to engage in local governance and are satisfied with local services

Source: new economics foundation

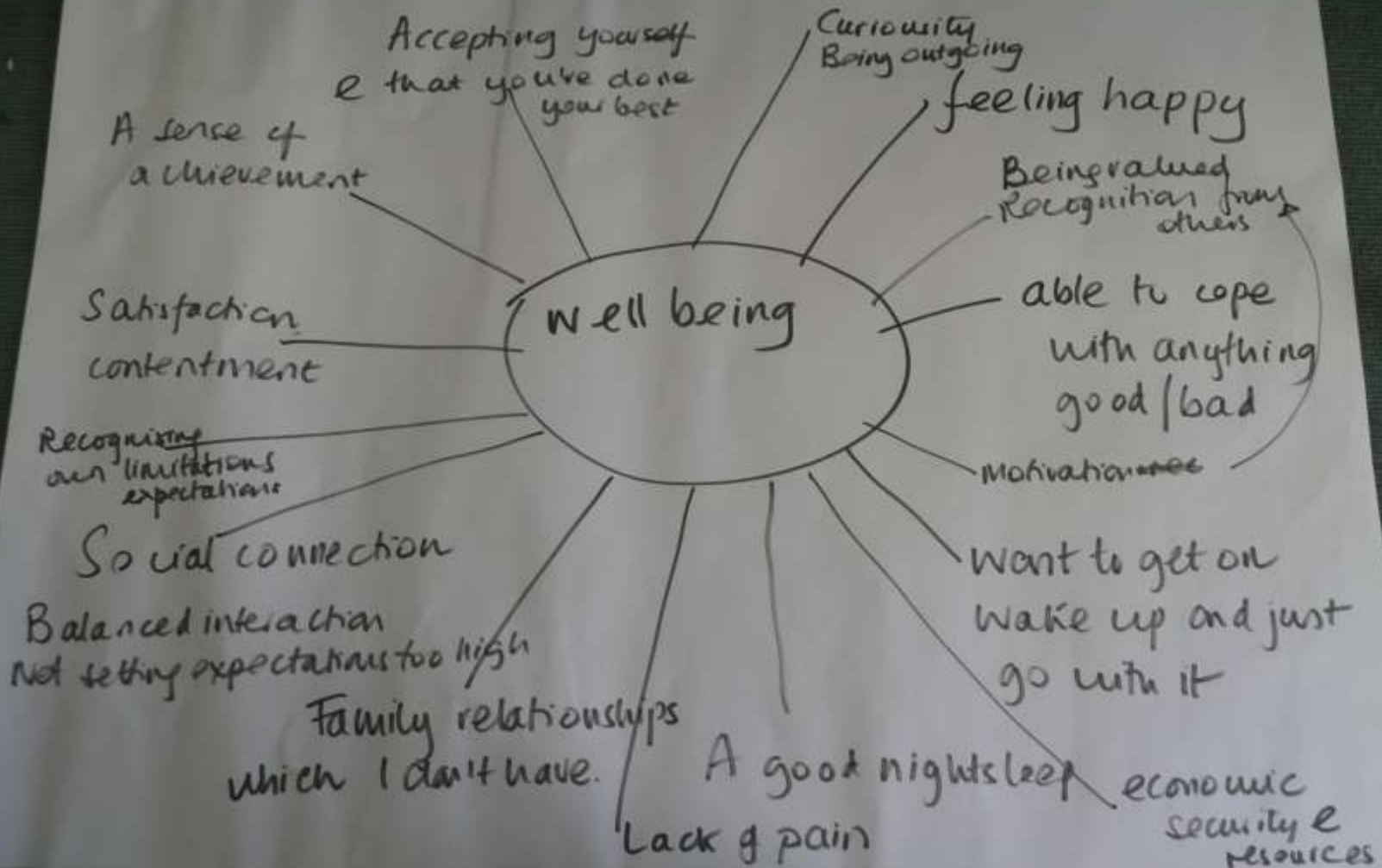
# One perspective



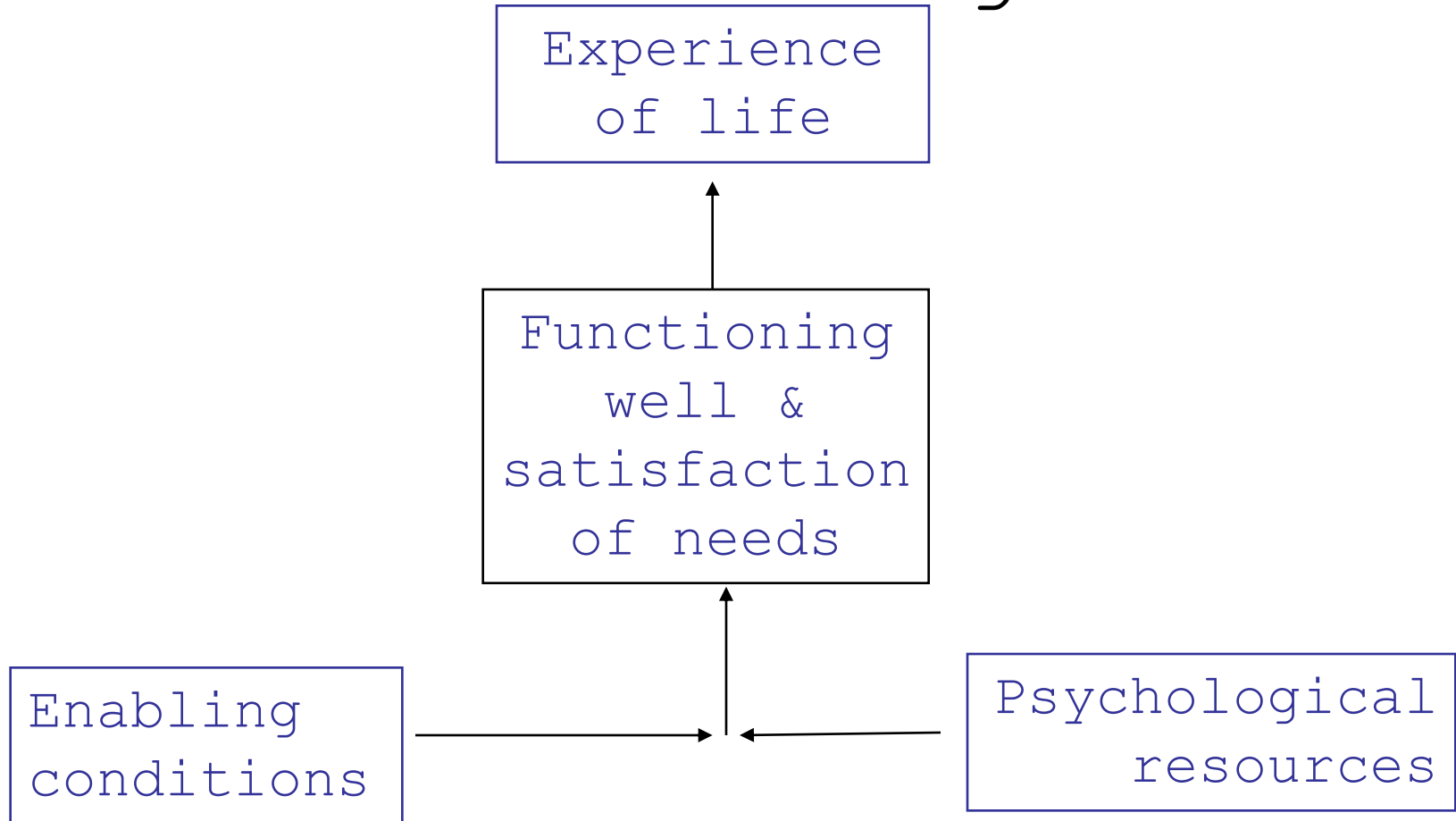
The mental health continuum - Keyes and Huppert

The population approach to health improvement -  
Rose

# Another perspective



# A dynamic model of wellbeing



Source: new economics foundation

# Psychological model of wellbeing

Lyubormisky & Schkade

- Parents and upbringing - 50%
  - Genetic inheritance
  - Parenting; especially in the early years
- Intentional activities - 40%
  - Home
  - School or work
  - Friends and community
  - Hobbies
- Life circumstances - 10%
  - Age, gender, income
  - Things that happen; new job, relationships

# The Lambeth story so far...

- 2004 - 05: HAZ & NRF (short term money) to scope, develop & launch Lambeth's first mental health promotion strategy
  - Inclusive process: Open Space
- 2005 - 08: some NRF to implement strategy
  - Develop measuring wellbeing toolkit
  - Assess LAA capacity to measure wellbeing
  - Small implementation group to work on joint small projects
  - Continuing activity by mental health provider
  - Annual arts & wellbeing festival 'Springforward'
- 2008-10: mainstream (PCT) funding to evaluate, update & implement refreshed programme



# In Lambeth



'To experience good mental health and wellbeing is to feel positive about today and to have hope about the future; to feel reasonably confident about being able to handle life's stresses and problems and that mostly life is fulfilled and rewarding'



# External evaluation



Successes 2005- 08

- Perceived as innovative and ambitious
- Positive focus on wellbeing rather than illness
  - 'Upstream' approach
  - Building resilient communities
  - Arts/creativity
  - Tackling stigma and discrimination,
- Partnership working on implementation
  - Coordinating group
  - Measuring wellbeing work eg; local measuring wellbeing handbook, mental wellbeing impact assessment (MWIA)
- Emotional wellbeing of children & young people
  - eg; stretch target under LAA

# Arts and creativity Springforward festiva



# Measuring wellbeing



## Measuring Wellbeing in Lambeth: A Handbook



[www.lambethwellbeing.co.uk](http://www.lambethwellbeing.co.uk)





# Evaluation



- Less successful 2005 - 08
  - Embedding strategic messages and gaining commitment & action at senior level
  - Partnership action to
    - Improve employment practice
    - Develop the role of staff in promoting wellbeing
  - Specific action to reduce suicide & self harm



# Next steps 2009 -12



- Raise profile & make the case
- Focus on the enabling environment
- Develop visible leadership
- Sustainable resource to coordinate delivery
- Build on success
- Develop accountability processes across the partnership



# Inclusive processes





# Promoting the benefits the business case



- Improved educational achievement and outcomes
- Increased productivity and employment
- Reduced sickness absence
- Lower rates of crime and disorder
- Better standards of health/reduced mental illness
- Reduced costs of public services
- Increased quality of life
- Higher levels of tolerance, trust and



# Using the evidence: mental wellbeing 'best buys'



- Support parents and early years: parenting skills training/pre-school education
- Support children & yp: health promoting schools and continuing education
- Improve working lives: employment/workplace
- Positive steps for mh: lifestyle (diet, exercise, social support, sensible drinking)
- Support communities: environmental improvements (noise, housing, green space, safety)



# Wellbeing and Happiness in Lambeth programme



**Launched  
November  
2009**

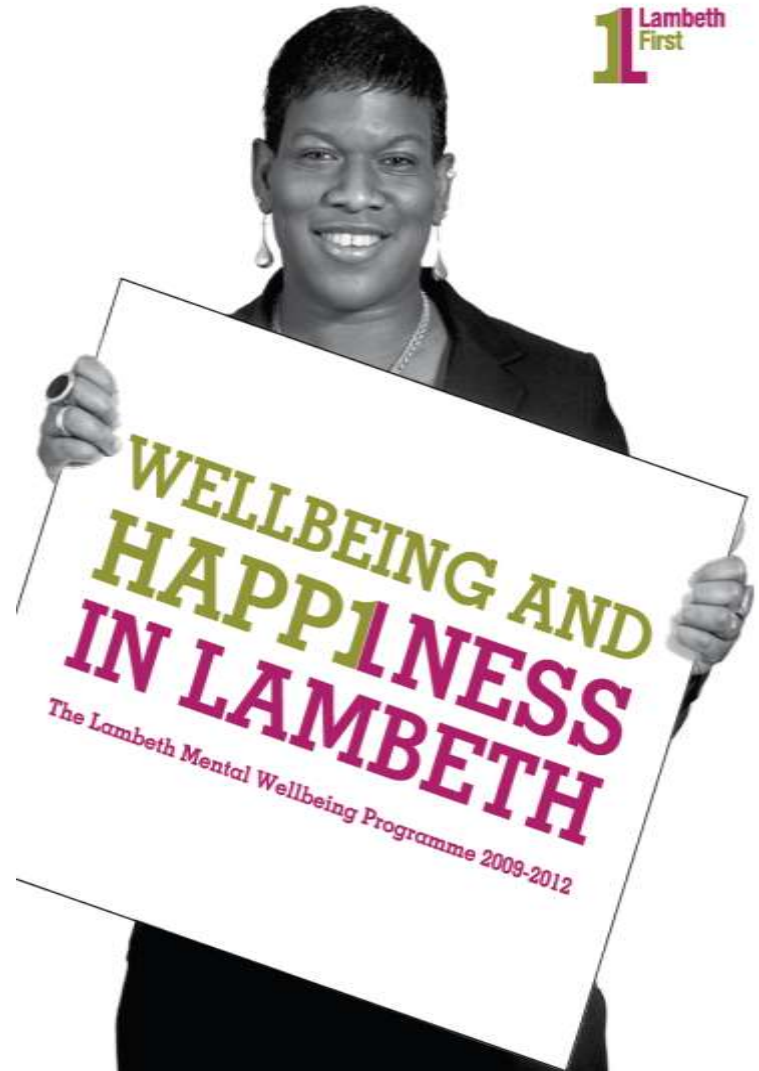
Copies available  
from:

<http://www.lambethfirst.org.uk/men>

Things to do to  
improve your

wellbeing in Lambeth:

<http://www.nhs.uk/lambeth/Pages/Lambethhome.aspx>





# Agreed principles



- No health without mental health
- Focus on what people can do, not what they can't
- Decision makers must share power
- The cornerstones of wellbeing:
  - Kindness and respect: self & others
  - Fairness and social justice especially in service provision
  - Being able to take part in community activities & decision making
- Communicating means listening first
- Measure progress by measuring what matters to people



# tatements of Inter



- Public spaces and other public assets in Lambeth will be accessible, attractive and safe, and increasingly used by everyone
- Lambeth will be a vibrant and creative place to live, work and learn  
Lambeth will be known as a place where people care about each other  
Lambeth will be an exceptionally cohesive place to live, learn and work
- Lambeth will be a recognised leader in the provision of sustainable and effective services which enable local people to achieve, maintain and regain mental



# Delivery



- Work with the strategic partnership arrangements (Lambeth First)
- High level sponsorship
- Task Group to drive
- Prioritise
- Milestones & timescales
- Success measures
- Targets for theme partnerships
- Wellbeing Network to promote



# Lambeth First



## Lambeth First

Programme at a glance

### Health & Wellbeing

- Evaluate 'Expo' programme
- Promote timebanking
- MWIA of strategies
- Wellbeing network
- Communicating wellbeing message

### Safer Lambeth

- Promote community involvement
- Domestic violence prevention
- Reduce harm caused by alcohol
- Deliver policing pledge

### Economic Development

- Employee volunteering
- Improving built environment
- Promote arts and creativity
- Responses to recession
- Workplace health
- Workplace development

### Children and Young People

- Family Nurse partnership
- Parenting programmes
- Emotional health of children and young people
- TaMHs
- Healthy schools

Review, measure , evaluate: LAA indicators, MWIA, Place survey, Residents survey, Economic assessment, TellUs, SHEU, Learning events.

# Something for everyone: Five Ways to Wellbeing

Five ways to wellbeing

## Connect...

Connect with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

Five ways to wellbeing

## Be active...

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and one that suits your level of mobility and fitness.

Five ways to wellbeing

## Take notice...

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

Five ways to wellbeing

## Keep learning...

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

Five ways to wellbeing

## Give...

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

Five ways to wellbeing

**Builds trust & positive social relationships**

**Give...**

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

Five ways to wellbeing  
**Soc**

**Co**

Connect with friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

Five ways to wellbeing

**Be**

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and one that suits your level of mobility and fitness.

Five ways to wellbeing

**To**

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

Five ways to wellbeing

**Ke**

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.



# From an incoming government?



- Commitment to promote mental wellbeing
- Invest in the physical, emotional, social and cognitive development of children
- Action to promote equity and mental wellbeing across all sections of society: school, workplace, community
- Design out poverty & ill health