

Well London Healthy Spaces Project – Barnfield Estate, Greenwich

Mental Well-being Impact Assessment Summary Report Sept 2009

This workshop held on Sept 3rd 2009 aimed to assess the potential impact of the Well London Healthy Spaces project led by Groundwork on the mental well-being of residents of the Barnfield Estate. This is an interim summary report on the priorities and actions agreed at the workshop. A more detailed report will be completed and distributed later that will include details on the evidence base on the impact of green spaces on mental well-being.

The Healthy Spaces project, led by Sarah Smith from Groundwork, has been carrying out a community consultation on what potential improvements the community would like to see to the open spaces on the estate with a view to fundraising to make those improvements happen. The project will also offer some practical environmental and community activities over the next 18 months whilst fundraising is underway for the physical changes to the outdoor environment on the estate.

The Mental Well-being Impact Assessment (MWIA)

The Mental Well-being Impact Assessment is a two part screening toolkit that enables people to consider the potential impacts of a policy, service or programme on mental health and well-being and can lead to the development of stakeholder indicators. The toolkit brings together a tried and tested Health Impact Assessment methodology with the evidence around what promotes and protects mental well-being.

The Department Of Health 'Making it Happen Guidance' for mental health promotion (2001) identifies four key areas that promote and protect mental well-being:

- Enhancing Control
- Increasing Resilience and Community Assets
- Facilitating Participation
- Promoting Inclusion

The MWIA is based on these four key areas and helps participants identify things about a policy, programme or service that impact on feelings of control, resilience, participation and inclusion and therefore their mental health and well-being. In this way the toolkit enables a link to be made between policies, programmes or service and mental well-being that can be measured.

The MWIA workshop

Nine people took part in the workshop. Firstly, the group discussed what does mental well-being mean to us? Participants then went on to consider the issues affecting the well-being of community with regards to open spaces and then what the priorities of the Healthy Spaces project and the wider Well London programme should be in terms of having a positive impact on the mental well-being of local people through addressing the local environment.

Participants in the workshop

Role	No.	%
Residents	4	44.5
Barnfield Project	1	11.1
Groundwork	1	11.1
Greenwich Association of Disabled People	1	11.1
Well London Co-ordinator	1	11.1
South London and Maudsley Trust	1	11.1
Total	9	100%

What does mental well-being mean to the stakeholders in the project?

- Friends – Socialising
- Day light
- Environment - welcoming, safe, clean, nature, facilities, noise, security, play, safe, freedom for all to access, dog free zones, seating
- Pride
- Employment
- Choices
- Community and youth facilities, residents group

Local Community Profile

Local needs highlighted by participants in the workshop

Community safety and the Environment

- A major need to address fear – residents do not go out in the evening due to not feeling safe.
- One resident said that her guests have stopped visiting her because of the anti social behaviour and lack of cleanliness on the estate
- Enforcement is needed on key environmental and safety issues such as dogs, gangs, anti social behaviour, lifts not working, rats. One example was a gang urinating and smoking in the lift.

Routes for communicating local issues and complaints

- A number of residents have found that complaints are not responded to.
- Some do not know who to complain to

- The local community engagement team have stopped coming to the estate – housing meetings are now held at the Town Hall rather than on the estate.
- There is no forum for local “mutual conversation” with the police or council
- Concerns re; consultation fatigue

Resources

- Football project
- 2 youth workers visit the estate weekly
- Community centre – though currently closed

The potential impact of improving open spaces on the mental well-being of people living in the Barnfield Estate

The group took part in a rapid activity to prioritise which aspects of mental well-being (components) were the most important for the Health Spaces project to have an impact on.

The top priorities were:

- **Feeling safe and ensuring low levels of crime and anti social behaviour**
Need opportunity to feed local issues to the police and to see complaints acted on. Greater police presence
- **Having your say and being heard** – residents having the opportunity to feedback about existing issues about the local environment e.g. to housing authorities, police etc, and also having a say in the activities and developments that the Healthy Spaces project puts in place
- **Access to green spaces and shared public facilities** - ensuring that there is freedom of use for all – not just accessible to a particular group. Also a need for more community facilities
- **Emotional Well-being** – action on the other priorities will help improve the emotional well-being of residents
- **Opportunities to get involved and feeling involved** – a need for more meetings like this. It is very important that residents hear the outcome of meetings and consultations and seeing action as a result
- **Learning and Development** – opportunities for residents to develop skills to address community issues and make changes on the estate, this could increase sense of pride and responsibility
- **Activities that bring people together**

Actions and recommendations to maximise the impact of Healthy Spaces and the Well London programme on mental well-being.

Component of mental well-being	Action required	Who by
Feeling safe and ensuring low levels of crime and anti social behaviour	Effective routes need to be established for residents to make complaints and raise local community safety and environmental issues	Well London Police Greenwich Council – Housing Dept.
	<ul style="list-style-type: none"> • Set up a further residents meeting with a view to development of a residents group • Ensure participation of key statutory agencies: police, council, housing 	Kelly-Ann Ibrahim / Mel Miller Stuart Mc Donald (PCT) to invite police representative Kelly Ann to invite Housing Dept Safer Neighbourhood officer to attend
	<ul style="list-style-type: none"> • Establish a log of complaints and issues to build a better picture of the extent of the issues (possibly to be held at a central location that is easy for people to access) 	Kelly-Ann Ibrahim /Mel Miller Residents Group
Having your say and being heard	Reinstate MPs surgery that used to be held at Barnfield project	Mel Miller (Barnfield project) and Kelly-Ann Ibrahim (Well London)
	Establish a residents group	See above
Opportunities to get involved and feeling involved	Ensure that timely feedback on the outcome of community consultations and meetings are communicated to residents	Sarah Smith (Groundwork) Kelly-Ann Ibrahim (well London) All local agencies and Well London projects
Access to green spaces and shared public facilities	Improve access to local high quality green spaces	Sarah Smith (Groundwork) with residents group and possible involvement of Avant gardening,
	Ensure that there is freedom of use of green spaces for all – not just accessible to a particular group	Sarah Smith (Groundwork) All local agencies and Well London projects

Activities that bring people together/learning and development	Opportunities for residents to develop skills to make changes on the estate Opportunities for community building through shared activities	Sarah Smith (Groundwork) Kelly-Ann Ibrahim (Well London) All local agencies and Well London projects
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It is recommended that the Healthy Spaces project build in the following indicators into the evaluation of the project

- **Feeling safe**
- **Having your say and being heard**
- **Opportunities to get involved and feeling involved**
- **Access to green spaces**
- **Activities that bring people together**
- **Learning and development**

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Sept 2009