



# Equally Well test site for mental wellbeing

## ***StobsWELLbeing***

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Glasgow Healthier Future Forum 10  
Inequalities and Mental Health: debating the issues  
Wednesday 1<sup>st</sup> December 2010

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# Equally Well and TAMFS priority

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- Directly related to ability to function in society and vice versa
- Social and economic consequences
- Mental illness is more common in deprived areas

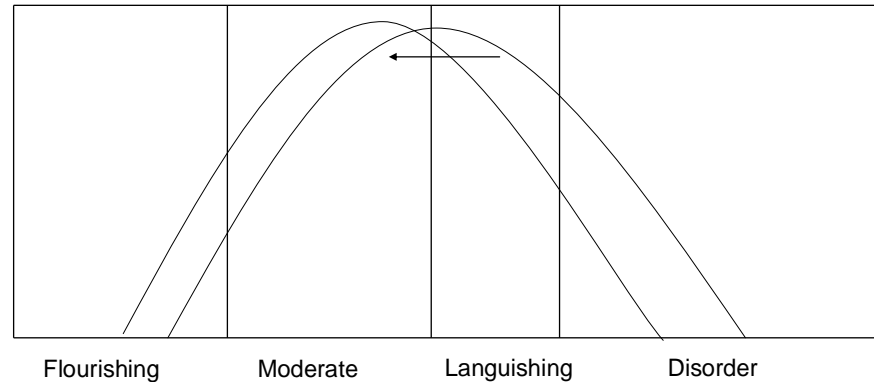


# Dundee Test Site Proposal

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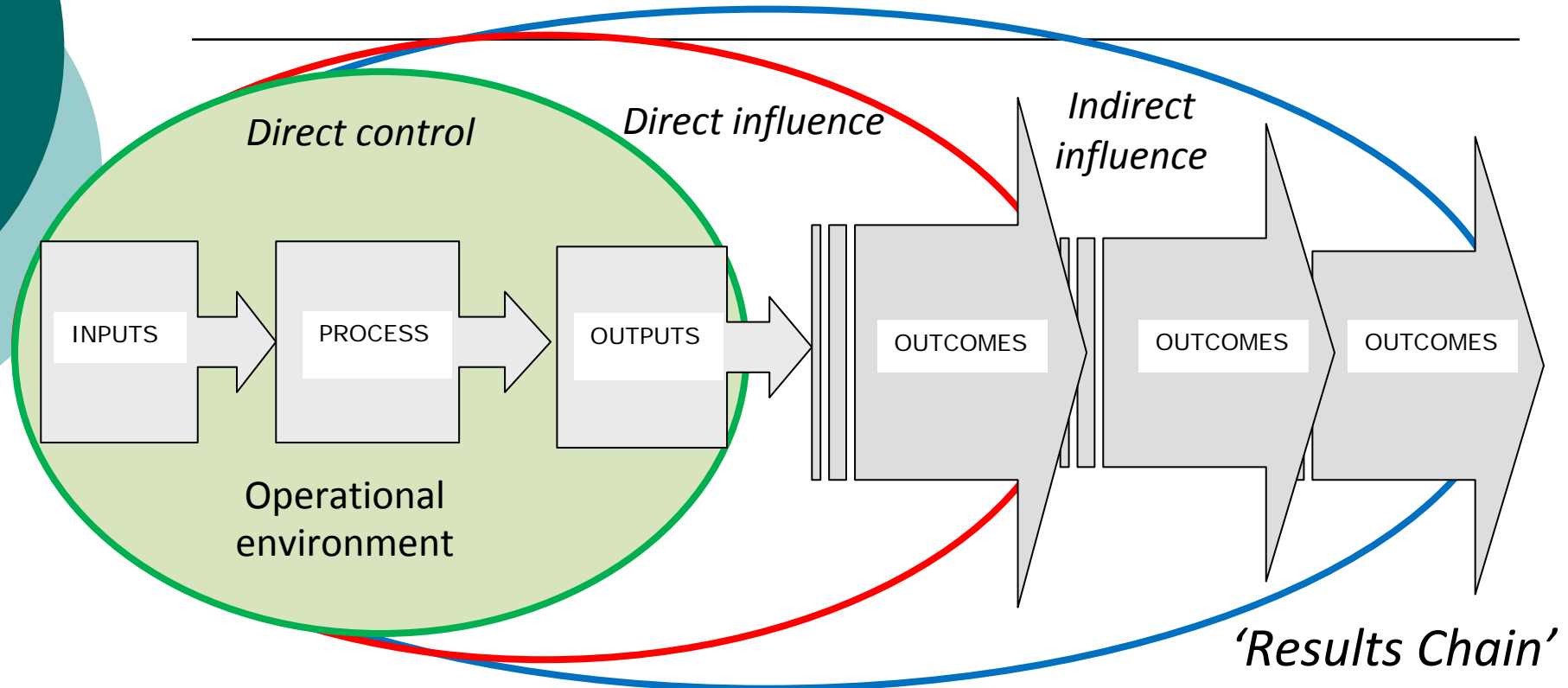
- Promote mental wellbeing in its broadest sense
- Identify assets, influences and indicators
- Identify changes that will make a difference
- Offer support to make changes
- Measure impact

# Theories and approaches



- Population approach
- Herd Immunity
- Inequalities, status and the distribution of power

# Contribution Analysis - Mapping a Theory of Change





# Key actions

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- Work with service providers
- Community engagement/ involvement
- Measurement and outcomes
- Social prescribing
- Mental health literacy



# Work with service providers

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- Building awareness and relationships
- New partnerships
- LCPP and city wide



# Community engagement

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- Explore awareness of mental wellbeing
- Identify assets, influences and indicators
- Investigate social capital
- Help set a baseline



## Personal Priorities

### 1st choice

- ✓ Income/ poverty 21.4%
- ✓ Social contact 20.7%
- ✓ Health/ lifestyle 15.9%
- ✓ Employment/ training 15.2%

### 1<sup>st</sup> and 2<sup>nd</sup> choice combined

- ✓ Employment/ training 42.6%
- ✓ Income/ poverty 40.2%
- ✓ Health/ lifestyle 32.1%
- ✓ Social contact 31%

## Community Priorities

### 1<sup>st</sup> choice

- ✓ Dealing with drug/ alcohol misuse 39%
- ✓ Less anti-social behaviour 24.3%
- ✓ More activities for children and young people 15.3%

### 1<sup>st</sup> and 2<sup>nd</sup> choice combined

- ✓ Same ranking, higher percentages
- ✓ More facilities at Baxter Park 21.1%

# Social Capital Indicators

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1 in 4 adults across Scotland agree or strongly agree they can influence decisions. No-one in Stobswell feels they have great influence

Nationally, 40% of adults agree that most people can be trusted. In Stobswell the figure is nearer 30%

Stobswell scored well for respect and fairness. Only 1 in 10 felt they were treated unfairly and with little or no respect

Most people (68%) regularly stop and chat to others. 13 – 15% tended to believe or strongly believed they could not rely on friends or relatives for support.

# Best things about Stobswell

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## Convenience

Shops, buses,  
pubs, close to  
town

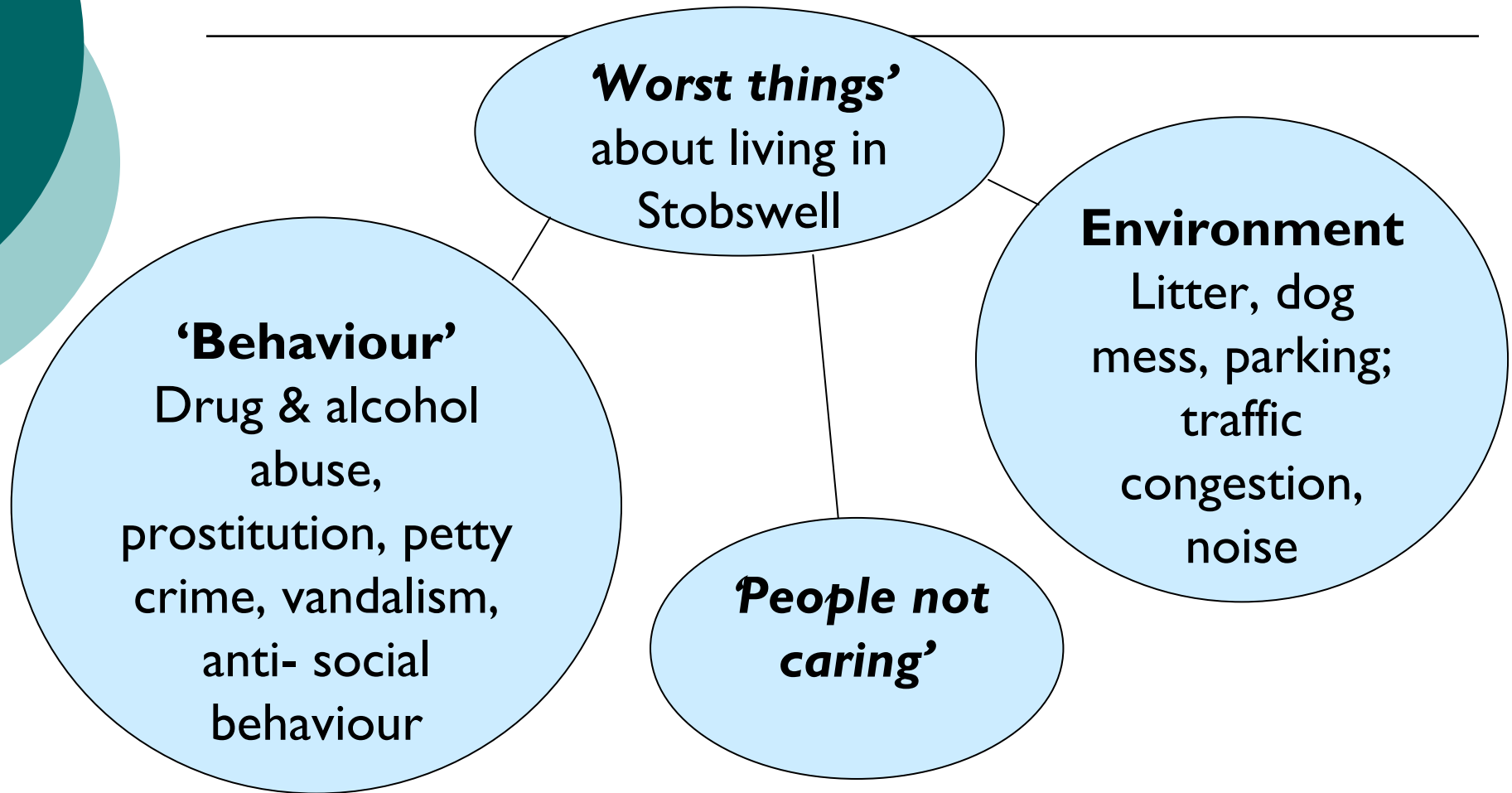
*'Best things'*  
about living in  
Stobswell

**Amenities and  
services:** Baxter Park,  
views of the river,  
affordable housing,  
nearby schools, doctor,  
church, chemist

**Community**  
friendly, good  
neighbours,  
family close by

# Worst Things about Stobswell

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# Measurement and outcomes

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- National and intermediate indicators
- Local findings and indicators
- Geographic profile
- SWEMWBS baseline – Dundee Partnership Social Survey
- Contribution Analysis and logic modelling



## Social Prescribing/ Community referral

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A mechanism for linking patients with non-medical sources of support within the community

- Physical activity
- Volunteering
- Self-help
- Benefits/ debt
- Housing
- Parenting



# Mental Health Literacy

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Improving “literacy” around mental health and wellbeing for key agencies, practitioners and the general public, by supporting them to understand:

- how to protect and promote mental wellbeing
- that it is possible to recover from mental illness and to live life fully with mental illness





# Some reflections

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- Get to know your community – build relationships
- Change takes time – go at the pace of others
- Add in, not add on
- Wellbeing as overarching term to strengthen connections and improve partnership working
- Build capacity and think sustainability at all times
- Difficulty of keeping it manageable