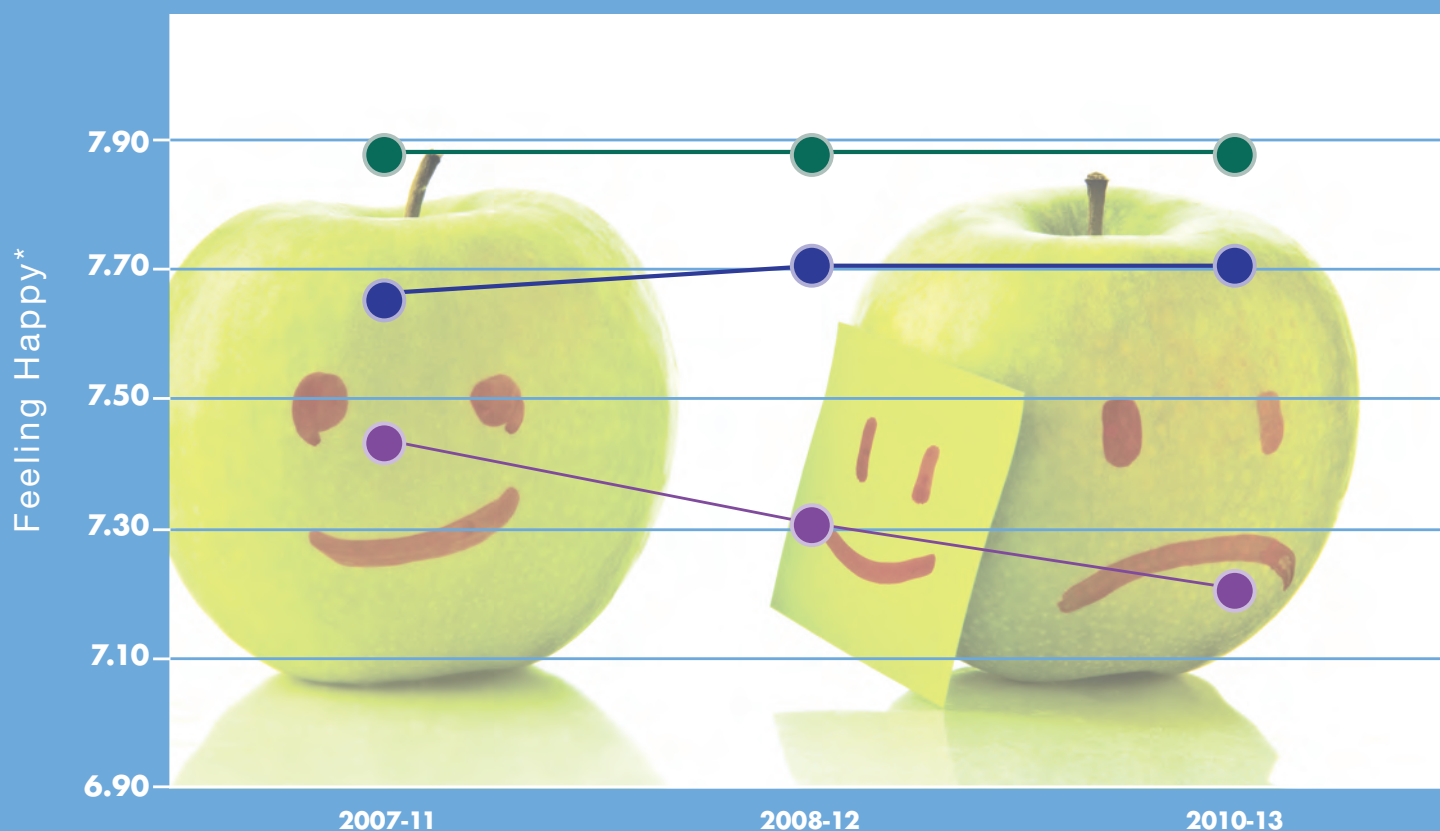


2014 Annual public health report

How good are we feeling?



Trend in Feeling Happy

● London ● Rest of England ● Haringey

* The survey asked: 'Taking all things together, how happy would you say you are' between 1 (very unhappy) to 10 (extremely happy). There was no data collected in 2009/10.

What is wellbeing?

'Feeling happy' is an important part of mental wellbeing – but it's more than that, it's also about feeling content and confident, having self-esteem and living in a way that is good for you and for those around you. Wellbeing involves both the mind and the body – physical and mental wellbeing are closely related.

A key part of improving population wellbeing is ensuring a good start in life. For babies and young children, care and development are strongly linked, and the bond between baby and parent (or carer) is crucial, affecting the physical growth of the child as well as their emotional and mental development and wellbeing.

Good mental wellbeing does not mean that you never experience feelings or situations that you find difficult.

But it does mean that you feel you have the resilience to cope when times are tough. Parts of Haringey have it tough; it is the 4th most deprived London borough with high unemployment (9%) and the 2nd highest proportion of people living in temporary accommodation. While three wards were in the top 25% for wellbeing in England in 2012, nine wards – mostly in the east of the borough – were in the bottom 25%.

Many factors affect our wellbeing positively or negatively such as our education, job and income, housing or experiences of crime. These factors are not spread equally across society; some have stronger support networks and links with their community; yet others are unfairly pushed to the edge of society because of poverty, or as a result of discrimination.

Wellbeing and poor mental health

Low levels of wellbeing do not necessarily lead to the development of mental illness; likewise those with mental illness can recover and develop a positive state of wellbeing.

Poor mental health is extremely common; 1 in 4 people will experience a mental illness (mainly anxiety and depression) at some point in their lives. In Haringey, it is estimated that 34,500 adults have a common mental health problem. About half will seek help from primary care (e.g. a GP), with only half of these having their illness recognised and diagnosed as a mental illness. This suggests that many residents are suffering with anxiety and depression without help or support from health services.

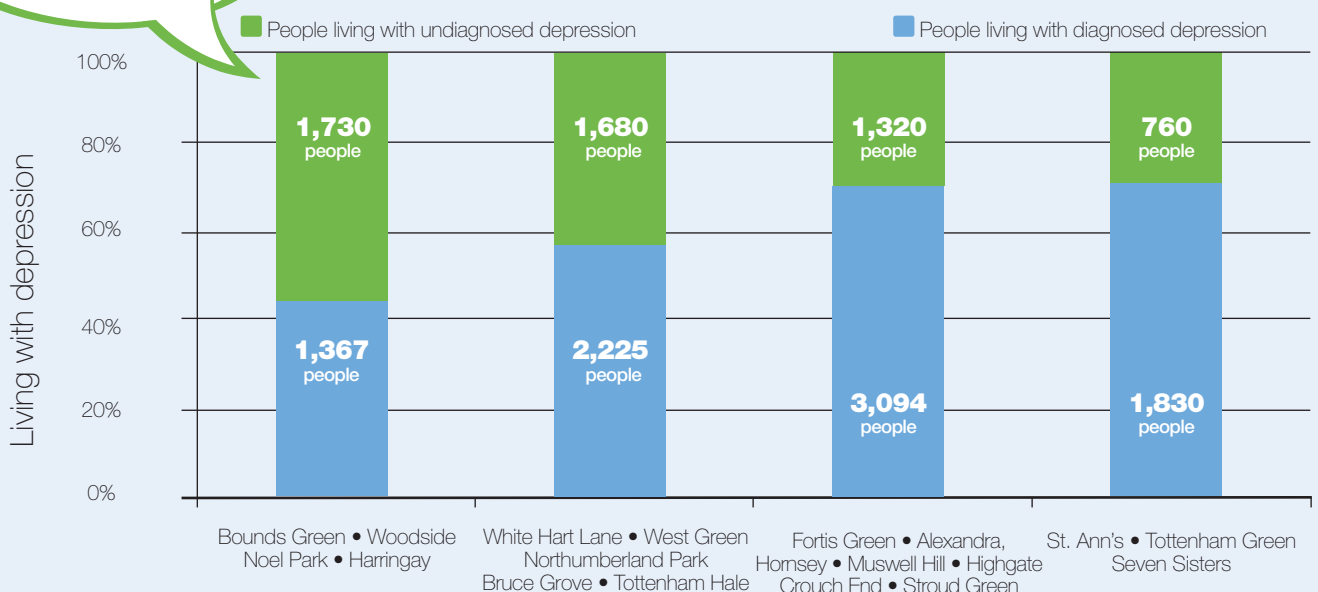
Untreated depression is an important risk factor for suicide. Diagnosed depression in Haringey is lower (4%) than in England (6%), yet the suicide rate is 33% higher than the London average. The suicide rate is especially high for young men in Haringey. Are people in Haringey suffering in silence?

Felt or perceived stigma and discrimination is a known barrier preventing people from seeking help. The attitudes people have towards mental illness mean it is harder for those who suffer from mental illness to work, make friends and live a normal life.

Views about masculinity, can also contribute to a reluctance to talk to others and get help in times of distress. Talking about feelings isn't a sign of weakness, it is part of taking charge of your wellbeing and doing what you can to stay healthy.

Over half the people in these wards are living with undiagnosed depression

People living with depression in Haringey



What are we doing to improve wellbeing?

We need to ensure our policies and services, including education, housing and employment, leisure and planning, actively promote wellbeing. We collectively need to build resilience in our communities, and challenge mental health stigma and discrimination. More specifically, there are a number of innovative projects in Haringey which aim to enhance resilience and break the silence for people who are struggling. These include:

Supporting people and communities

Including new teenage parents with the Family Nurse Partnership “I like seeing [my health visitor] every two weeks, feel better after the visit, more positive” (18 year old mum).

Building community connections through Tottenham Thinking Space a “safe and welcoming space to exchange ideas and build connections” and Neighbourhoods Connect – supporting local residents to connect and live independently.

Providing free 24/7 online support for adults struggling with common mental health issues at www.bigwhitewall.com and for young people through www.opendooronline.org

Promoting recovery for those with severe and enduring mental health illness at the Clarendon Recovery College.

Supporting people with disabilities and at risk people after an illness or accident to maintain their independence and take control of their lives.

Schools, helping children learn to express themselves through Therapeutic Story Writing and training teachers in mental health.

Turkish and Kurdish communities, and local employers through mental health champions.

Challenging stigma and discrimination

Among young people through sport in partnership with the Tottenham Hotspur Foundation and New Choices for Youth.

Through Mental Health First Aid training for front line staff “I now feel better able to support my community when presented/coming into contact with people in mental health crisis”. (Neighbourhood Connector).

Through the MAC-UK Integrate Project which puts mental health at the heart of solutions for excluded young people aged 16-25 years. It will target those involved in gangs and antisocial behaviour who do not access traditional services.



Dear all,

One year on: strengthening public health

The Council has been hard at work to ensure it delivers on its new duty to improve the health of all our residents and reduce the profound health inequalities in the borough. There is a reinvigorated focus on the many policies and services that fundamentally influence our health and wellbeing. In fact, housing, employment, the environment, crime and poverty all have a bigger impact than the NHS alone – and we need to ensure that we accentuate the positive and mitigate any negative impacts. Working in partnership, local government can now put public health at the heart of our community.



Addressing mental health and wellbeing

This year's report focuses on the Health and Wellbeing Strategy outcome: improving mental health and wellbeing. It explores what we mean by 'wellbeing' and how this is linked to both our physical and mental health. Haringey does have many assets that contribute to our positive sense of wellbeing. However there are considerable challenges too – the recent recession, welfare reforms and housing pressures are all adding to the stress – and these impact negatively on many residents' sense of wellbeing, threatening our mental health and increasing the risk of mental illness. An estimated 3,000 children and 34,500 adults in our borough struggle with common mental health problems; yet half of these conditions go unrecognised.

We are working with local people, voluntary organisations, schools and NHS partners to improve the mental wellbeing of all residents. We will continue to support people with advice and tools to improve their mental wellbeing, to challenge people's perceptions of mental health and mental illness, to tackle stigma and discrimination and to understand better the barriers (real or perceived) to services, including healthcare. Our user-led anti stigma and mental wellbeing campaign, launched in October is an important way to highlight these issues. But we need to do more.

Recommendations

1. Ensure 'healthy public policy' to create a supportive environment to enable people to lead healthy, fulfilling, independent lives.
2. Ensure that plans for the regeneration of Tottenham address factors closely related to poor mental wellbeing such as employment, poor quality housing and overcrowding, noise, 'ugly' environments and lack of green space, anti-social behaviour and fear of crime.
3. Undertake a survey of issues affecting our residents' wellbeing to understand the key issues we need to focus on.
4. The Council and partners to sign the Time to Change pledge - with clear plans to promote wellbeing and tackle stigma and discrimination against those with mental health problems.
5. Develop a Mental Health and Wellbeing Framework to ensure a quality service offer that improves outcomes for service users.
6. Continue to focus on the early years of a child, on the bond between parent and baby.
7. We each need to look after our own mental health, support each other and build resilience in our communities.

I would like to hear your stories, thoughts or ideas on how as a community we can promote good mental health and build mental wellbeing. Please contact me at Jeanelle.degruchy@haringey.gov.uk.


I look forward to hearing from you all.

Jeanelle de Gruchy

Director of Public Health

THINGS THAT AFFECT OUR WELLBEING EVERY DAY IN HARINGEY

1 in 10
HOUSEHOLDS
CAN'T AFFORD
TO HEAT
THEIR
HOMES 

4 OUT OF 5
RESIDENTS
133,300
PEOPLE
GO TO WORK 


16,405
CHILDREN
LIVE IN POVERTY

RESIDENTS
CAN PLAY IN
MORE THAN
600 
ACRES OF PARKS,
RECREATION GROUNDS
AND GREEN SPACE

1 
IN FOUR
OF ADULTS
PROVIDING ONGOING
CARE FOR A FAMILY
MEMBER FEELS LONELY

**OVER
10,000** 
PEOPLE DRINK
ALCOHOL IN A WAY
THAT HARMS THEIR
HEALTH OR SAFETY


7 
OUT OF
10 YOUNG
PEOPLE PARTICIPATE IN
SPORTS, ARTS MUSIC OR
ATTEND A YOUTH GROUP

3 
HOUSEHOLDS
ARE PLACED IN
TEMPORARY
ACCOMMODATION


61
CRIMES ARE
COMMITTED

1 
IN 5 RESIDENTS
VOLUNTEER
THEIR TIME TO HELP
OTHERS (AT LEAST
ONCE A MONTH)

5 
INCIDENTS
OF DOMESTIC
VIOLENCE ARE
REPORTED TO THE
POLICE

1 
RESIDENT
SUCCESSFULLY
COMPLETES DRUG OR
ALCOHOL TREATMENT

How are you feeling today?

Use the online wellbeing checker to get your score and information on where to get help and support if you need it. Visit haringey.gov.uk/mentalwellbeing

Five ways to improve your wellbeing*

- 1 Connect...** With the people around you, with family, friends, colleagues and neighbours. At home, work, school or in your local community. Join Tottenham Thinking Space, start your own book or gardening club
- 2 Be active...** Go for a walk or run. Step outside, cycle, play a game, garden, dance – exercising makes you feel good. Make use of our green spaces, visit www.haringey.gov.uk/greenspaces
- 3 Take notice...** Be curious, catch sight of the beautiful, remark on the unusual – notice the changing seasons in Haringey. For a range of events, visit 'What's on?' www.haringey.gov.uk/whatsonsearch
- 4 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. Learning new things will make you more confident as well as being fun. Free courses through Haringey Adult Learning Services (HALS), visit www.haringey.gov.uk/hals
- 5 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. Find out about volunteering at www.do-it.org.uk

Five ways to improve the wellbeing of others

- 1 Talk, but listen too**  simply being there will mean a lot
- 2 Keep in touch**  meet up, phone, email or text
- 3 Don't just talk about mental health**  chat about every day things as well
- 4 Remind them you care**  small things can make a big difference
- 5 Be patient**  ups and downs can happen

*Source: nef (www.neweconomics.org)