

Name of organisation	Summary of proposal	Impact
Renaissi	<p>Healthy Families, Healthy Communities' aims to improve family health and wellbeing amongst migrant communities. Health inequalities amongst migrant communities in Hackney are well documented, with language barriers cited as a major factor. Many services/schools use interpreters or family members to advocate. Whilst this supports short term service uptake, it fails to address more entrenched issues and stigmas preventing mental health awareness, self-care and access to services.</p> <p>'Healthy Families, Healthy Communities' will place Bilingual Parent Support Advisers (BPSAs) in a number of Hackney primary schools to provide empathetic, bilingual advocacy for families supporting them with barriers which affect their ability to thrive, such as language, poverty, cultural isolation, stress and access to health services. This solution recognises the importance of dedicated cross-cultural support within an accessible environment using a sustainable, strength-based approach (where parents take lead).</p>	<p>The project aims to reach at least 240 parents, children and extended family members in Hackney including Turkish/ Kurdish, Vietnamese, Polish, French/Lingala, Bengali and Spanish communities. Parents/ Carers will have better language skills to communicate their health and wellbeing needs Parents/ Carers will have increased confidence to discuss barriers and seek help Families will benefit from improved support networks within school and the local community. Families will have improved wellbeing and self-care Families will make better use of different health services, with a reduced reliance on A&E and unnecessary GP appointments</p>
The Huddleston Centre	<p>This is a therapeutic project run by Equal Arts in Northern England bringing together older people in the early stages of dementia which aims to test an innovative approach with a group with similar needs - young people with a disability (autism, sensory impairment, paraplegia, sickle cell, developmental delay, Downs Syndrome, acquired brain injury and more).</p>	<p>Evaluated by Northumbria University the project has been effective at reducing depression and anxiety among the participants. Participants also needed less anti-psychotic medication, while their interpersonal relations improved significantly. These outcomes are in line with the results of other animal therapy programmes with children and young people with a disability, and therefore makes the approach and intervention a promising innovation.</p>
Bags of Taste Limited	<p>Poor diets lead to significant health inequalities, both mental and physical. This project is about helping people on low incomes to change dietary habits. It uses behavioural psychology to overcome the barriers identified by people with low budgets to cooking 'real food'; focusing on taste, cost and time.</p> <p>Through a four part course of well supported, hands on cooking lessons, the project works with students to provide detailed advice around sourcing healthy, affordable food based on recipes designed by an award-winning chef: builds</p>	<p>Participants will be supported to develop healthy eating behaviour, better financial management skills, better physical health.</p>

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Hackney Playbus	<p>Vulnerable women do not want to be a burden to the social system and want to feel empowered in terms of financial independence, training, access to employment and new skills. However the most marginalised women often find accessing and making good use of services difficult and services struggle to find ways of engaging them. The relationship between services and health professionals is crucial in building the foundation for a successful referral pathway.</p> <p>The Bonding with Baby service brings together groups of mothers to cover topics which enable clients to better understand their own and their baby's health needs, share experiences with others in similar situations and help one another to better understand their health needs and the role of health professionals.</p> <p>This project will introduce a Referrals Pathway Managers for the Bonding with Baby service, who will contact targeted health professionals working across the boroughs who encounter vulnerable women who have recently given birth and introduce them to the service. They will invite the</p>	<p>Clients to better understand their own and their baby's health needs. Mothers of babies can share their experiences with others in similar situations and help one another, or people involved in their care, to better understand their health needs. They will be supported by volunteers to access and find their way to the right health service. They will understand the role of health professionals as a support and not a threat and will make better choices about engaging with health services, improving the experience for them and for the health professionals who support them.</p>
Spice Innovations	<p>Nationally, homeless people experience severe health inequalities and are more likely to use complex health services repeatedly. The life expectancy of homeless men is 47 and for women 43.</p> <p>This project will empower patients and improve outcomes at a large hostel at 146 Mare Street for people with complex needs as a result of homelessness by introducing Spice Time Credits for participation in a range of user-led health and wellbeing projects.</p> <p>Time Credits are a proven model where each time an individual gives an hour of time to a service or the community they earn one Time Credit. This can then be</p>	<p>This project will co-create opportunities for peer support and the development of self-management skills, building people's self-efficacy and quality of life. Further, by spending Time Credits, individuals can try new activities that they couldn't otherwise afford.</p> <p>In current programmes:</p> <ul style="list-style-type: none"> 58% of respondents feel healthier 81% report increased quality of life 71% have made new friends 43% have learned new skills 73% have taken part in more community activities 23% report seeing their GP less

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Hackney Council for Voluntary Service	<p>This project seeks to empower patients and improve health outcomes, specifically targeting those from communities who disproportionately under-access primary care services, using the trust and credibility of local community organisations to engage those who would otherwise be unlikely to access primary care services. The trend of under-accessing primary care is particularly pronounced for refugee and migrant communities. Formal NHS signposting provided via the telephone or in person may be of high quality but many will simply not use such services. In order to address health inequalities, it is necessary to provide assisted health signposting via trusted organisations which are perceived to be part of "the community".</p> <p>The project will engage five community groups working with five separate refugee or migrant communities in Hackney and train individuals each each organisation to provide assisted signposting to residents both in what services are available, and to discuss and address cultural considerations in relation to accessing health services and to reassure residents who may have unnecessary concerns in relation to</p>	<p>To reduce unnecessary and inappropriate use of A&E. To ensure earlier diagnosis of health problems in order to avoid later emergency medical interventions. To increase participation levels in preventative health activities amongst service users. To improve levels of well-being amongst service users</p> <p>The reduction in inappropriate use of A&E services and in the late diagnosis of otherwise treatable and preventable conditions will demonstrate the effectiveness of this approach. In the longer term this will be a more cost effective method of provision of community based health advice at a time when the NHS is facing significant funding challenges. The engagement of volunteers in particular whilst not being cost-free does hold the potential to reduce community health outreach costs.</p>

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Tavistock Centre for Couple Relationships	<p>In City and Hackney 700 people are listed on the 2013-2014 Dementia Register. Two thirds of those living with dementia in the UK live at home, often with their spouse. 85% of people would want to stay living at home for as long as possible if diagnosed with dementia (Alzheimer's Society, 2012). However, this can place a mental and physical burden on the carer leading to poorer outcomes and health inequalities (DoH 2008). They are likely to have higher than normal levels of depression than carers of other older people (Moise et al, 2004).</p> <p>Living Together with Dementia (LTWD) aims to improve the quality of life and mental health of couples living with dementia: increasing the length of time people with dementia can maintain their independence; remain active and preserve an intimate and familiar relationship with their partner – reducing the burden and health impacts on that partner/carer.</p> <p>LTWD focuses on the couple relationship, utilising its established resilience and, through psychological interventions, strengthening its ability to survive and act as a protective resource, able to make optimal adjustment to the d</p> <p>TCCR will train 20 health professionals (counsellors, nurses,</p>	<p>LTWD will:</p> <ul style="list-style-type: none"> increase post-diagnosis support for up to 60 couples living with dementia; decreasing their isolation and anxiety, and increasing their chances of avoiding emergency crisis care, admission to hospital and residential care improve the quality of life for couples living with dementia by: strengthening their relationships; increasing their resilience through enhanced understanding and communication between partners and greater engagement in shared activities; increasing the viability of their staying at home by reducing their stress which reduces the chances of relationships breaking down Improve the mental health and wellbeing of up to 60 carers of people with dementia by delivering psychosocial interventions that will support them and reduce the likelihood of the burden leading to depression or other health issues Increase the knowledge within City and Hackney's health and social care sector of the benefits of supporting the couple relationship for people with dementia Increase the expertise of at least 20 professional health workers, working with couples living with dementia, and embedding this expertise, by providing expert accredited training and supervised delive

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The Centre for Better Health	<p>The Centre for Better Health is providing high quality therapeutic groups to address common presenting mental health issues such as stress, anxiety, depression and relationships.</p> <p>Individuals presenting with these issues state that they are looking to experience therapeutic ways of working with others in group settings. We will provide this setting through 10 week therapeutic groups, which will enable individuals with tools, skills and reflection to empower and self-manage rather than relying on primary care services. The groups will include Mindfulness, Art Therapy and Drama therapy.</p> <p>Courses will be offered to individuals who have needs but would not otherwise find a way to address them unless they presented to GP services. Traditionally, high quality therapeutic groups have been offered either in primary or secondary health settings or within private institutions. These settings can be very intimidating for many of those suffering with mental ill-health, and in some settings, prohibitively expensive. The Centre for Better Health will capitalise on its unique place in the community to deliver these courses.</p>	<p>Using the information from our monitoring systems these services effectively promote wellbeing and aid recovery from mental ill health.</p>
Read Together	<p>Read together is a therapeutic reading network for people experiencing social isolation, with a particular focus on mental health. Either through direct delivery, or training and support, we have enabled groups to run in hospitals, community mental health teams and charities. Shared reading groups use a short story/poem, linked by a relevant theme, read aloud and discussed. Groups are open to everyone - people who cannot read (due to low literacy/medication/disabilities) listen and join in discussions. Each session is self-contained, so people can join or miss a session without missing out. Everyone is valued, and through peer support, communities are formed within a group.</p> <p>We will use the network to share reading materials and establish an online database, providing a tangible resource that can give support to any organisation whose clients are interested in Read together.</p>	<p>All our evaluations have shown the groups increase mental wellbeing, support in recovery, confidence and self-esteem, uptake of other community and health assets; and decrease isolation.</p>

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Bikur Cholim	<p>People with long term conditions from the Charedi (orthodox Jewish) community typically feel stigmatised by long term health conditions such as asthma, diabetes, COPD , and epilepsy (see Community Insight Report Published October2014 by Interlink-Foundation).</p> <p>Our solution is to pilot a "Health-Buddies" programme, a peer-support group for people with long term conditions. People with similar health conditions will be matched and</p>	<p>The "Health Buddies" programme will change the way people with long-term conditions (LTC) manage their conditions. Patients with LTC will feel less isolated and will be more confident to express their health needs to professionals. We think this solution will give people greater control through increased knowledge and better understanding of their conditions and enable them to make informed choices and have improved access to services.</p>
St. Joseph's Hospice Hackney	<p>Particularly subject to cultural differences palliative care services currently do not respond to the needs of Hackney's ethnically diverse population. St Joseph's Hospice aim to co-produce palliative care services for this particular group.</p>	<p>The project aims to improve end of life care provision for people from black, ethnic minority and refugee communities of City and Hackney by improving earlier access to end of life care and facilitating culturally appropriate responses to their needs, which will help to reduce unnecessary emergency hospital admissions. They also aim to develop guidelines for policy recommendations in end of life care with potential national and international impact.</p>
Koach Parenting	<p>Koach practitioners are a husband and wife team who will provide community based parenting support for parents experiencing relationship difficulties with their children using the evidence based Solihull Parenting approach. This would be mainly, but not exclusively, for the Orthodox Jewish Community.</p>	<p>Parents will be able to get help more quickly. Help will be more appropriate and the service will be free. Parents will be more able to understand their children's needs. Parents will learn to be 'good enough' parents.</p> <p>The Solihull Approach is an evidence based programme improving their parenting skills, who engage more positively with their children and have stronger parent-child attachment.</p>
Hands Inc	<p>Every woman experiences the menopause in her lifetime. Yet, health professionals sometimes are unable to diagnose the symptoms correctly. This project aims to change this by offering menopause awareness workshops for women and health professionals.</p>	<p>Women will be better able to manage menopause symptoms</p> <p>Menopause peer-led group will provide women a support network</p> <p>The programme will reduce stress levels of women experiencing menopausal symptoms.</p> <p>Women feel more confident to express their health concerns with health professionals.</p> <p>Health professional increased awareness of peri/menopause women's needs improves patient experience</p> <p>Health Professionals become aware of EMIS Menopause Templates to identify risks and initiate prevention strategies</p>