



PEOPLE'S PARTICIPATION IN HEALTH

Low levels of confidence, autonomy and self-efficacy (borne from a range of socio-economic conditions?) in the area are translating into people who seem ever more reliant on professionals when it comes to their health. This can lead to greater demand for GP appointments and unproductive and transactional exchanges – frustrating for both patient and GP alike. Health has become medicalised – with less emphasis on what people and communities can do for themselves.

However, we've found that it doesn't need to be this way. We've found people 'doing things for themselves' – often out of sight of any organisational structure or authority. We have also found Practices who are attempting to change the way they look at their 'service users' and re-define their relationship with them so they are no longer burdens and insatiable drains on the system but assets and resources in themselves. They harness the energy and insight of their patients and build capacity through peer to peer support groups and health literacy.

HOW DID WE WORK WITH YOU?

We have continued our discussions with the GP Practices in the Borough as well as with voluntary and community sector organisations. Along the way we have come across whole networks of neighbours and communities and we've been talking to them as well.

EXISTING EXAMPLES FROM THE BOROUGH

3 EXAMPLES OF PEOPLE PARTICIPATING IN HEALTH

The People

The Project

Dorita who is working as a volunteer for the St Hilda's Food Coop

Listen to Dorita's story yourself on YouTube

https://youtu.be/Uot_00n7dBI

St Hilda's East Community Centre
18 Club Row, London E2 7EY | mail@sthildas.org.uk | 020 7739 8066

Penny (who is a patient) started up a menopause support group called Hot Spots – an experience sharing platform

With the support of her GP Practice who provided her with meeting space and the use of tea making facilities

<https://youtu.be/ig0o7qSTdQ4>

Hot Spots (menopause support group)
Meets at the Minerva Centre, E2 9EH every 3rd Thursday of the month from 13.30 pm

Carol, who is a good neighbour started Freedom Passers

Carol is operating below the radar of any organised structure i.e. GP Practice or volunteer group. She has managed to secure funding for her fish & chips / pie & mash activities from filming in Jesus Green where she lives, as it is a much sought after location for photo shoots in the East End

https://youtu.be/in6yNZm_TkU

Freedom Passers of Jesus Green

OTHER EXAMPLES OF PEOPLE PARTICIPATING IN HEALTH

(Where they are not named, it's because they don't want to 'fly their own kite')

Area	What is happening
Can Do Fund	The Can Do Fund is a Public Health initiative which encourages local people to create health improvement projects themselves in their local area. A number of Bengali Women's groups on the Isle of Dogs in conjunction with Island House have been started this way including badminton, women's only yoga and healthy eating sessions
Devons Road	A couple (active in All Hallows Church, Bow) is organising pot luck suppers and trips to parks, museums and libraries for their neighbours
Devons Road	Another All Hallows parishioner organises guerrilla gardening
Devons Road	A lady who runs a baby equipment shop organises meals for new mothers via http://www.takethemameal.com/
Grove Road	A local man on the cusp of retirement himself takes his elderly neighbour's dog for a walk and has given him the assurance that the dog will be cared for 'if anything happens'. This was one of many examples of neighbour's connecting with one another
Healthwatch	Healthwatch Tower Hamlets is the local health and social care watch dog. Many local people volunteer with them to carry out 'Enter and View' visits – giving local people the chance to regulate local services http://www.healthwatchtowerhamlets.co.uk/
St Andrew's Health Centre	A patient organising art to keep children occupied while waiting for their appointment
Tower Hamlets Homes	There are many devolved funds that go straight to communities so they themselves can develop initiatives, e.g. Inspiring Communities Fund http://www.towerhamletshomes.org.uk/news/inspiring_communities_fund.aspx
East End Homes	Food growing projects on housing estates: E : greenergardens@eastendhomes.net T : 020 7517 0409 They have also planted a community orchard in Swedenborg Street. Also see the Women's Environmental Network www.wen.org.uk