

Good Neighbours Schemes

Five Ways to Health and Wellbeing Impact Report 2019



Introduction

Help on Your Doorstep runs 3 Good Neighbours Schemes (GNS) in the London Borough of Islington.

- The New River Green Good Neighbours Scheme has been funded since 2012 in partnership with Islington Giving and the Islington NHS Clinical Commissioning Group (CCG). It is based in and around the Marquess estate, N1.
- The Kings Cross Good Neighbours Scheme has been funded since April 2016 in partnership with Peabody and Islington Giving. It is based in and around the Priory Green estate, N1.
- The Bemerton Good Neighbours Scheme has been funded since April 2017 in partnership with Islington Giving and the London Borough of Islington. It is based in and around the Bemerton estate, N1.

The GNS tackle isolation and improves the health and wellbeing residents through an asset based community development model. We engage local residents who are experiencing isolation, financial hardship, and poor mental or physical health in community activities, enabling them to share their skills and shape the activities that are delivered.

The GNS is hyper local with all of the activities focussed in each of the three local areas. Each GNS has a paid member of staff who works as the Scheme Coordinator on a full or part-time basis.

The work of the GNS focuses on implementing the Five Ways to Wellbeing (New Economics Foundation, 2008). This looks at enabling residents to

1. Be Active – do what you can, enjoy what you do, move your mood
2. Connect - talk and listen, be there, feel connected
3. Take Notice – remember the simple things that give you joy (also listed as be mindful/ care for your mental health)
4. Keep learning – embrace new experiences, see opportunities, surprise yourself
5. Give – your time, your words, your presence.

Evidence suggests that even a small improvement in one or more of these five areas of wellbeing can help to decrease some mental health problems, improve physical health and also help people to flourish.

Throughout 2019 GNS continued to support residents and provide opportunities for some of the potentially the most isolated residents in their areas to Connect, Keep Learning, Give, Be Active and Take Notice.

Overview of GNS activities and events

In an average year the 3 schemes that make up the GNS provide a total of:

- 600 regular weekly or monthly events including stay and play, coffee mornings, yoga, mindfulness, arts and crafts, street dance, Zumba, football, gym sessions and gardening.
- 20 one off events including trips to the seaside, Christmas parties and summer fetes.

Around 1,000 people in total use the GNS each year and we facilitate around 8,200 attendances at our activities and events. We work with around 30 local resident volunteers each year, helping them to develop their skills and experience while supporting their communities.

We also link residents into the support offered by Help on Your Doorstep's Connect service, which offers advice and guidance around a wide range of issues including benefits, debt, housing and employment.

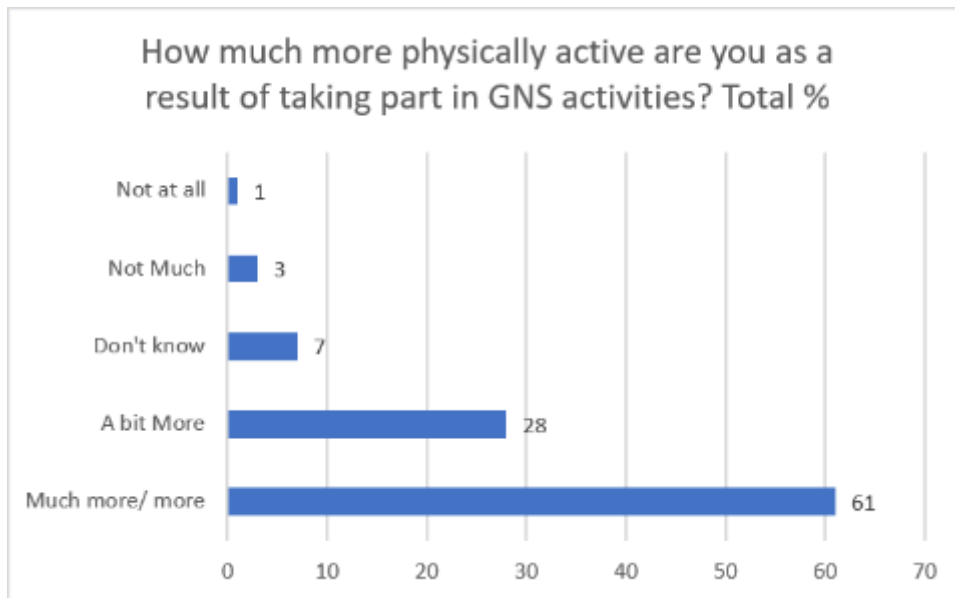
Evidence used in this report

This Insight Report pulls together evidence gathered from residents engaged in our three Good Neighbours Schemes in 2019. We asked residents about the impact involvement in GNS had on their health and wellbeing, with a survey focussed on the 5 ways to wellbeing.

- In February 2019 20 residents who attended the Bemerton GNS completed a health and wellbeing impact survey.
- In August/ September 2019 50 residents who attended the New River Green GNS completed a health and wellbeing survey.
- In December 2019 45 residents who attended the Kings Cross GNS completed a health and wellbeing survey.

This report is based on the compilation of the results of these surveys and the data provided by 115 residents who used GNS in 2019. The quotes used are all from residents who completed the surveys. The photos included were taken at GNS activities and events in 2018 and 2019.

1. Be active



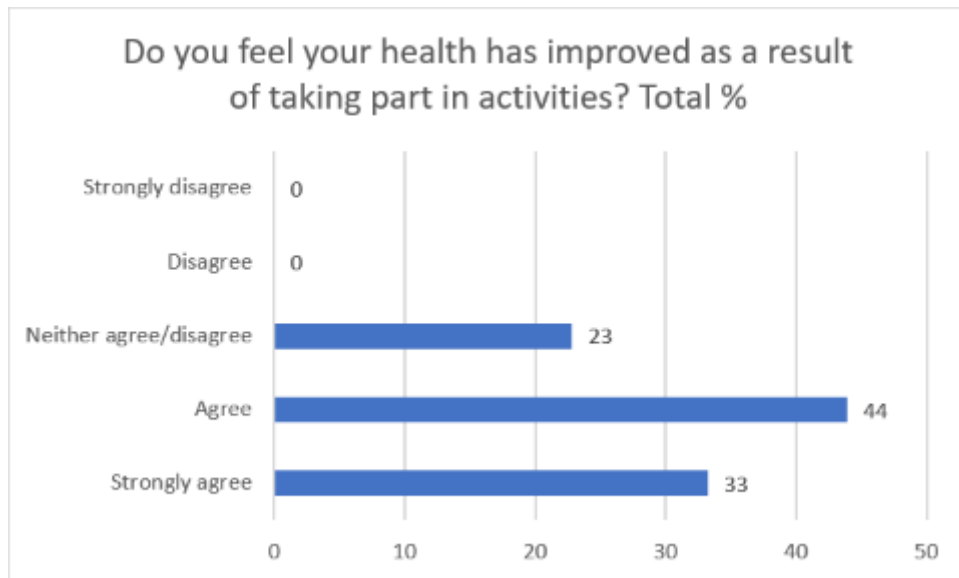
89% of residents reported that they are more active as a result of taking part in GNS. 61% said that are much more/ more active and 28% a bit more active.

“Yes it gets me and to join things. Not so depressed and more active.” Kings Cross resident

“Feel a lot healthier and fit.” New River Green resident

“I’m more active. It’s nice to keep fit and the Zumba is free which is good.” Bemerton resident





77% of residents strongly agreed or agreed that their health has improved as a result of being involved in GNS.

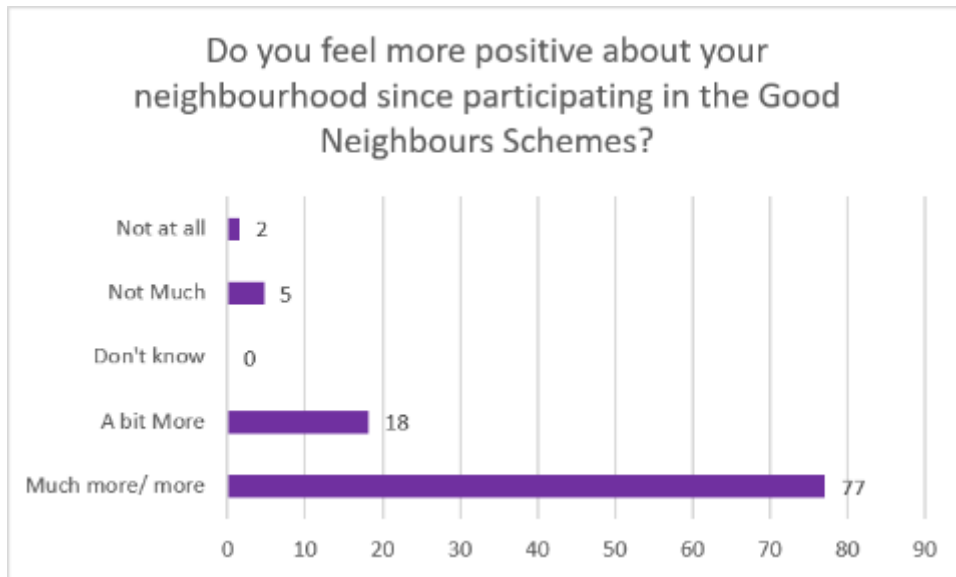
“My health and breathing are far better.” New River Green Resident

“Yes as a family we are all better health wise. My sanity, my children fitter. Win! Win!” Kings Cross Resident

“I feel more active and get out more.” Bemerton Resident



2. Connect



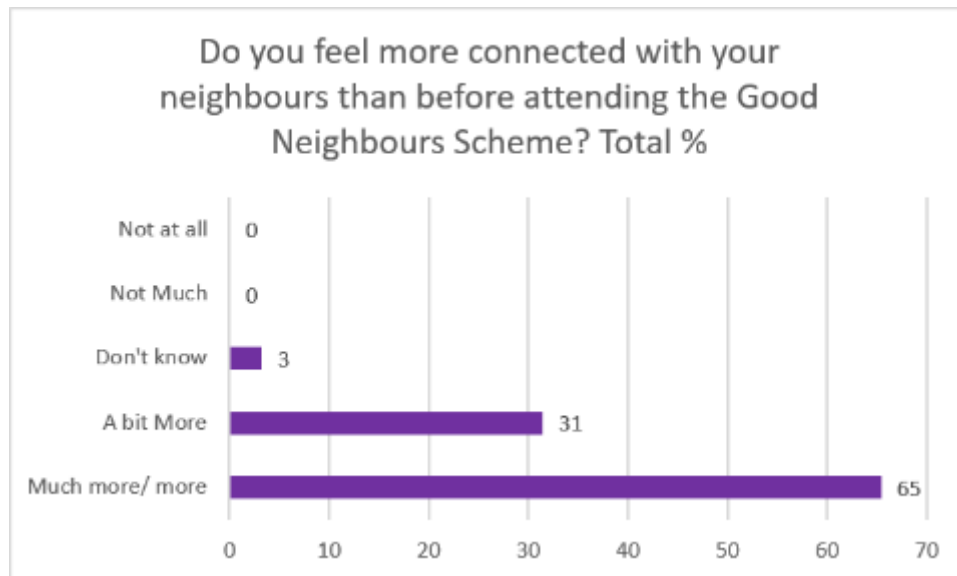
93% of residents reported feeling more positive about their neighbourhood since participating in GNS, with 77% saying that they were much more/ more positive.

“Getting to know my neighbours and speaking to people that I would not have spoken to before.” Kings Cross resident

“I have started to make new friends and to use community services. There is always something for me to do and go to.” New River Green resident

“I enjoy being around other residents in my community.” Bemerton resident





Nearly all (96%) of the residents we spoke to said that they feel more connected with their neighbours as a result of attending GNS. 65% of residents said that they were much more/ more connected with their neighbours and 31% said that they were a bit more connected.

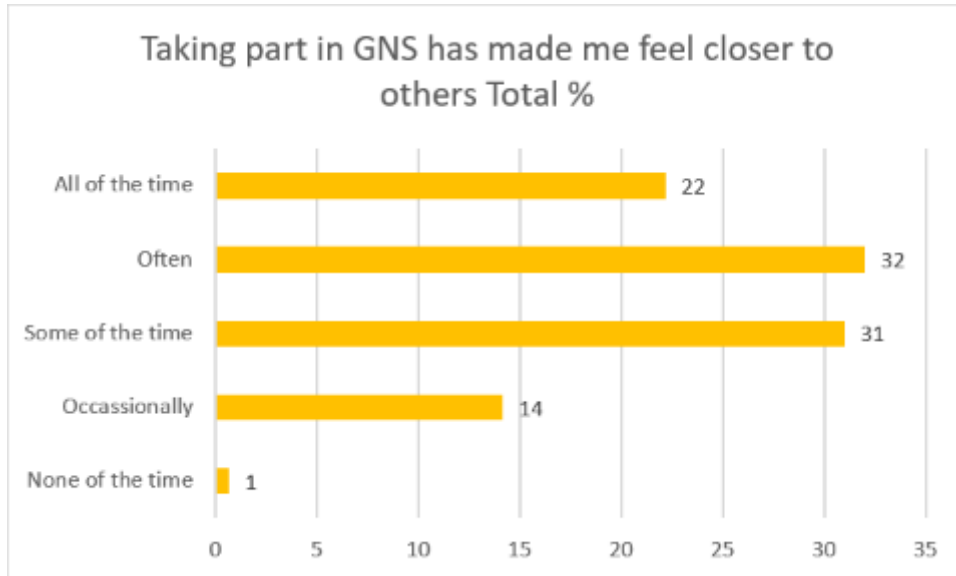
“Yes people talk to each other more which is good for all our health. It is nice to do things together you feel less depressed.” Kings Cross resident

“None of this has been easy and sometimes I walk away crying and glad to be alone. But it is so worth it for the friendships, info and community.” New River Green resident

“Meeting new people on my estate who I wouldn’t usually meet.” Bemerton resident

3. Take notice

For this section we based our five questions on the Warwick Edinburgh short scale to show the significant impact that GNS has on residents' mental wellbeing.



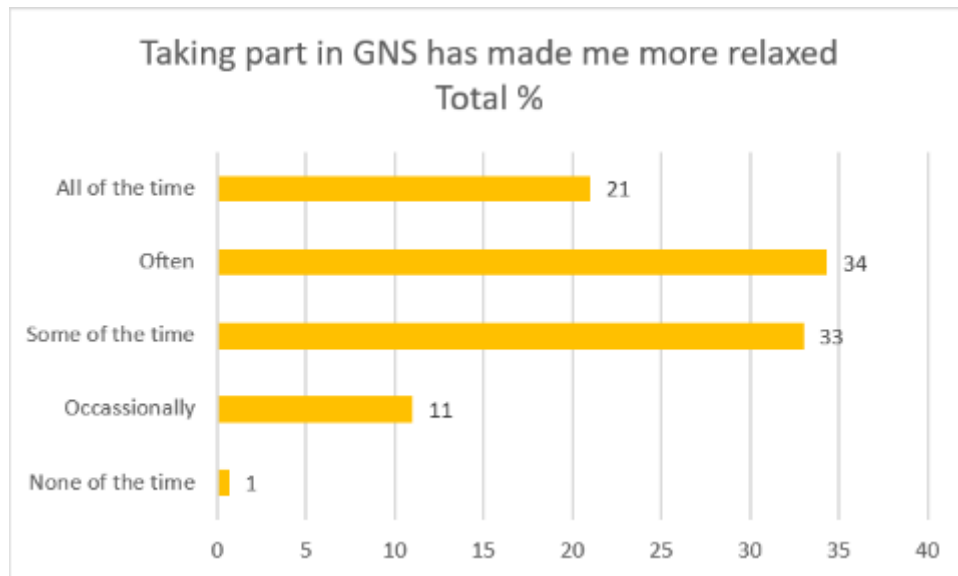
99% of residents said that taking part in GNS made them feel closer to others. 54% of residents said that they feel closer to people all of the time/ often and 31% said that they feel closer to people some of the time.

“It feels good to help your neighbours, we should all help more.” Kings Cross resident

“I’m learning to socialise more and be around people more, as it’s been difficult as I’ve had no friends.” New River Green resident

“My self-esteem has improved due to me making an effort to be around people.” Bemerton resident





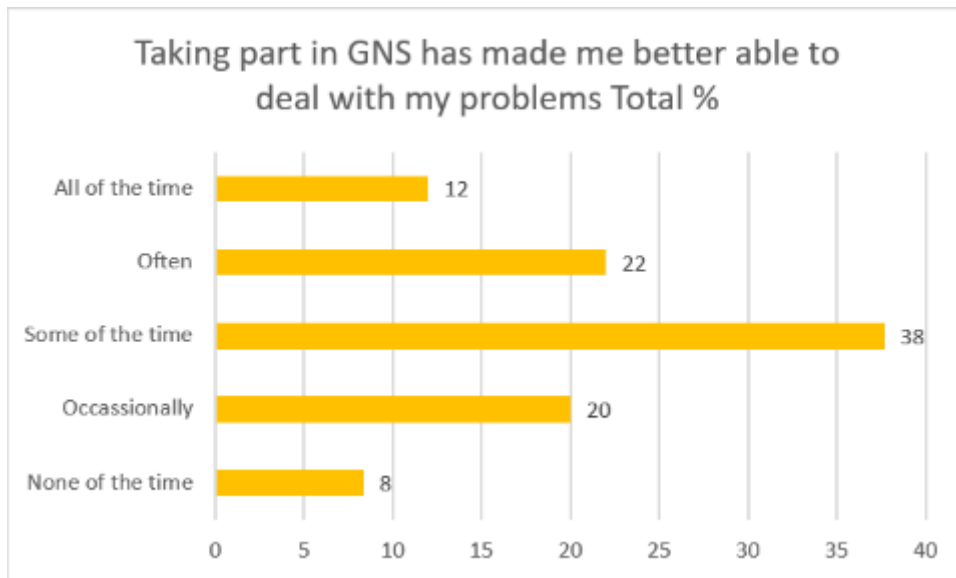
99% of residents said that they feel more relaxed as a result of taking part in GNS. 55% of residents say that they feel more relaxed all the time/ often and a further 33% said that they felt more relaxed some of the time.

“The participation in the group lifts my spirits and they are feisty and fun.”
Kings Cross resident

“I feel happy when I’m here and forget my problems.” New River Green resident

“I live on my own and I am in pain a lot so it helps me and stops me feeling so paranoid when I know I can go somewhere.” Bemerton resident





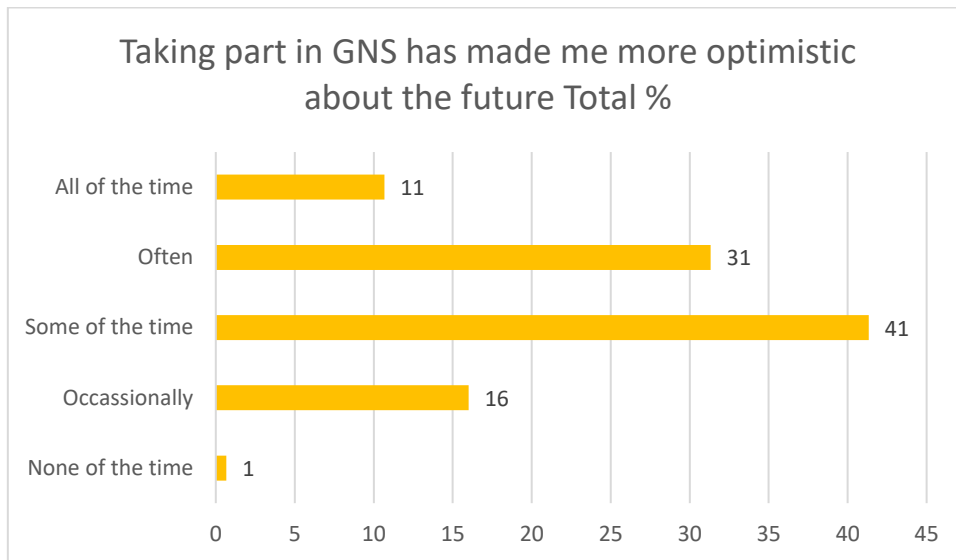
92% of residents reported that participation in GNS has made them feel better able to deal with their problems. 34% said that they were more able to deal with their problems all of the time/ often.

“It’s made me happier and more confident.” Kings Cross resident

“I feel happy when I’m here and forget my problems.” New River Green resident

“The class has helped the children’s self-confidence.” Bemerton resident





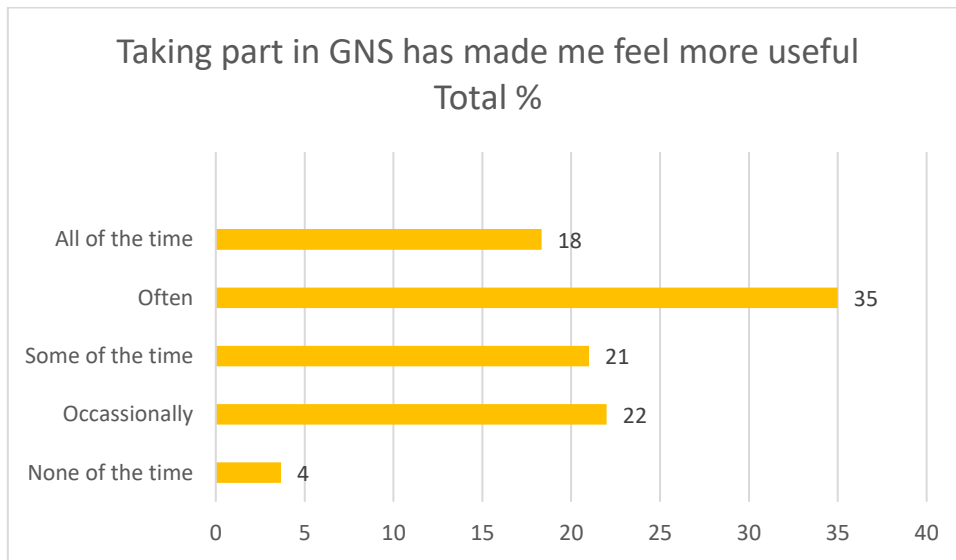
Taking part in GNS helped 99% of residents feel more optimistic about the future. 42% feel more optimistic all of the time/ often and a 41% feel more optimistic some of the time.

“Most of us feel depressed and stressed and all the GNS activities make us feel more positive and ease the daily life tensions.” Kings Cross resident

“I feel more relaxed and positive.” New River Green resident

“Yes, more energetic and positive outlook.” Bemerton resident





96% of residents say that they feel more useful as a result of taking part in GNS. 53% felt more useful all of the time/ often as a result of the GNS.

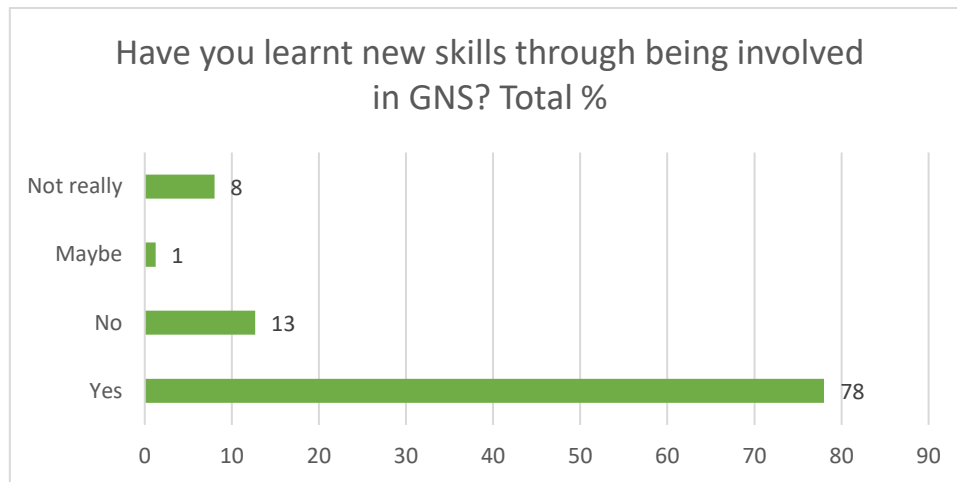
“I help other residents in my block when I can. We keep an eye out for one another mostly.” Kings Cross resident

“Helping others has helped me feel useful and like I have a purpose again.” New River Green resident

“I am always trying to help others. It keeps you active.” Bemerton resident



4. Keep learning



78% of residents said that they have learnt new skills as a result of being involved in GNS. New skills learnt include football, exercise, arts and crafts, knitting, English and social skills. Residents also reported passing on new skills to others in the community.

“I have helped my family and neighbours to make the gift bags and boxes that was taught to me.” Kings Cross resident

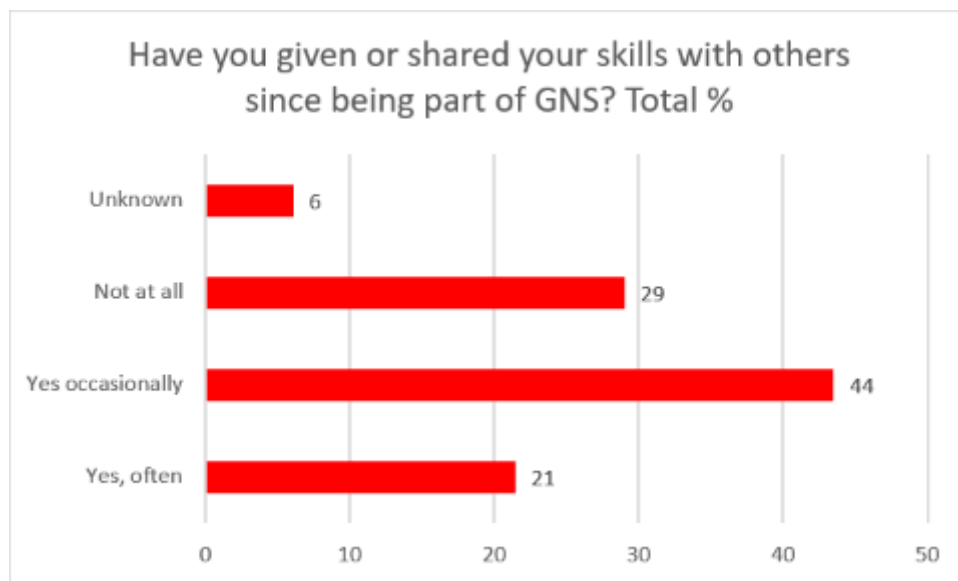
“How to do yoga. It helps to calm me down. Arts and crafts keep my mind active.” New River Green resident

“Learning a new skill, connecting with other local children, boosting self-confidence.” Bemerton resident



5. Give

Active participation by the community for the community is a fundamental aspect of the Good Neighbours Scheme. We had 30 regular volunteers in 2019 who volunteered for a total of 788 hours. This does not include volunteers who helped with one-off events like Christmas parties. There is also a lot of informal volunteering and helping each other out which happens as a result of involvement in GNS. This is hard to quantify, but evidenced throughout this report in quotes from residents.



65% of residents said that they have given or shared skills with others since being part of the GNS.

“I have helped other mums bring children to both stay and play and football and helped siblings with mums, making paper aeroplane and games.” Kings Cross resident

“I help the arts and craft teacher. I have gained new skills from her too.” New River Green resident

“Talking to people about what is happening around on the street. What we can do to help.” Bemerton resident

Summary of findings

The research that we carried out across our three Good Neighbours Schemes in 2019 found that they have a major impact on residents' lives around each of the 5 ways to wellbeing.

As a result of being involved in GNS

Be active

- 89% of residents are more active
- 77% of residents health improved

Connect

- 93% of residents feel more positive about their neighbourhood
- 96% of residents feel more connected with their neighbours

Take notice

- 99% of residents feel closer to others
- 99% of residents feel more relaxed
- 92% of residents feel better able to deal with their problems
- 99% of residents feel more optimistic about the future
- 96% of residents feel more useful

Keep learning

- 78% of residents learned new skills

Give

- 65% of residents have given or shared skills with others

This evidence shows that GNS has an impact across all of the 5 ways to wellbeing, with many residents making gains in all of them. This suggests that the GNS model is very successful in its aim to improve the health and wellbeing of residents. These improvements in the 5 ways to wellbeing will lead to improvements in residents' mental and physical health and help them to flourish.