Building community capacity

Improving health through partnership

Natalie Field
Interim Director of Public Health
October 2015

Structure of session

- Our patch

- Health needs:
  - Inequalities
  - Future challenges
  - What matters to people

- ABCD – examples of harnessing community capacity

- Weston Central community

- How can we work together to make it happen?

Trend from 1991 to 2012 in male and female life expectancy at birth in North Somerset compared to regional and England figures.

Legend:
- Male life expectancy - North Somerset
- Male life expectancy - South West
- Male life expectancy - England
- Female life expectancy - North Somerset
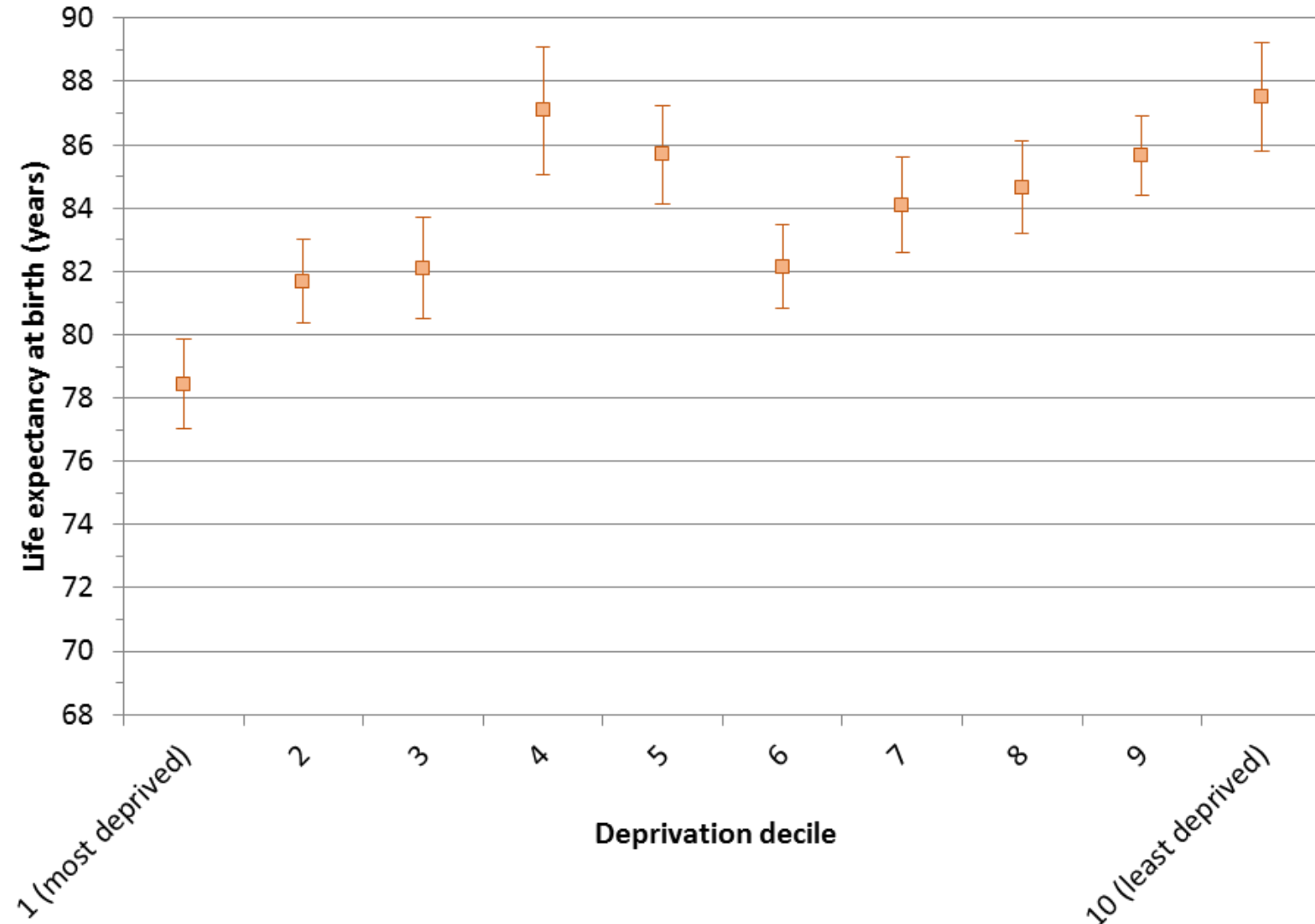- Female life expectancy - South West
- Female life expectancy - England
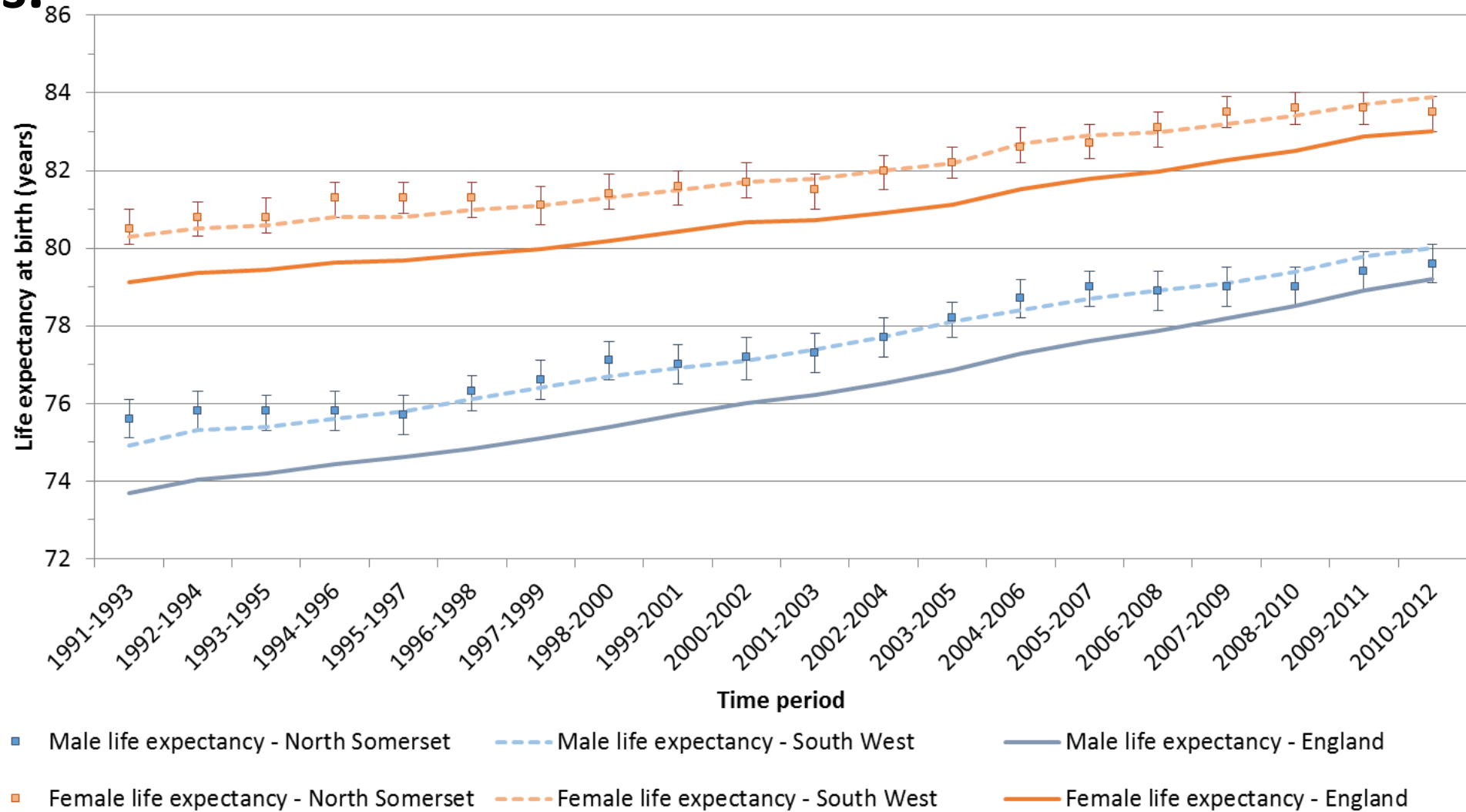
Male life expectancy at birth by deprivation in North Somerset, 2010-2012

Gap in male life expectancy 9.8 years
Gap in Male life expectancy between least and most deprived wards 18.6 years
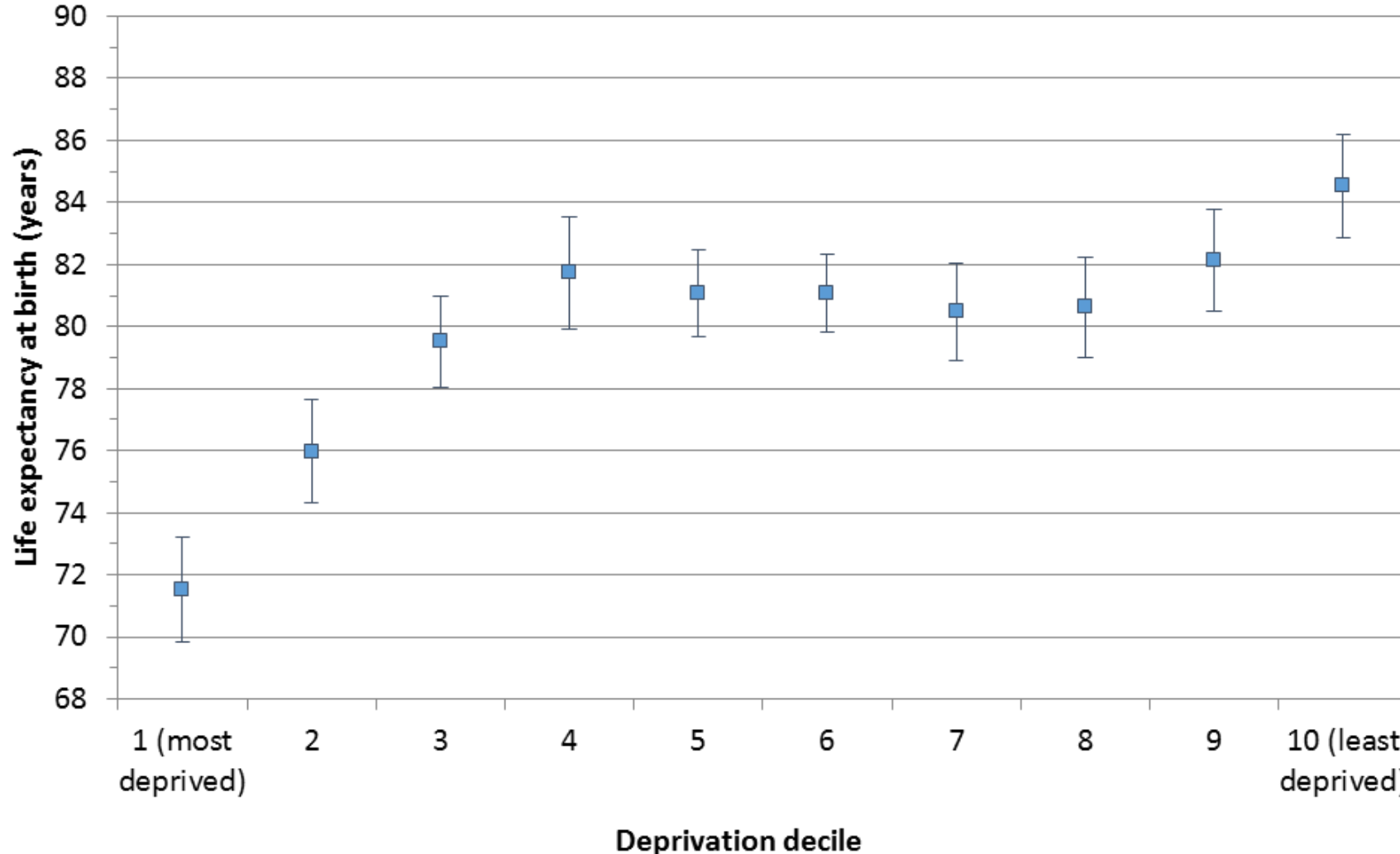
Gap in female life expectancy 6.6 years

Indices of Deprivation 2010
Index of Multiple Deprivation in North Somerset

Key:

☐ North Somerset Wards

National Quintiles:

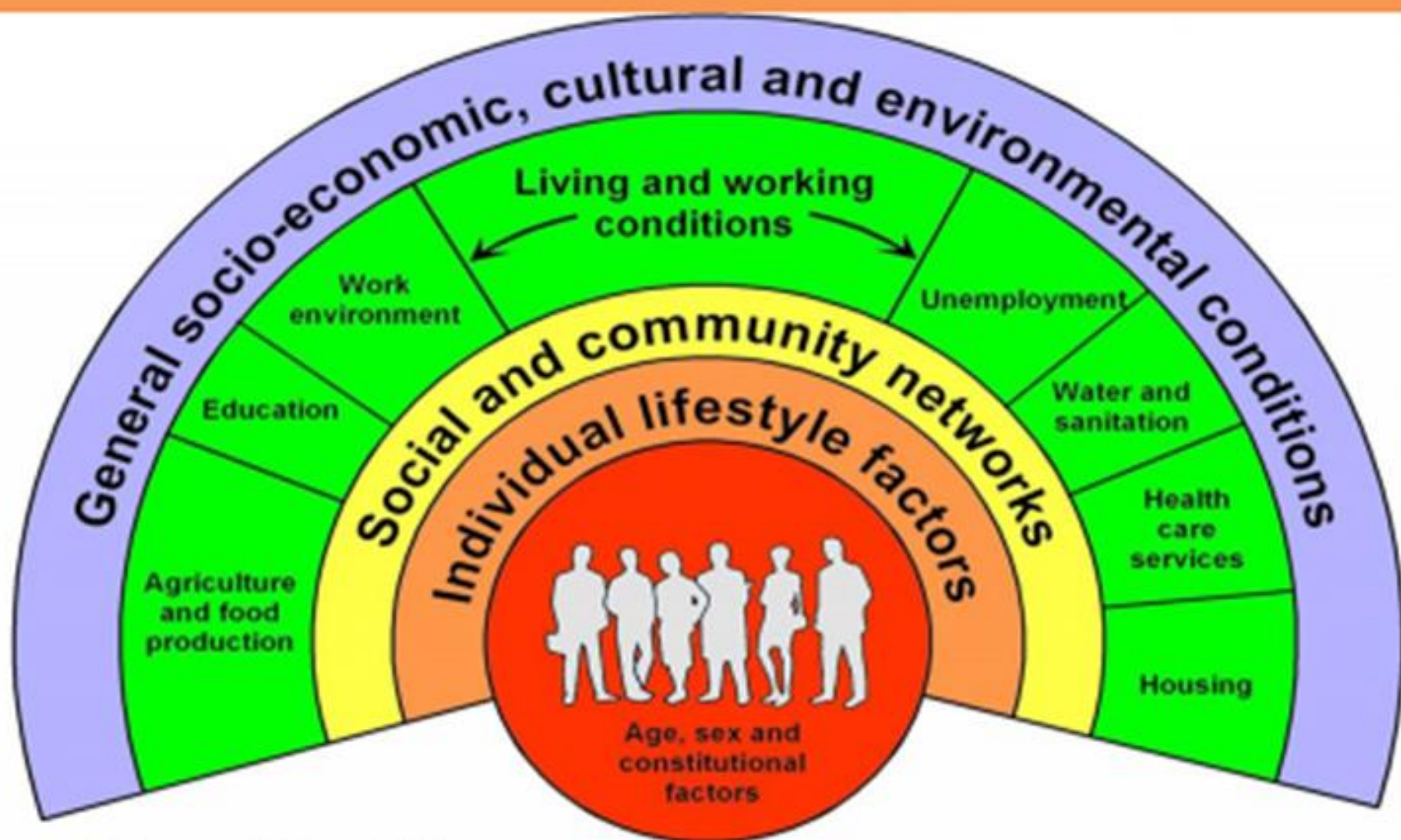■ Within Most Deprived 20% in England

■

■

■

■ Within Least Deprived 20% in England

0 1 2 3 4 Miles

Weston Central
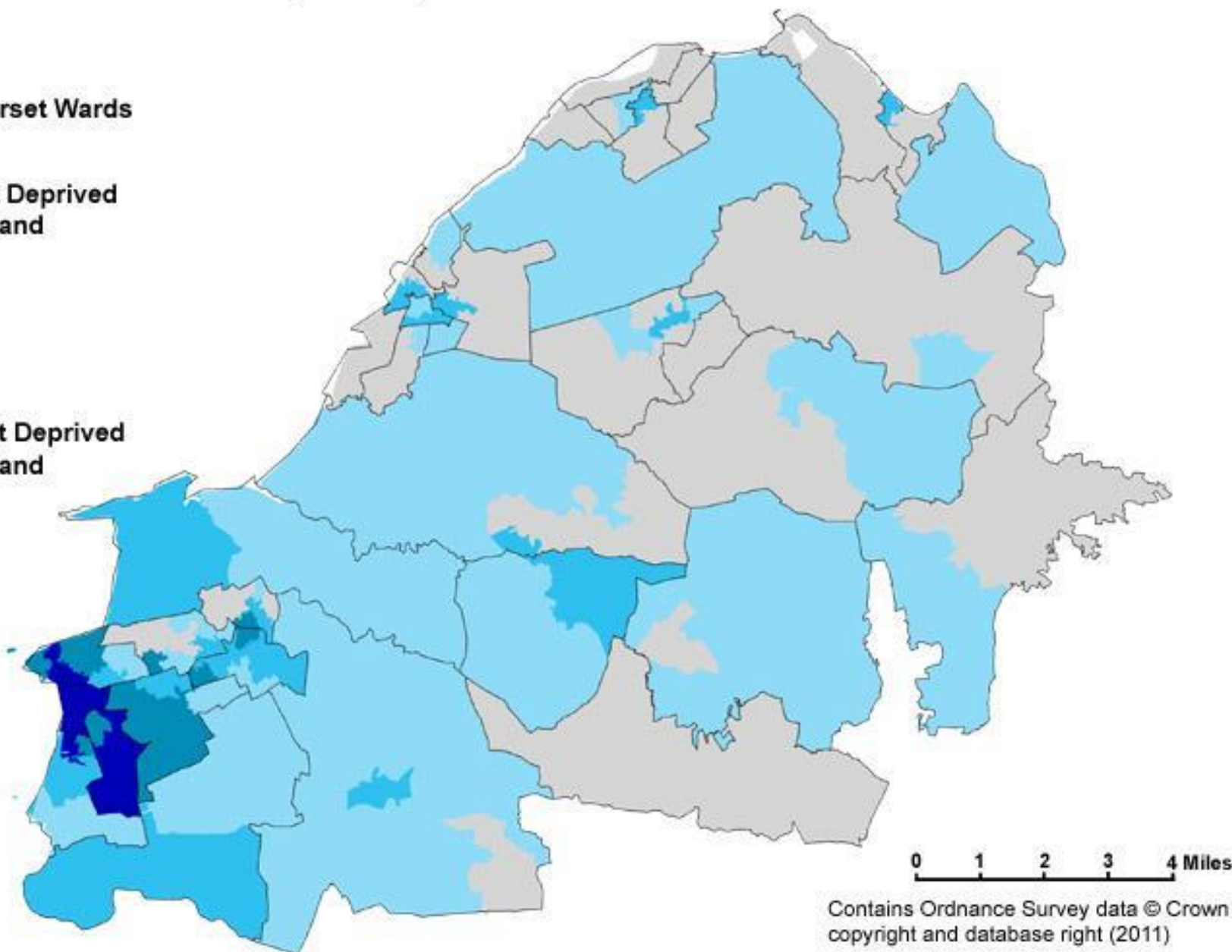
In pairs for a few minutes discuss...

- What keeps you healthy? 1 minute each way
- What is community capacity? 3 minutes

General socio-economic, cultural and environmental conditions

Living and working conditions

Work environment

Unemployment

Education

Water and sanitation

Social and community networks

Individual lifestyle factors

Agriculture and food production

Health care services

Age, sex and constitutional factors

Housing

Source: Dahlgren and Whitehead, 1991

The Wider Determinants of Health & Wellbeing

North Somerset COUNCIL

Our environments cultivate our, communities and our communities nurture our health.

When inequities are high and community assets are low, health outcomes are worst.

When inequities are low and community assets are high, health outcomes are best.
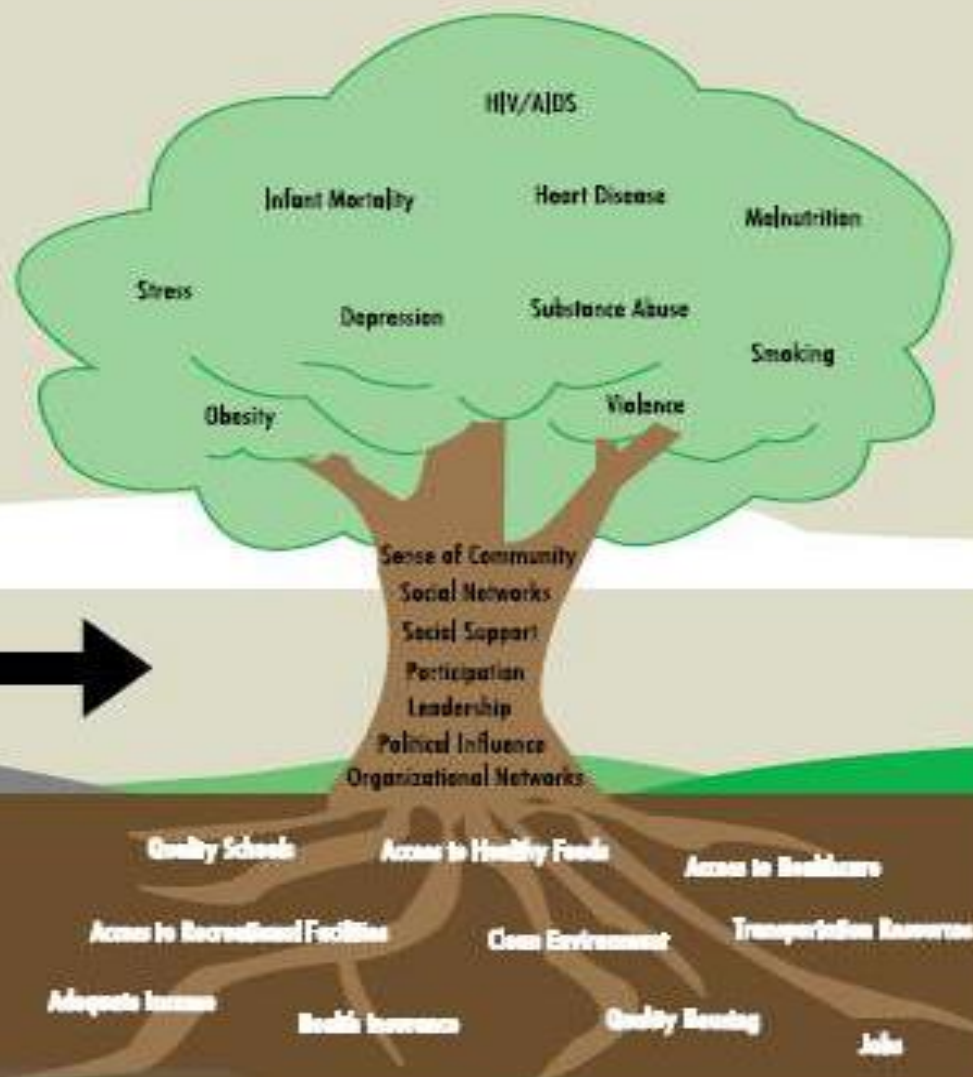
Asset Based Community Development Approach

- Social cohesion, social capital (nothing new!)

- The asset based community development programme (ABCD) and institute, Chicago

- Formalised an approach (textbook/manual/materials/training)

- Examples of practice where linking individuals and organisations has resulted in increased community capacity and cohesion

- http://www.abcdinstitute.org/

ABCD

- Move away from the traditional „needs assessment" based analysis or description of a community „needs"which carry the implication that external services are the only way to address them.

- Development comes from within a community as opposed to being externally driven and is more likely to succeed than external intervention.

- Aims to mobilise the „assets" within a community to promote control, ownership and address relevant issues to the local community.

Process

Five key steps to community asset mobilisation using ABCD:

1) Complete map of assets of individuals, associations and local institutions.

2) Plan to build relationships between these local assets for mutual benefit

3) Aim to mobilise assets for economic development and information sharing

4) Convene as broadly representative a group as possible to develop a plan and community vision

5) Develop leveraging activities, investment and resources from outside the community to support these locally defined aims.

Design sessions

Where and what is the problem? Getting to grips with the model set

What measures/solutions do you like? Discussion at every stage

Communication

Community Blog
• Facebook & Twitter
• Community Notice Board
• Community Newsletter (bimonthly)
• Neighborhood Posters
• Email List
• Word of Mouth

- ABCD does not advocate that outside help is not required or useful, more that through a strong and connected community there is better means to identify, mobilise and utilise external resources
- ABCD should complement existing community development!

Community capacity is defined by the 'building blocks' for regeneration

1) Those owned by the community and located in the community (primary)

2) Those located in the community but ownership is elsewhere (secondary)

3) Those not owned or located in the community but affect it (external)

Connecting Kingswood! – An Asset-Based Community Development in South Gloucestershire 2012

South Gloucestershire Council

the chase and kings forest
COMMUNITY PROJECT

NHS
South Gloucestershire

Aims

- To use an ABCD approach to develop community capacity in Kingswood

- Focussed initially on engaging the community with steps 1 and 2 of process and identifying primary building blocks

1) Complete map of assets of individuals, associations and local institutions.

2) Plan to build relationships between these local assets for mutual benefit

1) Building an Asset Map/Inventory

- Networking event held to introduce the concept and start to develop asset list

- Local knowledge used to indentify initial list of invitees

- 38 attendees representing over 30 organisations or groups.

- Chance to network with each other – workshop format with small group work, covering assets organisations have and the local area has.

Evaluation – Rate the Event!

- Good networking to see what's happening in Kingswood
- Bringing these groups together can only strengthen what is already in place
- Very productive – great approach
- Flexible, it works!
- Very enlightening
- Very ambitious
- Very good for getting community groups together
- Very valuable networking & building of relationships
- Opened up avenues for further investigation
- Hope it is the beginning of more joined up working
- Very useful – have done some networking and hope this will result in some positive outcomes

2) Developing links

- Follow-up meeting arranged to plan for Kingswood Festival
- Opportunity to develop individual asset list
- Use database to start to make connections
- Database is an asset to keep updated and forum to engage/communicate with the community
- Investigate options to integrate within existing information
- web resources for Kingswood for longer term viability

Weston Central Project

- Event – 25th November 2015
- Aims:

Improve the health and well-being of residents living in Weston Central.

Provide a network for key stakeholders to discuss issues relating to the health and well-being of residents.

Engage and empower local residents to get involved in improving the health and well-being of their community.

Develop a cross agency action plan that is co-produced with the local community.

Influence the wider Town Centre regeneration work

How can my organisation help build community capacity?

- What are the opportunities?
- What is needed to make it happen
  - from Voluntary and Community Sector?
  - from others?

Thank you

- Questions