

“Making the invisible, visible”



Cormac Russell

What Makes Us Healthy



What We Spend On Being Healthy



“4 x more likely to find work through friends than through Job Centre”

Brook, K Labour Market Participation, the influence of social capital.
ONS/Labour market trends

“Stronger neighbourhoods have significantly less crime”

Sampson, R (2013) When disaster strikes, it's survival of the sociable.
New Scientist 2016 (May)

“Living in a supportive community increases our chance of good health by 27%”

Gilbert, K. Quinn, S. Goodman, R. Butler, J. and Wallace, J. (2013) A meta-analysis of social capital and health: a case for needed research.
5 Journal of Health Psychology 18 (11) 1385-99.

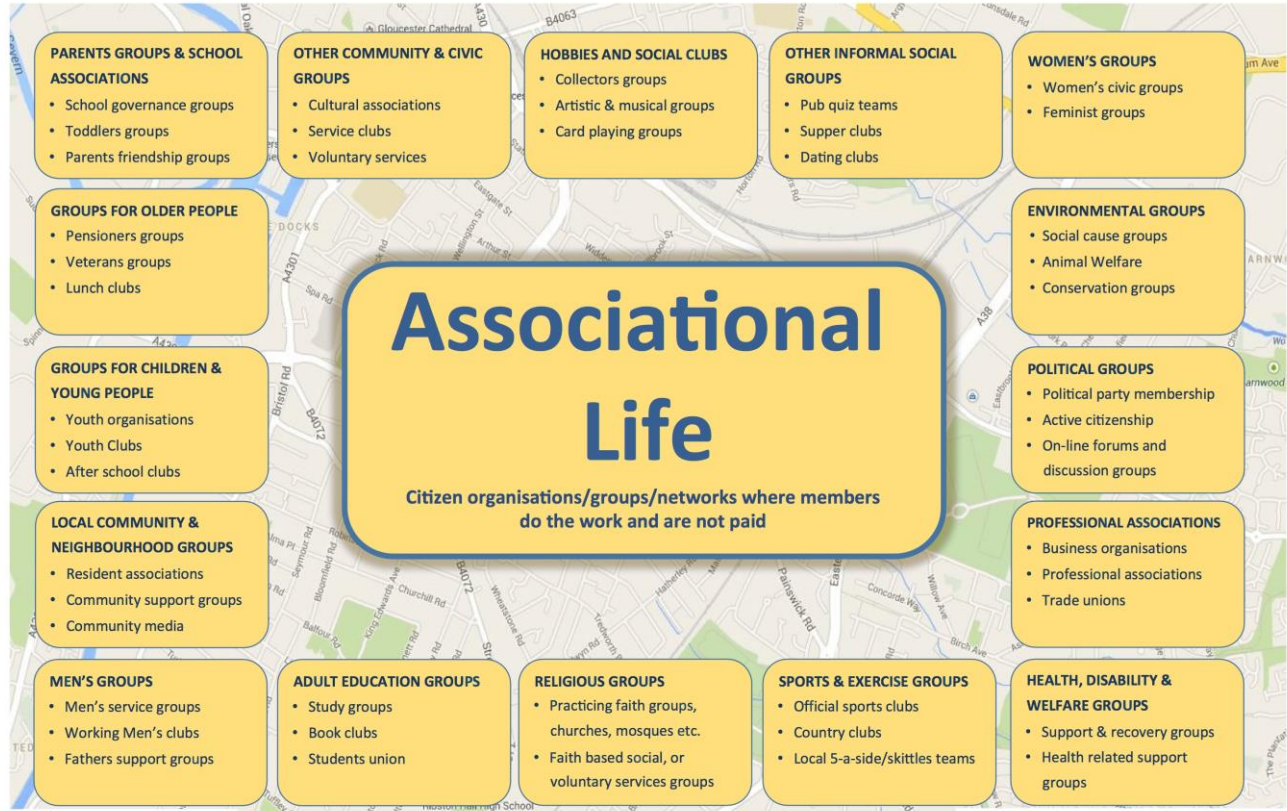
“Across the whole of Somerset emergency hospital admissions rose by 29% during the three years of the study. In Frome (the site of the project to combat isolation) they fell by 17%”

The town that's found a potent cure for illness - community
Monbiot, G. The Guardian 21/3/18

Social Connectedness

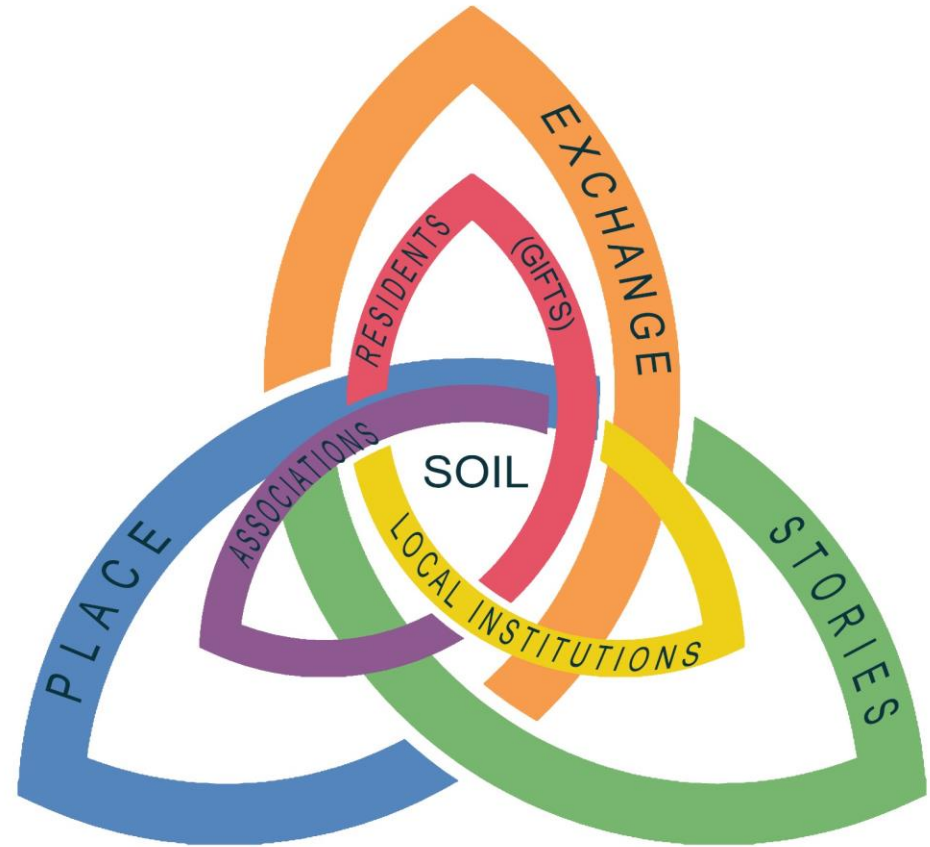
*The key to
“subjective
well-being”*

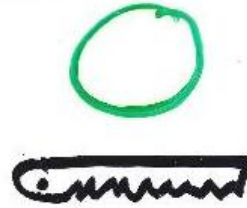
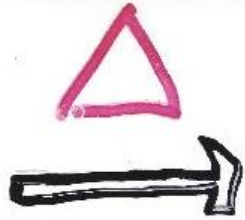




Six Building Block of Healthy Communities

- Contributions of residents
- Resources of associations
- Community-building capacities of local institutions
- Built & Natural Environment/Ecology
- Economic & non-monetary exchange
- Stories, shared heritage, and cultural diversity

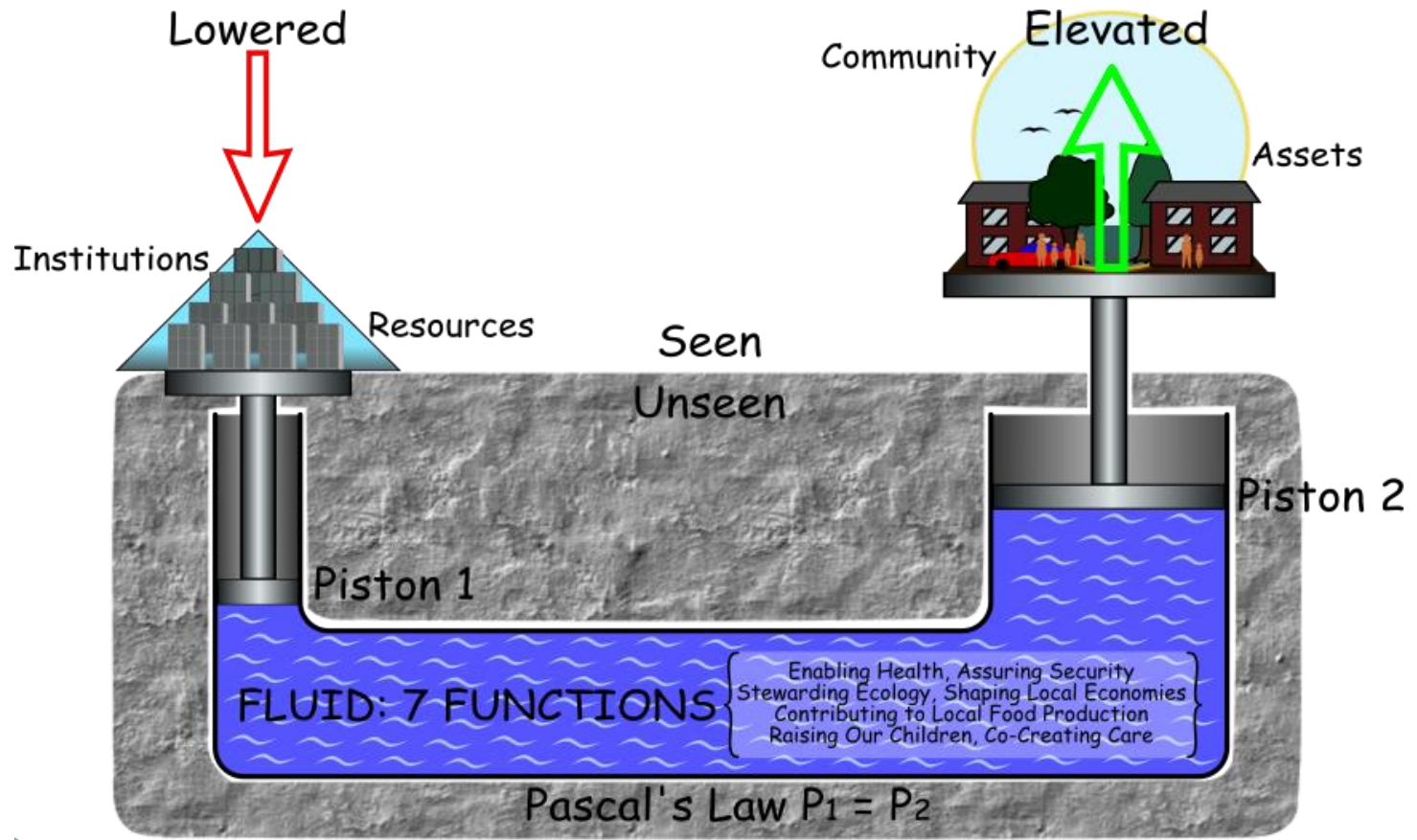




CONTROL	CHOICE
PRODUCTION GOODS SERVICES	CARE
CLIENTS CONSUMER	CITIZEN
NEEDS	CAPACITY

Our Solutions are often not fit for purpose





Seven Functions of a Healthy Community

- Enabling Health
- Ensuring Security
- Stewarding ecology
- Shaping local economies
- Contributing to local food production
- Raising our children
- Co-creating care



*Health grows in places
where people care for each
other and their
surroundings.*

ABCD PRINCIPLES

1.
What is it that
communities
can do best?

2.
What do communities
require help with?

3.
What do communities
need outside agencies
to do for them?