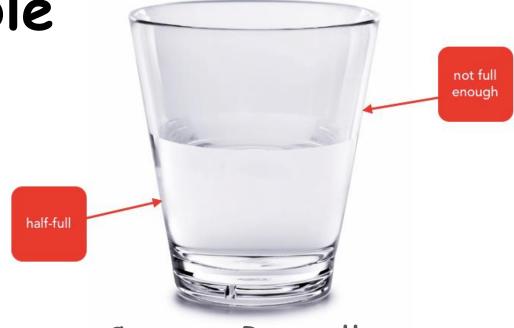
# "Making the invisible, visible"



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"



### **PARENTS GROUPS & SCHOOL** ASSOCIATIONS

- · School governance groups
- Toddlers groups
- · Parents friendship groups

### **OTHER COMMUNITY & CIVIC** GROUPS

- · Cultural associations
- Service clubs
- Voluntary services

### **HOBBIES AND SOCIAL CLUBS**

Collectors groups

RA063

- · Artistic & musical groups
- · Card playing groups

### OTHER INFORMAL SOCIAL

- · Pub quiz teams
- · Supper clubs
- Dating clubs

**GROUPS** 

### **WOMEN'S GROUPS**

- · Women's civic groups
- · Feminist groups

### **GROUPS FOR OLDER PEOPLE**

- · Veterans groups

YOUNG PEOPLE

· Lunch clubs

**GROUPS FOR CHILDREN &** 

· Youth organisations · Youth Clubs

· After school clubs

**LOCAL COMMUNITY &** 

· Resident associations

**NEIGHBOURHOOD GROUPS** 

· Community support groups

### · Pensioners groups

### **Associational**

### Life

Citizen organisations/groups/networks where members do the work and are not paid

### **ENVIRONMENTAL GROUPS**

- · Social cause groups
- · Animal Welfare
- Conservation groups

### **POLITICAL GROUPS**

- · Political party membership
- Active citizenship
- · On-line forums and discussion groups

### PROFESSIONAL ASSOCIATIONS

- · Business organisations
- · Professional associations
- Trade unions

### **MEN'S GROUPS**

· Men's service groups

· Community media

- Working Men's clubs
- · Fathers support groups

### **ADULT EDUCATION GROUPS**

- · Study groups
- Book clubs
- · Students union

### **RELIGIOUS GROUPS**

- · Practicing faith groups, churches, mosques etc.
- · Faith based social, or voluntary services groups

### **SPORTS & EXERCISE GROUPS**

- · Official sports clubs
- · Country clubs
- · Local 5-a-side/skittles teams

### **HEALTH, DISABILITY & WELFARE GROUPS**

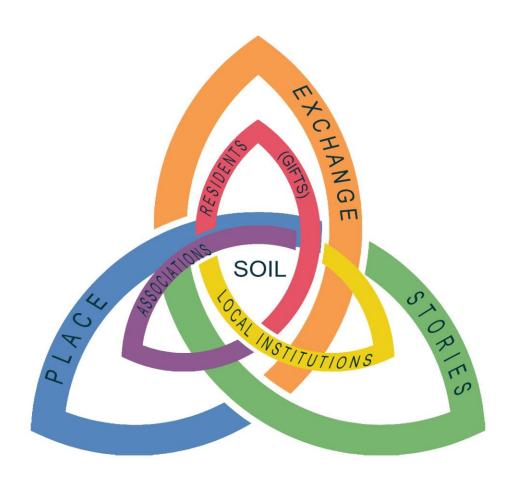
- Support & recovery groups
- · Health related support

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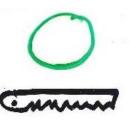
### nurture development

### 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





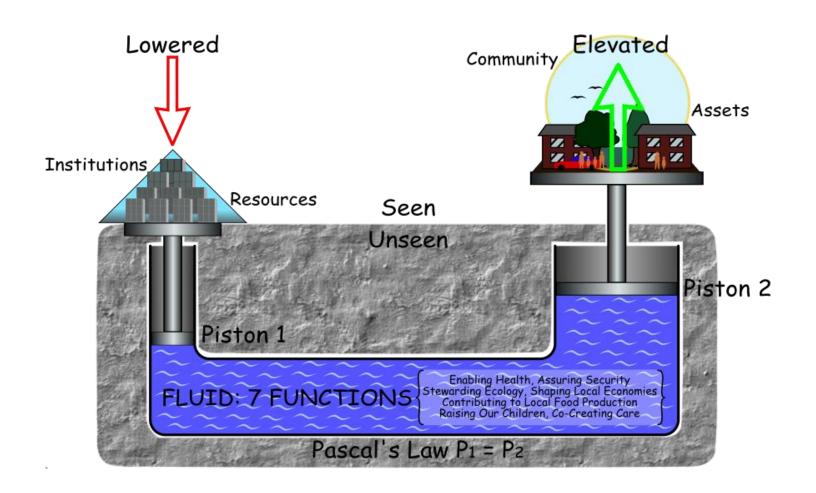


CONTROL	CHOICE
PRODUCTION GOODS SERVICES	CARE
CLIENTS CONSUMER	CITIZEN
NEEDS	CAPACITY



## 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?

What do communities require help with?

What do communities need outside agencies to do for them?