

JA-CHRODIS FINAL CONFERENCE 27-28 FEB 2017

TOWARDS THE EXCHANGE AND TRANSFER OF GOOD PRACTICES IN
HEALTH PROMOTION

Well Communities
(Well London)



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Introduction

Well Communities (formerly known as Well London) provides a framework for communities and local organisations to work together **to improve health and wellbeing, build resilience and reduce inequalities.**

Since 2007, it has been developed over 2 phases, through work with 32 London neighbourhoods, and it is now in phase 3.

Well Communities

Area of interest:	Health Promotion and Prevention
Chronic condition:	Other
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Year of approval:	2017
Link:	http://platform.chrodis.eu/clearinghouse?id=2701



Work Package 5:
Good practices in the field of health promotion and chronic disease prevention across the life cycle

Recommendations
report on applicability and transferability of practices into different settings and countries

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 **CHRODIS**
ADDRESSING CHRONIC DISEASES & HEALTHY AGEING ACROSS THE LIFE CYCLE



*Joint Action on Chronic Diseases & Promoting Healthy
Ageing across the Life Cycle WORK PACKAGE 5*

WELL COMMUNITIES STUDY VISIT

**LONDON
28TH TO 30TH JUNE 2016**

General description

The **Well Communities** framework comprises two types of activities:

- community capacity building activities and resources for all neighbourhoods;
- action on specific local needs and issues

(through a portfolio of themed activities and projects, determined by the needs and issues identified by each community)

The programme is open to everyone across all ages, backgrounds and ethnicities living or working in the target deprived neighbourhoods.

Evaluation

The Institute for Health and Human Development at University of East London has led this long term research collaboration with a number of other research institutions

The approach has been shown to be effective in engaging the most disadvantaged communities and in delivering a range of positive impacts and outcomes. Highlights (compared to their baseline):

- 82% did more physical activity
- 54% were eating more healthily
- 54% reported improved mental

And many more other significant positive outcomes

- 60% reported doing more volunteering etc

Key learning factors

- Target communities identified on basis of 'natural neighbourhoods'
- Intensive, inclusive & transparent community engagement from outset
- Time built in to build relationships and trust
- Clearly defined, skilled and resourced local coordination
- The 'heart of the community' capacity building projects
 - *Target area residents only*
 - *WLDT volunteers identified and trained early*
 - *Special attention and resources to ensure young people's engagement*
- Good lines of communication at all levels – *Local Steering Group & Neighbourhood Advisory Groups*
- Senior representation on the Steering Group
- Strong positive partnerships between all strategic, local players and community

More info on Well Communities



Short film: <https://vimeo.com/131850258>

Short animation: <https://www.youtube.com/watch?v=3lHxv-k36BI>

www.wellcommunities.org.uk



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The Joint Action on Chronic Diseases and Promoting Healthy Ageing across the Life Cycle (JA-CHRODIS)*

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