Buy Well In Bellingham

Mental Well-being Impact Assessment (MWIA)

Nerys Edmonds, South London and Maudsley Trust
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Stage 1: Screening — Helping to **decide** if you **need** to do a Mental Well-being Impact Assessment

Name of policy, programme or project:

Well London – Buywell project in Bellingham SOA. Improving access to purchasing healthy food locally – in particular fruit and vegetables. Plan is to establish a volunteer led food co-op operating out of 2 local primary school and a community venue from Sept 09 onwards.

At what stage is your project? *e.g. Not yet started, short way into delivery, half way through.*

Planning stage

Name and title of person completing:

Nerys Edmonds, MWIA lead , South London and Maudsley Trust

Names and roles of other people involved:

Ros Spinks – NHS Lewisham
Ruth Webber – Downham Nutrition Partnership
Hannah Williams – Sustain
Delena Davidson – SAGE Educational Trust (budget holder)
Bellingham Community Project (delivered linked project Eatwell)
Marie Clough (SLAM) Well London Co-ordinator for Bellingham

Are you the lead for the policy, programme or project - or what is your role?

The project is being delivered by a collaboration of the above agencies

Date of completing screening toolkit:

22/7/09
Those participating in screening:
Ros Spinks – NHS Lewisham
Ruth Webber – Downham Nutrition Partnership
Hannah Williams – Sustain
Darren Morgan – Lewisham LINKS
Sylvia Curtis – Lewisham PCT

Whilst completing the form, users may identify points that they would wish to follow up on or find out more about. A space for such comments has been allowed after each section.

1 Why do you want to look at the possible impact on mental well-being of this proposal? *(This is just to help you understand why you are doing the Screening)*

☐	To find out what impact we are likely to have, or are already having
☐	To find out if we want/should do a more developed MWIA
✓	To see if there is a way we can improve the proposal
☐	Other — please say what

Additional notes:

2 Is there an opportunity to influence or change ways in which the proposal is being delivered? *(This will be important in helping to decide whether it is worth going on to do a Rapid MWIA, as you will need to be able to influence planning or delivery)*

✓	Yes	☐	No
☐	Some	☐	Unclear

If you feel clear about why you are doing the Screening MWIA, then please continue; if not, then work out what if anything you need to do!

3 Public mental health and well-being aims to promote and protect the mental health of the whole population, while recognising that, as is the case for physical health, levels of vulnerability to poor mental health will vary among different population groups. Table 1 lists population groups, settings and variables for which there is considerable debate about their relative importance, and the pathways through which they impact on mental health status. An explanation from this evidence is also presented in Part Two of this toolkit.

Please look at Table 1. Thinking about your proposal and populations/communities that you are targeting — consider the ones that you think are most important (although remember this is a brief assessment so you don't need to be too detailed).

Table 1

Population characteristics	MWIA key question	Likely impact?
Age		
Early Years: Foundations for good mental health lie in the perinatal period and early childhood. Parenting style and attachment are the key factors. The quality of 'home learning environment', quality of pre-school and amount of time in pre-school are all associated greater 'self regulation', an attribute strongly linked to improved educational outcomes.	Will this enhance or diminish support for parents and families through pregnancy, childbirth and first years of life?	Positive impact – main focus on primary school age but there may be younger children impacted on in families. Have links with local parent support group. **Possible negative is that people may feel bad if not achieving healthy eating. This needs to be considered in what messages** are given and support available. For example: using promotional messages about produce being cheaper or making healthy eating fun may be more attractive.
Adolescence: Protective factors include attachment to school, family and community, positive peer influence, opportunities to succeed and problem solving skills. 'Social capital' indicators (friends, support networks, valued social roles and positive views on neighbourhood) predict onset and persistence of emotional and behavioural disorders.	Will this enhance or diminish feelings of security, significance, belonging and connection in young people?	Not aimed at this age group – possibly positive for teenage mothers.
Old Age: The key areas that influence mental health in later life are age	Will this impact positively or adversely on the five key	Would like to target older adults – through community settings. Other

discrimination, participation, relationships, physical health and poverty. Fear of crime and lack of transport are also consistent themes, with 'daily hassles' contributing more significantly to psychological distress than major life events.	areas known to influence mental health in later life?	local project in Downham delivered produce via older peoples groups. **Ideas:** - Promote intergenerational contact through joint cooking activities between older people and schools and to promote access to school based coops to older residents. This has been successful in other areas.
Gender		
Gender has a significant impact on risk and protective factors for mental health and the way in which the experience of mental distress is expressed. Depression, anxiety, parasuicide and self harm are more prevalent in women, while completed suicide, drug and alcohol abuse, crime and violence are more prevalent among men. Women are much more vulnerable to poverty, unemployment, domestic violence, sexual violence, rape and child sexual abuse.	Will the proposal impact differentially on men and on women?	Possible greater impact on women. It would be good to encourage men to get involved.
Race/ethnicity		
Racial and ethnic differences in levels of mental well-being and prevalence of mental disorders are due to a complex combination of socio-economic factors, racism, diagnostic bias and cultural and ethnic differences, in the way in which both mental health and mental distress are presented, perceived and interpreted. Different cultures may also develop different responses for coping with psychological stressors. However, a major qualitative study found that idioms of distress bore great similarity across ethnic	Will the proposal impact differentially on different ethnic groups, including refugees, asylum seekers and newly arrived communities?	The local population is approximately 35% BME/ 65% White. The BME population is very diverse. LINKS carried out a health profile of Bellingham and found that the older population tended to have a greater white majority, whereas local young families had more diverse backgrounds. LINKS were also told of a number of experiences of racism and harassment in the area. This needs to be considered in the delivery of the project, i.e. that it does not reinforce barriers between

groups, although some specific symptoms were different.		people in the community, but can act as a mechanism to bring people together. **Ideas :** - Considering the types of produce stocked to ensure that as many parts of the population can find something they want to buy - Engaging with the diverse communities - Using food and practical food based activity as a way of bringing people together and learning from each other - Need continual assessment and feedback
Disability		
Life chances (notably education, employment and housing), social inclusion, support, choice, control and opportunities to be independent are the key factors influencing the mental health of people with disabilities.	Will the proposal reinforce or reduce inequalities and discrimination experienced by people with disabilities?	**Actions/ideas** - Need to ensure venues are accessible - Need to ensure targettd promotion - e.g. Promote the co-op to CIL – Campaign for Independent Living - Volunteeers with Learning Disability have been very successful in food coops in other areas – a good pathway to employment.
Sexuality		
Some studies suggest that gay, lesbian,bisexual and transgender peoples are at increased risk for some mental health problems — notably anxiety, depression, self-harm and substance misuse – and are more likely to report psychological distress than their heterosexual counterparts, while being more vulnerable to certain factors that increase risk, e.g. being bullied, discrimination and verbal assault.	Will the proposal impact differentially on gay men, lesbians, bisexuals and transgender peoples?	Should be no different

Settings		
Schools Neighbourhood Sheltered Housing Scheme ?		

4 Social determinants and protective factors that have a particular impact on mental health and well-being.

There are four main factors that are thought to promote & protect your mental well-being:

- Enhancing control
- Increasing resilience and community assets
- Facilitating participation
- Promoting inclusion

There are also social determinants, for example our physical health and more broadly employment, housing, poverty that affect our mental well-being. These have been incorporated into the four protective factors.

Please look at Tables 2a-d. This lists these social determinants and protective factors and the things that can make a difference for the mental well-being of people. Thinking about your proposal and populations/communities that you are targeting — consider the ones that you think are most important (although remember this is a brief assessment so don't need to be too detailed).

You might want to think of other relevant points in relation to positive or negative impacts — please

add these in. Then note down any comments or recommendations that occur to you.

You are unlikely to be able to have an impact on every protective factor — please be selective and concentrate on those that appear to be most important for your proposal and client group.

Tables 2a-d: Framework for Identifying and Assessing Protective Factors for Mental Well-being

MWIA is considered at three levels: individual/lifestyle, community/social and socio-economic/environmental.

2a Enhancing Control
MWIA Question: How does the Proposed Development Impact on People's Control?

Protective Factors for Enhancing Control	Likely Impact (E.g. Positive or Negative)	Comments or Recommendations
Individual/Lifestyle Skills and attributes e.g. sense of control, belief in own capabilities	Positive Possible negative if not well supported	Positives: Volunteers can gain skills and confidence through running the co-op. **Action:** Need to ensure vols are well supported
Knowledge, skills and resources to make healthy choices e.g. understanding what makes us healthy and being able to make choices	Aim is Positive Possible negative is feel bad/failure for not eating healthily	**Action:** to avoid negative take a slow realistic approach to change, make it fun, provide information and have a comments book.
Opportunities for self-help e.g. information, advocacy, groups, advice, support	Positive	**Idea:** Health Trainers could be a useful resource to link into.
Maintaining independence e.g. support to live at home when severely disabled or frail elderly	Positive	Accessible shopping, having more choices and being able to contribute to project
Community/Social Opportunities to influence decisions e.g. at home, work or in the community	Possible Positive Possible negatives	Positives: service should be customer driven, volunteers to be involved as much as possible in ordering/business model/risk assessment. Negatives – may occur in negotiating limits to volunteer role e.g. health and safety issues.
Consultation processes e.g. opportunities for expressing views and being heard	As above	
Local democracy e.g. devolved power, voting	?	

Protective Factors for Enhancing Control	Likely Impact (E.g. Positive or Negative)	Comments or Recommendations
Socio-economic/Environmental Financial security and control over finances e.g. credit union, debt advice	Positive	Cheaper than current provision
Employment e.g. job control, job security, appropriate work, levels of employment	Positive	**IDEA:** Possible link with Downham training project. Volunteer work experience.
Physical environment e.g. housing, noise, density, pollution, re-cycling	None	
Transport options e.g. choice, accessibility, affordability	positive	Aim is that people can access fresh fruit and veg on foot in the SOA
Other		

2b Increasing Resilience and Community Assets
MWIA Question: How does the Proposed Development Impact on Resilience and Community Assets?

Protective Factors for Increasing resilience and Community assets	Likely Impact (E.g. Positive or Negative)	Comments or Recommendations
Individual/Lifestyle Emotional well-being e.g. self esteem, self worth, confidence, locus of control, hopefulness, optimism, life satisfaction	Positive	Feel good factor in using co-op. Social aspects of the projects and volunteers.
Cognitive functioning and social functioning e.g. problem solving, decision making, relationships with others, communication skills	Positive	Particularly for volunteers
Spirituality e.g. having beliefs and values	?	
Learning and development e.g. formal and informal education and hobbies	Positive – especially for vols.	Possible impact on numeracy skills for children if

Protective Factors for Increasing resilience and Community assets	Likely Impact (E.g. Positive or Negative)	Comments or Recommendations
Arts and creativity e.g. expression, fun, laughter and play	Positive	involved and volunteers. **Idea:** Access basic food hygiene cert online for volunteers or could do in a group workshop (Ruth) **Idea:** Making it fun - Make stall focus for fun activities - Guess the fruit - Smoothie bike - Human fruit machine
Community/Social Trust and safety e.g. being able to believe in reliability of others and services, reducing fear of crime	Positive	Stall needs to be reliable. Will be run in daytime when older people will feel safer going out Intergenerational mix
Social networks e.g. contact with others through groups, friendships, neighbours	Positive	**Action:** need to consider how to maximise this in design of project and venues chosen Ideas: making space for seating near stall to encourage people to sit and chat
Social support e.g. family member or service that is supportive	Probably not in remit	
Socio-economic/Environmental Shared public spaces, and green space e.g. gardens, café, pub, library, park, canal, natural environments	Positive	Increasing use of community centres and access to schools
Robust local economy e.g. local skills and businesses being used to benefit local people, sustainability	Positive	Partnership with local shop. Possible supplier- Londis or Downham. Prioritise local.Local volunteers to be used
Ease of access to services e.g. education, housing, health and social care	Positive	

2c Facilitating Participation
MWIA Question: How does the Proposed Development Impact on Participation?

Protective Factors for Facilitating participation	Likely Impact (E.g. Positive or Negative)	Comments or Recommendations
Individual/Lifestyle Having a valued role e.g. volunteer, governor, carer	Positive	Volunteer led project **Action**: need to consider how to support and value volunteers. Volunteer Centre Lewisham has CD for all volunteer policies.
Sense of belonging e.g. connectedness to family, group, community	Positive	For volunteers and getting to know customers – customers feeling welcome and known
Feeling involved e.g. in the community	Positive	**Ideas:** get recipes from customers and give out. Put profits into community events. Feel good factor of supporting local community project
Community/Social Activities that bring people together e.g. connecting with others through groups, clubs, events	Positive	
Opportunities to get involved, e.g. citizen's juries, volunteering, Time Banks, advocacy	Positive	
Processes/delivery that support social contact e.g. corner shop	positive	
Socio-economic/Environmental Economic e.g. access to paid work for all	Positive	Work experience and training through volunteering.
Transport e.g. good networks and access		
Access to services or goods e.g. easily	Positive	Improving access to fresh

Protective Factors for Facilitating participation	Likely Impact (E.g. Positive or Negative)	Comments or Recommendations
accessible and understood, user-friendly		fruit and veg.
Cost e.g. affordable, accessible	Positive	Aiming to be cheaper and better quality – need to consider marketing
Other		

2d Promoting Social Inclusion
MWIA Question: How does the Proposed Development Impact on Social Inclusion?

Protective Factors for Social inclusion	Likely Impact (E.g. Positive or Negative)	Comments or Recommendations
Individual/Lifestyle Trust others e.g. feeling listened and responded to, reliability of support		Need to ensure quality of produce
Feel safe at home e.g. freedom from abuse	Not in remit	
Positive identities e.g. gender, ethnicity, sexuality, disability, faith		Possible asset for local identify
Community/Social Practical support e.g. job support	Positive	Accessible local shopping
Tolerance e.g. community cohesion, mutual respect	Possible negative	Risk of attracting specific sub group in community that may serve to exclude or discourage others
Low levels of crime e.g. low anti-social behaviour, hate crime		
Conflict resolution e.g. mediation, problem solving		
Socio-economic/Environmental Challenging stigma of mental illness	Maybe	

Protective Factors for Social inclusion	Likely Impact (E.g. Positive or Negative)	Comments or Recommendations
e.g. breaking down stereotypes Challenging discrimination e.g. racism, HIV		May be positive if able to engage people from across the community
Tackling inequalities e.g. gap between rich and poor	Positive	Cost accessibility should support tackling food and income inequalities, **ACTIONS:** - Register the food co-op to take Sure Start vouchers - Make link to Family Exercise sessions at leisure centre
Other		

5 Scale of Impact.

This section is important because it helps to identify the potential scale of any impacts that changes to your policy, service or project may have. It also helps to reflect on whether you have the potential to influence the proposal being assessed.

If known (or suspected) at this stage, what are the characteristics of the likely short-term mental health and well-being impacts of your project?

Duration of Impact
(this could be more than one period of time)

☐	Brief	✓	Years
☐	Weeks	☐	Entire Life
☐	Months	☐	Unclear

What are the possibilities for long term *(longer than one year)* mental health and well-being impacts of your project?

☐	Yes, there are some	✓	A few people
☐	None	☐	A part of the pop
✓	Unclear	☐	Entire population

6 Summary section that helps think through whether there is a need to undertake a more in-depth appraisal of the mental well-being impacts of the policy, service or project.

Having completed the above sections, a decision needs to be made about whether you should do a Rapid MWIA, and how to take forward any comments or action points

you may have identified in the screening process.

For each question, circle the appropriate answer.

Question			
Does your project affect in a negative way any of your population groups in Table 1?	Yes	Don't Know	No
Does your project affect in a negative way any of the social determinants and protective factors in Tables 2a-d?	Yes	Don't Know	No
For some of the social determinants and protective factors of mental well-being, are some of the impacts of your project unknown?	Yes	Don't Know	No
Are the impacts likely to be over a long period of time (one year or more)?	Yes	Don't' Know	No
Is there an opportunity to influence the delivery of the proposal you are screening?	Yes	Don't Know	No

*If you have answered **'yes' or 'don't know' to at least two or more questions**, then you **favour further appraisal** under the MWIA process.*

Tick the appropriate box below.

✓	In favour of further appraisal
☐	Not in favour of further appraisal

Summary and Action points

If your project has been favoured for further appraisal, then you can use the third part of the toolkit to do further MWIA process involving a Rapid or Comprehensive Assessment process.

Summary of Potential Impact of Buywell on Mental Well-being
Key potential positive impacts:
- Skills, learning and development for Volunteers
- Knowledge and resources to make healthy choices
- Opportunities for self help
- Maintaining independence
- Control over finances
- Social Networks
- Robust local economy
- Having a valued role (for volunteers)
- Sense of belonging
- Feeling involved in the community
- Activities that bring people together
- Delivery that supports social contact
- Accessible good and services
- Tackling inequalities

Possible negative impacts
- Could reinforce divisions or lack of cohesion in community between different ethnic groups if co-op only involves a limited range of people.
- Volunteers need to be well supported or may feel deskilled
- Recognising that health promotion messages can make people feel bad/a failure.
- Can be a negative impact for volunteers if they feel their initiative is rejected by higher authority

Actions to maximise positive and minimise negative impacts:

In order to maximise participation from across the community :
- Consider the types of produce stocked to ensure that as many parts of the population can find something they want to buy
- Engaging with the diverse communities in the planning and set up of the co-op and identifying volunteers from across the community.
- Using food and practical food based activity as a way of bringing people together and learning from each other
- Need continual assessment and feedback on this area

To avoid feelings of failure take a slow realistic approach to change, make it fun, provide information and have a comments book. Ideas:
- Make stall focus for fun and social activities e.g. guess the fruit, Smoothie bike, Human fruit machine
- Link with Eatwell
- Health Trainers could be a useful resource to link into.

For opportunities for learning and development
- Possible link with Downham training project. Volunteer work experience.
- Access basic food hygiene cert online for volunteers or could do in a group workshop (Ruth)

To maximise impact on social networks
- Need to consider how to maximise this in design of project and venues chosen
- Make it an explicit aim
- Making space for seating near stall to encourage people to sit and chat
- Add on fun activities
- Links with Eatwell cooking sessions

Need to ensure volunteers are well supported
- Need to consider how to value volunteers
- Volunteer Centre Lewisham has CD for all volunteer policies.
- Need clarity of roles and responsibilities for volunteers

Cost and increasing accessibility should support tackling food and income inequalities,
- Offering cheaper produce of good quality

should be key
- Register the food co-op to take Sure Start vouchers
- Make link to Family Exercise sessions at leisure centre

Helping people feel involved
- Get recipes from customers and give out.
- Put profits into community events.
- Welcoming social atmosphere

Making the food coop accessible to older people and people with disabilities
- Promote intergenerational contact through joint cooking activities between older people and schools and to promote access to school based coops to older residents. This has been successful in other areas.
- Need to ensure venues are accessible
- Need to ensure targeted promotion
- e.g. Promote the co-op to CIL – Campaign for Independent Living
- Volunteeers with Learning Disability have been very successful in food coops in other areas – a good pathway to employment

Consider MWIA stakeholder workshop once project has been running for 3 – 6 months? to test out what impact the food coop is having on community well-being.