

Inclusion, Health and Wellbeing

| Priority | Outcomes | Examples of activity |
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| Increase access to Youth Services | <ul style="list-style-type: none"> Increased usage of youth services by girls and young women (Youth and Commissioning) | <ul style="list-style-type: none"> Activities to increase engagement with youth services for girls and young women (Youth and Commissioning) |
| Provision of Early Help support to families | <ul style="list-style-type: none"> Improvement in Early Help Assessment outcomes (Youth and Commissioning) | <ul style="list-style-type: none"> Support for families who require specialist early help support (Youth and Commissioning) |
| Support for young carers | <ul style="list-style-type: none"> Improved health and wellbeing for young carers (Children's Social Care) | <ul style="list-style-type: none"> Support provision for young carers (Children's Social Care) Peer support (Children's Social Care) |
| Ageing well and reducing social isolation | <ul style="list-style-type: none"> Older people feel they are able to continue making a positive contribution to their communities (Ageing Well) Tower Hamlets becomes a recognised dementia-friendly community (Ageing Well) More older people with dementia 'live well' (Ageing Well) Fewer older people feel lonely, less often (Ageing Well) More older people access services that provide support in their local neighbourhoods (Ageing Well) Increase engagement in meaningful relationships in care homes (Public Health) Increased meaningful intergenerational contact (Public Health) People over 50 feel a greater connection to their community (Ideas Store) | <ul style="list-style-type: none"> Intensive support to provide volunteering opportunities to older people (Ageing Well) Formation of a Tower Hamlets Dementia Action Alliance Ageing Well) Befriending services for older people (Ageing Well) Older People's Peer Support Groups (Ageing Well) Older People's Lunch Club services (Ageing Well) Intergenerational programme for older adults and children (Public Health) Provision of events, programmes that support interaction and integration (Ideas Store) Cross generational projects targeted at services supporting people with dementia and those suffering from social isolation (Ageing Well/Public Health/VCS) |
| Provision of physical (e.g. Tai Chi, dance) and health-promotion activities for older people | Older people are healthier and more active (Ageing Well) | <ul style="list-style-type: none"> Tai Chi recognised by Public Health England as cost-effective method to combat falls (Ageing Well) Canoeing as intergenerational project, using Tower Hamlets' canal assets (Ageing Well) |
| Residents better informed to make healthier choices | <ul style="list-style-type: none"> Increased engagement with community farms and community projects (Sports, Culture and Leisure) Positive impact on health and wellbeing (Sports, Culture and Leisure) Reduce social isolation (Sports, Culture and Leisure) | <ul style="list-style-type: none"> Promotion of healthy outdoor activity and interaction with animals and plants through supporting local urban farms and growing schemes (Sports, Culture and Leisure) |
| Residents better informed/equipped to manage health conditions | <ul style="list-style-type: none"> Improved personal management of conditions Improved knowledge, skills and confidence to manage personal health and care Improved physical functioning and ability to self-care Improved quality of life | <ul style="list-style-type: none"> Independent Holistic Care and Support planning/ Peer coaching focussed on Multi-disciplinary teams Facilitated peer support One-to-one support to help residents live healthier lifestyles and change behaviours |
| Increased engagement in sport and physical activity | <ul style="list-style-type: none"> Increasing physical activity in the highlighted under-represented groups and improving health outcomes (Sports, Culture and Leisure) Increase the proportion of children and young people that achieve the weekly minimum level of physical activity and develop an active lifestyle as a habit (Sports, Culture and Leisure) The sport and physical activity sector deliver interventions that meets the needs of local residents (Sports, Culture and Leisure) Improved cohesion through participation in sport and physical activity (Sports, Culture and Leisure) Improved mental health and reduced social isolation through participation in sport and physical activity (Sports, Culture and Leisure) Improve the quality of the local physical activity and sport offer, offering opportunities for participation for the inactive and less active across a wide variety of disciplines (Sports, Culture and Leisure) | <ul style="list-style-type: none"> Local groups self-organising to deliver physical activity to meet their own needs; and the VCS, residents, and the Council working together to design the borough's physical activity and sports offer (Sports, Culture and Leisure) Sport activities which encourage people from different groups to come together (Sports, Culture and Leisure) |
| Improved health outcomes for disabled people | <ul style="list-style-type: none"> Adults with complex needs have better health outcomes (Mental Health) The life expectancy for people with learning disability will steadily improve (Mental Health) | <ul style="list-style-type: none"> Improved support provision for people with learning disabilities (Mental Health) Specialist provision for residents with disabilities (VCS) |
| People suffering with mental health issues are better supported | <ul style="list-style-type: none"> Increase in number of residents suffering with mental health being supported by a peer (Mental Health) Increase in self-referrals to relevant support services (Mental Health/Ideas Store) Residents are informed of where to access help in a crisis (Public Health) | <ul style="list-style-type: none"> Support recovery in the community and prevent relapse Peer support for people with mental health diagnoses (Mental Health) Suicide prevention activities (Public Health/VCS) Programmes that support mental wellbeing through arts and literature (Ideas Store) Training for front-line VCS staff in mental health first aid and suicide prevention. (Public Health) |