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.

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**Well Communities**

Area of interest: Health Promotion and Prevention  
Chronic condition: Other  
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Link: [http://platform.chrodis.eu/clearinghouse?id=2701](http://platform.chrodis.eu/clearinghouse?id=2701)
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WELL COMMUNITIES STUDY VISIT

LONDON
28th TO 30th JUNE 2016
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.
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 health

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=3IHxv-k36BI

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

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