

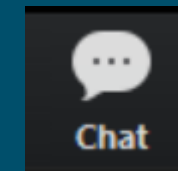
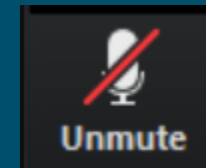
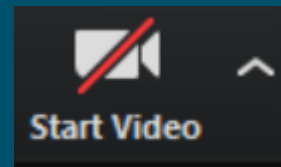
We are the Wandsworth independent champion for local people to share their views on publicly funded health and social care

healthwatch
Wandsworth

We promote and support involvement of the public in health and social care

Welcome

- We will record this meeting – please turn off your camera if you don't want to appear
- Mute during presentations
- Remember to unmute when it's question time
- You can put any questions in the chat box
- Presentations will be available after the event





Reminders:

- We will record this meeting – please turn off your camera if you don't want to appear
- Mute during presentations (unmute when it is question time)
- You can put questions in the chat box
- Presentations will be available after the event on our website
- Contact us afterwards if you want to share something but don't want to share on the meeting.

Today's event topic: Health inequalities in Wandsworth



We will consider practical steps to reduce health inequalities

We will look at a flagship project to tackle ethnicity inequalities in mental health.



Healthwatch members will also be voting for new members of our Healthwatch Committee.

Health inequalities

What are health inequalities?

- Health is not just about how well the health service functions.
- For a long life with good health it is best to have a good education, a warm and loving home and an income sufficient to meet our needs. Good health and wellbeing includes physical, social, emotional, cultural, mental and environmental wellbeing.
- Not everyone has an equal chance to achieve this. **Health Inequalities can affect people's health and their access to health and social care.**



Health inequalities

Why talk about this?

The Marmot review in 2010 was clear that the NHS and local councils can help tackle health inequalities.

In 2020 the report warned that since 2010 life expectancy and healthy life expectancy have stalled but practical evidence about how to reduce inequalities has been built significantly since 2010.

The COVID-19 pandemic has exacerbated health inequalities.

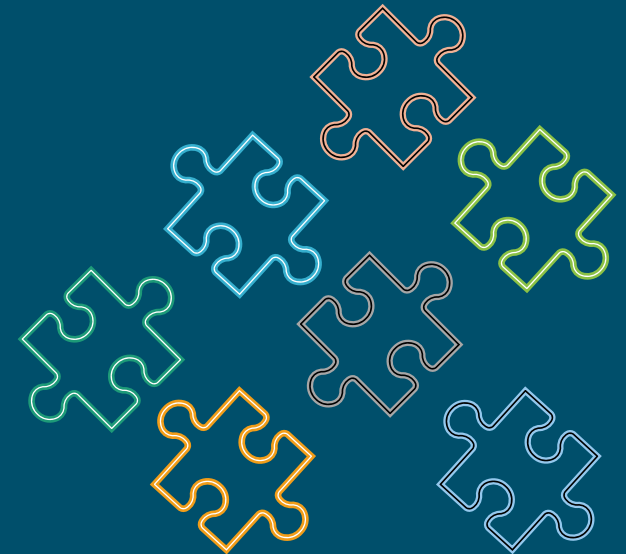
Who experiences health inequalities?

- Health inequalities can cross a range of dimensions, including: socio-economic deprivation, gender, ethnic group, sexual orientation, employment status, disability and access to green spaces.
- The borough has large populations of these groups, e.g.:
 - Nearly 1/3 of the borough belongs to an ethnic minority group.
 - 21% of the population are in relative poverty.
 - 17% of the pupil population in Wandsworth have a Special Education Need or Disability (SEND).



Who experiences health inequalities?

- In reality people cannot be boxed in to categories and may fit in several of the health inequality categories.
- This is often called intersectionality.
- When someone has more than one category of health inequality the impact can be even worse on their health.



Who experiences health inequalities?

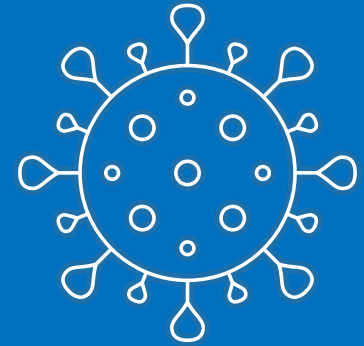
- Today we are going to focus on ethnicity, which itself is a multidimensional term for a group of people who might share features such as a shared history, origins, language, and cultural traditions. It is based on how individuals define themselves.
- Ethnicity can exaggerate patient experience issues in mental health. If change can be achieved here, it can create models and understanding about what affects people's experience.

The impact of COVID-19

According to a recent article from the King's Fund:

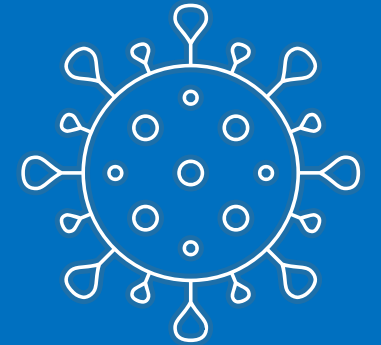
Before the Covid-19 pandemic, examples of significant differences between ethnic groups included:

- people from the Gypsy or Irish Traveller, Bangladeshi and Pakistani communities had the poorest health outcomes across a range of indicators.
- compared with the white population, disability-free life expectancy was estimated to be lower for several ethnic minority groups.
- rates of infant and maternal mortality, cardiovascular disease (CVD) and diabetes were higher among Black and South Asian groups.
- mortality from cancer, and dementia and Alzheimer's disease, was highest among white groups.



The impact of COVID-19

- **The Covid-19 pandemic** has had a disproportionate impact on ethnic minority communities, who have experienced higher infection and mortality rates than the white population.
- Geography, deprivation, occupation, living arrangements and health conditions such as CVD and diabetes accounted for a large proportion, but not all, of the excess mortality risk of Covid-19 in ethnic minority groups.
- Covid-19 has reversed the previous picture for some ethnic minority groups, which now have higher overall mortality than the white population.



Showcasing: Ethnicity and Mental Health Improvement Project.

- BME people have worse experiences of accessing mental health support, are more likely to be detained under the Mental Health Act and experience coercion and restraint during treatment, and have worse outcomes than their white fellow-citizens.
- The project brings together representations to community meetings and boards, ongoing engagements through the Wandsworth BME Mental Health Forum and through the annual Black Mental Health Conferences organised by the Wandsworth Community Empowerment Network.
- It is an opportunity to make systemic change through a package of interlinked interventions that will be piloted and evaluated.

Agenda

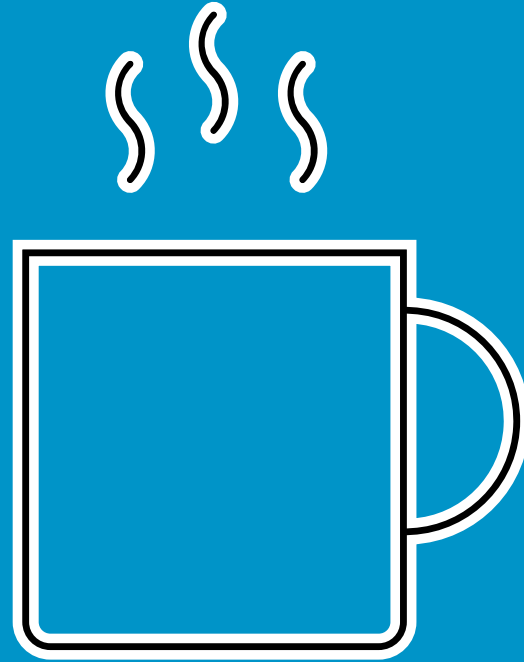
- 1:00 **Introduction**
Stephen Hickey – Healthwatch Wandsworth Chair
- 1:15 **Wandsworth Health and Care Plan**
Gemma Dawson, Head of Strategy and Projects (Merton and Wandsworth) NHS South West London CCG
- 1:30 **Tackling ethnic inequalities in Mental Health**
Professor Sashidharan, Glasgow University
- 1:50 Break
- 2pm **Healthwatch members vote for new Healthwatch Committee Members**
- 2:10 **Tackling ethnic inequalities in Mental Health – developing relationships and partnerships**
Gemma Dawson and Malik Gul, Wandsworth Community Empowerment Network
- 2:30 Discussion
- 3:20 Close

Wandsworth Health and Care Plan
*Gemma Dawson, Head of Strategy and
Projects (Merton and Wandsworth) NHS
South West London CCG.*

Tackling ethnic inequalities in Mental Health

Professor Sashidharan, Glasgow University

Break time



If you are **not a HW Wandsworth member** you will be put in a different virtual room just before you go off for a break.

PLEASE CLICK - JOIN BREAKOUT GROUP SESSION

The candidates

- Elena Narinskaya
 - Haren Thillainathan
 - Michael Oliver
 - Sara Turner
 - Sue Stern
- More detail about them has been hosted on our website, sent out in our newsletters and emailed to you as an attendee if you were registered by Tuesday 28th September.

Healthwatch Committee Elections

- The Healthwatch Wandsworth Committee helps shape our work and our direction.
- 3 vacancies for our committee - 5 people have nominated themselves to be considered by you for the role.
- A poll will pop-up for you to select the 3 candidates you would like to vote for.
- You can have 3 votes, but can only vote for a candidate once.
- If there is a draw we will have to do another poll.

Want to keep up to date with us?

Sign up online to hear about:

- Our public events and our work
- Getting involved and sharing your views
- Info about local health & care services
- Opportunities to be involved in improvements to health & social care services



healthwatch
Wandsworth

Your independent local champion
for health and social care services

Share your good & bad experiences with us in confidence.

Get help finding the health and social care services or support that you need.

Help improve local health and social care services.

Join us for free to find out how you can be involved in changes.

Hearing from as many local people as possible gives us a stronger voice to ensure that positive change happens.



LPP10002

Delivered by Wandsworth Care Alliance



Tackling ethnic inequalities in Mental Health – developing relationships and partnerships

*Gemma Dawson and Malik Gul,
Wandsworth Community Empowerment
Network*

Discussion

We want to include you, whether you have lots of knowledge or not.

Your questions are also important.



Discussion

Please put your thoughts **in the chat box** about your thoughts on...

- 1) How can we encourage trust between staff and people who use services?
 - a) What can services and their staff do to earn and create trust?
 - b) What can other individuals do?
 - c) What can communities do to encourage trust or how can people be empowered trust and be trusted?
 - d) Examples of where this has worked well before?

Discussion groups

- We will arrange for everyone to be in a group to **discuss three themes**
- We will put people into 'virtual rooms' in groups
- There will be a facilitator in the room
- Approximately 30 minutes
- If you would prefer to provide your thoughts in the chat box, you would be very welcome. If you would prefer to answer the questions by email after the meeting, please do by emailing information@healthwatchwandsworth.co.uk.

What can services, individuals, communities be empowered to do? Include examples of where this has worked?

1. Making sure people's stories are valued and listened to

= for better interactions with health and care staff and helping the system understand people's stories.

Related themes – power & confidentiality

2. Making sure there are opportunities for people to share their stories and that this is integrated into the system

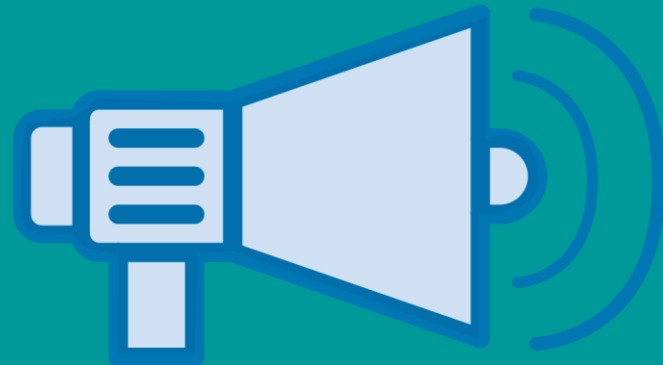
= action is taken and fed back to people.

Related themes – continued participation and relationships, appreciating challenge and scrutiny

3. If there time also consider the topic of encouraging trust again.

Feedback

- One or two things of interest from each group
- Write in the chat box if there's anything that has inspired you to do or encourage others to do?



Healthwatch role

- Independent local champion to make sure there are opportunities for people to be involved and informed about health and care services and developments to those services.
- We speak to local people and listen to their experiences.
- We encourage the people in charge of health and care services and support them to involve people, making sure this is high on the agenda.
- We encourage others like the NHS CCG to involve the public. However, if important areas might be best looked at by us as an independent body or if topics are not being prioritised by others, we gather views on them.
- **How can HWW and others ask questions of services or patients to check that things we've talked about today are happening and how the community can be empowered to do this?**



BRIGHTER LIVING FAIR 2021

Navigating healthcare on-line in Wandsworth (for seniors)

The event is part of the borough-wide Brighter Living Fair, which gives older people and other adults with care and support needs a chance to:

- Find out about local services
- Meet other people in the same situation
- Learn new skills and try out new things.

Our event will focus on:

Healthwatch Wandsworth, are working with Superhighways, a London based digital support charity specialising in working with people who have limited digital skills. We are offering you a guided tour of health and social care resources for seniors in Wandsworth.

Our aim is to empower you and other senior residents of Wandsworth to feel confident to find information about health and care services and resources online.

The tour is delivered over two sessions, each session will last for one hour.

- Part one - where can I find and how do I use health information online?
- Part two – get to know about local health and care resources in Wandsworth and your local Healthwatch.

Sign up here: [Navigating Healthcare online in Wandsworth for seniors Tickets, Multiple Dates | Eventbrite](#)

Or contact: Delia Fitzsimmons at delia@wandcareall.org.uk or telephone 02 8516 7766

healthwatch
Wandsworth



13th Annual Healing Our Broken Village
Black Mental Health Conference

From Resistance to Transformation:

Ethnicity and Mental Health
Improvement

Thursday 28th October 2021

3:00pm-7:30pm

New Testament Assembly Church,
Tooting SW17 7BU

SAVE THE DATE!

hobv13.eventbrite.co.uk to sign up

Key Note Speakers & Guests

TBA



#BlackMinds
Matter



South West London and
St George's Mental Health



Wandsworth
Community
Empowerment
Network

Thank you

Contact us if there's something else you want to share.

Email

information@healthwatchwandsworth.co.uk



Telephone

0208 516 7767



Letter

Healthwatch Wandsworth, Tooting Works, 3rd
Floor, 89 Bickersteth Road, London SW17 9SH

