



Social Enterprise Kent

HEALTH EQUALITIES PROGRAMME

COMMUNITY FUND PROJECTS EAST KENT

AUGUST 2022 - JULY 2024



A SNAPSHOT OF HEALTH IN EAST KENT

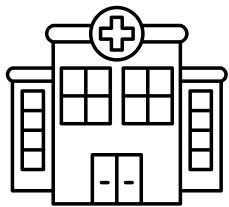
People who live in the poorest parts of East Kent are more likely to develop serious illnesses and to die earlier than those in the most affluent areas.

- 25% more from heart disease
- 20% more from cancer
- 50% more from lung disease before the age of 75



Despite the older and more deprived population, East Kent has:

- 15% fewer consultants
- 7.4% fewer nurses per patient
- 14.6% fewer postgraduate medical trainees



3 hospitals

63 GP surgeries grouped into 16 primary care networks



1451 registered VCSE organisations



Some areas in East Kent have the lowest GP:Patient ratio in the county



Total Population	809,400
Population aged 65+	28%
Percentage of adults with a disability according to the census	22%
Number of households with at least one dimension of deprivation	55%

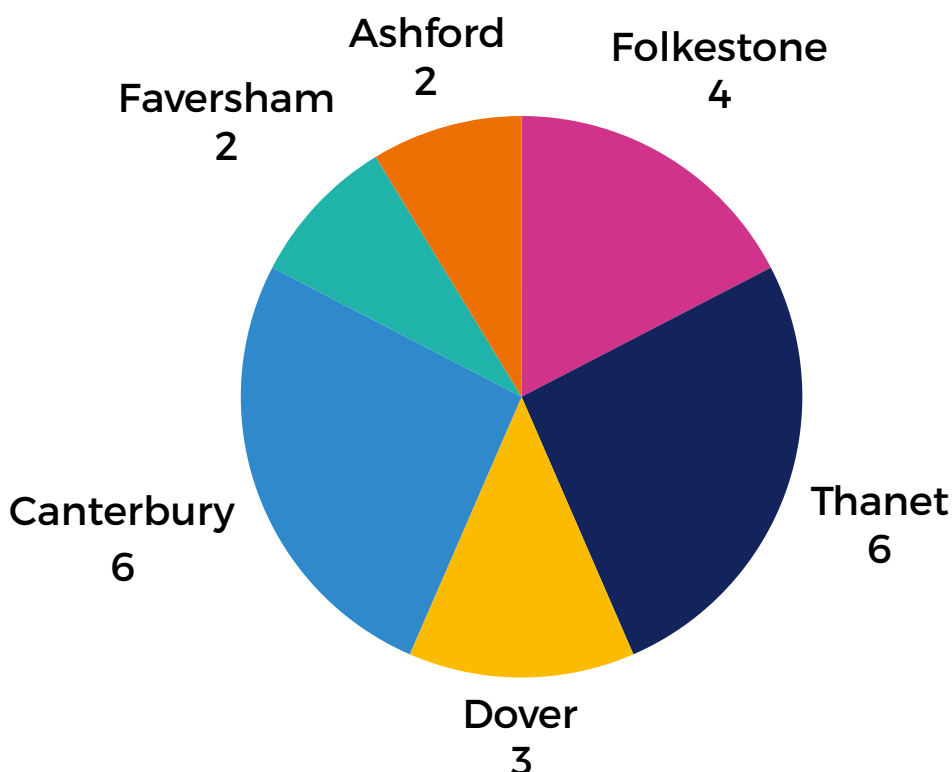
HEALTH EQUALITIES COMMUNITY FUND

The Health Equalities Community Fund was open to grassroots VCSE organisations, with an idea to support marginalised communities reduce the barriers to accessing healthcare, or to support those living with long term health conditions.

A range of projects were funded including: a mental health bank, increasing awareness of health services for specific inclusion health groups, an integrated diabetes intervention programme, sessions for people seeking asylum to learn about and build their confidence around accessing healthcare in the UK, peer support groups, and more!

CORE20Plus5 and inclusion health groups supported: Black, Asian and Minority Ethnic communities, coastal communities, Roma and Eastern European communities, vulnerable migrants

END OF YEAR 2 REVIEW



15

organisations
funded so far

£100,494

in funding
spent

PEER SUPPORT

“I feel like I am learning how to socialise, engage positively with others and take part in activities again. It has been so long since i have had the confidence to do so and it feels amazing.”

Oasis: Thanet Support Group

“My pain has reduced since attending this group.”

“I’m genuinely shocked at the impact this group has had on my pain, in a positive way.”

Take Off: Managing Pain Group

CASE STUDY

Oasis: Thanet Peer Support Group

“It is a safe space to talk about things that have happened to you and for you to get support from peers. The peer mentors provide emotional support, and you know there is no judgement in that space. Other attendees can support you as they know exactly how you feel as they have had similar experiences. This support can be better than family and friends that have not experienced domestic abuse. Talking to people made me realise it wasn’t just happening to me.

I don’t feel alone on my journey of recovery. Talking to people that have lived through similar experiences gave me hope. Hope that I would be able to rebuild my relationship with my children and my life even on my darkest days. It gave me hope that I would be happy again. The people that attend genuinely want to support each other also, even when they don't know you very well, they will offer a kindness that is so appreciated.

At times I have felt like I would never move on from refuge but talking to people at group shows me there is a light at the end of the tunnel.”

PEER SUPPORT

“This group is so powerful, it has such an impact in the way it works, it’s so special.”

Take Off: Managing Pain Group

“So far we have held 15 events and spoke to over 263 people about their tinnitus as well as lots of other people about equipment, skills and support to help with hearing loss.”

Hi Kent: Tinnitus Support Group and Talks

“Currently, 44 women are being supported by our specialist counselling service to help them rebuild their lives following an experience of domestic abuse. 100% of women who completed their programme of support since the start of the project reported an increase in their self-esteem and improvement in their emotional wellbeing.”

Rising Sun

CASE STUDY

Take Off: Managing Pain Peer Support Group

“I have experienced chronic pain for many years, and this had deteriorated in the last 12 to 18 months because of chemotherapy. I felt that I was on an endless cycle of tablets and only just managing to do day to day tasks. The pain had also resulted in me now having to use mobility aids which has been difficult to adjust to.

The Managing Pain group has helped me feel less isolated and talk to people who understand properly what it is like to live with chronic and fluctuating pain. Through our discussions, I have been thinking of revisiting some other activities which I had let drift. For example, swimming, power assisted exercise, massage, and mindfulness.

I feel less isolated and that I have a group of supportive people who understand my situation.”

MANAGING HEALTH CONDITION

"I had been diagnosed as diabetic, had no support from the GP surgery, and was told by a local support hub that this Re-Set programme may be useful to me. I was hoping to gain an understanding of my condition and the best way to manage it. I feel that I have made changes. The programme as showed me ways to help me relax more and has made me push to learn more in my own time. I feel more in control of my life since I started the programme. I feel more motivated, social."

Re-set: Integrated Diabetes Intervention Programme

"The session provided by MHB has given me an opportunity to try a new treatment in a safe space. Having experienced multiple traumas, Feldenkrais helped to calm my nervous system and resource me to feel safe and calm. I feel brighter and my posture is more open. My body awareness has improved as well".

Mental Health Bank: Revival Food and Mood

Take Off: Managing Pain Group

Average wellbeing scores **increased** in the following areas:
"I am becoming more confident talking about my mental health"
"I feel the groups have helped me be more optimistic about the future"

Mental Health Bank

79% of service users declared significant improvement in their mental health.

Re-set programme: Integrated Diabetes Programme

100% reported improved exercise for mental wellbeing

85% reported improved exercise for physical wellbeing

56% reported improved sleep

100% reported reduced loneliness

100% report reduced overwhelm/ anxiety

92% report improved mental health

REDUCING BARRIERS TO ACCESSING HEALTHCARE

“My physical health affects so many parts of my life and definitely increased my anxiety. I kept looking back, how I used to be instead of dealing with where I was now. It’s been life changing, I feel more open, like I’m coming back to life”
Mental Health Bank: Revival Food and Mood

“Our twice weekly sessions about healthcare in the UK are running and a core part of our schedule. We have had regular sessions where people can monitor their blood pressure, in partnership with Hypertension Heros. These are very popular and we have over 100 people at each session. We have purchased our own blood pressure monitor so people can continue to check their blood pressure if required, and advise people in line with the Hypertension Heros pathways.”

Napier Friends

CASE STUDIES

Compas: Connecting Health with Roma and Eastern European Communities

- “We had many people coming with health conditions. A lady came to a coffee morning and had female problems. She was feeling tired and didn’t know what was wrong, but was choosing to ignore it. The nurses attending the coffee morning highlighted it could be something else so they helped her make an appointment with the GP. She had to go to hospital and have a hysterectomy.”
- “A man came along to an event for the social aspect and coffee, but when the nurse took his blood pressure they found out it was high. They took some blood and found out he has high cholesterol and potential issues with his prostate. He then went for a biopsy and is waiting for the result. Previously he found it hard to get to the GP, and felt there was something wrong but didn’t pay attention to it.”

