



Healthy Homes, Healthy People
Cartref Iach, Pobl Iach



WARM WALES
CYMRU GYNNES

Healthy Homes Healthy People
Linking housing, health and wellbeing,
Tackling fuel poverty, reducing avoidable health
inequalities and improving health and wellbeing

Heart, Head & Hand*



Joanna Seymour
Project Manager -Healthy Homes Healthy People North
Wales, Warm Wales



What we will cover:



- Warm Wales
- Environmental Health
- Private Rented Sector
- Why care
- Poor Housing and Health and the impact
- Healthy Homes Healthy People North wales
- Case study
- Where are we working and what have we achieved
- Social Prescribing
- Working with GP's/ health professionals



Warm Wales



Aim to provide homes with affordable warmth and to alleviate fuel poverty across the country

- Established 2004
 - Community Interest Company
 - Tackling Causes of Fuel Poverty
 - Not-for profit
- Reinvesting surpluses in the community
 - Cover Wales & West of England



Partnership working Warm Wales



Community Energy Champion Programme

- Face to face surveys- **1156** and given advice to **9741** individuals.
- Total savings of **£458,478** including measures with a further **£128,663** of potential savings
- Warm and Safe Homes(South Wales and Cornwall)-
 - Identify vulnerable households
 - Checks to ensure residents have a warm and safe home
 - Highlighted through FRESH vulnerability mapping
 - Make referrals to applicable schemes
- North Wales- Healthy Homes Healthy People(HHHP) North Wales .





Environmental Health



Food Hygiene and Safety

Health and Safety

Environmental Protection- noise, air

Housing – property condition and Public Health

Each LA in Wales has EHO working in these areas

22 LA in Wales-

6 LA in NW- 20-25 EHO in Housing/Environmental Protection doing home visits





Private Rented Sector

- Every rented property in Wales that is rented on an AST needs to be registered with RSW
- Anyone managing a rented property needs to have a license
- Currently have 184,854 registered properties
- Example Flintshire have about 10000 PRP and about 6000 registered.
- Lots of the most vulnerable are living in the PRS as can not access Social housing let alone get on the property ladder
- A report by Mind surveyed 1780 people who described themselves as having a mental health problem found that 4 in 5 of them said that housing had made mental health worse.
- 2 in 3 said they had experienced damp, mould, overcrowding or unstable tenancies
- Many had also fallen behind with rent as a result of mental health issues.
- “My housing is a source of stability in my life, without a home, what other source of stability have you got in your life.”



WARM WALES
CYMRU GYNNES

Poor Housing and Health

- Children Living in damp housing are 1.5 to 3.5 times more likely to develop a cough and wheezing than children living in non-damp homes
- The greatest risks to housing related health problems are cold, damp and mould with the strongest links being reported between illness in children and damp/mouldy living conditions.
- 1 in 10 tenants with dependent children said their children's health has been affected in last year.

Shelter Cymru -Fit for Rent? Today's Private Rented Sector in Wales Report published in 2014,



Why Care



WARM WALES
CYMRU GYNNES

- Dr Sam Royston Chair of End Child Poverty and director of Policy and Research at the Children's Society said "No family in modern Britain should be struggling to put food on the table, heat their homes and clothe their children". Children living in poverty- report by End Child Poverty- 2018
- Children Living in damp housing are 1.5 to 3.5 times more likely to develop a cough and wheezing than children living in non-damp homes
- The greatest risks to housing related health problems are cold, damp and mould with the strongest links being reported between illness in children and damp/mouldy living conditions. Shelter Cymru -Fit for Rent? Today's Private Rented Sector in Wales Report published in 2014,



WARM WALES
CYMRU GYNNES

The right home environment is essential to health and wellbeing, throughout life. It is a wider determinant of health. There are risks to an individual's physical and mental health associated with living in:

- a cold, damp, or otherwise hazardous home **(an unhealthy home)**
- a home that doesn't meet the household's needs due to risks such as being overcrowded or inaccessible to a disabled or older person **(an unsuitable home)**
- a home that does not provide a sense of safety and security including precarious living circumstances and/or homelessness **(an unstable home)**



The impacts housing problems can have:

- Stress and anxiety
- Relationship problems
- Sleeping problems
- Money problems
- Practical difficulties
- Physical health issues
- Loneliness/low self esteem
- Problems working or studying.



WARM WALES
CYMRU GYNNES



Aim- Tackling fuel poverty, reducing avoidable health inequality and improving health and well being



Engage, Enable, Educate and Empower

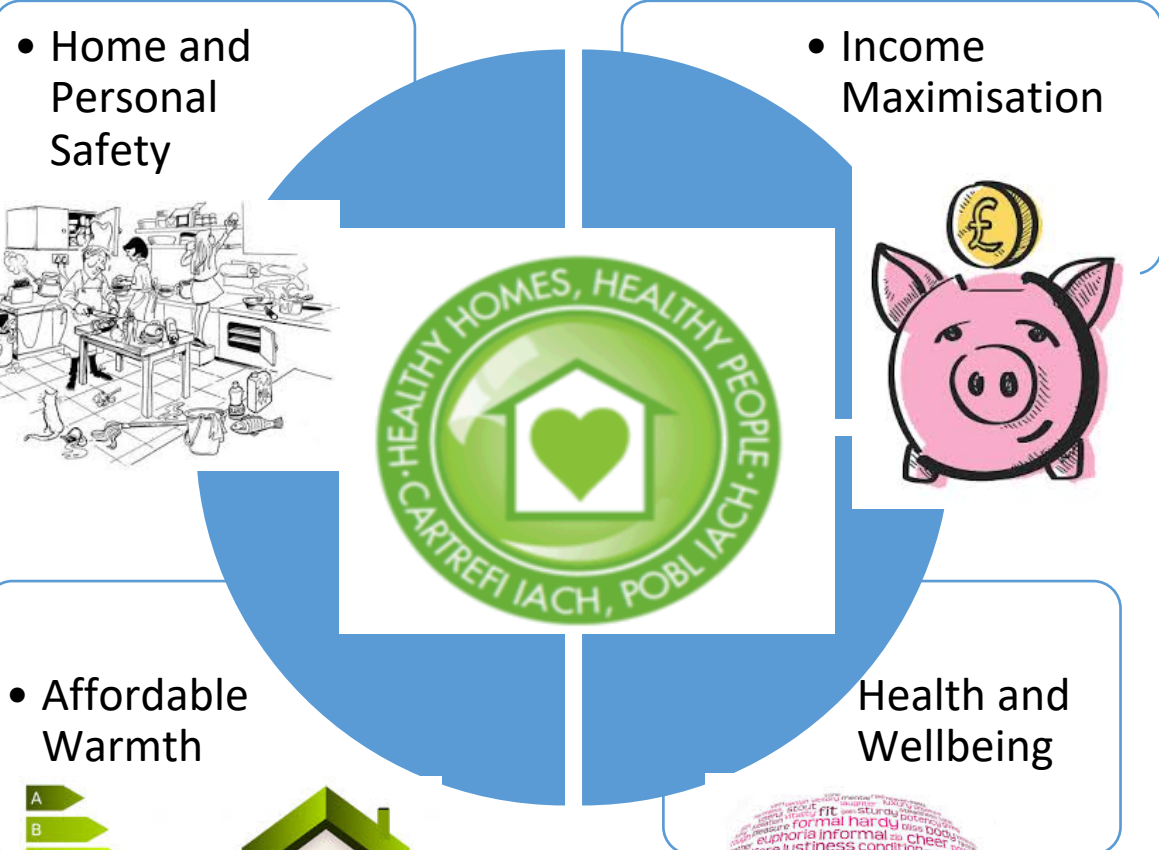
- 1. Identify 3000 vulnerable* households in North Wales**
- 2. Identify and assist those residents who are in fuel poverty or at the risk of fuel poverty,**
- 3. Taking a person based approach to reduce avoidable health inequality and improve their health and wellbeing.**
- 4. Providing safe, sound, secure, warm and affordable homes for all.**
- 5. Looking at 4 areas during the visits- Home and Personal Safety, Income maximisation and Personal/family support, affordable warmth and Health and well-being.**
- 6. Provide training to front line staff**
- 7. Provide training to volunteers**
- 8. Provide one conference in North Wales**
- 9. To establish links with GP surgeries in 4 of the LA areas.**



“Improve people’s health outcomes by tackling the root causes”



- A prosperous Wales**
An innovative, productive and low carbon society which recognises the limits of the global environment and therefore uses resources efficiently and proportionately (including acting on climate change); and which develops a skilled and well-educated population in an economy which generates wealth and provides employment opportunities, allowing people to take advantage of the wealth generated through securing decent work.
- A resilient Wales**
A nation which maintains and enhances a biodiverse natural environment with healthy functioning ecosystems that support social, economic and ecological resilience and the capacity to adapt to change (for example climate change).
- A healthier Wales**
A society in which people’s physical and mental well-being is maximised and in which choices and behaviours that benefit future health are understood.
- A more equal Wales**
A society that enables people to fulfil their potential no matter what their background or circumstances (including their socio economic background and circumstances).
- A Wales of cohesive communities**
Attractive, viable, safe and well-connected communities.
- A Wales of vibrant culture and thriving Welsh language**
A society that promotes and protects culture, heritage and the Welsh language, and which encourages people to participate in the arts, and sports and recreation.
- A globally responsible Wales**
A globally responsible Wales. A nation which, when doing anything to improve the economic, social, environmental and cultural well-being of Wales, takes account of whether doing such a thing may make a positive contribution to global well-being, and the capacity to adapt to change (for example climate change).





“Everyone deserves to live in a home which is safe, sound, warm and secure which they can live, grow, play and work in.”

1. Home and Personal Safety

- Visit by Environmental Health- HHSRS
- Warden visits
- Police visits
- HHP visits
- Priority Register



2. Income maximisation and Personal/Family Support

- CAB referrals
- Care and Repair North East Wales
- Ground Works North Wales- LEAP
- Tenancy support
- Home start
- Early help hub*
- Water Assistance



3. Affordable Warmth

- North Wales Energy Advice Centre*
- Domestic Energy Team-gas connection, area schemes*
- Ground Works North Wales- LEAP
- CAB



4. Health and Wellbeing Outcomes

- MECC assessment- quit smoking, exercise, healthy eating
- Flu jab
- Mind NEW
- Mental Wellbeing assessment

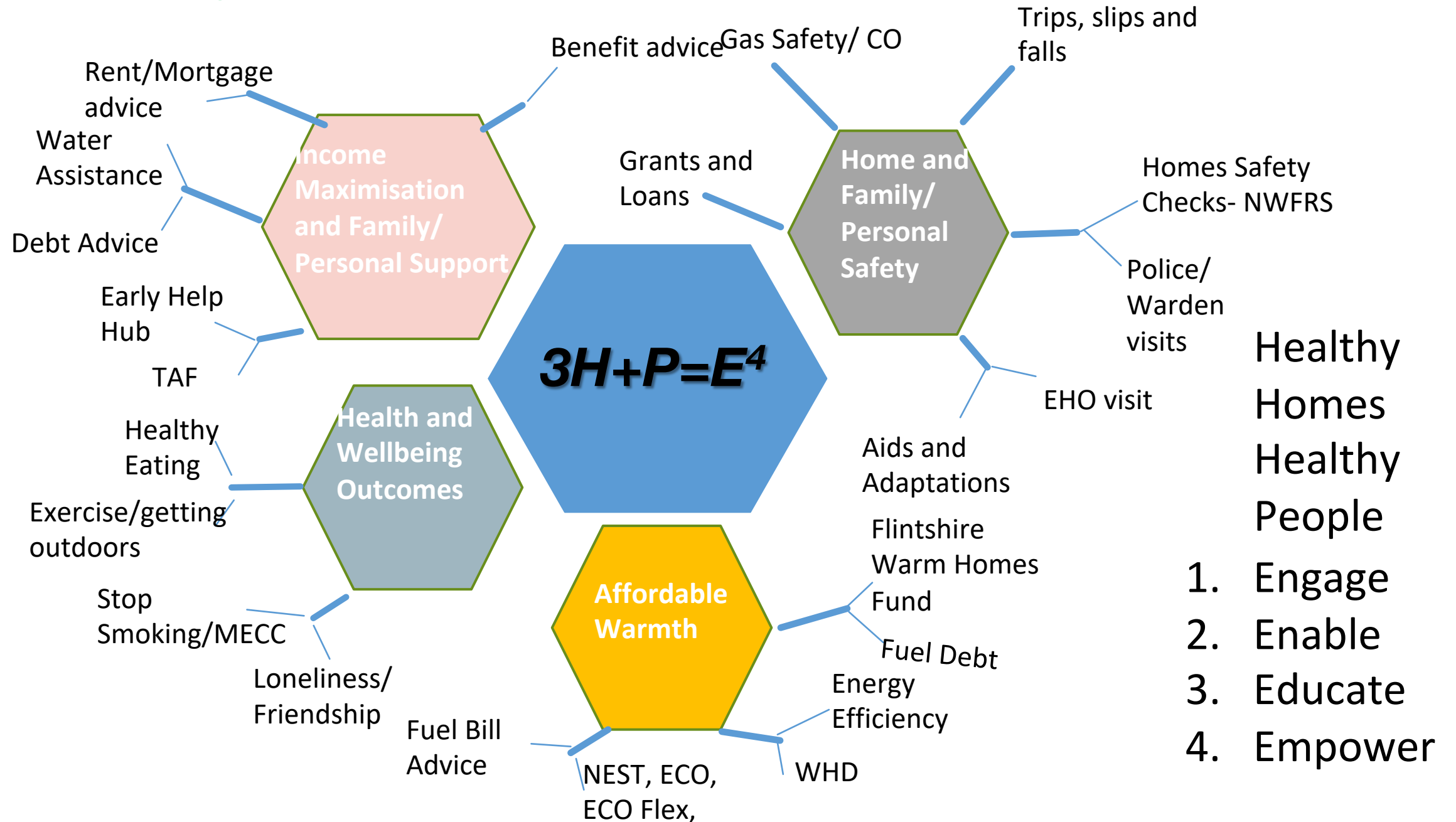


Healthy Homes
Healthy People
(North Wales)
delivering Healthy
Homes, People,
Lives and
Communities through
Engagement,
Enabling, Education,
and Empowerment.
Making a ‘house and
home’ which can be
sustained.

*Example from Flintshire

“Improve people’s health outcomes by tackling the root causes”

The formula to “Making and House a Home”





Examples

- Visited a rented property, occupied by mother and two young children.
 - Issues with disrepair
 - Energy bills
 - Property was very cold
 - Impacting on health of all
 - Also told me about her background, DA has seen and heard things which impacts her now.
 - Finding it difficult to cope



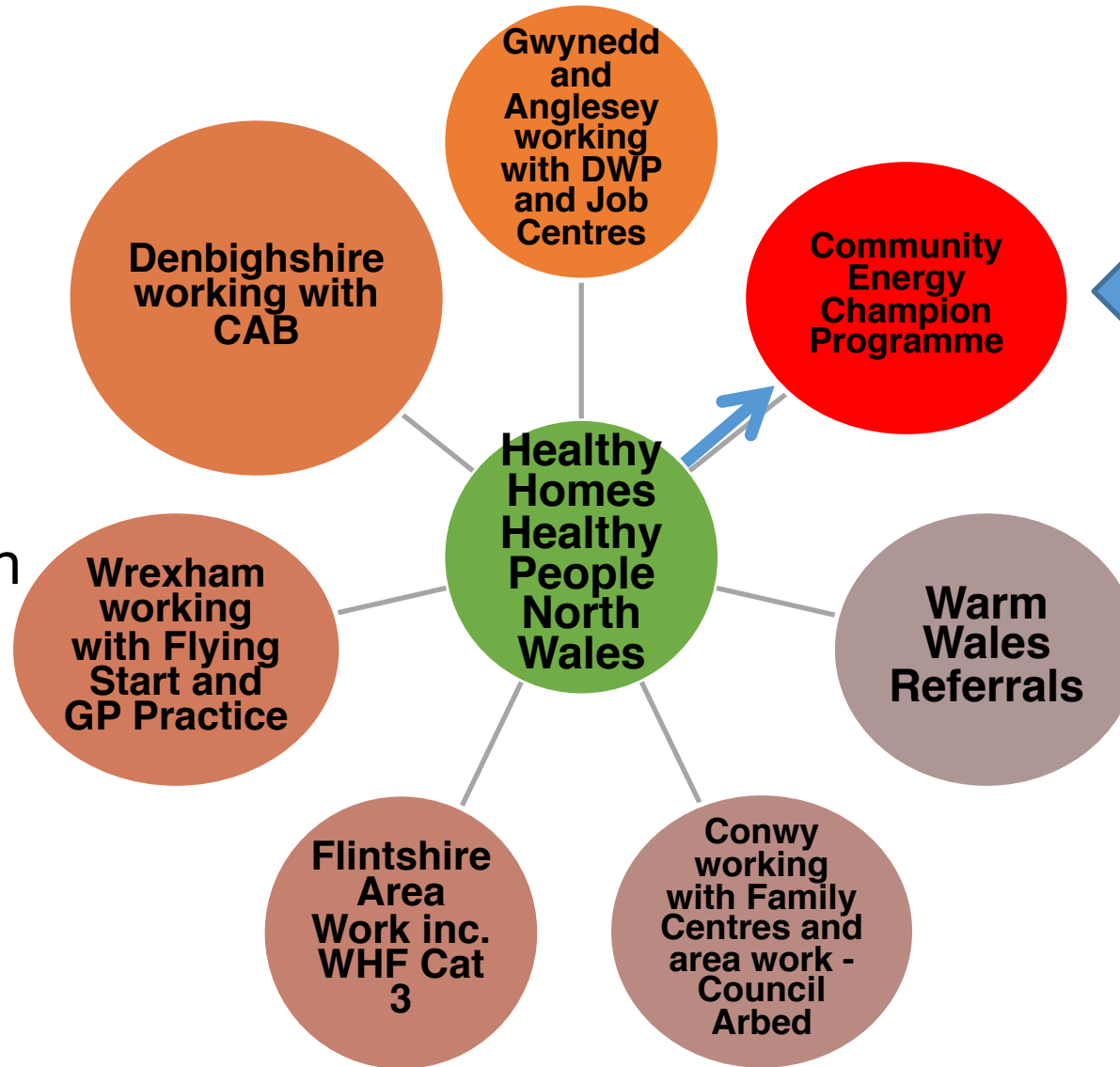
**WARM WALES
CYMRU GYNNES**

“Just wanted to give you some feedback in regards to MH, she said that you had visited her last week and although embarrassed about home conditions was so relieved after you left as she felt you really listened to her. She also said she went to bed with a smile on her face for the first time in a long time”.



Healthy Homes Healthy People North Wales

Healthy Homes
Healthy People
(North Wales)
delivering Healthy
Homes, People,
Lives and
Communities through
Engagement,
Enabling, Education,
and Empowerment.
Making a 'house and
home' which can be
sustained.



WARM WALES
CYMRU GYNNES





November 2017- February 2019



1764 households engaged

499 homes visits completed

£150,000 savings with a further **£85,641** in potential savings

5 Evictions prevented (June 18-Dec 18)

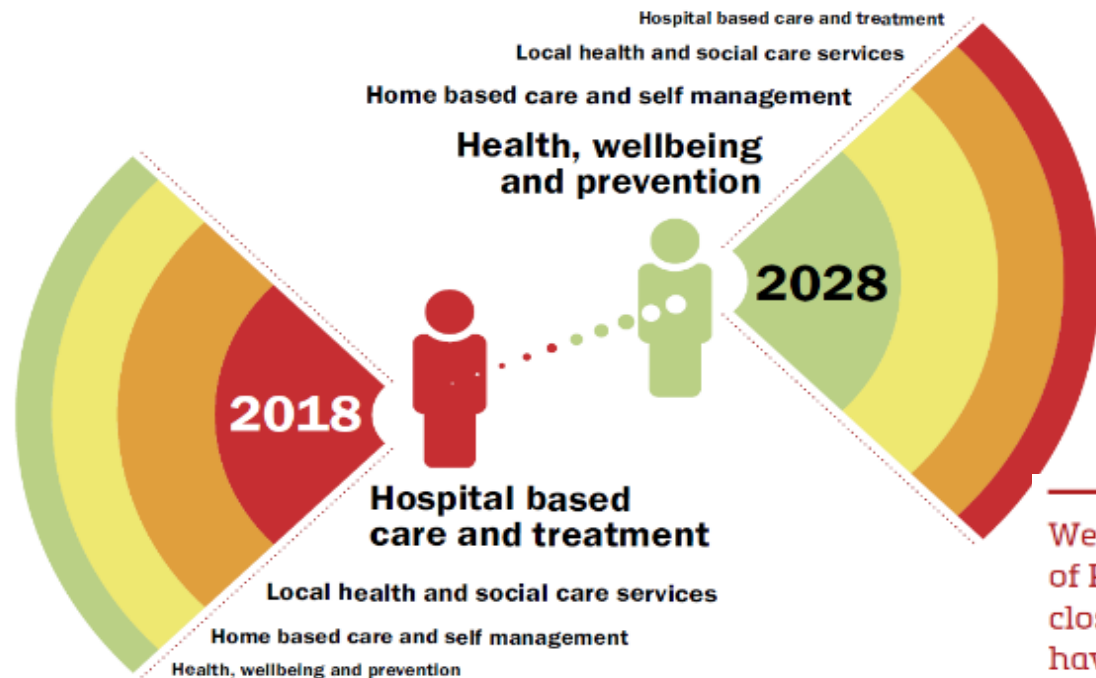
£3500 of debt cleared (June 18-Feb 19)

£13,458 Savings on Water Bills

£6,187 savings on switching tariff

£168,816 savings on installation of heating and energy efficiency measures

A Healthier Wales: our Plan for Health and Social Care



We will build on the philosophy of Prudent Healthcare, and on the close and effective relationships we have in Wales, to make an impact on health and wellbeing throughout life. We will have a greater emphasis on preventing illness, on supporting people to manage their own health and wellbeing, and on enabling people to live independently for as long as they can, supported by new technologies and by integrated health and social care services which are delivered closer to home.



**Prosperity for All:
the national
strategy**

Taking Wales Forward

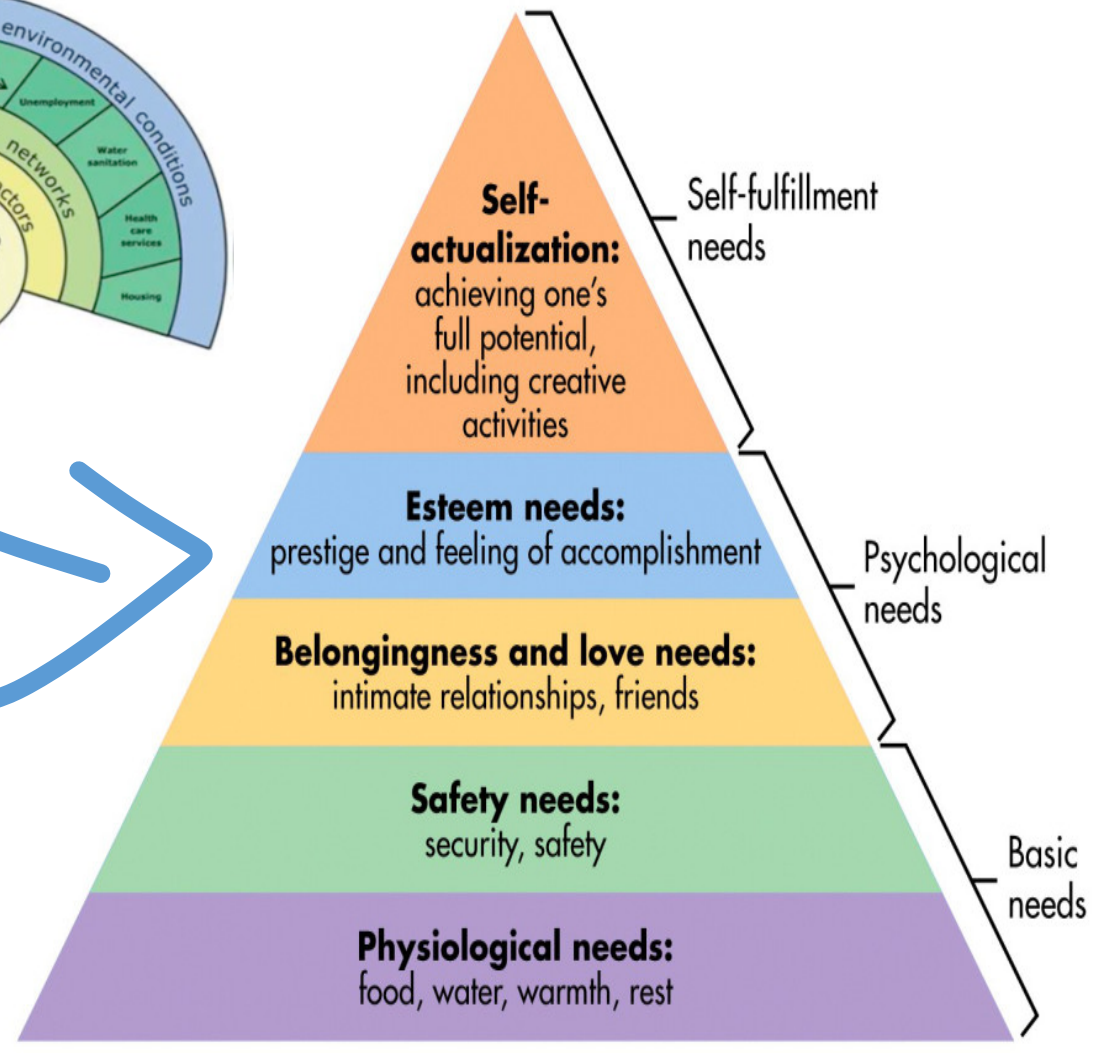
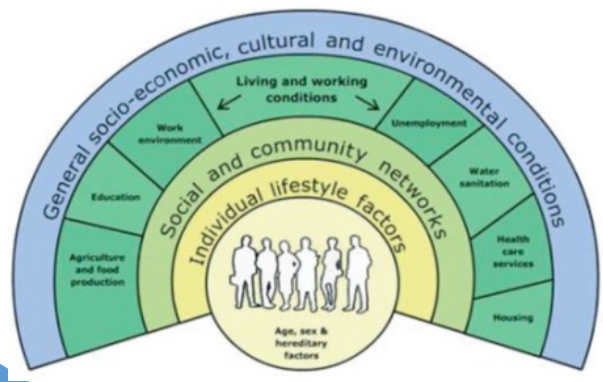
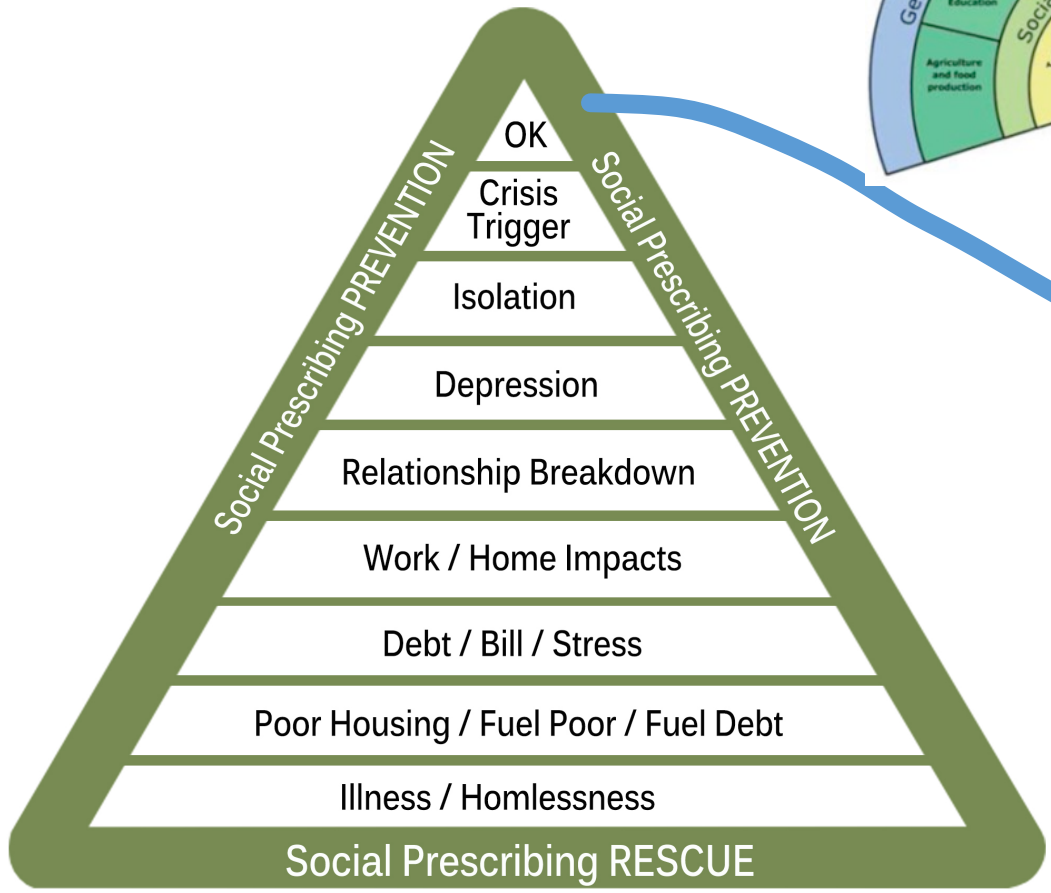


Social Prescribing-

Directing people presenting with non clinical needs to someone who can help them work out what matters to them, what others can do to assist them and how to benefit from that offer, and what they need to do for themselves in order to improve wellbeing.

Prescriber-

high level of knowledge and skills to work through with the individual “what the problem is”, what is likely to help”, “what they can do” and “what the individual needs to do”.





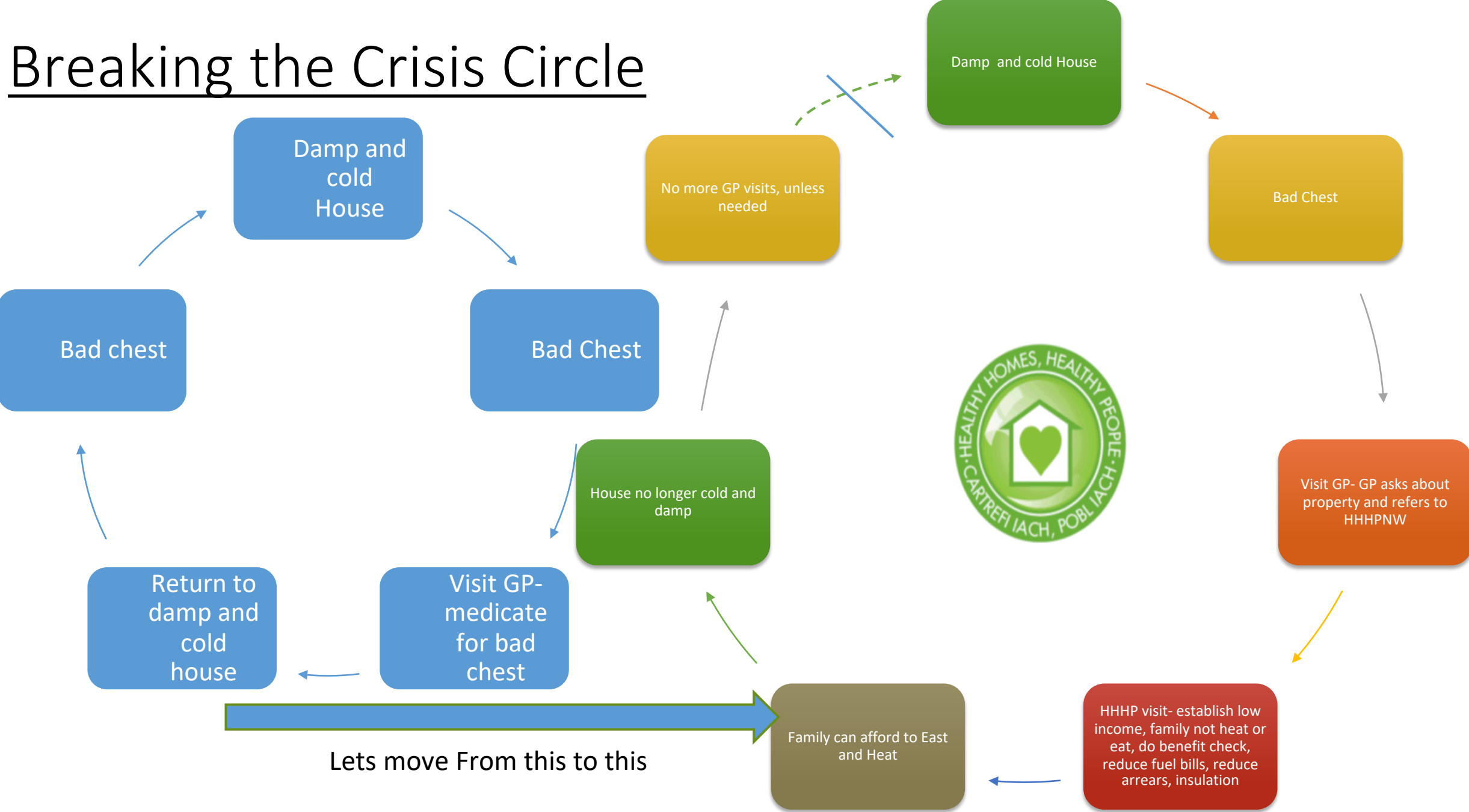
WARM WALES
CYMRU GYNNES

Can this new way of working assist your patients, residents, friends, colleagues or tenant's?

1. Do you own or rent your property from a landlord or agent?
2. Is your property affecting you or your family's health?
3. Is your property cold or damp?
4. Do you struggle to heat your property?
5. Are you in arrears with your rent, mortgage or fuel bills?

If you answer yes to 2 or more of the following questions then Healthy Homes Healthy People could help.

Breaking the Crisis Circle





GP work

Working with 4 practices

Have 2 drop ins at practices

Have details on one of the TV screens

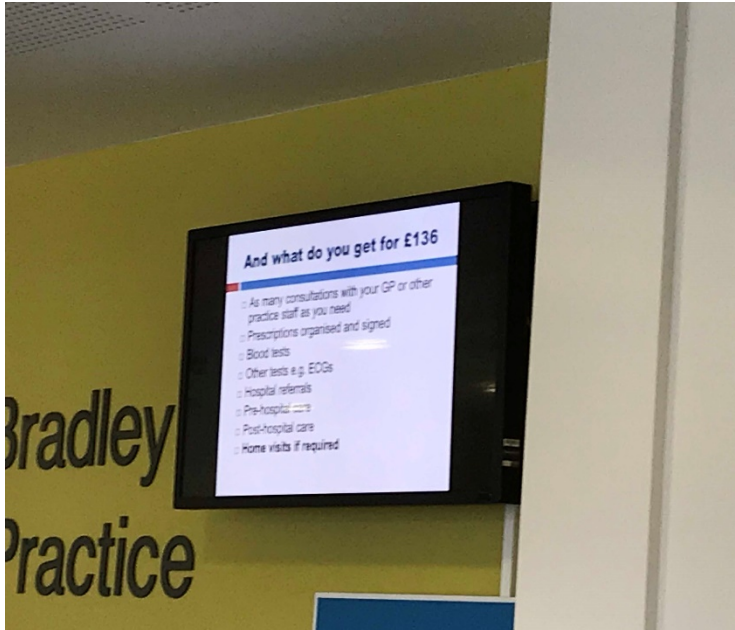
**Linked with a research bid (Health and Care
Research Wales- Pathway to Portfolio)**

Linking the work of HHHP and Elemental)

£23,402 has been saved for the residents as a result
of working with GP's
168 patients engaged with
23 patients visited
19 added to the PSR



Canolfan Iechyd
y Cei
The Quay
Health Centre







To finish off

Audrey Hepburn said Nothing is Impossible, the word itself
says-
“I’m possible!”



Thank you
Any Questions



WARM WALES
CYMRU GYNNES

Joanna Seymour

Project Manager Healthy Homes Healthy People

North Wales

Warm Wales Community Energy Champion Programme

Joanna.Seymour@warmwales.org.uk

www.warmwales.org.uk/healthy-homes-healthy-people