

Health on the High Street

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What is Health on the High Street?



Health on the High Street is about building community integration by bringing health and wellbeing services into local high streets and improving access and health and wellbeing outcomes.

Our steering group agreed the following principles with which to run the project:

- **Change** the way **existing services** are **delivered**, and **champion success stories** across the borough
- Rebuild and **strengthen local communities** post Covid-19, to be **less isolated** and **more connected**
- Be **locally owned**, empowering Merton communities to take charge of their own health and wellbeing
- Focus on **place** and reimagine **public spaces** and **High Streets** in Merton as **hubs for communities**

Health on the High Street is a key project in Merton's Local Health and Care Plan.

Our Projects

To deliver this we have and will continue to link in with other workstreams in the borough, connect into existing projects and create new initiatives for residents.

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<i>Start Well</i>	<i>Live Well</i>	<i>Age Well</i>
<p>Pilot a Children and Young People’s Wellbeing Hub in Merton, location TBC, in the new year Budget: £10k</p>	<p>Procure Mental Health and Wellbeing Courses in East Merton with Wimbledon Guild in the new year (1 x online, 1 x in person) Budget: £5k</p>	<p>Set up Dementia Drop Ins at independent cafes across the borough, increasing access to dementia services and information ongoing since September Budget: £1.5k</p>
<p>Expand Stem4’s Red Telephone Box Youth Mental Health Support initiative into Merton Budget: tbc</p>	<p>Partner with Merton+ to scope wellbeing activities for LGBTQ+ residents Budget: tbc</p>	<p>Pilot a sports-focussed wellness activity targeting BAME men over 50 with Fulham Football Club at the SMCA Budget: tbc</p>
<p>Run two Health and Wellbeing Fairs in the new year – many organizations have signed up to attend 21st Jan: Lantern Arts Centre, Raynes Park 7th Feb: SMCA, Mitcham Budget: £3k</p>		



Dementia Cafes



NHS Merton
@nhsmerton_

Are you forgetting something, or know someone who is?

Come and talk to our memory specialists with the @alzheimerssoc for a quiet chat about what's on your mind and enjoy a free coffee from 3 pm today at the Metronome in Morden 8 Crown Lane, SM4 5B.

Forgetting something?
(or know somebody who is?)

Come join our Memory Specialists for a quiet chat about what's on your mind, and enjoy a COFFEE ON US

Tuesdays from 3pm
METRONOME in Morden
8 Crown Lane, SM4 5BL



Merton Giving
@MertonGiving

A great local business initiative from the team at #Metronome in #Morden

John Merriman @johndmerriman · 15 Nov

Know someone supporting or living with Dementia? With the @alzheimerssoc at #Metronome Morden, we've created a weekly friendly drop-in. Free coffee. Please share to help us spread the word so people aren't struggling alone. #rt #share #dementia #Alzheimers #morden @nhsmerton_

[Show this thread](#)

NEW DEMENTIA DROP-IN

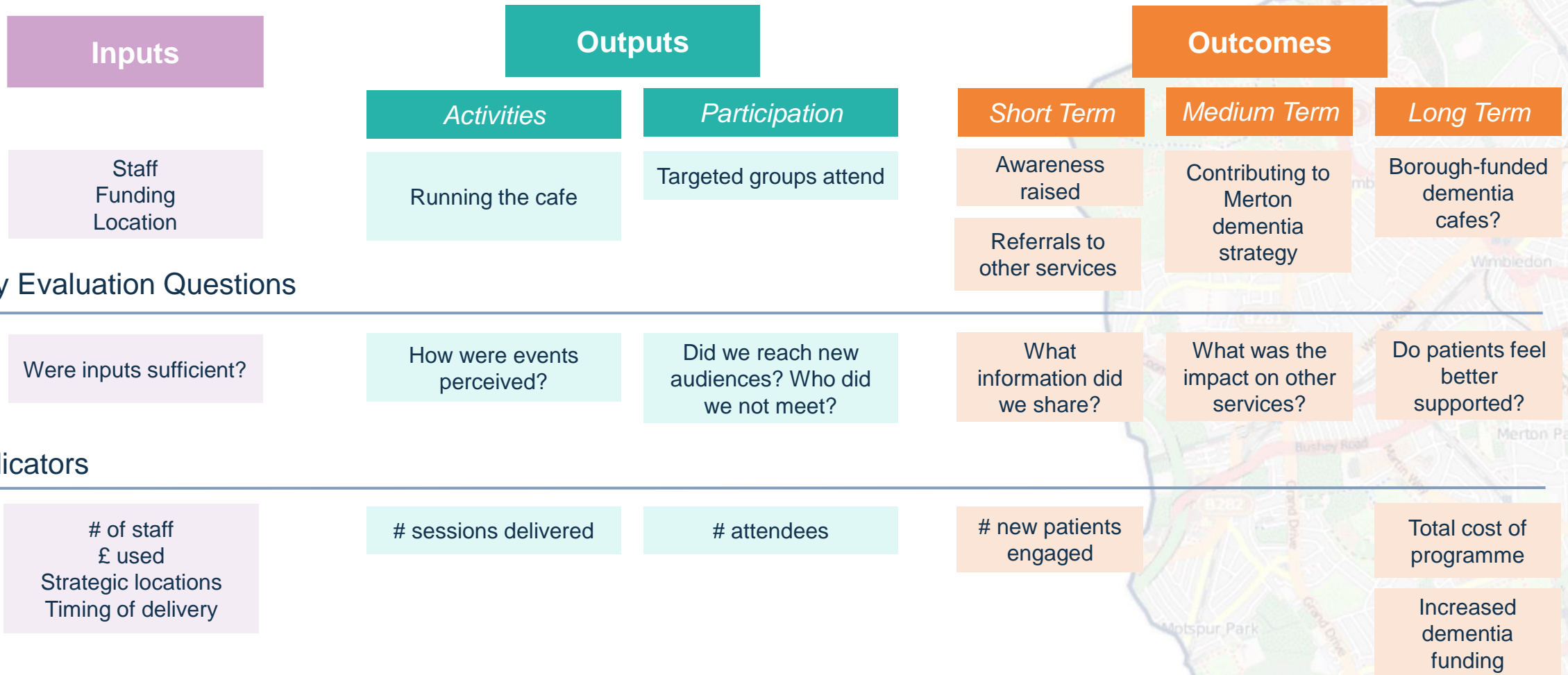
TUESDAY 3pm
quiet chat with memory specialists



Evaluation Framework

We met with the Health Improvement Network for advice on how to evaluate the project, especially given these are small scale projects which differ greatly from one another. *This framework is based on the Alzheimer's Cafes project and is in draft.*

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What's Next

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FFC & SMCA

Fulham Football Club to run sports-related activities for BAME men over 50 who live around the South Mitcham Community Association Centre, on the Phipps Bridge Estate.

This was based on feedback from the Centre as something they had wanted to run

Health and Wellbeing Days

Two Health and Social events scheduled at the Lantern Arts Centre and the SMCA to bring people together in a warm space over winter, to get information about their health, the cost of living crisis, and to find out more about their local communities.

Assertiveness & Boundaries Workshops

Wimbledon Guild to run workshops targeting socially excluded residents to become more assertive.

Target residents across Merton in 4 different locations.