



LEEDS
BECKETT
UNIVERSITY

Citation:

Coan, S and Woodward, J and South, J and Bagnall, A-M and Southby, K and Button, D and Trigwell, J (2020) Can a community empowerment intervention improve health and wellbeing in a post-industrial UK town? In: 16th World Congress on Public Health 2020, 12 October 2020 - 16 October 2020, Rome, Italy (Online). (Unpublished)

Link to Leeds Beckett Repository record:

<https://eprints.leedsbeckett.ac.uk/id/eprint/8046/>

Document Version:

Conference or Workshop Item (Presentation)

The aim of the Leeds Beckett Repository is to provide open access to our research, as required by funder policies and permitted by publishers and copyright law.

The Leeds Beckett repository holds a wide range of publications, each of which has been checked for copyright and the relevant embargo period has been applied by the Research Services team.

We operate on a standard take-down policy. If you are the author or publisher of an output and you would like it removed from the repository, please [contact us](#) and we will investigate on a case-by-case basis.

Each thesis in the repository has been cleared where necessary by the author for third party copyright. If you would like a thesis to be removed from the repository or believe there is an issue with copyright, please contact us on openaccess@leedsbeckett.ac.uk and we will investigate on a case-by-case basis.



LEEDS BECKETT UNIVERSITY

SCHOOL OF HEALTH &
COMMUNITY STUDIES

Can a Community Empowerment Intervention Improve Health and Wellbeing in a Post-industrial UK Town?

Coan, S¹ Woodward, J¹ South, J¹ Bagnall, A¹ Southby, K¹ Button, D²
Trigwell, J¹

1. Leeds Beckett University 2. New Economics Foundation

Oral Presentation at the 16th World Congress on Public Health 2020
Online event from 12 – 16 October 2020

Local People

The Programme

- Funded by the People's Health Trust
- 29 sites around Great Britain
- Sites supported by a local practitioner from a national charity
- Funding for up to 8 years

The Aims

- Improve health
- Reduce inequalities
- Increase social connections
- Increase collective control

Overcoming Challenges

Challenges

- Poor mental health
- Poverty
- Cuts in public services
- Long working hours
- Lack of trust

Facilitators

- Project practitioners
- Grant money
- Long-term funding
- Working on what is important to the residents
- The knowledge and skills of the community

Findings

- Social connections within and between groups of people increased
- People's enjoyment, sense of belonging and community spirit grew
- Quality of life improved
- Better places to live were created

“People are thinking a bit larger now that they are more confident, now that they feel they've got more skills to work together”

Biddulph

“I feel I’m better than I was maybe 10, 20 years ago. I’m able to move that little bit better, I enjoy going out more, and mixing, meeting people, having a joke and a laugh and a cuppa.”

“A lady who comes in a wheelchair, she couldn’t move her arms before she came and now she can hit a tennis ball with a tennis racket.”



Conclusion

Putting residents in control can lead to:

- Increased connectedness
- Improvements in some aspects of health and wellbeing
- Increased confidence, skills and quality of life

There was limited evidence that the programme:

- Affected the wider determinants of health
- Increased the influence residents have over those in power

The programme and evaluation were funded by the People's Health Trust



Thank you!