



**Prifysgol Cymru**  
Y Drindod Dewi Sant  
**University of Wales**  
Trinity Saint David

## **Community Care and Development**

### **Assignment 1**

# **Adults experiencing mental illness in the Borough of Tower Hamlets**

**Student name: Flor de Maria Galindo Manuel de Killick**

**Student number: 2124309**

**Module code: BMHP6022**

**Lecturer: Jolly Nwankwo**

# Introduction

- A community is a group of people with one or more characteristics. These people can be neighbours, co-workers or family members. The element that unites them is the core and essence of the group. Therefore, each person is part of several communities and moves from one to another depending on their situation (Ikeda Center, 2024).
- **This community project aims to raise awareness and mitigate the prevalence of adults experiencing mental illness in the Borough of Tower Hamlets.**



(Leidecker, 2023)

# Demographics of Tower Hamlets

- Tower Hamlets is a region of central London that includes most of the East End and extends eastwards from the Tower of London (Britannica, 2024).
- It was founded in 1965 and is located within the historic county of Middlesex (Britannica, 2024).
- It was ranked 40th in total population in 2021 among England's 309 local authority areas (Office for National Statistics, 2021).



(NHS, 2024)

# Population in Tower Hamlets

● In 2022, the population were 325,789.

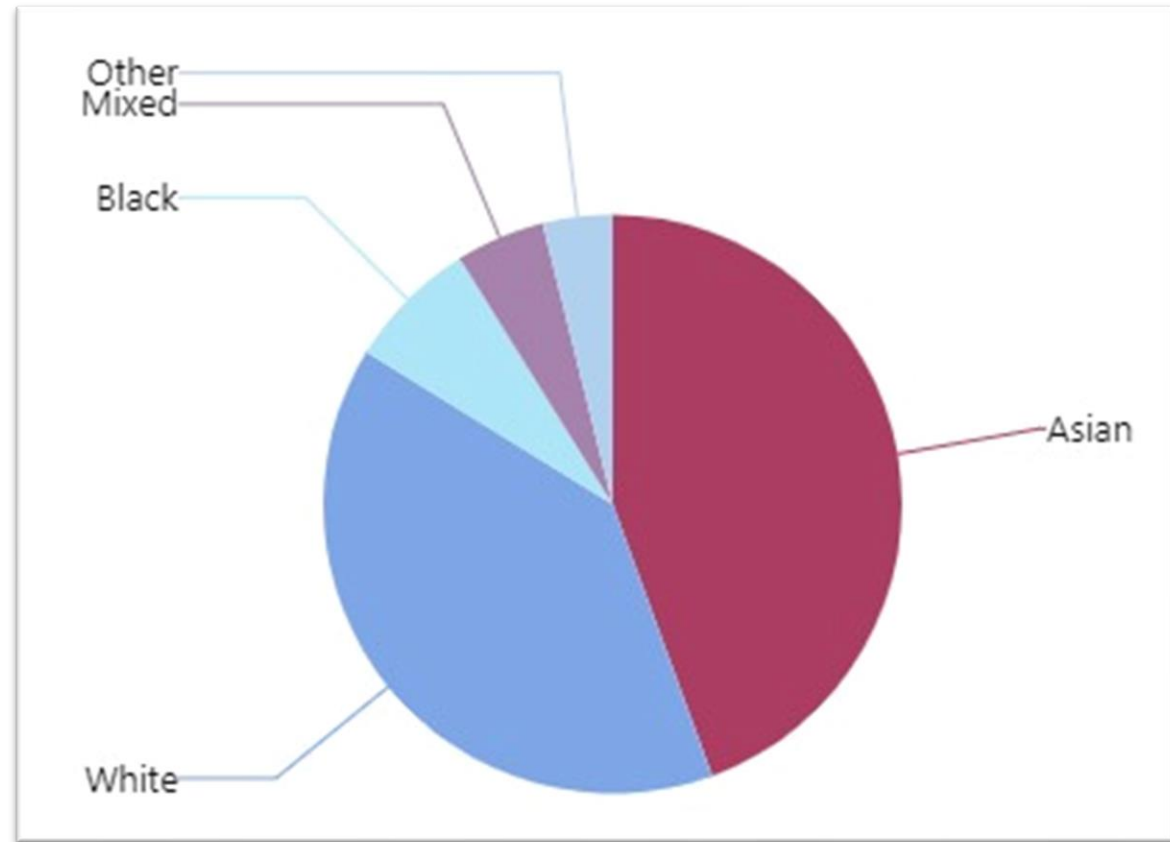
(Varbes, 2024)



# Ethnicity in Tower Hamlets

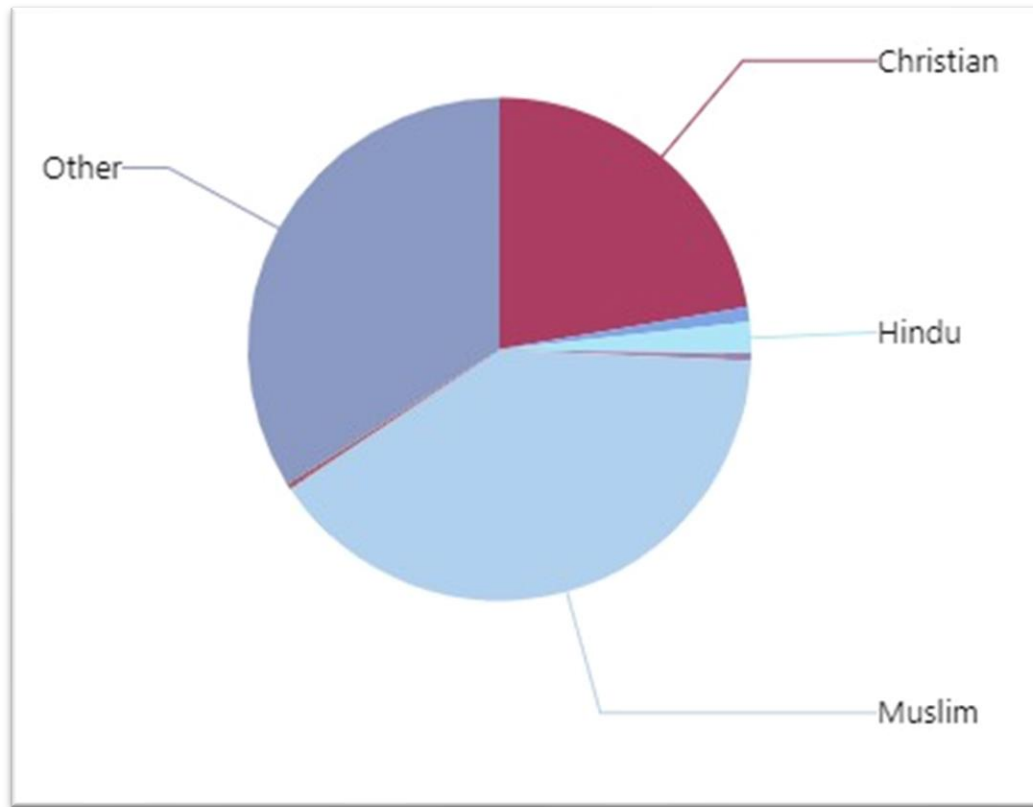
- Asians people 44.4%
- Whites people 39.4%.
- Blacks people 7%.
- Mixed people 15.0%.
- Other people 3.9%.

(Varbes, 2024)



(Varbes, 2024)

# Religion in Tower Hamlets



(Varbes, 2024)

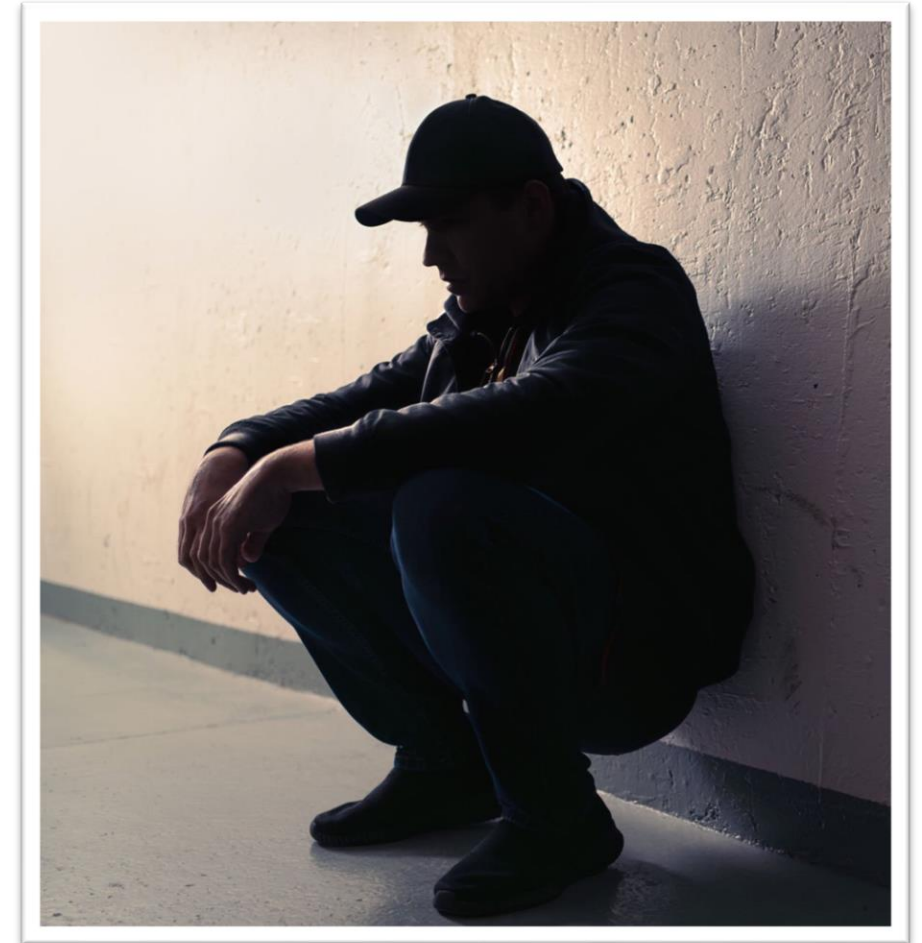
- Muslim 39.9%.
- Christians 22.3%
- Hindus 2.0%.
- Other 34.0%

(Varbes, 2024).

# Key issues

- Tower Hamlets recorded the highest percentage of adults, at 16.1%, suffering from depression and anxiety in London during 2017/2018.
- GP records indicate that 1.34% of the adult population is more susceptible to severe mental illness.
- There are 147 adults with severe mental illness for every 100,000 individuals.

(Tower Hamlets, 2024)



(Istockphoto.com, 2024)

# Risk Factors

- **Deprivation:** There is a lack of funds and necessary resources.
- **Unemployment:** 44% of applicants stated that mental health issues limit their ability to work.
- **Environment:** Residents are exposed to a high level of noise from transport.
- **Housing:** The quality of housing is poor, with 19,000 people waiting for suitable housing.
- **Crime** was the main concern of the community.
- **Social cohesion:** Loneliness is a significant issue in the district.
- **Stigma and discrimination** are associated with poor mental health and have a negative impact on people's lives.

(Tower Hamlets, 2024)

# Stakeholders involved in the program

- Family
- Neighbourhoods
- The Council
- Social Services
- Education
- Housing providers
- Public Health
- Employment services
- NHS provision
- Community policing
- Healthwatch Tower Hamlets



(Pentz, 2015)

# Principles

- **Equitable access:** all individuals possess the right to quality healthcare specifically designed to address the needs of those with mental illness.
- **Person-centred care:** an effective mental health system must prioritise the needs of each person (RANZCP, 2021).
- **Confidentiality of people's** information is a fundamental right that must be respected.
- **Treatment:** people have the right to receive care that is fully adapted to their cultural context (United Nations, 1991).

# Digital media and technologies



**#AdultsMentalHealthIllnessesAwareness**

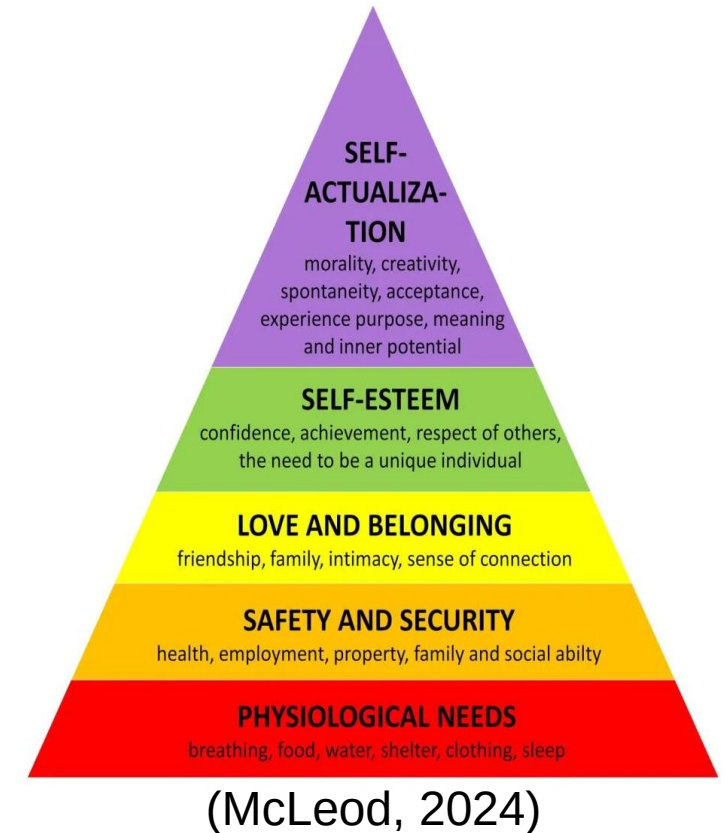
- Digital prevention and postventions
- Mental health apps for smartphones



# Theory of Maslow's Hierarchy of Needs

- Failure to meet demands at various levels of the hierarchy can cause mental illness.
- People who do not have their physiological needs met risk dying or becoming seriously ill.
- If safety requirements are not met, the individual may develop post-traumatic stress disorder.
- People may experience anxiety or depression if they believe they are unloved or do not belong to a group.
- Lack of self-esteem or the inability to fulfil oneself can also lead to depression and anxiety.

(GoodTherapy, 2015)



# Legislation and policy

## 1983 Mental Health Act

Describes the rights of people with mental health problems in relation to assessments and treatment

## 2005 Mental Capacity Act

Sets out the rights of people who do not have the capacity to make decisions for themselves

## 2012 Health and Social Care Act

required the NHS to deliver standards of care for people with mental health problems on par with those with physical health needs.

(Working together to improve the mental health and wellbeing of Tower Hamlets residents, 2019)

# Barriers to community development

- Lack of communication.
- They do not speak about their condition.
- Lack of ability to use online resources.
- They don't know where to find information or ask for help (Healthwatch Tower Hamlets, 2024).
- Lack of understanding about mental illness and disorders.
- Social stigma.
- Treatment costs are high.

# Recommendations

- Awareness of mental illness promotes community resilience.
- Provide high-quality services and immediate assistance in times of emergency.
- Mental health resources must be tailored to the population's diverse needs while accounting for ethnic differences.
- The Department of Public Health must continue to develop strategic interventions to address mental health concerns.
- Pregnant women and new mothers require appropriate mental health support, and programs tailored to older adults will be developed.
- All service programs must acknowledge that some people may have difficulty reading and writing in English.
- Promote physical health through adequate sleep and regular exercise.

(Mental Health Joint Strategic Needs Assessment for Tower Hamlets, 2013)

# Conclusion

- Mental health problems experienced by adults in the borough of Tower Hamlets are associated with risk factors such as homelessness, people facing legal proceedings, substance abuse, and people with physical disabilities. Also included are the people who are unemployed, discriminated against or have financial difficulty.
- The Government of England has developed laws, such as the Mental Health Act 1983, the Mental Capacity Act 2005, and the Health and Social Care Act 2012, as well as policies to support and advocate for people experiencing mental health problems.
- Social media and mobile devices can help people communicate more effectively with family and friends. They also allow people to share or seek information about initiatives and treatments that aim to improve their mental health and overall well-being.

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