



Prifysgol Cymru
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University of Wales
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Community Care and Development Aims

Focus on Southwark Borough Issues

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Trawsnewid Addysg; Trawsnewid Bywydau
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Acknowledge your use of AI

I confirm that I have not used any AI tools in the research and creation of this assignment. I confirm that I have not presented any AI generated materials as my own work. I confirm I have copies of my drafts, notes, and other resources I used, which I may be asked to provide in evidence

Introduction

A community is a group of people with different characteristics who are bound together by social ties, share similar opinions, and collaborate in certain settings (Macqueen al et., 2001).



Aim

To explore and address the health and social care needs of the Southwark Borough.

Southwark faces a range of health issues like:

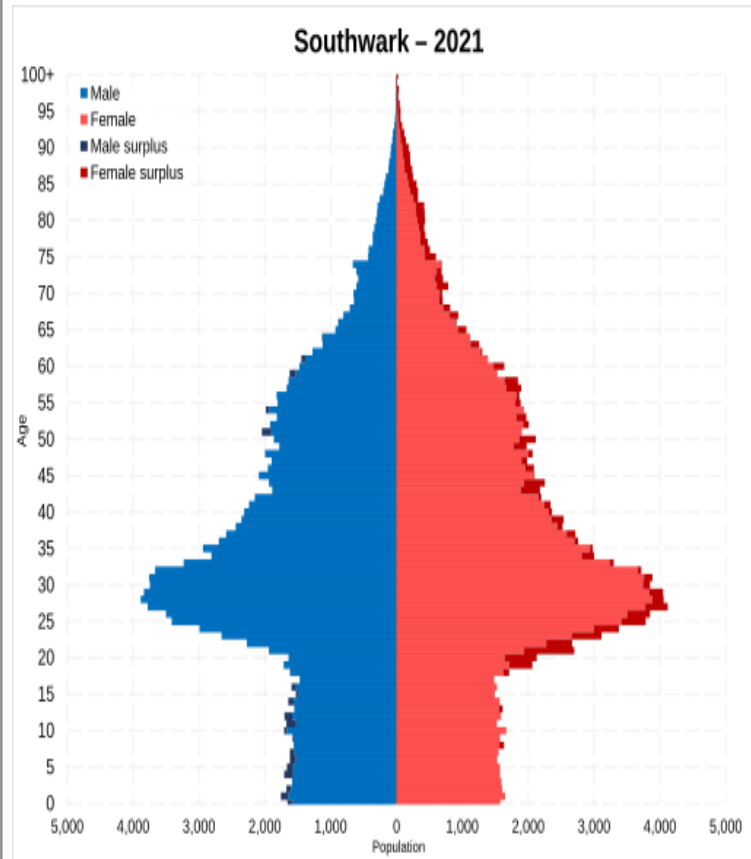
- childhood poverty
- obesity
- health inequalities
- mental health

(End Child Poverty, 2023).

Demographics

Demographics of Southwark Borough

Southwark – 2021



Southwark has a population of 307,600 approximately, as of the 2021 Census (ONS, 2022). The borough is made up of a patchwork of communities: from Dulwich to Peckham, Camberwell and the rapidly changing Rotherhithe peninsula.. Data from the 2021 census shows that 51.1% of the population identified as White, 25.1% identified as “ Black, 9.9% identified as "Asian, while 10.7% identified as others (ONS, 2023). There are over 40 distinct religions (Southwark JSNA Report, 2023

One in five adults (21.4%) in Southwark smokes. In year 6, one in four children (24%) is classified as obese (through the National Child Measurement Programmed (NCMP), higher than the England average of 19% (London Borough of Southwark, 2019). Smoking, poor nutrition and obesity are major causes of early death and health problems. Other health concerns in the borough include cardiovascular diseases, mental illnesses, respiratory issues and diabetes (IHME, 2019). Southwark is one of the 20% most deprived local authority areas in England and about 28% of children live in low income families (End Child Poverty, 2023).

Stakeholders involved in the program



Key principles such as sustainability, equity, inclusivity, and collaboration support community development.

Key stakeholders involved in addressing Southwark's health and social care challenges include:

- Community Residents.
- Healthcare Providers.
- Educational Institutions.
- Government Bodies and Policy Makers.
- Non-Profit Organizations

Dublin south city partnership community development
2024

Use of digital media and technologies for community development

Digital technology in community development offers people power and a voice in enhancing healthcare access and information dissemination.

Key technologies include:

- Tele-health Services.
- Mobile Health Apps.
- Social Media Platforms.

#healthyeating

#endchildpoverty

#improvehealthservices



Theories Supporting Southwark Community Development

- **Social Determinants of Health Theory:**

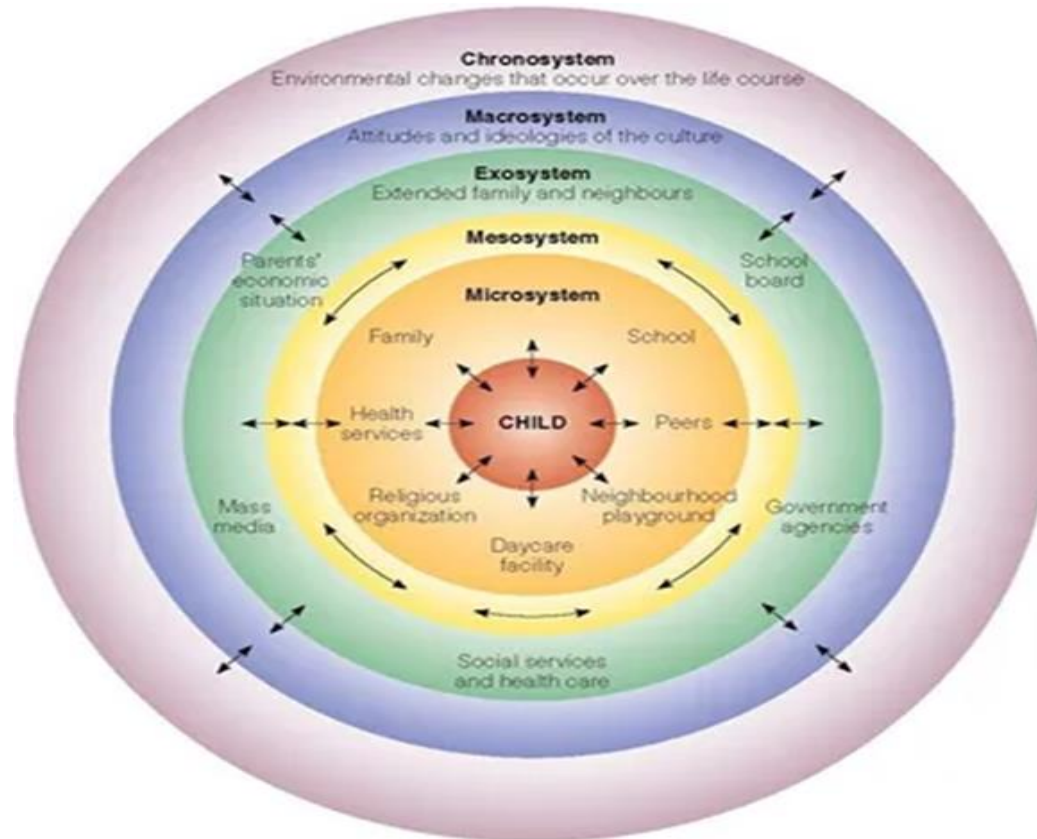
This theory, addressing causes rather than just symptoms, suggests that factors such as income, education, and conditions of living have a huge impact on the health of the people (CDC, 2024). Improving income, education and housing to tackle health inequalities will result in healthier families and fewer disparities for those most in need.

- **Empowerment Theory:**

This theory focuses on helping people gain the self-confidence, knowledge, and skills to take complete charge of their lives and make informed decisions (APA, 2023). Offering skills training, workshops, and leadership opportunities leads to outcomes like a stronger and more resilient community.

- **Ecological Systems Theory:** Proposed by Urie Bronfenbrenner, this theory explains that a person's growth is influenced by different layers around them, like family, community, and society (Olivia Guy-Evans, 2024). Partnering with these different layers will lead to a supportive community.

Bronfenbrenner's Ecological systems Theory



Legislation and policy impact the support and growth of a community

Here are some legislative and policy frameworks that support the health and social care needs of Southwark borough:

- **The Equality Act 2010:** Provides protection against discrimination, health inequalities and disabilities (Gov.uk, 2015).
- **Public Health Policies:** Public health policies, like **NHS Long Term Plan**, which focuses on prevention, **Childhood Obesity Plan** to lower obesity rates, **smoke-free policies** like the Health Act 2006, banning smoking in public spaces (NHS, 2023), are strategies set by the governments to protect the health of the public by promoting disease prevention.
- **Children and Families Act 2014:** This act supports children and young individuals, by improving access to education, mental health services and family support like Special Educational Needs (SEN) provisions (Children and Families Act, 2014).



Barriers/obstacles to community development

Some barriers that hinder community development:

Lack of Funding and Resources: Community development needs long-term and sustainable financial and human capital investment. Without this essential services and improvements may be delayed or halted (Aithor, 2024).

Cultural and Language Barriers: Differences in language and cultural practices can hinder effective communication. Language barriers reduce patient and provider satisfaction and communication (Shamsi et al., 2020).

Community Engagement: Where a community has not been able to engage effectively with the range of networks, services, and support agencies available, the people within it have generally not thrived (Aithor, 2024).

Digital Divide: Limited access to digital technologies among some community members can restrict the benefits of digital health innovations. The shift to virtual care during the COVID-19 pandemic exposed access barriers within the community mental health system (Kozelka et al., 2023).

Recommendations

To address the challenges, the following recommendations are proposed:

Community Engagement: A community participation benefits the development, implementation, and evaluation of health services (Haldane et al., 2019), it thus needs to be encouraged.

Empowering Local Leadership: Ways should be sought to educate and empower leaders within their own communities (Airthor, 2024).

Digital Inclusion: This calls for bridging the gap so that everybody can benefit from digital technology (Faster Capital, 2024).

Anti-Discrimination Policies: Strengthen policies and training programs to combat discrimination and promote equality, increase diversity and decrease discrimination in healthcare settings (Togioka, Duvivier, and Young, 2024).

Collaboration Partnership: Efforts should be made towards effective engagement and collaboration of a diverse group of stakeholders from different sectors of society. (Alderwick et al., 2021).

Conclusion

Southwark Borough is a vibrant, diverse area in London with unique strengths and challenges. Despite its rich cultural heritage, the borough faces pressing issues, including high child poverty rates, health inequalities, and rising mental health concerns, especially among young people. To address these challenges, it's essential for community development efforts to bring together healthcare providers, schools, local government, and nonprofits in genuine partnership. Initiatives need to focus not only on immediate healthcare needs but also on underlying social factors like income, housing, and education, which heavily influence health and quality of life.

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