

Health Inequalities

Funding Data Pack 2024

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Introduction to the Data Pack

This data pack is designed to support voluntary and community sector organisations in preparing strong grant proposals for the Health Inequalities Fund. It offers a thorough overview of health inequalities, including detailed evidence and insights into local health disparities. Additionally, it outlines the strategic priorities of the North East London Integrated Care System and the Redbridge Place-Based Partnership.

The pack also identifies the key wider determinants of health affecting wellbeing in Redbridge, as revealed through extensive community engagement conducted by the Healthy Communities Programme.

By offering a clear overview of health issues, priorities, and needs, this pack aims to support targeted and effective responses to health inequalities and guide successful grant applications.

Health Inequalities

Health inequalities are the unfair differences in health outcomes among different groups, shaped by factors such as income, education, location, ethnicity, and access to healthcare. These differences can be seen in things like how long people live, how many people get certain diseases, and how easily they can access good healthcare.

For a detailed understanding of health inequalities and their impact in Redbridge, please refer to the following resources:

- [**The King's Fund**](#): Overview of Health Inequalities
- [**2021 Census Data, Deprivation in Redbridge, Redbridge at a Glance**](#): Key resources offering insights into Redbridge's demography, covering population data, socioeconomic factors, and community characteristics
- [**Redbridge Health and Wellbeing Strategy 2024-2029**](#): Details on local health challenges

Where we live

How we work

The money in our pockets

How we learn and grow

Access to nature and green spaces

Our community

North East London Integrated Care System

Redbridge belongs to the North East London Integrated Care System (ICS). This system brings together various health and social care organisations to work together in a coordinated manner. A part of this system is the Integrated Care Partnership (ICP), which is responsible for implementing strategies to improve health and social care services and people's health and wellbeing in North East London.

The key strategic priorities outlined in the North East London ICP strategy are as follows:

1. **Reducing health inequalities:** among priority groups (e.g., people with learning disabilities and autism, the homeless, refugees, asylum seekers, and informal carers) and dimensions (ethnicity and poverty/deprivation).
2. **Improving equity in healthcare access, experience and outcomes,** with a focus on the priority groups and dimensions, and across the 5 key clinical areas of the Core20Plus5 (adults and children and young people).
3. **Increasing early diagnosis, accelerating prevention and addressing unmet need.**
4. **Working as anchor institutions** around employment, procurement, climate action and buildings and land.

Redbridge Place-Based Partnership

Place-based partnerships bring together NHS, local government, and community organisations to enhance health and wellbeing in specific areas by integrating care and tailoring services to local needs. For more information on place partnerships, see [The King's Fund explanation](#).

The [Redbridge Place-Based Partnership](#), includes Barts Health NHS Trust, Barking, Havering and Redbridge University Hospitals NHS Trust, the London Borough of Redbridge, HealthBridge Direct, Primary Care Networks, and various voluntary and community groups. It focuses on improving health outcomes and equity through prevention, equitable access, and active community involvement. Please refer to the Appendix for the 2024-2025 Partnership Plan.

“...to bring together partners across [Redbridge] ... to focus relentlessly on improving the outcomes for the people of Redbridge and seek always to make a positive difference to people’s lives. Together, we will build on what we have already achieved and use our combined resources to create person-centred, responsive care to build services around the needs of our communities within Redbridge. We will have a strong focus on prevention, addressing inequalities and the wider determinants of health”

[RPbP Terms of Reference](#)

Health Inequalities Fund

The North East London ICS has provided funding to the Redbridge Place-Based Partnership to address health inequalities and the wider determinants of health. This funding supports innovative projects, both new and existing, aligned with the Integrated Care Partnership's strategic priorities while also addressing Redbridge's specific local priorities to improve health, wellbeing, and equity.

Health Inequalities grants can focus on reducing disparities in:

- **Health status**, such as life expectancy
- **Access to care**, such as availability of given services
- **Quality and experience of care**, such as patient satisfaction
- **Behavioural health risks**, such as smoking rates
- **Wider determinants of health**, with local insights and examples detailed in the following slides.

Community Insights

2023 - 2024

Addressing health inequalities requires a comprehensive approach that goes beyond healthcare services to include the wider determinants of health. This section provides an in-depth analysis of the top five factors impacting wellbeing in Redbridge, identified through extensive engagement with over 5,000 residents in 2023-2024. These determinants—cost of living, housing, crime and safety, access to services, and food insecurity—are essential for understanding and addressing the root causes of health disparities.

We present detailed evidence, potential projects for funding, and outline expected outcomes to support effective interventions. This information should guide funding applications to ensure they address local needs and effectively tackle the underlying causes of inequity.



Priority 1: Cost of Living

Description	Our Evidence	Additional Evidence Sources	Example Projects*	Potential Outcomes
<p>Addressing cost of living challenges, including financial strain, access to essentials, like heating, food, and toiletries, and the impact on mental wellbeing.</p> <h3>Factors that Contribute</h3> <ul style="list-style-type: none">Increased energy costs and other household billsIncreased household debt and reduced disposable incomeIncreased financial pressure and stress	<p>In 2023- 2024, the cost of living crisis deeply impacted residents' health and wellbeing, emerging as the top priority for local people, with 2,567 conversations centring on the crisis.</p> <p>Residents expressed concerns about financial strain, challenges in affording necessities such as heating and food, and the resulting stress-related illnesses and weakened immune systems.</p> <p>Examples of challenges faced by residents:</p> <p>Struggling to Pay Bills: Accumulating arrears, reduced heating usage and cold homes, leading to the "heating or eating" dilemma, as well as the inability to afford fuel, transportation, and essential items like food and toiletries.</p> <p>Cutting Back on Social Life: Reduced social interactions and inability to afford health-protective activities, such as gym memberships or wellness programs.</p> <p>Working Excessive Hours: Juggling multiple jobs, with no time or energy for self-care, unable to prioritise health, leading to stress-related illnesses and ongoing financial worries</p>	<p>The Redbridge Plan 2022 -2026. Describes tackling poverty and building a cleaner, greener, fairer, and healthier borough.</p> <p>Health Inequalities, Lives Cut Short. Reveals that people in poorer areas of England live much shorter and less healthy lives compared to those in wealthier areas due to ongoing inequalities and social and economic issues.</p> <p>Fuel Poverty, Cold Homes and Health Inequalities in the UK. Explores the relationship between fuel poverty, cold homes, and health, highlighting the increased risk of diseases.</p> <h3>Organisations</h3> <ul style="list-style-type: none">Joseph Rowntree Foundation. Researches poverty and its impact on health, offering evidence-based solutions.The Health Foundation. Provides extensive research and policy recommendations on the social determinants of health.	<p>Financial/Welfare Support Services</p> <p>Energy Efficiency Initiatives</p> <p>Affordable Health Activities</p> <p>Transport Assistance</p> <p>Mental Health Support</p> <p><i>*These are provided for illustrative purposes only and are in no way guaranteed to receive funding.</i></p>	<p>Reduced inequalities across priority groups</p> <p>Improved mental and physical health outcomes</p> <p>Accelerating prevention and addressing unmet need</p> <p>Enhancing financial resilience and quality of life</p>



Priority 2: Housing

Description	Our Evidence	Additional Evidence Sources	Example Projects*	Potential Outcomes
<p>Addressing the challenges faced by people in precarious housing situations.</p> <h3>Factors that Contribute</h3> <ul style="list-style-type: none">Increased housing costs and decreased availabilityDecreased social housing and rise in private rentalsPoor housing conditions and insecurity	<p>In 2023 – 2024, housing was a significant concern, with 1,862 community conversations focusing on issues such as insecurity, homelessness, overcrowding, and poor conditions. Key challenges included:</p> <ul style="list-style-type: none">Rent Arrears and Overcrowding: Increased rent costs leading to arrears and overcrowded living situations.Temporary Accommodation: Frequent moves and prolonged stays in unsuitable temporary housing.Exploitation by Landlords: Experiences of harassment, abuse, and the threat of no-fault evictions.	<p>Redbridge Housing Strategy 2024 – 2028. Outlines strategies for addressing housing needs and improving affordability.</p> <p>Institute of Health Equity, Evidence Review: Housing and Health Inequalities in London. Highlights how poor housing conditions in London significantly contribute to health inequalities, affecting both physical and mental health, particularly among the most vulnerable populations.</p> <p>Better housing is crucial for our health and the COVID-19 recovery. Emphasises that improving housing quality is essential for better health outcomes and recovery from COVID-19, as poor housing conditions have a significant impact on physical and mental wellbeing.</p> <h3>Organisations</h3> <ul style="list-style-type: none">Shelter. A leading UK charity focusing on housing and homelessness, providing research and support on the health impacts of poor housing	<p>Housing Advice and Information</p> <p>Housing Interventions</p> <p>Legal Support</p> <p><i>*These are provided for illustrative purposes only and are in no way guaranteed to receive funding.</i></p>	<p>Reduced inequalities across priority groups</p> <p>Improved mental and physical health outcomes</p> <p>Accelerating prevention and addressing unmet need</p> <p>Increased housing security and stability</p>
				

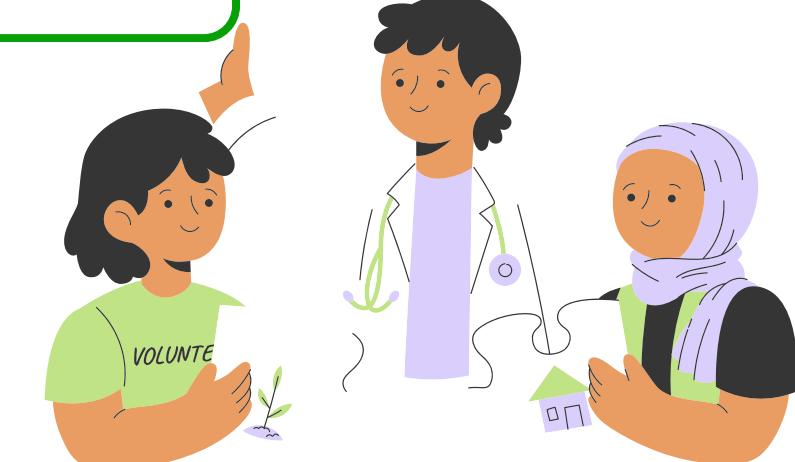
Priority 3: Crime & Safety

Description	Our Evidence	Additional Evidence Sources	Example Projects*	Potential Outcomes
<p>Addressing concerns related to crime and safety within communities</p>	<p>In 2023 – 2024, crime and safety were key concerns with 1,497 conversations highlighting perceptions of rising crime and antisocial behaviour, worries about safety, and the impact on livelihoods due to decreased feelings of security. Key issues included:</p> <ul style="list-style-type: none">Limited Mobility: Fear of crime leading to reduced outdoor activity and avoidance of certain areas, impacting job opportunities and social life.Isolation: Increased isolation, loneliness, and exposure to unsuitable conditions due to reluctance to leave homeDecreased Community Spirit: A decline in community engagement and trust, leading to a fragmented social environment.	<p>The Safer Redbridge Strategy 2022 – 2025. Details priorities and actions to achieve the objectives of the Community Safety Partnership including reducing crime and antisocial behaviour.</p> <p>Relationship between neighbourhood crime and health. Examines how higher levels of neighbourhood crime are linked to poorer health outcomes, highlighting the negative impact of crime on both physical and mental well-being.</p> <p>Organisations</p> <ul style="list-style-type: none">Neighbourhood Watch Network. Works on community safety and reducing crime, with resources on the health impacts of crime.	<p>Creating Safe Spaces</p> <p>Youth Engagement Programmes</p> <p>Community Building</p> <p><i>*These are provided for illustrative purposes only and are in no way guaranteed to receive funding.</i></p>	<p>Enhanced community safety and wellbeing</p> <p>Reduced crime rates and anti-social behaviour</p> <p>Increased social cohesion and community spirit</p>
<p>Factors that Contribute</p> <ul style="list-style-type: none">High crime rates and fear of crimeIncreased perception of anti-social behaviourLack of community spaces				

SAFE SPACES
for **EVERYONE**

Priority 4: Access to Services

Description	Our Evidence	Additional Evidence Sources	Example Projects*	Potential Outcomes
<p>Addressing issues accessing health care and social support</p> <h3>Factors that Contribute</h3> <ul style="list-style-type: none">• Barriers to accessing care, including physical, financial and digital• Stigma or discrimination (perceived or otherwise)• Language or literacy barriers• Cultural competency	<p>In 2023 – 2024, access to health services was a significant issue, with 1,329 discussions highlighting challenges such as difficulty securing GP appointments, disparities in care, and mistrust of the healthcare system. Specific barriers included:</p> <ul style="list-style-type: none">• Access Barriers: Challenges in securing timely appointments leading to non-attendance and increased reliance on emergency services.• Digital Barriers: Digital exclusion preventing people from accessing online health services or managing their health effectively• Cultural Barriers: Lack of culturally competent care leading to dissatisfaction and disengagement from health services.	<p>Redbridge Health and Wellbeing Strategy 2024 – 2028. Outlines goals for improving resident health over the next four years and includes the Redbridge Joint Strategic Needs Assessment (JSNA).</p> <p>What are Health Inequalities? Explores how barriers to accessing healthcare contribute to health inequalities in the UK.</p> <p>Health and Care Statistics provides an overview of the statistical work areas of NHS England such as waiting times.</p> <h3>Organisations</h3> <ul style="list-style-type: none">• National Institute for Health and Care Excellence. Provides guidelines and evidence on improving access to healthcare services to reduce health inequalities.• The King's Fund. A health charity that produces research on healthcare access and inequalities.	<p>Cultural Awareness Training</p> <p>Translation and Interpretation Services</p> <p>Digital Inclusion Programmes</p> <p>Health Literacy Initiatives</p> <p><i>*These are provided for illustrative purposes only and are in no way guaranteed to receive funding.</i></p>	<p>Reduced inequalities across priority groups</p> <p>Improved mental and physical health outcomes</p> <p>Accelerating prevention and addressing unmet need</p> <p>Improved access to and quality of healthcare</p> <p>Enhanced trust and satisfaction with services</p>



Priority 5: Food Insecurity

Description	Our Evidence	Additional Evidence Sources	Example Projects*	Potential Outcomes
<p>Addressing the challenges related to the affordability and accessibility of nutritious food.</p> <h3>Factors that Contribute</h3> <ul style="list-style-type: none">Rising food prices and decreased food affordabilityLimited access to fresh and healthy food options	<p>In 2023 – 2024, food insecurity was a growing concern, with 1,077 conversations focusing on challenges related to food affordability and accessibility. Key issues included:</p> <ul style="list-style-type: none">Inability to Afford Healthy Food: Many residents reported having to make compromises in their diet, leading to poor nutrition and related health issues.Dependence on Food Banks: Increased reliance on emergency food sources like food banks.Health Impacts: Poor diet choices resulting in weight management issues, decreased energy levels, and overall poor health.	<p>Redbridge Foodbank. Provides insights into food insecurity and local food bank activities.</p> <p>Families cutting back on healthy food risks widening health inequalities. Highlights that families are cutting back on healthy food due to rising costs, which risks worsening health inequalities by making nutritious diets less accessible to low-income households.</p> <p>From purse to plate: implications of the cost of living crisis on health. Outlines how the rising cost of living in the UK is exacerbating food insecurity and making it harder for low-income households to access healthy, affordable food.</p> <h3>Organisations</h3> <ul style="list-style-type: none">The Food Foundation. An independent think tank working to address food insecurity and its health impacts in the UK.Sustain: The Alliance for Better Food and Farming. Advocates for better food systems and policies to reduce food insecurity and improve public health.	<p>Food Growing Initiatives</p> <p>Healthy Eating Education</p> <p>Food Redistribution Projects</p> <p><i>*These are provided for illustrative purposes only and are in no way guaranteed to receive funding.</i></p>	<p>Reduced inequalities across priority groups</p> <p>Improved mental and physical health outcomes</p> <p>Reduced food insecurity</p> <p>Strengthened community bonds through shared food initiatives</p>



Where to go for support

We help voluntary and community groups in Redbridge raise funds, make successful grant applications and become more sustainable. We can help with:

- identifying suitable funders and funding opportunities for your group
- advice and guidance on your draft grant applications.

You need to be a member of Community Action Redbridge to access this service, but any local group can join for free here.

For help please contact Shaweb Ahmed, our Funding and Development Officer, on 020 3551 0938 or at shaweb@communityactionredbridge.org.uk

Other support options:

- **Compass Wellbeing**: provide support for VCSE organisations, including funding assistance, capacity building, networking opportunities, advocacy support, consultancy services, and access to essential tools and resources.
- **Get Grants**: provides practical support in the form of training, information, and advice that fundraisers with all levels of experience can take away and put into practice.
- **Link London Up**: Have compiled links to organisations providing valuable support to local charitable organisations.

Other Funding Opportunities

If your project doesn't align with the Health Inequalities Programme, you can explore alternative funding opportunities through the following resources:

- **My Community**: a hub designed to help you find appropriate and sustainable ways to find funding for your charity, community group or social enterprise.
- **Grant Finder**: is the leading funding database in the UK covering local, national, and international sources of funding.
- **Trust for London**: fund hundreds of organisations fighting for economic and social justice across the city.
- **City Bridge Foundation**: provide grants and use our resources to help communities foster connections, become more resilient and build a more equal London.

REDBRIDGE BOROUGH PARTNERSHIP PLAN 2024/25

Vision: The Redbridge Partnership will relentlessly focus on improving the outcomes for the people of Redbridge and seek always to make a positive difference to people's lives. Together, we will build on what we have already achieved and use our combined resources to create person-centred, responsive care to build services around the needs of our communities within Redbridge. We will have a strong focus on prevention, addressing inequalities and the wider determinants of health.

Appendix: Redbridge Borough Partnership Plan 2024 - 2025

