



Healthy Homes Scheme News Letter

The home, and housing itself, remain key determinants of health. Poor housing conditions are often experienced by the most vulnerable in society and can exacerbate the problems they face. The Healthy Homes service is an advice and signposting-based programme that attempts to address people's home-related health needs..



What have we found so far?

- High levels of service users were concerned about fuel poverty (48%), assessed as being at risk because of a housing need (31%) or experiencing signs of excessive condensation (43%).
- Service users also highlighted additional issues they felt were impacting their home such as related health, notably social inclusion and reduced mobility.
- Qualitative data revealed the complex relationship between participants' home and health, particularly where health-related issues were being exacerbated by poor housing.
- Beyond the home environment, participants cited concerns about anti-social behaviour and a perceived decline in their wider environment.

Good news story

'SAM' was suffering with COPD and had 24-hour oxygen therapy. They were struggling to mobilise around their property as it was situated across 2 floors and they felt very short of breath when going up the stairs. They were experiencing mould on the ceilings of all the upstairs rooms and in the kitchen. This was not only impacting their COPD but also their mental wellbeing. They were also struggling financially due to being out of work as a result of their help and receiving only Universal credit.

'SAM' was referred for an occupational therapist assessment with the aim to improve their ability to mobilise around the home. A stairs lift, a rollator and aids for their bathroom were supplied. A South Tyneside Homes referral was responded to within 10 working days and their team made repairs needed to rid the property of mould. A referral to Welfare Rights for a benefit check led to a PIP application being granted.

'SAM' was relieved to of felt supported with these issues and felt their mental wellbeing improved.

You can refer by calling us on 0191 432 9838 or emailing us at fcc.lifestyle@nhs.net.

You can also refer yourself via our website

<https://firstcontactclinical.co.uk/>