

Vital Signs

Welcome to Hampshire's Vital Signs for 2015, this year's report is based on two main themes: **Mental Health and Social Isolation, and Housing and Homelessness**. Both of these were identified as priority areas in our Vital Signs in 2014.

Vital Signs involves working with our neighbourhoods in new kinds of discussions about the issues facing our local communities. We combine

this information with national statistics, allowing us to create a clearer picture of where there is need, and to direct our attention and resources to these targeted areas and issues in our communities.

It isn't the final word, but an opportunity to spark discussion, encourage connections and inspire action. **Please join in the conversation.**

Find out more and take action

<http://www.hantscf.org.uk/community/vital-signs.aspx>

Building Better Futures

Motiv8 – helping young people to rebuild their lives



“Community Voice – You told us what you think, now read the results”

Local giving for local needs

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Society of St James

Welcome to the 2015 edition of Hampshire's Vital Signs

What is different in 2015?

As a Community Foundation that manages significant funds on behalf of local people, businesses, government and other charitable organisations, we want to ensure that the generosity of our donors is used effectively in areas where it is needed most.

Our Vital Signs work provides a full report every three years, with the next report scheduled for 2017. In the meantime we are publishing special reports based on the results of our 'community consultation' from 2014.

Last year Vital Signs identified mental health, isolation and homelessness, all issues which are closely linked, as priority areas for Hampshire. In this report we look at these three particular areas where community support is needed:

- Isolation amongst the older people
- Homelessness and its challenges
- Mental health and substance misuse

We take a closer look at these areas to understand some of the problems; how local people perceive them; and the views of local charity leaders who have given us their expert opinion.

The report provides feedback on the voluntary and community projects that our donors have supported over the last few years. This work has given us first-hand experience of some of the valuable support and services being delivered by the smaller, often volunteer led, local groups.

These groups are working on the frontline in our communities, tackling difficult areas of need, often on a shoe-string budget.



*Toni Shaw,
CEO HIWCF*

The report findings will be used to inform our grant making, allowing us to map trends and evidence outcomes against Vital Signs.

If Hampshire was a village of 100 people there would be...

(Hampshire has a population of 1,800,500 of whom 18.7% are over 65 and 18.5% are under 16)

49
men

51
women

19
people below age 16

19
people aged over 65

5
people suffering from depression

6
people with diabetes

48
people in good health

16
people who smoke

23
people estimated obese

13
pensioners
living alone

12
pensioners receiving
Pension Credit

8
young people
unemployed

24
people drinking more than the
safe recommended levels of alcohol

The Issues

Issues of housing and mental health are often interrelated. Homeless Link tell us that “Not having a home can make it harder for individuals to find a job, stay healthy and maintain relationships. With people often experiencing feelings of isolation, homelessness can also increase your chances of taking drugs or experiencing physical or mental health problems. Evidence suggests that the longer someone is in this position the more difficult it can become to get back on your feet. As someone’s problems become more complex, anti-social behaviour, involvement with the criminal justice system and acute NHS services become more likely.”

Social isolation amongst older people

“We have all felt lonely at some time in our lives. It can be a terrible, debilitating emotion. It can leave us feeling trapped and unable to cope. But thankfully for most of us, it is a temporary feeling: one which we suffer after a crisis or major change in our lives but which we are able, eventually, to overcome. Unfortunately this is not everyone’s experience. Research shows us that a relatively consistent proportion of older people experience chronic loneliness. Around 10 per cent say they are often or always lonely, and this proportion has remained the same throughout the past five decades.” **Age UK: Extract Alone in the crowd loneliness and diversity report.**

Community Voice:

*The Vital Signs survey 2015 highlighted that **23%** of survey respondents thought that dementia was a main mental health concern*

***11%** of survey respondents highlighted concerns about end of life care*

Voice of Community Champion:

“Support from organisations that have the knowledge and information on the social, emotional and financial wellbeing of those in need is essential to ensure the individual is assisted to learn the fundamentals of how to better manage their circumstances and the associated anxiety and social isolation which can impact on their lives.”

Lisa Rogers, Andover & District Mencap

Hampshire Stats:

- **13%** of pensioners in Hampshire live alone
- The New Forest has the highest single pensioner households in Hampshire at **16%**
- There are **243,372** people age 65+ in Hampshire
- An estimated **48,670** people over the age of 65 in Hampshire are experiencing mild loneliness, and a further **19,500** to **24,300** over 65’s are experiencing intense loneliness
- **85%** of Hampshire is defined as rural making access to services and support difficult for many

You told us...

“ My good health is starting to deteriorate because my hearing loss is increasing and I need to be able to access group support to stop me losing confidence and risking low self-esteem.”

“ My husband died in 2011 with a form of dementia and I felt so alone and helpless. I wasn’t aware of help available and I think much more is widely advertised and available now.”

Case studies

Community Support: Social engagement

Case study: Bursledon Lunch Club

The Bursledon Lunch Club has been running for 20 years and is managed by a local team of volunteers, who provide an affordable hot meal, companionship and afternoon entertainment for older people in the area.

Rhoda lives alone in Netley Abbey, a rural area and has been attending Bursledon Lunch club for the past five years. Having reached the ripe old age of 102, Rhoda wasn't getting out much and she was referred to the lunch club through Hampshire County Council's Community Independence Team. The team help older people to maintain their independence and reduce the likelihood of requiring Adult Services' care management involvement.

Rhoda said; "I like the food best at the lunch club, it is nice to have a home cooked meal. I think helping to prevent people from becoming socially isolated is really important."

Although Rhoda has one family member who lives nearby, she really values being picked up and dropped home again by the volunteer driver on the One Community bus. This is combined with a local coffee morning once a week and a monthly trip to the Halo Club for lunch and entertainment, which helps to ensure that Rhoda has companionship and something to look forward to on a regular basis.

Anne Wilson who runs the Bursledon Lunch Club said; "I started volunteering when I retired as I wanted something to do, little did I know how much time it would take but I have been running the club now for four years and enjoy helping other people."

Rhoda' story highlights just how important lunch clubs and community activities run by volunteers are, to help to prevent social isolation and support people to continue to live independently.



How local giving through HIWCF has supported the community

441 projects helping **56,477** older people with funding totalling **£809,245**

18,950 people have benefited from community activities which reduce social isolation.

Homelessness and the challenges

According to Public Health Southampton (2014) “People who have experience of sleeping rough or are living in hostels and night shelters have significantly higher levels of premature mortality, and mental and physical ill health than the general population. They often present with a ‘tri morbidity’ of physical illness, mental health problems and substance misuse, which can be both a cause and consequence of their homelessness.

The average life expectancy of a homeless person is 47 years for men and 43 years for women. This compares to 79 years for men and 83 years for women across the general population of England. Drug and alcohol misuse accounts for just over a third of all deaths and homeless people are over nine times more likely to commit suicide than the general population.”

Community Voice:

The Vital Signs survey 2015 highlighted that 31% of overall survey respondents had experienced or known someone that has experienced homelessness

The three main reasons highlighted for homelessness were breakdown in relationship with partner or family 64%, mental health 30% and eviction due to rent arrears 29%

Voice of Community Champion:

“Changes to the way society functions are inevitable, what matters is that there are safety nets and support systems for those less able. It is not a virtue to be intelligent, to have been born into a caring and capable family or to have good mental and physical health. The safety net is disappearing as there will be less social housing, less financial support, less help on prevention and helping people learn skills. Those of us who have had these benefits are challenged to care and support those who start life with more challenges and potential limitations.”

Carole Damper, CEO The Roberts Centre, Portsmouth.

Hampshire Stats:

- Hampshire has a homeless number of **1,443**. The highest number accepted as homeless and in priority need in Hampshire are in Portsmouth, Gosport, Fareham and Rushmoor
- **18%** of 16-25 year olds in the South East have had to sofa surf
- **15%** of the Hampshire population are supported by Housing Benefit
- **1,027** households are in temporary accommodation
- **£242,292** is the average price of a house in Hampshire making housing affordability difficult when the average salary is only **£26,446**
- The average rent for a 2 bedroom flat is **£875** per month, making private rental unaffordable for young people and many on low incomes

You told us...

“Young adults in poverty really struggle to find housing, can’t access deposits and are in competition for shared houses with students. The local rent paid by Housing Benefit does not cover all the rent, supported housing traps people on benefits as the rent is too high to be affordable if you start work.”

“My mother was very ill and threw me out at the peak of her illness.”

Community Support: Working together

Case study: Step by Step

James (22) was a former care leaver and from a young age he had been told he had an Autistic Spectrum disorder, but when Step by Step supported him to gain a formal diagnosis, he was also diagnosed with a severe language disorder and dyspraxia which affects movement and co-ordination. His doctor also stated that he suffers from anxiety and depression.

James' behaviour was very chaotic and due to substance misuse issues and being in trouble with the authorities, he had found himself homeless. He had been 'sofa surfing' but due to his anxiety about not having stable accommodation or money, his mental health was deteriorating and he had experienced thoughts of suicide, self-harming and returning to crime.

Several housing options were explored, but there were concerns that James would not be able to sustain a tenancy. Youth AIMS (Step by Step's housing options service) sourced James emergency accommodation in a night shelter and a multi-agency meeting was arranged with Step by Step, Probation, Rushmoor Borough Council and James' speech therapist to discuss how James could be supported in the community.

Through working together, a bedsit was found with a private landlord who was understanding about James' individual circumstances. He was provided with a rent deposit which was funded by Rushmoor Borough Council and tenancy support with Step by Step was put in place, who assisted him to apply for benefits and maintain his accommodation while his mental health improved and he reduced his substance use. He has now sustained his accommodation for over a year.

James's story highlights how easy it is for young people with multiple issues to become homeless often leading to mental health problems and substance misuse.

**How local giving
has supported the
community**

£91,572 has supported **26** local projects to provide housing & homelessness support helping **1,594** people



Mental health and substance misuse

The Mental Health Foundation “Being mentally healthy doesn’t just mean that you don’t have a mental health problem. If you’re in good mental health, you can make the most of your potential, cope with life, play a full part in your family, workplace, community and among friends. Some people call mental health ‘emotional health’ or ‘well-being’ and it’s just as important as good physical health. Mental health is everyone’s business. We all have times when we feel down or stressed or frightened. Most of the time those feelings pass. But sometimes they develop into a more serious problem and that could happen to any one of us.”

Community Voice:

*The Vital Signs survey 2015 highlighted that **15%** of the survey respondents said that alcohol abuse and substance misuse was a major concern*

***21%** of respondents told us the cause of the homeless situation that they knew of was related to an addiction*

Voice of Community Champion:

“Many of our service users progress well in the service to the point that they are ready to enter a rehab programme. To achieve this they need to be making a real effort to not use alcohol or substances and this can often be difficult to maintain when they are living in accommodation with other service users who are still very engaged with their alcohol or substance use.”

Dee Russell, Society of St. James

Hampshire Stats:

- In Winchester and Southampton drug offences are much higher at **5** people per 1,000 than the national average of **3** people per **1,000**
- **751** people were resident in a hostel or supported accommodation
- Hospital admissions for alcohol are **50%** higher in Rushmoor and Portsmouth compared to the rest of Hampshire
- **68,156** hospital bed days were allocated for mental health
- **91,561** people in Hampshire currently suffer from depression

You told us...

“My daughter has suffered with depression and low self-esteem leading to bulimia and later alcohol abuse”

“I have found access to some services that have been very useful. However finding the services can be a challenge and I do not believe they are always as accessible as they could be.”

Case studies

Community support: A life transformed

Case study: Society of St James

Kevin has been supported by The Alcohol Accommodation-based Service which provides supported housing to adults with histories of long-term and dependent alcohol misuse. He came back to the service, on respite, after being exploited while living independently in the community.

"I'm here for about a year. I had a flat of my own but I was being pestered by two people and so gave my flat up. My circle of friends robbed me blind. They kept stealing from me and stealing my food. I was trying to help them out the best I could but they kept robbing me so I said, "no".

New Road Substance Misuse Service sorted it out for me to get a place with St James. The staff are nice. I've made lots of new friends living in group accommodation. I feel safe and secure.

I have got company all the time. It makes me feel good about myself. I'm putting weight on now. I was diagnosed, when I was 30 years old, with schizophrenia. Living on my own I missed my medication. That could give me flashbacks, nightmares – things like that. Not nice. I now take my medication every day.

They've cut down my drink. Cut me down quite a lot really. When I was on my own I was drinking a lot more than that. I didn't eat nothing, not properly.

I'm looking forward to getting my own flat again. I'm saving up at the moment, so I can buy some new stuff for the flat. I started painting when I was in detox in Portsmouth. I spend my time doing it. Helps relax me. If I am frustrated or I am upset I can paint a picture like how I feel. I like painting; it's better than drugs."

Kevin's story highlights just how important supported housing services are to help people to manage their addictions and maintain a tenancy.



How local giving has supported the community

In the last three years we have seen a **275%** increase in grant funding for projects where the primary beneficiary is people with mental health difficulties.

£65,149 has supported 38 local projects to provide support to 8,628 people suffering with mental health difficulties

Hampshire's key statistics



Arts, Culture & Heritage

Hampshire has a wealth of amenities which attracts tourism worth almost £3 billion annually to the Hampshire economy. Each year Hampshire is visited by 4.3 million staying visitors and a further 37 million day visitors.



Education and Learning

5% of the working age population of Hampshire have no qualifications. However, 65% of school pupils achieved 5+ (A-C) GCSE's in 2014 with East Hampshire (75.4%), Hart (75.1%) and Eastleigh (74.3%) achieving results greatly above the national average of 63.8%.



Environment

Hampshire is in the top ten of the largest counties by land area, covering approximately 1,400 square miles. 85% of Hampshire is defined as rural and over a third of the county's area is within National Parks or Areas of Outstanding Natural Beauty.



Fairness & Equality

Within Hampshire, there are inequalities between areas. Havant has the highest percentage of residents living in the 20% most deprived areas of England and Hart is the least deprived area in the Country.



Healthy Living

Mortality rates in Portsmouth, Rushmoor and Gosport rank in the top 100 poorest areas in the country. Obesity levels are in line with the England average of 23%, however when we drill down we find that Gosport (29%) and Havant (27%) are significantly higher.



Housing and Homelessness

Overall, Hampshire (0.66 per 1,000 people) has a much lower level of homelessness than the national average (0.97). However, Portsmouth (2.2) and Gosport (1.98) are ranked in the top 22 districts nationally for levels of homelessness.



Local Economy

In Hampshire, 86% of the resident working age population is economically active, in line with the South East and above the national average (82.9%).



Safety

Overall, criminal offences over the past year are down by 3.18% in Hampshire, better than the national average of 1.16%.

A Hampshire road which forms part of a four-mile stretch of the A36 in Totton has been deemed the second most dangerous road in the UK.



Strong Communities

Hampshire and the Isle of Wight has a strong voluntary sector with 12 volunteer centres supporting an estimated 10,900 charities and community groups.



Work

Average earnings are £508.57 per week which is below the South East average of £517.40. 46% of the working age population are employed in the classification 'Knowledge Occupations', typical examples may include physicians, architects, engineers, scientists, public accountants, lawyers, and academics.

Hampshire's key Vital Signs statistics

Vital Signs Themes	Number of grants by theme 2007 to Summer 2015	£ Grants distributed by theme 2007 to Summer 2015
Arts, culture and heritage	92	£239,520
Environment	34	£93,443
Fairness and equality	412	£921,704
Healthy living	715	£1,666,453
Housing and homelessness	26	£91,572
Learning	180	£573,097
Local economy	8	£33,568
Rural	14	£31,913
Safety	44	£109,008
Strong communities	737	£2,005,010
Transport	110	£55,683
Work	99	£314,388

If you would like to get involved

The Foundation changes peoples lives for the better. We help to build stronger, safer communities by encouraging local giving to target need and deprivation. We enable individuals, families and companies to support their local community in a rewarding and cost effective way.

By giving to your community you will enrich the lives of local people for generations to come.

Volunteering

Find out how to volunteer in your local community and give your time to help those in need. There are many different reasons for wanting to be more active in your community; to help others, to overcome a loss, to learn something new or perhaps to meet new people.

Alternative ways to support your community or a good cause

If you want to help your local community but don't have lots of spare time to help run a charity or to volunteer, you could consider setting up a fund with a Community Foundation instead.

The Community Foundation can help you to:

- work out how your local community needs support
- identify local groups that are already meeting these needs
- decide how to use donations most effectively
- provide personalised grant-making solutions

Methodology, contacts and source links

<http://www.hantscf.org.uk/community/vital-signs.aspx>

Both data provided in this report has been sourced via the data analytics website Placeanalytics.com or through local and national government, NHS and sources detailed below. All information is considered accurate as of September 2015.

Qualitative and quantitative data was obtained from local individuals who completed the survey, providing a valuable source of information to evaluate the community's opinions, values and priorities. The survey was available online via Survey Monkey and was completed by 969 respondents.

The demographic data provided the following profile of survey respondents:

- 23% aged 18-44
- 46% aged 45-64
- 29% aged 65+
- 77% having lived in the county over 25 years
- 92% White British
- 64% Female

The information included here should be considered a snapshot and only analyses a limited amount of the available data. If you have any queries or believe any information in this report to be incorrect, please contact marketing@hantscf.org.uk

Any quotes or opinions from individuals have been obtained via consultation and a community survey conducted by the Community Foundation. In-depth Interviews were also conducted with Step by Step, Andover & District Mencap, The Roberts Centre and the Society of Saint James.

DATA PROTECTION ACT 1998

Thank you for taking part in this survey. The information you supply will be stored electronically and used by us to inform further work on Vital Signs. We will not publish individual responses without permission or supply personal information to third parties.

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The Community Foundation serving Hampshire and the Isle of Wight is a registered charity (number 1100417) and limited company (4534462).

Vital Signs UK is an initiative of UK Community Foundations

VitalSigns[®]
Community foundations taking the pulse of
Canadian communities.



Vital Signs is a community philanthropy guide from your local Community Foundation that measures the vitality of our communities and identifies significant trends in a range of areas critical to quality of life. Vital Signs is supported by UK Community Foundations.

We would like to thank all those who generously gave their time, knowledge and experience to complete the online survey to provide our 'community voice' and contributed to the publication of Vital Signs report for the Hampshire and Isle of Wight Community Foundation.



Links to data source:

Mind Report: <http://www.mind.org.uk/news-campaigns/news/minds-response-to-the-national-confidential-inquiry-into-suicide-and-homicide-annual-report>

Age UK: <http://www.campaigntoendloneliness.org/wp-content/plugins/download-monitor/download.php?id=195>

Royal College of Psychiatrists: <http://www.rcpsych.ac.uk/healthadvice/problemsdisorders/debtandmentalhealth.aspx>

Homeless Link: <http://www.homeless.org.uk/facts/understanding-homelessness/impact-of-homelessness#sthash.TnNXmPKS.dpuf>

Centrepont Hidden Homelessness Poll: http://comres.co.uk/wp-content/uploads/2015/02/Centrepont___Hidden_Homelessness_Poll.pdf

Public Health Southampton (2014): http://www.publichealth.southampton.gov.uk/Images/Homeless%20profile_apr2014.pdf

LET'S SPARK DISCUSSION, ENCOURAGE CONNECTIONS AND INSPIRE ACTION!

If you would like to know more about Vital Signs, please contact:

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