HELP IN A NUTSHELL

www.healthempowermentgroup.org.uk/help_nutshell.php

This section brings together key components of the HELP approach.

1. Overview of HELP. By Brian Fisher
This short paper provides a succinct explanation of the HELP approach, its origins, the kinds of results it has obtained, its links with policy, the costs and benefits of a local project and the evidence it draws on. For fuller evidence see item 8

2. The seven step model. The simplified chart of stages used to guide HELP projects from initial contact with residents and front-line staff through to a fully functioning resident-led neighbourhood partnership. The explanation of the stages is in the accompanying papers, especially item 7.

3. Case study 1: The Beacon Estate, Falmouth. The original experience, going back to 1995, which led to the formulation of the ‘C2’ seven-step model for developing a neighbourhood partnership. The Beacon project continues to flourish and develop and network with new projects.

4. Case Study 2: Townstal, Dartmouth. The initial stages of a more recent project, developed since 2009 and now part of the HELP network and continuing to develop.

5. HELP in 16 slides. Subtitled ‘Dynamic community wellbeing’ the slides provide in bare outline the key concepts underlying HELP’s approach to producing multiple outcomes - reduced health inequalities, responsive services, behaviour change and benefits to other public services.

6. Emergence of the HELP fieldwork model. By Hazel Stuteley and Richard Parish. The account of how the ‘C2’ method on which HELP is based emerged from the early projects and was further analysed by researchers at Peninsula Medical School in terms of complexity theory.

7. Commissioning a local HELP project. This brief paper sets the HELP fieldwork method in the context of negotiating a local project, pointing to why this is a more dynamic way of approaching public health. Fuller explanation of HELP’s approach to public health are in items on the Public Health White Paper and Outcomes Consultation in the Project Papers section of this site.

See also:

8. The ongoing HELP Literature Search in the Project Papers section of this site, by Brian Fisher. A wide sweep of succinctly summarised evidence for the health effects of community development and social networks.