



Alexandra Guy

Job Title: Strategic Partnerships Lead
Locality: Greater Manchester Wide
Project Title: Exploring Living Environments and Mental Health Outcomes



Project Aim

I have dedicated my career to the housing and social care sector, and I firmly believe that our comprehensive understanding of the individuals we support positions us uniquely to collaborate with the NHS in addressing health inequalities and developing truly preventative models of community-based care. This initiative begins with the generation of essential data to create cross-sector solutions. I am particularly passionate about exploring the intersection of poverty, mental health, and access to services, and I used this focus as the foundation for my project.

What did I do?

I collaborated with The Big Life Group, a local charity commissioned by the NHS to provide community-based mental health support across Greater Manchester. In partnership with their Informatics team, I conducted an analysis of treatment outcomes from their Manchester and Stockport services. The team converted postcode data into IMD deciles, which I then compared with overall recovery rates, as well as specific recovery rates for the Manchester and Stockport services. Additionally, I conducted interviews with leaders from various mental health charities across Greater Manchester.

What did I learn

The data revealed that individuals residing in lower IMD areas are less likely to be successfully discharged from the service, whereas those in higher IMD areas have a higher likelihood of successful discharge. This finding underscores a clear connection between housing and health, indicating that the current anti-poverty and multiple disadvantage strategies in Greater Manchester, which primarily focus on improving access to services, can be further enhanced. Whilst at a system-level, policies and processes are in place to ensure people in poverty can access services, individual factors – like where someone lives – can influence how they experience services, too.

What happens next?

I am honoured to have been selected as a Core20PLUS5 Ambassador, as part of the National Healthcare Inequalities Improvement Programme. Through this project, I aim to employ a systems-change approach to identify opportunities for, and barriers to, collaboration by engaging with housing and health professionals at various levels of the system. This initiative will hopefully enable me to better understand and develop solutions to some of the barriers I have encountered during this process.

Has this changed how you work?

The Fellowship has deepened my understanding of how leadership can drive systems change, while my enhanced public health knowledge has improved my ability to communicate with professionals from diverse backgrounds. I now have a greater appreciation of the challenges and barriers faced by our NHS partners and understand how to effectively collaborate with them and identify key stakeholders for engagement. In the coming months, I will be working with The Big Life Group and Home Group to enhance staff knowledge of public health and help them better identify opportunities for collaboration with NHS partners.

To read more about Alex's journey, scan the QR code below



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