

London Fields Neighbourhood Insight Report 2025

Healthwatch Hackney
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Introduction

This presentation summarises the [2025 London Fields Insight Report](#) by [Healthwatch Hackney](#). It highlights demographics, health outcomes, service access and community assets, outlining strengths and challenges to guide services in reducing inequalities for local residents. For detailed data, analysis and links to local services, please use above link to full report.

Neighbourhoods Way of Working

Building Better Local Systems

Collaborative Approach

Residents, services, local authorities and community groups work together to improve health and well-being, placing residents at the heart of decisions so services meet local needs and priorities.

The Three Pillars

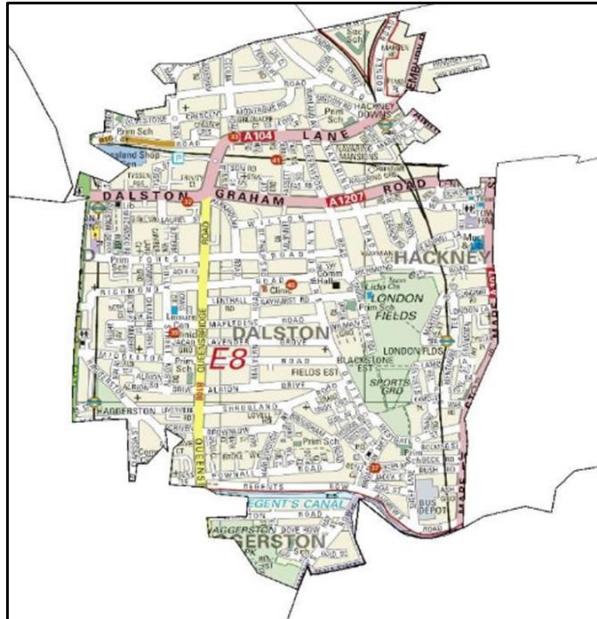
The 2025 [Neighbourhoods Staff Handbook](#) supports staff in adopting place-based approaches through the pillars:

1. Resident at the Centre
2. Working Together
3. Knowing Your Neighbourhood.



About London Fields:

Demographics & Context



Population & Diversity

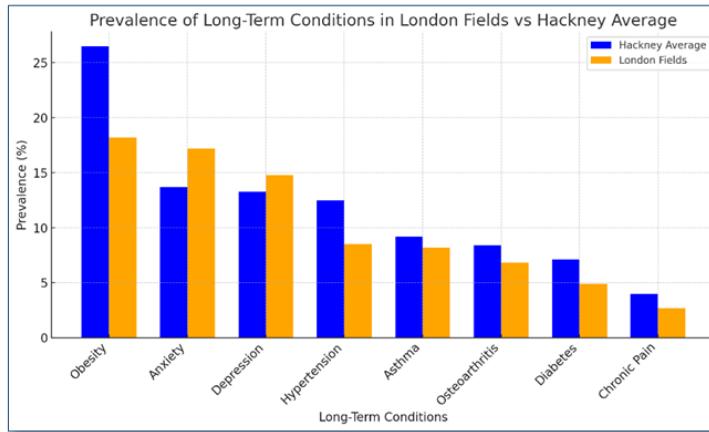
- 45% of residents are aged 25–39 (higher than borough average)
- 14% are under 18 (lower than Hackney average)
- 6% are 65+ (similar to borough average)
- 21% are rare or infrequent internet users (digital exclusion risk)
- 78% speak English as main language; 5% have limited English

Housing & Deprivation

- 25% live in the most deprived quintile
- Only 7% live in the least deprived quintile
- Nearly three-quarters rent (social or private)
- **Issues:** overcrowding, damp, disrepair, temporary housing

Key Health Outcomes & Conditions

Physical & Mental Health Landscape



Source: NHS NEL Intelligence & Insights Team (Dec 2024)

Long-Term Health Conditions (LTCs)

Long-term conditions (LTCs) are common, especially in older and more deprived groups

Most prevalent (QOF 2024–25):

- Obesity: 18.2%
- Anxiety: 17.2%
- Depression: 14.8%
- Hypertension: 8.5%
- Asthma: 8.2%
- Osteoarthritis: 6.8%
- Diabetes: 4.9%
- Chronic Pain: 2.7%

Rates for anxiety and depression are slightly higher than the Hackney average.

High-Intensity GP Users

3,037 residents are high-intensity users:

- 3,037 residents (highest in Hackney)
- 29% have 3+ LTCs
- 53% live in most deprived quintile
- 7.5% are housebound

Voices from London Fields: Resident Experiences

Combining Data with Lived Experience

Experience with Health Services

- 76% feel confident managing their health (above City & Hackney average of 71%).
- 46% have discussed “what matters most” with a healthcare professional

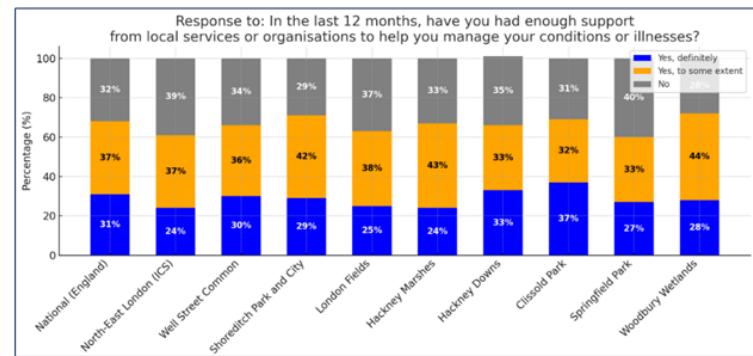
“A very lovely, caring and attentive team... fast and polite service.” – Richmond Road Medical Centre

“My Doctor is great. Always listens to me and respects the knowledge I have about my conditions.” – Sandringham Practice

Case Study: Lloyd's Story

- 70-year-old with multiple LTCs, including Post-Traumatic Stress Disorder (PTSD), diabetes and depression
- Struggles with online systems, prefers phone and face-to-face support
- Reconnected through Together Better sessions:

“I'll use digital services if I have to... if they're simple and easy, if I'm helped to use them and if I'm given the choices.”



Source: Support with Long-term Conditions by Neighbourhood (iPSOS GP Survey 2024)

Health Inequalities

Addressing Disparities

Children & Young People

- 13.5% of population under 18
- 22% Year 6 obesity rate (slightly below borough average)
- 25% eligible for free school meals
- 5% of children in Troubled Families programme
- CAMHS access waits remain long
- Neurodiversity needs increasing



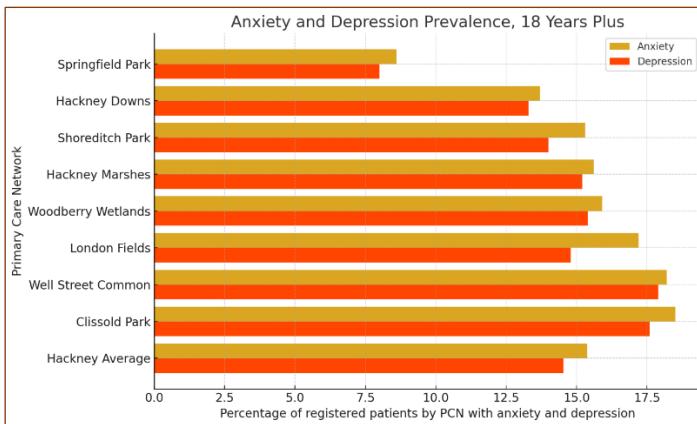
Older People & Digital Exclusion

- 6.8% of residents are 65+
- Many live alone in deprived areas, increasing isolation risks
- **Digital exclusion compounds barriers:**
- 21% of residents are rare/infrequent internet users
- Older people report difficulties with GP apps and e-consults
- **Risks:** missed appointments, delayed prescriptions, exposure to fraud/misinformation

Support: IT classes at the [Marie Lloyd Centre](#), help residents build digital confidence but face-to-face options remain vital.



Access to Mental Health Services



Source: [NHS Quality and outcomes Framework \(QOF - Dec 2024\)](#)

High Prevalence and Demand

- Depression: 14.8% of registered patients (QOF)
- London Fields recorded 93 new referrals per month in 2024; caseload peaked at 484 (2nd highest in Hackney)

*"Holding out for a referral just made my son worse."
– Hackney parent*

"It was only after a crisis that I found out what services were available." – Patient at Together Better

Barriers

- Long waits, digital exclusion, stigma, inconsistent crisis access
- Limited awareness of NHS 111 'Option 2' mental health crisis line

Access to GP & Pharmacy Services

Primary and Community Care

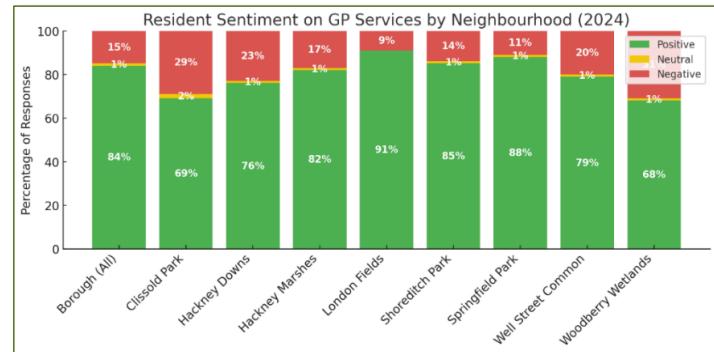
GP Access

- 66% say it's easy by phone
- 46% via practice website
- 47% via NHS app
- 69% report positive GP access experiences overall

Pharmacy Services

- 5 community pharmacies in London Fields
- **Issues:** medicine shortages, inconsistent EHC availability, reliance on Google Translate

"I had to bring my teenage son with me to translate, which was embarrassing." – Hackney Pharmacy User



Source: Overall Patient Sentiment: Healthwatch Hackney GP Experience Report (2024)

Sexual and Reproductive Health (SRH)

Hackney, including London Fields, has among the country's highest STI and HIV rates, particularly in young adults. Local SRH services (online home testing, walk-in clinics, pharmacy EHC) aim to be inclusive and accessible.

Barriers for Young People

Young people face confidentiality, awareness & convenience concerns. Targeted youth clinics, digital mapping tools and participatory education aim to address SRH barriers and improve access.

Young people commented:

"I wouldn't go to my GP for stuff like that – it's too awkward, especially if your parents go there too."

"It's hard to know what's out there – no one talks about it..."

"Some places just feel off – like you're being judged..."

Support:

- **Local services:** [Health Spot Clinic](#), [Clifden Centre](#), [Positive East](#), [36 pharmacies](#) with condom/EHC provision
- [Interactive SRH map](#) launched in 2025



Neighbourhood Assets and Community Services

Voluntary & Community Sector (vcs)

- [Hackney Quest](#) – youth mentoring and family support
- [Hackney Playbus](#) – early years play
- [Idia's Community Kitchen](#) – food bank and hot meals
- [An Viet Foundation Lunch Club](#) – culturally specific support
- [Coffee Afrik](#) – African heritage health inequalities work
- [Shelter Hackney](#) – housing advice
- [Hackney Foodbank](#) – 6 sites across borough



Social Prescribing

- 502 referrals in 2024 (slightly below average)
- Residents report reduced loneliness and better access to services

In 2024, 502 residents were referred, mainly for:

- Mental health
- Social isolation
- Financial challenges



Challenges & Opportunities



Challenges

- Highest number of high-intensity GP users in Hackney
- Mental health demand and long waits
- Poor housing conditions and financial hardship
- Digital exclusion and language barriers
- Youth obesity, SRH access and poverty

Opportunities for Improvement

- Expand [NHS Talking Therapies](#) & NHS 111 'Option 2' awareness
- Strengthen digital inclusion projects ([Marie Lloyd Centre](#), GP champions)
- Build cross-sector housing and health partnerships
- Promote [Interactive SRH map](#) and pharmacy outreach
- Scale up [social prescribing](#) and peer networks

Conclusion & Next Steps

- Young, diverse neighbourhood with high deprivation
- Highest number of high-intensity GP users in Hackney
- Mental health needs high, with long waits for support
- Children face poverty, obesity and neurodiversity challenges
- Digital exclusion and language barriers affect older and minoritised groups
- Community assets are strong but awareness is uneven
- Stronger partnerships, inclusive services and active resident engagement remain essential

