

Waddington Street Centre or 'Waddy' to its friends, is a place based mental health service situated in Durham City. We are a community committed to mutual support, kindness and hope. Our services are aimed at anyone who is struggling with their mental wellbeing. WSC is a safe space where members, volunteers and staff work together to make recovery possible. Through the provision of a wide range of services, we aim to support personal development and recovery, reduce isolation and combat social exclusion. We seek to provide a welcoming, relaxed, sociable and caring atmosphere where everyone is respected and valued as an individual.



Waddington Street Centre Limited is a Company registered in England limited by guarantee
Company No. 2330506,
Charity Registration No. 701514
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Waddington Street Centre

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WSC is a member of:



September 2023



**Did you
know?.....**

 WADDINGTON STREET
CENTRE

.....SOME MENTAL HEALTH FACTS AND FIGURES

1 in 4 people will suffer some form of mental health problem during the course of their lives (*Royal College of Psychiatrists*)

Individuals with serious mental illness (SMI) have a reduced life expectancy of approximately 10 -25 years compared to the general population (*de Hert et al 2011*)

By 2030 mental health problems (particularly depression) will be the leading cause of mortality and morbidity globally (*The World Health Organisation*)

Living alone, compared to living with others, increases the risk of depression by 42% (*Wu and others 2022*)

Individuals who are socially isolated are between two and five times more likely than those who have strong social ties to die prematurely (*Marmot Review 2010*)

.....AND IN COUNTY DURHAM (CIRCA 520K POPULATION)

There are over 4,600 people registered with GP's with a diagnosis of mental illness*

148,000+ people live in poverty, around 29% of the population**

51,000+ have a common mental disorder, e.g. anxiety and depression**

23,000+ with 2 or more psychiatric disorders, e.g. schizophrenia and bi-polar**

1,300+ hospital stays for self harm**

Between 2019 and 2021 the suicide rate was significantly higher (15.8) than the England average (10.4) per 100,000 population***

.....AND THE LINK TO SOCIAL ISOLATION AND LONLINESS

Around 19% of County Durham's population is aged 65+**

Around 20% of County Durham's older population are 'mildly lonely', 11% are 'intensely lonely'***

Public Health England estimates that 7% of the 18-64 population is socially isolated, for Co Durham this is around 22,000 people**

*Taken from the
*Joint Strategic Need Assessment within the
County Durham Joint Health and Wellbeing
Strategy 2016-2019 and,*

***All the lonely people: Social isolation and
loneliness in Co Durham' – DCC Public
Health Report, 2014*

****Durham Insight website -
www.durhaminsight.info*