



## **The Role of Advice Services in Health Outcomes**

**Wednesday, 4 November 2015, 16:30**

**Room W1 – Houses of Parliament (off Westminster Hall)**

### **Agenda**

- 16:30** Welcome and introductions: Debbie Abrahams MP, APPG Chair
- 16:35** The Lord Low of Dalston CBE: The role of advice services in health outcomes
- 17:05** Discussion and next steps for the All Party Parliamentary Group
- 17:30** Close

### **About the Low Commission**

[The Low Commission on the Future of Advice and Legal Support](#) was established to develop a strategy for access to advice and support on Social Welfare Law in England and Wales. The All Party Parliamentary Group on Health in All Policies is delighted to welcome Lord Low to present the findings of the Low Commission's evidence review and mapping study, [The Role of Advice Services in Health Outcomes](#).

The report shows how the right welfare advice in the right place produces real benefits for patient health, especially where advice services work directly with the NHS and care providers. It presents clear evidence that early, effective welfare advice provision results in better individual health and well-being, lower demand for health services, and in addition addresses health inequalities highlighted in the [Marmot Review 2010](#).

The effects of welfare advice on patient health are significant and include: lower stress and anxiety, better sleeping patterns, more effective use of medication, smoking cessation, and improved diet and physical activity. These findings are important in the context of addressing the wider social determinants of health and suggest that stronger collaborative working across a range of sectors is required.

In particular, there is demonstrable evidence that when advice and health sectors work more closely and strategically to meet advice needs this contributes to reducing health inequalities. Direct commissioning of welfare advice services within specific health settings is most effective as it targets the most vulnerable within settings which they trust and where their specific health needs are understood.