

Supplementary File 1: Description of the *Well London* intervention

Delivery of the *Well London* programme was coordinated by the London Health Commission (at the Greater London Authority) and conducted in partnership by: London Sustainability Exchange (LSx), Groundwork London, Central YMCA, Arts Council England, South London and Maudsley NHS Mental Health Trust (SLaM), and the University of East London.

Each of these delivery partners led a key theme of the programme (themes outlined below) and also coordinated delivery of projects by the other partners in three to four of the target neighbourhoods. This local delivery was organised in collaboration with a local co-hosting statutory or voluntary sector organisation with knowledge about, and experience of working with, the community in that specific area.

The main aims of the *Well London* programme were to:

- Improve mental wellbeing by increasing user-involvement in the design and running of projects, developing preventative approaches for common mental health problems, tackle stigma to change community perspectives of mental health and positively promote mental health;
- Increase levels of physical activity by focussing on the most sedentary individuals, promoting incorporation of physical activity into daily routines and improving the ability of communities to organise and run activities that provide opportunities to take part in physical activity;
- Increase levels of healthy eating by increasing access to healthy foods and increasing knowledge of healthy foods and improving food skills.

The *Well London* programme was comprised of five main components:

- An extensive community consultation and engagement process at the beginning of the intervention (including using World Cafe methodology[25] to identify the needs of the communities living in the target neighbourhoods and separate Appreciative Inquiry Workshops[26] to design a suite of projects specific to the needs of each community);
- Ongoing community engagement and community-led assessment of the Well London activities, throughout the intervention;

- Heart of the Community Projects were the core of the community engagement approach; they developed links within the communities to increase participation in, and access to, *Well London* activities and provided training, volunteering and employment opportunities to residents;
- Themed projects focussing on: culture and tradition; healthy eating; mental health and wellbeing; physical activity; or open spaces;
- The Well London Legacy, to encourage sustainability and maintenance of activities beyond the end of the intervention funding.

Table S1: Description of the *Well London* projects

Project title	Project description	Delivery lead
Heart of the Community Projects		
CADBE	Consultation, assessment, design, brokerage, enterprise - includes community cafe needs assessments and appreciative inquiry workshops for design of suite of intervention projects that comprised the initial community engagement activities	University of East London
Training Communities	Training on a variety of topics to support delivery of the other <i>Well London</i> projects by residents in the LSOAs e.g. Facilitation, community engagement	South London and Maudesely NHS Mental Health Trust
<i>Well London</i> Delivery Teams	Training for local volunteers in each LSOA to act in a similar role to NHS Health Trainers - to support people to develop healthier lifestyles through signposting to increase uptake of local services and peer support; the delivery team also act as advocates in interactions with local service providers	London Sustainability Exchange & Central YMCA
Youth.comUnity	Engaging young people to be actively involved in decision-making in their local community and in transforming the community to improve health and wellbeing - youth ambassadors were recruited and trained in each LSOA	Central YMCA
Wellnet	<i>Well London</i> learning network for communities and professionals in London to share practice ideas and experience of delivering community-led interventions for improving health and wellbeing - it is not limited to delivery partners or areas involved in <i>Well London</i>	London Sustainability Exchange
Active Living Maps	Maps of facilities and opportunities for healthy activities/lifestyle e.g. Maps show sports facilities, parks, allotments - made for each LSOA and delivered in paper format to all residents	Groundwork London
Themed projects		
Eatwell	Healthy cooking classes (Cook and Eat) and Community Feasts to provide engaging education about healthy eating and good nutrition	London Sustainability Exchange
Buywell	Working with local retail outlets and with local community members to improve access to affordable healthy food that is sustainably produced	London Sustainability Exchange

Project title	Project description	Delivery lead
Activate London	Range of activities for both young people and adults to engage in physical activity; this involves one or more of: signposting to existing local facilities and activities, capacity building by providing training to residents to run physical activity sessions in the LSOA, or direct delivery of e.g. taster sessions and courses and joint initiatives with residents and other providers	Central YMCA
Be Creative, Be Well	Arts activities are used to engage residents in the LSOAs in a process of change to improve, health, wellbeing, community cohesion and the environment; uses intercultural and intergenerational approaches	Arts Council England
Changing Minds	Recruits and trains local residents who have direct experience of mental ill health to deliver awareness training in the LSOAs to reduce stigma and discrimination	South London and Maudesely NHS Mental Health Trust
DIY Happiness	Uses humour, creativity and positive psychology approaches to increase psychological resilience; workshops of 8 participants, targeted at women	South London and Maudesely NHS Mental Health Trust
Healthy Spaces	Improve physical environments through development of community gardens and allotments and re-development of greenspaces and greenery	Groundwork London
Mental Wellbeing Impact Assessment	Local residents are trained to understand, assess and demonstrate the impact of projects, activities and organisations in the LSOA on mental wellbeing	South London and Maudesely NHS Mental Health Trust