



January 2026

# North Kensington Health and wellbeing survey findings



THE ROYAL BOROUGH OF  
KENSINGTON  
AND CHELSEA



## Background

The North Kensington Health and Wellbeing survey was developed as part of the commitments made by the Council following the publication of the **Journey of Recovery Needs Assessment**.

The main aim of the survey was to monitor the impact of the Grenfell Tower tragedy on the North Kensington community. The survey also aimed to assist the Council in improving its understanding of residents' health, wellbeing, social situation and satisfaction with services – information not otherwise available from existing data sources such as GP appointment data.

The findings from this research feed into the Grenfell Recovery Programme and the **2024 Grenfell JSNA**, which support how the Council and its partners assess, plan and respond to health and wellbeing need within the community.

## Method

Between 2019 and 2023, almost 7,500 adult residents were surveyed. Equal numbers of residents were invited to participate, from households selected at random from six areas of North Kensington, each defined by location to Grenfell tower (e.g. 0–200m, 201–400m, 401–600m).

### The survey covered:

- ✓ General Health
- ✓ Wellbeing
- ✓ The Grenfell Tower tragedy
- ✓ Use of services
- ✓ Demographics

This survey did not capture the experience of children, nor did it ask residents to provide details of their physical or mental health conditions.

The survey questions were based on questions from disaster research, validated questions from UK surveys and questions developed with input from Imperial College London. Residents were also asked about their personal characteristics. For example, they were asked their age, sex, ethnicity and social circumstances such as housing type, income, employment status. This was to help us understand residents' health, wellbeing and the impact of the tragedy by personal characteristics.

All residential homes in the five North Kensington wards (and the Edward Woods estate in Hammersmith and Fulham) were eligible to take part

The main measure of the survey was resident life satisfaction. At the outset of the research, it was expected that life satisfaction among residents living closest to the tower would be lower, but over time this would improve, suggesting signs of recovery.

### What the survey can do

- Tell us how life satisfaction is different across North Kensington (by distance from the tower), how this has changed over time and who has most likely experienced low life satisfaction, for example those in poorer health.
- Shows how health and wellbeing varies across North Kensington. It also highlights the extent and types of impact from the tragedy. In addition, it looks at residents' satisfaction with areas such as housing and income. These findings would, however, need further research to confirm.
- Reflect the impacts of the tragedy and of the COVID-19 pandemic in residents' own words.



## What the survey can't do

- Represent the North Kensington community as a whole. It instead indicates how health, wellbeing, the impacts of the tragedy and residents' social situations vary across North Kensington in areas defined by distance from the tower.
- As each year's survey is a 'snapshot' and does not follow the same people over time it is difficult to say that any increases or decreases in health, wellbeing or impacts of the tragedy mean that things got better or worse. It may reflect different people being sampled each year, including those who weren't living in the area at the time. Because of this, the council is keen to engage with you on the findings to see which feel right.
- The survey cannot direct where services need to be provided based on distance from the tower. The use of proximity bands was made to assess the spread of impact, but it is recognised that local people were impacted in different ways depending on a range of circumstances (including proximity to the tower, experience of the tragedy and personal circumstances).

## Findings

### Grenfell

People living closest to the tower (within 200m) consistently reported the lowest life satisfaction scores. However, this was not directly linked to being affected by the tragedy or to proximity alone. Instead, low scores were mostly given by those in fair or poor health — and more of these residents live near the tower.

- ✓ Over time the per centage of those reporting being affected by the tragedy reduced from 55 per cent to thirty six per cent
- ✓ Among those living within 200m of the tower, 72 per cent reported being affected by the tragedy in Year One, 2019, reducing to around 51 per cent by the end of the survey, 2023.
- ✓ Among people who were living in the area at the time and witnessed the tragedy, a similar proportion reported being affected overall (63 per cent), but the figure was much higher for those living within 200 metres of the tower (79 per cent), suggesting that closer proximity increased the impact.

Women were more likely to say they had been affected by the tragedy compared to men. Those living outside of the 0-200m radius of the tower and those living alone were less likely to report this.

People from a Black or Minority Ethnic background may also be more likely to have been affected, especially those of 'Other' ethnicity. Those living in the area at the time, who saw it happen were also confirmed as more likely to be affected than those that were not and did not.





Of the four negative impacts assessed, the most common was distress or anxiety caused by the tragedy. By the final year of the survey, 10 per cent still felt this ‘a bit’ or ‘a lot,’ rising to 20 per cent among those living within 200m of the tower. Over time, the percentage of people feeling any of the four impacts ‘a lot’ fell from 11 per cent in 2019 to just one per cent in 2023, mainly among those closest to the tower.

The drop in the percentage of people affected may suggest recovery. However, it could also be because fewer respondents over time were living in the area during the tragedy and saw it happen. This group fell from 57 per cent in 2020 to 37 per cent by the end of the survey.

Residents expressed a lot of sadness and frustration, with many saying that ‘more could be done’ by the Council. Seeing the tower was often mentioned as a negative experience, and some called for it to be taken down. On the positive side, people spoke about a stronger sense of community, pride in that community, and closer relationships with family.

*“It was so sad and now I can see the building out my window which is a reminder to me. I wish they would take the building down.” - North Kensington Resident*

*“The community came together and that was the only good thing to happen.”  
- North Kensington Resident*

## Health

Most respondents reported they were in good health (78 per cent) and most report their health was the same or better than the previous year (84 per cent). In addition, 63 per cent felt confident they could manage issues with their health when they arose, and 54 per cent felt satisfied with the level of support from Health and Social Care Services, 'always' or 'most of the time'

Respondents living closest to the tower were more likely to report their health as poor and that their health had worsened since the previous year. However, they were as satisfied as other respondents that health and social care professionals were there to support them.

The survey data did not show that those living closest to the tower had a higher tendency to smoke, consume higher levels of alcohol or take less than the recommended weekly physical activity. However, respondents in this area were less likely to feel able to maintain a healthy lifestyle such as eating a healthy diet, even at times of stress – 51 per cent compared to an average 64 per cent reporting this.

*"The main thing was the impact it's had on my life and having to find coping skills for my general health"*

- North Kensington Resident



## Wellbeing

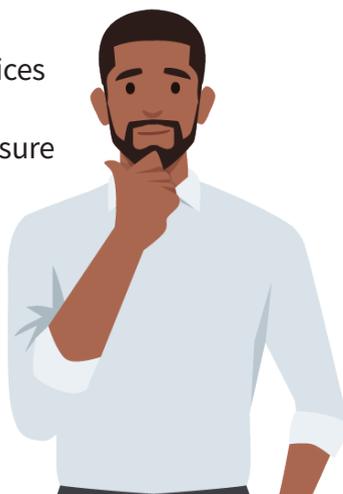
Respondents living closer to the tower were consistently more likely to report low levels of life satisfaction, life worthwhile and happiness scores, as well as higher anxiety scores compared to other respondents. However, detailed analyses indicate low wellbeing and high anxiety scores may be due to the higher levels of poor health in those areas. Anxiety could also be linked to higher levels of unemployment in these areas.

With the exception of anxiety in 2021, proximity to the tower itself and reporting being affected by the tragedy were not found to be associated with low wellbeing or high anxiety.

Respondents living within 200m of the tower were less likely to be satisfied with their income, the quality of their housing and their access to transport and green space compared to those in other parts of North Kensington. In addition, those living closest to the tower reported having the lowest levels of optimism and least likely to feel in control of their lives compared to others. On the other hand, those living closest to the tower were as likely to report feeling as supported by health and care professionals and more likely to report having opportunities to get involved with their local community compared to other survey respondents.

## Use of services

Respondents were asked about the services and activities that they found helpful for their health and wellbeing. Gyms and leisure centres as well as exercise and sports were consistently ranked highly.



## Sense of community

Around 57 per cent of respondents agreed they felt a sense of community with others in their neighbourhood and a similar percentage agreed that people around them were willing to help friends and neighbours. This did not seem to vary between those living closest to the tower and those living elsewhere in North Kensington.

Those affected by the tragedy expressed resilience to the tragedy as a deep personal commitment to the area and a strengthened sense of community (and pride in this).

## The impact of global events (COVID-19 and increases to the costs of living)

While the data does not suggest those affected by the tragedy or those living closest to the tower were affected more by the COVID-19 pandemic, it did show that those living closest to the tower were more likely to be shielding due to being vulnerable. There was a slight increase in the percentage of respondents stating they still felt the negative impacts of the tragedy 'a bit' or 'a lot' during the 2020 and 2021 survey. This perhaps suggests spending more time close to the tower during the lockdowns prolonged associated negative impacts.

There was no suggestion from the survey that those affected by the tragedy were more likely to be worried about the rising costs of living or to be struggling financially in either 2022 or 2023. However, slightly higher percentages of those living within 400m of the tower reported struggling financially compared to those living in areas of North Kensington further from the tower.

## Next steps

The results of this research will be shared with the community through engagement sessions.

Residents will be invited to respond to the findings and to help co-develop how the Council conducts future research to monitor the impact of the tragedy and the health and wellbeing needs of the population of North Kensington.

The Public Health team is also seeking to commission an academic body to provide expert advice on future surveys and research to ensure the Council is using best practice to capture and represent local need in the future.

For further information on the Population Health Monitoring Programme, or to get the full report please contact

[publichealthdepartment@rbkc.gov.uk](mailto:publichealthdepartment@rbkc.gov.uk)

or visit [www.rbkc.gov.uk/grenfell-public-health](http://www.rbkc.gov.uk/grenfell-public-health)



## English

Information from this document can be made available in alternative formats and in different languages. If you require further assistance please use the contact details below.

## Arabic

يمكن توفير المعلومات التي وردت في هذا المستند بصيغ بديلة ولغات اخرى. إذا كنت في حاجة إلى مزيد من المساعدة، الرجاء استخدام بيانات الاتصال الواردة أدناه.

## Farsi

اطلاعات حاوی در این مدارک به صورتهای دیگر و به زبانهای مختلف در دسترس می باشد. در صورت نیاز به کمک بیشتر لطفاً از جزئیات تماس ذکر شده در ذیل استفاده کنید.

## French

Les informations présentées dans ce document peuvent vous être fournies dans d'autres formats et d'autres langues. Si vous avez besoin d'une aide complémentaire, veuillez utiliser les coordonnées ci-dessous.

## Portuguese

A informação presente neste documento pode ser disponibilizada em formatos alternativos e em línguas diferentes. Se desejar mais assistência, use por favor os contactos fornecidos abaixo.

## Somali

Macluumaadka dokumentigan waxaa lagu heli karaa qaabab kale iyo luuqado kala duwan. Haddii aad u baahan tahay caawinaad intaas dhaafsiisan fadlan isticmaal xiriirka faahfaahinta hoose.

## Spanish

La información en este documento puede facilitarse en formatos alternativos y en diferentes idiomas. Si necesita más ayuda por favor utilice la siguiente información de contacto.

To contact us please email

[PublicHealthDepartment@rbkc.gov.uk](mailto:PublicHealthDepartment@rbkc.gov.uk)