

Reflections from our previous Healthy Lives Interns....



<i>Name:</i>	<i>Alexandra Eastaugh</i>
<i>Current role:</i>	<i>Assistant Analyst</i>
<i>Interned in:</i>	<i>Healthy Lives team in 2019</i>

When did you become a Health Foundation Intern?

I joined **the Healthy Lives team in October 2019** where I joined the analytical sub-team which worked on building the evidence around the **wider determinants of health** – these refer to the social, economic, environmental and commercial influences that impact health outcomes.

What did you do?

During my time at the Health Foundation **I've worked on many of the different areas and really expanded my knowledge surrounding the wider determinants of health**. I have **supported analytical work of my team as well as co-authoring two long reads on impacts of the pandemic**, producing a map live on the website showing how healthy life expectancy varies by local authority across the UK and managed funding research. I have also had the chance to be **involved in more reactive work responding to external publications**.

Which skills did you develop during your internship?

During my time at the Health Foundation I have not only developed **analytical abilities in working on a wide variety of datasets but also been able to work on other skills**. These include both **written and verbal communication, creating narratives around analysis, management skills and research**.

Within the internship there is a **good focus upon career development** and opportunities to **work with other teams**, making each experience have a degree of flexibility to what you are interested in. **I would recommend this to anyone interested in developing analysis in social and economic policy**.

Name: Isabel Abbs

Interned in: Healthy Lives team in 2019

Why did you become a Health Foundation Intern?

I joined the Health Foundation after completing my MSc in Public Health. After a fixed-term role in UK policy and advocacy at a charity that worked on migrant access to health care, **I wanted to learn more about how expert non-governmental organisations influence policy.**

In **November 2019, I joined the Healthy Lives team, whose work relates to the wider determinants of health** – the social, economic and environmental conditions that influence someone's chances of living a healthy life. **Policy in this department is not health policy, but rather all aspects of social, economic and environmental policy, with a focus on how these can be best shaped to give people a good chance of living healthily.**

What did you do?

I worked mainly on the **ways in which businesses and economic conditions (like pay and jobs) can influence health.** This included a wide range of projects. **I was given responsibility for project management tasks** on a major funding programme, which gives funding to local authorities so that they can shape their local economic development work in a way that's good for health and health inequalities. **I co-authored a major research report and a variety of blogs and published essays** (we call them long-reads) on topics including **how COVID-19 is impacting health inequalities in the UK.** I also completed smaller research projects on our **policy recommendations to Government.** Other than my work in Healthy Lives, I got involved with work on how Foundation can improve as an organisation - for example, how we can be **more environmentally sustainable.**

What did you enjoy most as an intern?

This experience has given me **fantastic exposure to the work that goes into policy in a leading organisation within the health and care sector in the UK.** I have received **excellent support from my line manager and from staff across the Foundation,** who are committed to **helping interns develop** and to explore that areas they are most interested in.

There's been a good focus **on career development,** and I have been able to attend several conferences that have deepened my understanding of the sector. The internship has helped me to further **develop my skills in project management, research, analysis, stakeholder management and writing for a variety of audiences** across the policy space. **I would recommend it to anyone interested in working in health and social policy.**

Name: Robert Williams

Interned in: Healthy Lives team in 2017

Why did you become a Health Foundation Intern?

I joined the Health Foundation after finishing my MSc in Global Health. **The Health Foundation has been the perfect place to explore my interest in health policy further and develop my knowledge too.** At the Health Foundation, I joined the **Healthy Lives Team where we work on promoting the social determinants of health agenda.** Having studied the social determinants of health as part of my MSc, I was very excited to apply what I had learnt at university into action.

What did you do?

Over the 9 months I **greatly developed my policy knowledge in health and across many other social policy areas** including employment, economic strategies, transport and education. It also allowed me to deepen my understanding of **how policy is made** and how as an independent organisation you can **influence and lobby the Government** and Opposition to **deliver change.**

Additionally, as an intern I was trusted to take on **a range of responsibilities and even represent the organisation at external events.** I have had the opportunity to work on a number of important and exciting projects, including a report on the **UK's progress towards the Sustainable Development Goals and on the Young People's Future Health Inquiry.** The report I contributed to **was launched in Parliament** by the Former First Minister of Scotland, while I have also had a number of blogs published and worked on an **infographic series** too.

What have you gained from the internship?

There are also opportunities to attend many **conferences and talks.** My work has allowed me to develop a range of skills including **research and analysis, writing and verbal communication, and organisation skills.**

A key part of the internship scheme is the **mentoring and training you are provided.** This ensures you are able to develop and **get the most out of your work.** They are also **support you in thinking about career development** and due to the **vast knowledge of the staff** are able to assist you in many different ways.