



Inspire!

**Social Impact Report
2014 - 2017**



About Inspire!

Our Inspire! project supports young people who are experiencing difficulties or going through a tough time by getting them involved in activities that inspire them.

Our aim is to provide evidence-based community centred interventions, which make a positive difference to young people's lives and reduces pressures on the Child and Adolescent Mental Health Services (CAMHS).

The Inspire! project uses creative ways of improving young people's health and wellbeing by connecting them to support services and activities within their communities.

Each young person is supported through a one to-one wellbeing review (community navigation) to develop a personalised plan based around the '5 Ways to Wellbeing'. They also have access to social prescribing and volunteering opportunities.



252

children and young people benefiting from the project

100%

from low income families

88%

considered disadvantaged

25%

with disabilities

What we do

Wellbeing Enterprises works with a variety of partners as well as within the community to attract and engage with young people who could benefit from the Inspire! project.

Our main referral partner is CAMHS and over the last 3 years, **59.2%** of young people have been referred over from CAMHS practitioners.

Young people are contacted within **48 hours** of referral so that an immediate intervention can be made and the young person has access to our community navigation and social prescribing services, including:

Skills4U

An opportunity for young people to learn practical life skills to build their confidence, self-esteem and relationship skills. Skills4U helps young people learn how to deal with difficulties and techniques to improve wellbeing.

Your Story

Workshops focusing on the skills and talents of young people so they can share their skills with others. Your Story workshops help young people to further

explore and develop their talents and then express their emotions through storytelling. These stories are then showcased at local schools, youth clubs and the community to raise awareness of mental health issues.

Volunteering

Young people have access to volunteer workshops and training programmes so that they are equipped to become ambassadors or wellbeing champions. Volunteering gives young people the chance to support others and give back to their community.



Our Outcomes and Impact

Social Value

252 children and young people accessed local support in Halton in order to work on their challenges and barriers	→	£240,710
252 children and young people accessed training and workshops in order to enhance their skills and creativity	→	£332,640
57% of children and young people seen a significant increase in their confidence during their time with Inspire!	→	£585,216
69% of children and young people seen a significant increase in their health and wellbeing	→	£932,362
58% of children and young people seen a significant decrease in depression and 54% seen a decrease in their anxiety symptoms	→	£1,501,331
25 children and young people undertook regular volunteering, becoming ambassadors or wellbeing champions	→	£75,540

Total Social Value

£3,667,799

Social Return on Investment

1 : 45.9

For every £1 invested into Inspire!, a social value of £45.90 was generated

Cost Savings

Through the Inspire! project, Wellbeing Enterprises generated **£507,568** in costs savings to the public purse.

Cost Savings are measured through identifying the benefits to the state from delivery of social outcomes and shows value for money to public services (Cost Benefit Analysis).

The Cost Benefit Ratio is 1 : 6.35, which means that for every £1 invested into the Inspire! project, a saving to public finance of £6.35 was generated.

Costs to public finance of a person suffering from depression are reported as £2,038 per year.

NHS service provision for people suffering from depression and anxiety disorders is reported as £977 per person per year.

NHS community provision for young people suffering from mental health is reported as £167 per contact per person.

With 136 young people observing a reduction in their depression and anxiety symptoms and 146 young people reporting significant improvements in their mental wellbeing, an estimated saving to overall public finance of £507,568 has been generated.



Social Impact and Cost Savings

Social Impact	Value
Advice and Guidance	£573,350
Volunteering	£75,540
Health and Wellbeing	£3,018,909
Total	£3,667,799

Cost Savings to Public Spend	Value
Youth Services	£97,528
Mental Health Services	£410,040
Total	£507,568

For every £1 invested, a social return of £45.90 was generated

For every £1 invested, a saving to public finance of £6.35 was generated

First Ark worked with Wellbeing Enterprises to:

- Use the Wellbeing Enterprises' Theory of Change to determine activity undertaken within the business and the outcomes generated through these activities
- Apply a Social Impact Framework using Social Return on Investment (SROI) principles and guidance
- Determine the outcomes and attach the relevant values
- Use the HACT Value Insight tool to attach wellbeing values
- Use a variety of published data sets, such as NHS Reference Costs to determine cost savings in public finance

Referenced values and data sets used throughout the social impact and cost savings statement include:

- HACT Value Insight – Wellbeing Tool
- NHS Reference Costs 2015/2016
- Improving Services for Young People An economic perspective, Catch 22
- King's Fund 2008: Paying the Price, The Cost of Mental Health Care in England

Peter's Story

Peter was working with CAMHS after he had expressed at school that he wanted to hurt himself. He was referred over to Inspire! specifically for support with his confidence and self-esteem. At his first appointment, Peter was extremely shy and nervous and hesitant to answer any questions about himself or his ambitions. He expressed that he found it difficult to sleep and felt depressed and hopeless.

Peter and his Community Wellbeing Officer (CWO) worked together to develop a wellbeing plan around his goals and aspirations, which included meeting more young people, developing his confidence and improving his social skills.

Peter attended our Archery course and our Living Life to the Full course, where he was able to work with other young people, enhance his skills and learn how to build routine into his life.

When he completed his wellbeing plan, Peter had a follow-up appointment and was noticeably more confident and happier. Peter has now taken up guitar lessons and attends his weekly football training.



"After my appointment, I felt better as I had spoken with someone who wanted to help me enjoy things. I feel that I can go to other groups now because I know it's not that scary. Living Life to the Full has helped me to focus on the good things that I have going on."

What our participants and partners say about us

"I work as a Senior Nurse Practitioner in CAMHS and have used the Wellbeing Enterprises service regularly for the young people that I have assessed. They have found the service very helpful and it has helped them move on with their problems and develop confidence and improve self-esteem. I would recommend this service to any young person and their family in the future as I feel it helps improve their mental health."

Jeannette Makin, Senior Nurse Practitioner

"I have always felt alone with my anxiety and by speaking with you and being around other young people; this has helped me manage my symptoms. I am feeling happy again."

Young Person

"I really struggled at the beginning attending courses as I did not like other people's company. However, a volunteer helped me find new ways of coping with depression such as being creative and expressing emotions."

Young Person

Canal Boat Project

"Working together is so positive for young people, providing them with time to have fun, relax, enjoy time together and share new experiences. It also enables us through working together in partnership to measure the impact on the young people's wellbeing and support them with what they need."

"I have always been angry about being bullied at school and felt anxious about going in each day. I now feel able to manage this through learning mindfulness and acceptance."

Young Person

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