



Wellbeing<sup>®</sup>  
enterprises

# The Inspire Project

YEAR THREE  
EVALUATION REPORT

The **Inspire Project** is a three-year Children in Need funding initiative which has supported children and young people in Halton to improve their health and wellbeing levels.

Inspire is co-designed and co-delivered with children and young people and includes:

### **One to one support with a dedicated Community Wellbeing Officer**

Children and young people can discuss anything that is bothering them, as well as the things that make them smile, or which they hope to achieve. Together, they make a plan to achieve goals which includes connecting to a range of support services on offer locally, undertaking health promoting activities and learning new skills.

### **Access to a wide range of educational and social inclusion activities**

Throughout the Covid-19 pandemic these activities have been available online and include life skills training, music production, DJ classes and mindfulness sessions.

### **Peer support opportunities and volunteering**

Children and young people who have engaged with the service could join an online Wellbeing Network, where they have an opportunity to play a hands-on role in the development of the Inspire Service, such as choosing topics for courses. They also learn top tips for improving wellbeing and have been sharing these with their friends and family.



# In total we provided support to 758 children and young people in Halton this year.

We adapted our services so we could remain open throughout the Covid-19 pandemic by switching our provision to online and telephone support. We completed the following:



**359 people received 1 to 1 holistic wellbeing assessments**, in which we devised wellbeing plans together and provided community navigation support.

**Provided outreach support to 537 people** who were known to our services.

**Worked in partnership with 25 children and young people** remotely on the service.



**Worked in partnership with 24 local and regional organisations** as well as participated in a Covid-19 task group to coordinate efforts.



**Delivered 28 social prescribing courses online** to 234 children and young people.

**Distributed approximately 400 wellbeing packs** and self-help resources

## Age ranges helped:

0-4	0
5-9	0
10-15	264
16-18	494

## Benefits reported:

- 53%
 had a significant reduction in depression levels
- 71%
 had a significant improvement in wellbeing levels
- 63%
 had a significant improvement in confidence levels

## CASE STUDY

# Child B who lost their father to Covid-19

Child B referred himself to the Inspire Service after a friend recommended it. In their one-to one wellbeing appointment with the Community Wellbeing Officer (CWO) Child B spoke about the difficult feelings they had been having after losing their father to Covid-19. They said they had lots of emotions which included feeling sad a lot of the time, but also feelings of anger and frustration. The whole situation was made worse because they could not go back to school and live a 'normal life' owing to the government lock down restrictions.

The CWO listened attentively to Child B talk about their feelings and explained that these feelings are totally normal when a person loses a loved one, they are close to and that this is called a grieving process.

The CWO arranged for Child B to access support from an organisation that specialises in bereavement, and in the meantime, the CWO worked with Child B to develop a wellbeing plan which would focus on self-care during this difficult time.





**“I miss my Dad a lot, and I will always be sad about that, but I am glad I have my family and people who are helping me and I am looking forward to going back to school eventually”.**

For child B, the things that were important to them was eating breakfast every morning, along with regular meals as they explained this helped them with their feelings, because when they were hungry the feelings sometimes felt worse. They also liked to go for a walk in the park close to where they lived as they liked to get fresh air.

Over time, Child B decided they would like to attend some of the online social prescribing courses available on the Inspire service and they particularly enjoyed the virtual safari sessions, as they said it was interesting to learn about wild animals. They also enjoyed the Living Life to the full course and accompanying booklets which taught practical life skills and self-care strategies.

Child B is doing well on his journey towards wellbeing, and he now volunteers virtually as part of the Inspire Project and enjoys telling people about his top tips for wellbeing during lock down. “I miss my Dad a lot, and I will always be sad about that, but I am glad I have my family and people who are helping me and I am looking forward to going back to school eventually”.

# What we have learnt throughout the Covid-19 pandemic

Children and young people initially told us how frightened they were of the Covid-19 situation. Over time this worry evolved to include concerns about school work, exams, social isolation and concerns about family members and elderly relatives. One young person said “Just knowing you [The Inspire Service] is here to talk to helps me feel better”.

## “Just knowing you’re here to talk helps me to feel better”

Working remotely with our children and young people volunteers we redesigned our services to provide online and telephone support. One young person who we will call ‘Shelley’ was initially signposted to us by her school. She was finding it difficult to relax at home with so many distractions, especially from her younger siblings. Working together her Community Wellbeing Officer, helped her develop a wellbeing plan to help her cope with her situation. As part of this, she received a set of bibliotherapy self-help books - called Living Life to the Full which had lots of coping strategies. She also developed a rota in her bedroom so she could enjoy some time alone without her sister being present. Shelley also attended some of our wellbeing activities online, including the virtual safari sessions, which she said were a “big boost” to her mental health.





We partnered with a wide range of organisations at the request of children and young people to offer a diverse range of courses including sleep and relaxation, mindfulness, zoology, song, and music writing. One young person said “I look forward to these courses every week. They’re a really good laugh”.

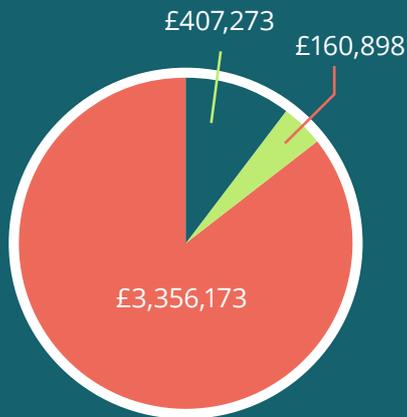
Our outreach work involved contacting children and young people who had received our support previously, to check in to see if they were okay. As a result of this we were able to support an additional 138 children and young people to access wider wellbeing support owing to personal issues which may not have come to light otherwise.

Children and young people told us that they enjoyed learning problem solving and goal setting techniques. Also information about the five ways to wellbeing and exploring ways to achieve these during lock down. One young person who we will call Daniel said “I’ve learnt that it is okay to ask for help” after being worried about his Nan during lock down and his confidence levels falling”. His mum said “letting Daniel have someone to talk to about his worries is really helping him, he is starting to see himself in a positive light which is amazing to see”.

**“Letting Daniel have someone to talk to about his worries is really helping him, he is starting to see himself in a positive light which is amazing to see”**

# Inspire Year Three Impact

## Social Value



- Advice and guidance
- Training and volunteering
- Health and wellbeing



The total social value achieved because of the project was **£3,924,344**



For every £1 invested, the social return on investment for the project was **£109.87**

## Cost Savings



- Reduced NHS costs due to improvements in wellbeing, training and volunteering
- Reduced NHS costs due to reductions in depression and anxiety



The total cost savings for the public purse was **£575,843**



For every £1 invested, the cost savings for public finance because of the project were **£16.12**

### 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

\*Social impact figures calculated by First Ark

What are the activities undertaken by the business?	Description	Value in currency	Quantity	Source	Quantity times Value Less Dead weight and Attribution
	❗ What are the changes to the stakeholder?	❗ What is the value of associated with the change?	❗ How much change was there?	❗ Where did you get the information from?	
Provision of Local Advice & Guidance to children & young people	Children & young people are able to receive local advice & guidance around wellbeing and community navigation	1,194.00	758	HACT Value Insight - Wellbeing Tool	£407,273
Provision of training courses to support children & young people with life skills & wellbeing	Children & young people have a better understanding of Wellbeing and support available	1,528.00	234	Dolan and Metcalf 2008: Measuring subjective wellbeing for Public Policy	£160,898
Supporting children & young people to engage in activities / social prescribing	Children & young people see an improvement in their overall confidence levels	5,080.00	478	HACT Value Insight - Wellbeing Tool	£898,449
	Children & young people have a better understanding of Wellbeing and support available	13,396.00	402	HACT Value Insight - Wellbeing Tool	£1,992,521
	Children & young people feel less socially isolated and more engaged in their community	2,337.00	538	HACT Value Insight - Wellbeing Tool	£465,203
<b>Total investment</b>		<b>£35,179</b>	<b>Total Impact</b>		<b>3,924,345</b>
<b>SROI RATIO (For every £1 Invested)</b>		<b>£109.87</b>			

Activity	Stakeholders	Benefits	The outcomes				The impact
			Indicator	Value in currency	Quantity	Source	
❗ What are the activities undertaken by the business?	❗ Who are benefiting from these activities?	❗ What are the benefits to the Stakeholders?	❗ What are the changes?	❗ What is the value of associated with the change?	❗ How much change was there?	❗ Where did you get the information from?	Quantity times Value Less Dead weight and Attribution
Supporting Children & young people to improve their overall wellbeing through advice, guidance, training and coaching	NHS, including local trusts	Reduced costs on the NHS Services due to improvements in wellbeing of the young people engaged	Young people have better overall health & wellbeing	£2,038	538	Improving Services for Young People An economic perspective, Catch 22	£405,684
		Reduced costs on the NHS Services due to reductions in depression and anxiety of the young people engaged	Young people have reduced levels of depression and anxiety	£1,144	402	Curtis 2014: Unit Costs of Health and Social Care	£170,159
<b>Total investment</b>		<b>£35,719</b>	<b>Total Impact</b>		<b>£575,843</b>		
<b>SROI RATIO (For every £1 Invested)</b>		<b>£16.12</b>					



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