



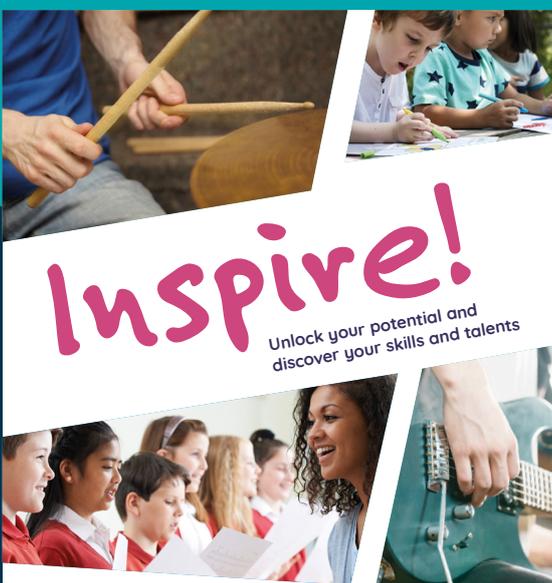
Wellbeing[®]
enterprises

The Inspire Project

YEAR TWO
EVALUATION REPORT

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

The project offers one to one support to overcome things that may be bothering them in their lives, as well as help to make positive changes to improve their wellbeing levels. The service also provides a range of educational and social inclusion activities and volunteering opportunities. Children and young people are in the driving seat of the Inspire project as they shape the services and activities available.



Inspire!
Unlock your potential and discover your skills and talents

The Inspire! service is delivered by Wellbeing Enterprises and funded by BBC Children in Need. The service is free of charge.

Are you unhappy? Experiencing difficulties at home or struggling with an issue at school? We're here to help! Come and have a friendly one-to-one chat with us. We'll work with you to develop a plan to tackle the issues that are bothering you, as well as help you to unlock your skills and talents so you do more of the things that make you feel good.

Here's how we can help:

Talk

Come and have a chat with us about the things that make you smile, as well as anything that might be bothering you

Connect

We provide a wide range of support. We can also connect you to hobby groups, relaxation sessions and like-minded people to share experiences and learn new skills together

Take Action

We provide training and support so that you can become a Wellbeing Mentor and share top tips with your friends and family about ways to

Wellbeing Enterprises help hundreds of young people every year to improve their wellbeing. Wellbeing means feeling good





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“The support has helped me to identify when I need to recharge my batteries and give some time to myself. It has also given me knowledge of local activities in the area that can help me”

“

“Being able to talk to someone has been a big support to me.”

“Just knowing there’s someone willing to listen has helped me feel like I’m not on my own with my problems. I was able to get the help I needed and now I feel like I can move forward again”

Inspire Support

In year 2 of the Inspire Project we supported 293 children and young people in the service.

Age ranges for 1 to 1 support:

0-4	
5-9	
10-15	227
16-18	55
19+	11

1 to 1 Wellbeing support services

We provided personalised wellbeing support to children and young people by helping them to develop their own personalised wellbeing plans to tackle the things that were bothering them, whilst also helping them do more of the things that make them smile. We connected children and young people to a range of support services in the local community including those provided by their schools or colleges.

The one to one support service helps children and young people to:

- Identify their problems and seek appropriate help
- Make a plan to improve their wellbeing and develop their capabilities
- Connect with friends and support services

Common themes for support amongst children and young people included: managing stress at school, coping with family separations, overcoming peer pressure and boosting confidence and self esteem.

Inspire Volunteers

We have supported 11 children and young people to become Wellbeing Champions who are undertaking health promoting activities within schools and the wider community. They teach others about the 5 Ways to Wellbeing* which evidence has shown can improve peoples health and wellbeing.

A Wellbeing Network meets once a quarter in which volunteers and beneficiaries can come together to share ideas and shape the direction of the Inspire Project.

Working in partnership with:

- Kops and Kids
- Young Addaction
- The Heath School
- The Grange Academy
- Saints Peter And Paul Catholic College
- Ashley High School
- Wade Deacon High School
- Knowsley Safari Park
- Windmill Hill Primary School
- Widnes Vikings Stadium



The 5 Ways of Wellbeing

Connect

Connecting with people around you; friends, family and neighbours

Give

Giving back to your community and yourself. Being kind to self and others

Be active

Being physically active is good for your mind and your body

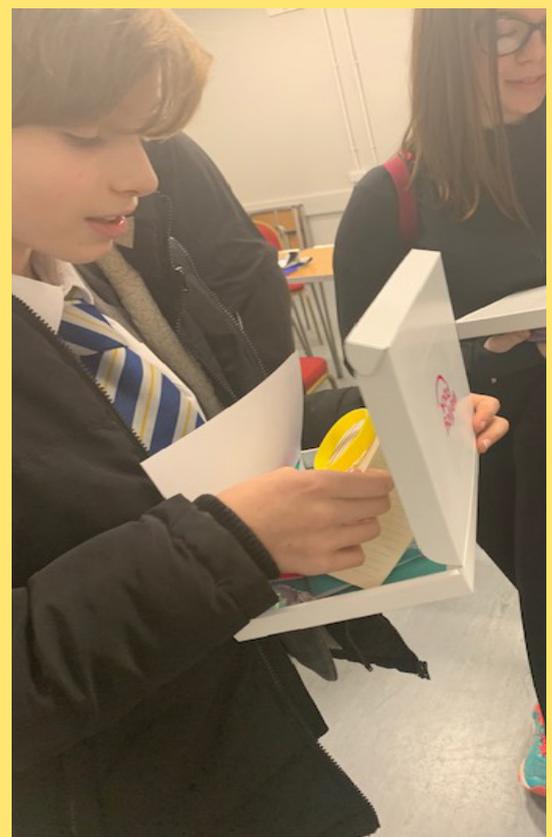
Take notice

Taking notice of the world around you and how you are feeling

Keep learning

Keeping your mind active throughout life is good for your health

(nef, new economics foundation)



Inspire Social Prescribing

We delivered 30 educational and creative courses including:

Circus Skills

A course in which children and young people learn fun skills like juggling and spinning plates while also putting in practice top tips to improve their own and other peoples wellbeing

Having a hoot

4 week course working with owls and learning top tips to manage stress and improve wellbeing

Wellbeing Booster

A course that supports children and young people to build confidence, manage stress and improve mental wellbeing

Living Life to the Full

A life skills training course for children and young people covering topics like challenging negative thinking, managing anger and problem solving skills

Archery & Wellbeing

A course that teaches the skill of archery and the power of focused attention to boost mental wellbeing

Rugby resilience

A physical activity course for anyone interested in rugby and team sports. The course also puts into practice top tips for positive mental wellbeing

Inspire outcomes measures:

59% of children and young people report significant improvements their wellbeing levels (measured using the SWEMWBS metric)

56% of children and young people report significant reductions in their anxiety levels (measured using the GAD7 metric)

58% of children and young people report significant reductions in their depression levels (measured using the PHQ9 metric)

Children and young people shared with us what they felt were their biggest achievements while accessing the Inspire service. These included:

-  Boosting their confidence levels by attending group activities and meeting new people
-  Learning coping strategies to manage stress
-  Achieving their wellbeing SMART goals
-  Helping other young people by teaching about the Five Ways to Wellbeing
-  Learning problem solving skills
-  Sharing their personal stories with others



Case Study

Rachel met with the Inspire Support Worker to talk about her feelings of anxiety which she had been experiencing for some time. Rachel believed the stress she was experiencing was related to pressures at school as she had been falling behind with class work. Rachel went on to explain that her confidence levels had been low for some time and she had become less engaged with the things she used to enjoy.

Together, Rachel and the Inspire Support Worker came up with a plan to overcome the things that were troubling her, and to re-engage with the things that made her smile. The Support Worker helped Rachel to access additional support services in school which helped alleviate some of the pressure she had been experiencing. Rachel was also helped to download some

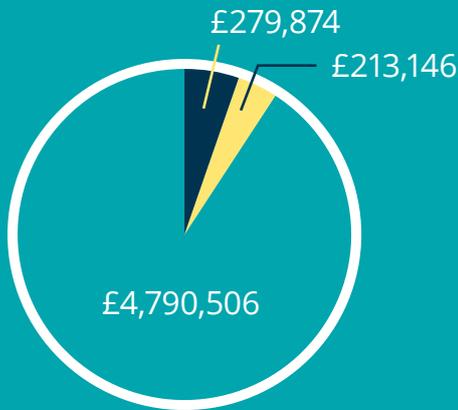
free relaxation apps that she could access on her mobile phone in her spare time to practice relaxation techniques such as controlled breathing which also helped to manage her stress levels.

Rachel enjoyed socialising, but hadn't been doing this as much recently. Rachel's Support Worker connected Rachel to local activities such as yoga and ta chi classes. Although Rachel was nervous to begin with, in time her confidence grew and she made many new friends and really enjoyed the activities.

Rachel is now a member of the Young Wellbeing Network and shares her personal experiences and her journey back to wellbeing as a way of helping other young people who are struggling.

Inspire Year One Impact

Social Value*



- Advice and guidance
- Training and Volunteering
- Health and Wellbeing



The total social value achieved because of the project was **£5,283,525**



For every £1 invested, the social return on investment for the project was **£147.92**

Cost Savings



- NHS
- Education
- Local Authority



The total cost savings for the public purse was **£783,525**



For every £1 invested, the cost savings for public finance because of the project were **£21.94**

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



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