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The Inspire Project

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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“I have learnt to be kinder to myself by using new strategies to help me feel good. I have also started reading again which helps me to relax.”

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“Talking my problems through with my Community Wellbeing Officer and being supported to focus on solutions has encouraged a conversation with my mum which has really improved my home life.”

Inspire 1 to 1 support

In year 1 of the Inspire Project we supported 93 children and young people in the service.

Age ranges for 1 to 1 support:

0-4	
5-9	
10-15	80
16-18	13
19+	

Inspire educational and social inclusion activities

We provided personalised one to one support to 93 children and young people which culminated in the development of personalised wellbeing plans and connecting them to appropriate support services.

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

- Get to the root of their difficulties and seek appropriate help
- Make a plan to tackle the things that are bothering them, as well as make small changes to improve their wellbeing
- Connect with friends, family and support services

Common themes for support amongst children and young people included: dealing with peer pressure, bullying, relationship problems, drugs and alcohol issues.

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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)

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Inspire Volunteers

We have trained 6 children and young people as 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:

- The Heath Secondary School
- Ditton Community Centre
- Brookvale Children Centre
- GP practices
- CAMHs teams

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“By learning new skills and ways of coping has enabled me to achieve the goals I set myself. I am so proud of myself for this and I know that I can keep moving forward and challenge myself more.”

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“I have gained more confidence from trying a new activity which I would not normally do. This has helped me feel more comfortable and at ease when being around other people.”



Inspire Social Prescribing

We delivered **5 educational courses** to 30 children and young people (CYP):

Explore the Arts

4 week creative art and wellbeing session, supporting YP to find ways to feel good through creative expression and connecting with others.

Wellbeing Booster

4 week course supporting CYP to build confidence, manage stress, and improve mental wellbeing.

Anti-gravity Yoga

6 week course supporting CYP to build confidence through learning new skills and being physically active.

Archery & Wellbeing

4 week course teaching practical tools and techniques to improve concentration, manage stress and learn a new skill in a supportive environment.

Cookery sessions

4 week course to teach CYP basic cookery skills, and maintaining a healthy diet on a budget.



Inspire outcomes measures:

- 68%** of children and young people report significant improvements their wellbeing levels (measured using the SWEWBS metric)
- 58%** of children and young people report significant reductions in their anxiety levels (measured using the GAD7 metric)
- 50%** 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:

-  Achieving their wellbeing goals
-  Feeling more accepted by others when they have connected with new people
-  Learning new skills by taking part in activities like Archery, Cookery and Yoga
-  Receiving praise at school or at home for good behaviour
-  Feeling supported to breakdown their problems into manageable chunks
-  Being able to make decisions about their own wellbeing





Case Study

Richard* accessed the Inspire service to seek help to overcome his anxiety difficulties, as he believed these were getting in the way of him being able to do the things in life that made him feel happy. He noted that his anxiety levels were affecting his attendance at school, his motivation levels and his ability to get a good nights sleep.

Richard shared his personal story with the Inspire Support Officer and how he believed his anxiety came about from the pressures of school. His workload had increased significantly and he was struggling to keep up. This had escalated more recently as his attendance at school had fallen low. He also explained that he believed his reading skills were below average and that this was having a big impact on his confidence levels.

Working with Richard the Inspire Support Officer helped him to develop a plan to overcome the challenges he was facing, as well as how he could take small steps to improve his wellbeing. Together they agreed to contact his school who were more than happy to offer extra curricula support to develop his reading skills and bolster

his confidence levels. They also developed some simple self help techniques to manage his anxiety levels, such as simple breathing exercises and taking walks in his local park which he used to enjoy but hadn't done for some time.

As Richard starting to make progress tackling the things that were bothering him, his confidence levels started to improve, and in time he felt ready to attend an Archery course run through the Inspire service. Richard really enjoyed outdoor activities and being in nature and he explained how Archery helped him to focus his attention more effectively and to reduce the time he spent worrying.

In follow up visits with his Inspire Support Officer, it was noted that his attendance levels at school had been improving, as had his ability to get a good nights sleep as his anxiety levels had reduced. Richard signed up for more courses and made many new friends by doing so. His next steps are to become a Wellbeing Volunteer and help other young people to take small steps to improve their wellbeing.

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 **£1,767,259**


 For every £1 invested, the social return on investment for the project was **£49.48**

Cost Savings



- NHS
- Education
- Local Authority


 The total cost savings for the public purse was **£322,491**


 For every £1 invested, the cost savings for public finance because of the project were **£9.03**

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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