

# 2020-21 End of Year Report

Wellbeing Enterprises CIC is a people powered and community powered social enterprise.

Our mission is to help people live happier, healthier, longer lives. We achieve this by developing peoples' strengths and capabilities; unlocking the assets and resources in communities that promote health and wellbeing, and also working with our partners to tackle the root causes of poor health.

This year we supported



+ 11,416 +

people in Halton, Knowsley, Liverpool, St Helens and Wigan

63%

Improved their wellbeing levels

59%

Reduced their depression symptoms

73%

Reduced their anxiety symptoms

## DEMOGRAPHICS

40% Male

60% Female

58%

Living with a disability

14%

5%

36%

29%

16%

● Full time

● Unemployed

● Students

● Part Time

● Retired

## AGE BREAKDOWN

Over 70

21%

60-69 yrs

16%

50-59 yrs

18%

40-49 yrs

10%

30-39 yrs

11%

20-29 yrs

9%

16-19 yrs

3%

Under 16

12%



## OUR ACTIVITY



8986

people received 1 to 1 practical and emotional support.



3661

Outreach calls were made



2418

Wellbeing packs distributed



1792

Bibliotherapy books mailed out



1506

Cuddly toys distributed to children



35

Online social prescribing courses delivered



## 15 Years of Wellbeing

To mark our 15th birthday this year, we donated a wellbeing pack bench in the boroughs of Halton, Knowsley, Liverpool, and St Helens. The locations were chosen by public vote.



## Covid-19 pandemic

Throughout the Covid-19 pandemic our staff and volunteers have played a pivotal role supporting those in need. This report summarises our achievements and impact to date. We would like to thank all our volunteers and partners whom we have worked with throughout this challenging time.

**Thank you.**

### Halton

**7062 people** received 1 to 1 support

Including **804 children** and young people living with mental health needs helped

Provided **6 cash awards** to 6 local people with ideas for social change

“

“Blown away, the support has been amazing, thoroughly recommend this service.”

### St. Helens

**624 people** with mental health needs supported

**80 cuddly toys distributed** to looked after children



“

“You’ve been really kind and thoughtful. I’m so glad I rang, thank you.”

### Liverpool

**785 people** living with and beyond cancer supported

“

“It feels really comforting to know that there’s someone there for me when I need it, who is there to listen.”

“Thank you for all your continuing support, help and advice through everything”

### Knowsley

**203 social housing tenants supported**

**125 wellbeing packs distributed**



“

“Lovely to see the difference you are making in our communities”

### Wigan

**312 people** with mental health needs supported

“

“I appreciate you so much, sometimes it feels like you’re the only organisation that cares”

“I feel like nobody ever listens to me, apart from you”