



# Ways to Wellbeing

YEAR TWO EVALUATION REPORT







## Key Achievements

**80** wellbeing courses and activities delivered

+ Tai Chi

+ Stress Less

+ Mindfulness

+ Vegetable Puppetry

+ Relaxation Sessions

+ Walk in Nature

+ Living life to the full

+ Virtual Zoology

+ Confidence Classes

**2090** telephone calls received

+ Medication runs

+ Food parcels

+ Loneliness

+ Benefits issues

+ Low mood / anxiety

+ Employment issues

+ Housing issues

+ Stress

**1277** wellbeing packs distributed

**247** bibliotherapy resources distributed

+ Living life to the full booklets

+ Self-help booklets

+ Soft toys

+ Food vouchers

+ Energy vouchers



# 1792 unique beneficiaries supported

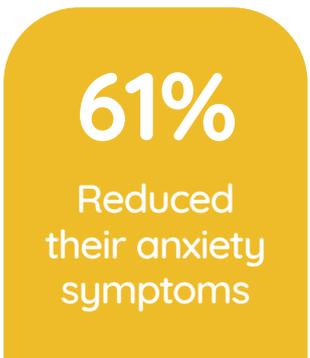
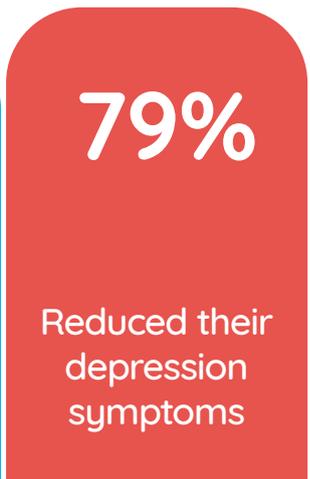
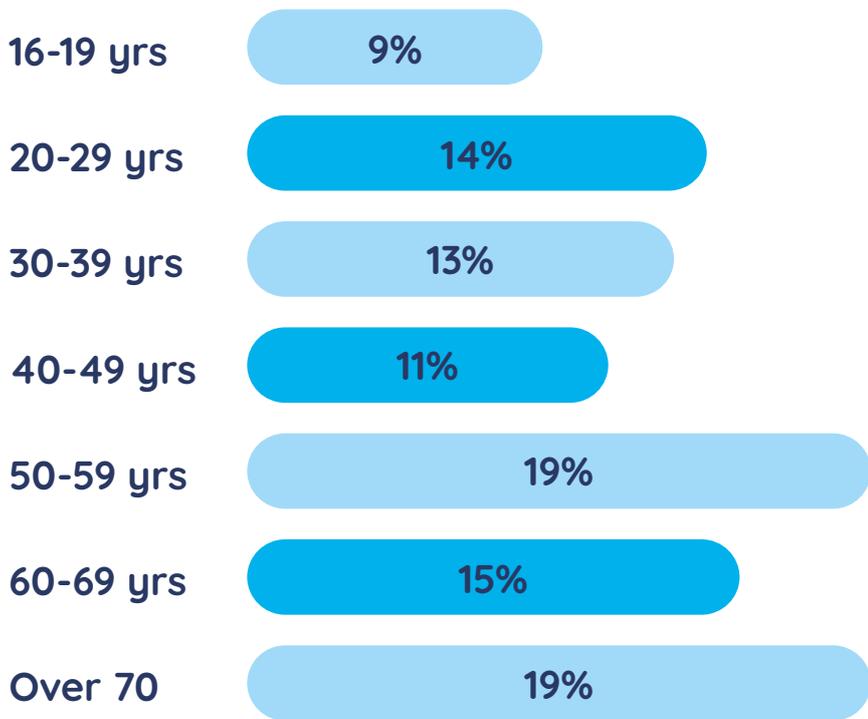
## Sex:



## Disability status:



## Age demographics:



## What participants said:

“I found the [Mental Health Boosting] course very helpful. It was a good support alongside my CBT and encouraged me to start looking after myself properly. Thank you so much and I look forward to doing some more courses with you.”

“These walks have really helped my mental health, to be able to socialise with other people has been a lifesaver”

“I am loving this [Sing Your Heart Out] course! So much fun, didn't think I could do it but I did!”

“The yoga course was amazing. Really took the stresses out of the day. Thank you so much, I always look forward to the Tuesday throughout the week!”





# Partnership Working

**53** Partner organisations collaborated

**19** Volunteers supported delivery

**7** New self-help support groups or community projects were helped to establish

# Participant Engagement

WE trialled new methods to engage with the community so they could play a role in the project's development during the pandemic:



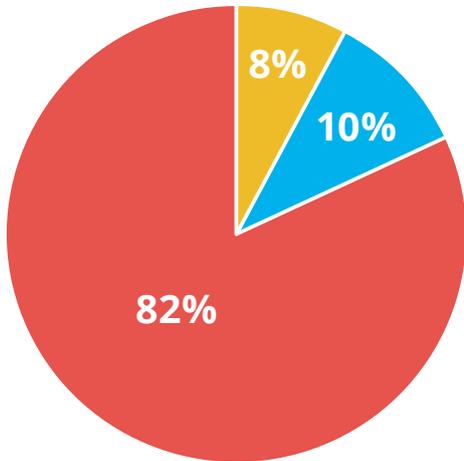
◀ 3 Twitter polls for the public to choose which courses they'd like to take place



◀ 4 Twitter polls for the public to decide which 'wellbeing treats' are funded in the community

# Year Two Impact

## Social Value



Advice and guidance **£641,894**

Courses, activities and support **£821,453**

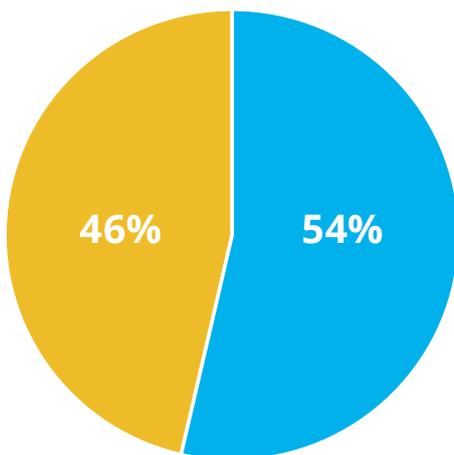
Health and wellbeing **£6,595,040**

The total social value achieved because of the project is **£8,058,387**

For every £1 invested, the social return on investment for the project is **£61.26**

“ The work Wellbeing undertakes is vital for patients’ wellbeing ” – GP

## Cost Savings



Reduced NHS costs due to reduction in depression and anxiety levels **£1,067,749**

Reduced NHS costs due to improvements in health and wellbeing levels **£1,247,178**

The cost savings for the public purse is: **£2,314,927**

For every £1 invested, the cost savings to the public finance because of this project is **£17.60**

### Methodology

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



## Acknowledgements

We would like to take this opportunity to thank local citizens, voluntary and community organisations, social enterprises, and anchor institutions for their support and encouragement throughout the year. Thanks to the National Lottery for their continued support.

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