

# End of Year Report

This year we've helped **5123 people** throughout East Cheshire, Halton, Knowsley, St. Helens and Warrington.



## What we did



**52**  
Wellbeing courses and events



**3929**  
People received 1-to-1 link worker support



**7170**  
Wellbeing Support Calls



**6074**  
Social Prescriptions

**2666**  
Wellbeing Packs

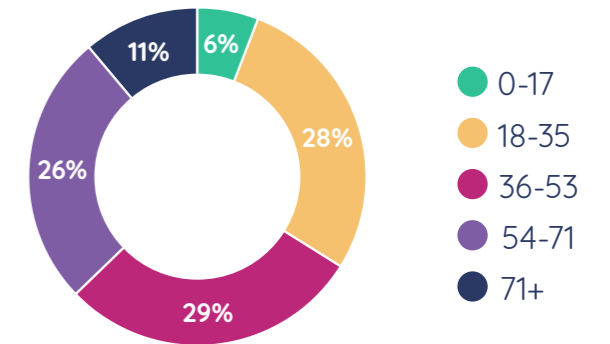
### Wellbeing courses and events include:

- Hula Fitness
- Alpaca Wellbeing
- Yoga
- Wellbeing Walks
- Mindfulness
- Confidence Classes

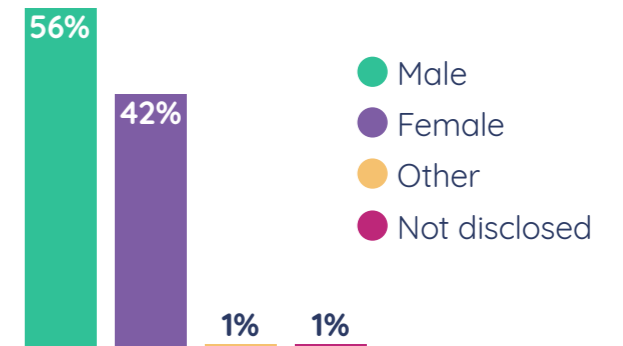
### Social prescriptions provided include:

- 366** Wellbeing resources
- 819** Cost of living vouchers and other resources
- 1757** Self help materials
- 429** Health apps

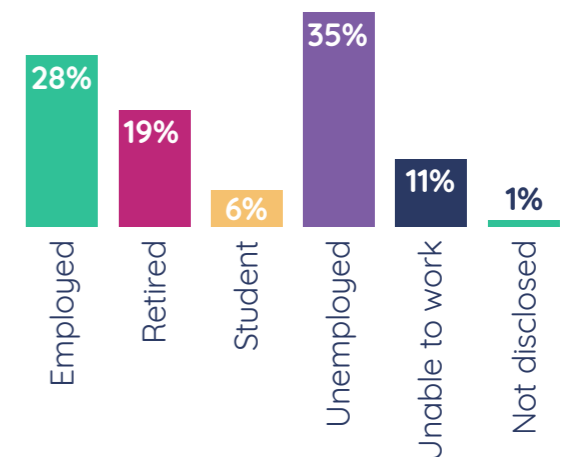
## Ages



## Gender



## Employment status



## Top 10 reasons for referral:

1. Low wellbeing
2. Mental health
3. Isolation
4. Stress
5. Long term health condition
6. Loneliness
7. Finance
8. Bereavement
9. Housing issues
10. Listening ear

## What's new



### Complete Care Community

On behalf of NHS England and Runcorn Primary Care Network we led a Complete Care Community project which set out to improve health outcomes and life chances of children, young people and families.

### Social Value and Anchor Institutions

Working with NHS Cheshire & Merseyside we led a series of community consultations, and compiled reports detailing ways in which public sector bodies could create greater social value in the communities they operate.



## Impact

**68%**  
improvement in subjective wellbeing levels (SWEWMBS)

**68%**  
improvement in life satisfaction levels (ONS4)

**64%**  
reduction in anxiety levels (ONS4)

**62%**  
improvement in life worthwhile ratings (ONS4)

## Achievements



**Health Service Journal (HSJ) Award** (Highly Commended)  
'Most Impactful Project Addressing Health Inequalities'



**Social Value Award**  
Cheshire and Merseyside NHS



Nominated for a  
**Chamberlain Dunn Award**

## What people said



“You’ve opened my eyes to what **support** is available in the community”.



“Having an **outside perspective** helped me to make the changes that I needed to my lifestyle”.



“It’s been so good to have someone **listen to me** without judging me”.



“The course was fantastic. I’ve learnt some good skills to help me **manage my mental health** better”.



“The **support is amazing**. Nothing is ever too much trouble. Thank you”.



“Having someone there to help me during a difficult time in my life was wonderful. **I will not forget your kindness**”.

