



# Halton Community Wellbeing Practices

## Evaluation Report



## We are a service funded by Halton Clinical Commissioning Group and provided by Wellbeing Enterprises CIC

The service integrates non-medical, community wellbeing approaches at scale across all GP Practices in Halton supported by a team of non-medical Community Wellbeing Officers (CWOs), and working in partnership with the voluntary, community and social enterprise sector.

It consists of the following:

- 1 A social 'wellbeing' assessment of needs and assets/ strengths. This culminates in the development of a Personalised Wellbeing Plan
- 2 Community navigation support – from a dedicated Community Wellbeing Officer to navigate a wide range of support in public services and within the community.
- 3 Social prescribing provision – a multitude of educational and social inclusion courses and activities that help people to develop skills, capabilities and networks of support.
- 4 Volunteering and social action projects - mobilising the skills and talents of local people who contribute to service provision by providing peer support and running community projects and self help groups.

Our model serves to augment clinical outcomes and tackles the wider determinants of health that get in the way of being able to flourish and which are often at the root cause of poor health outcomes.



**66**  
new local community support groups and social enterprises

**423**  
social prescribing courses delivered to 4,767 patients

**8,174**  
patients receiving 1 to 1 wellbeing support

Working in partnership with 100+ voluntary, community social enterprise partners

For more key stats, turn to page 5



Social value generated  
**£39,262,175**



Cost savings to the public purse:  
**£12,000,140**



Financial contribution to the economy:  
**£1,205,866**



Every £1 invested generates social value of £14.57 for Halton residents



(First Ark 2019)



Cost savings of £4.45 to the public purse for every £1 invested

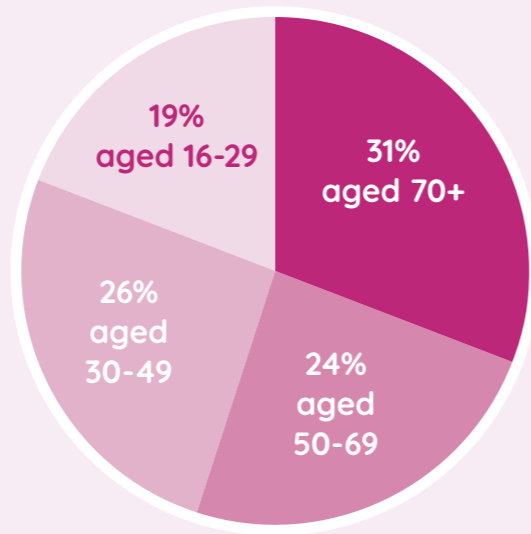
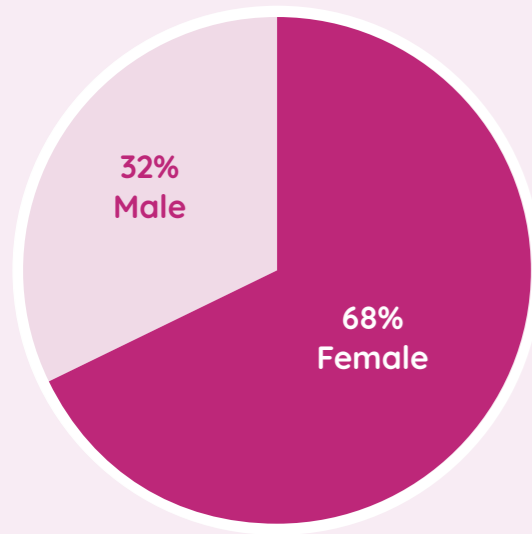
**Methodology**

- Use 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

Referenced values and data sets used throughout the social impact and cost savings statement include:

- HACT – Value Insight Tool
- NHS Reference Costs 2015/16
- House of Commons Library: Mental health statistics for England 2018
- King's Fund 2008: Paying the Price, The Cost of Mental Health Care in England
- DWP Modelling (GOV UK Website)

## Our Patient Demographics



### Key reasons for seeking help:

- Access to food / shelter
- Benefits sanctions
- Bereavement
- Carer responsibilities
- Housing issues / homelessness
- Loneliness and isolation
- Stress and anxiety - work/personal related
- Unemployment

2% Other  
2% White Irish

96% White British

## Key Stats



Collaborating with hospital and community NHS providers, local authority teams, job centres, businesses, schools and colleges.

**130**

regular wellbeing volunteers

**8,174**

patients receiving 1 to 1 wellbeing support

423 social prescribing courses delivered to 4,767 patients

42 community events delivered to 1,842 beneficiaries

“

I had become so isolated since my husband passed away and even found it difficult to leave my home because the bus stop was so far away. I had never heard of Halton Community Transport and being supported to book the facility made it easier for me to attend a wellbeing course. The course was facilitated really well and the volunteers added to the welcoming atmosphere.

”



66 new local community support groups and social enterprises created

100+ voluntary, community and social enterprise partners in Halton

**338**

professionals trained in Wellbeing brief interventions



“ Wellbeing Enterprises’ commitment, entrepreneurial spirit and innovation is clear to see and so important if we are going to address the wider determinants of health

Dr Ifeoma Onyia, Consultant in Public Health

“ Wellbeing Enterprises’ message is the one which we need to heed to manage the transformation of health care

Dr Charles Alessi, Co-Chairman, National Association of Primary Care (NAPC)

**66% of patients reported improvements in wellbeing levels (SWEMWBS) 4 weeks post intervention (n = 3,345)**

65% at 3 months (n = 430)  
63% at 9 months (n = 97)

**60% of patients reported reductions in depression symptoms (PHQ9) 4 weeks post intervention (n = 2,600)**

70% at 3 months (n = 430)  
68% at 9 months (n = 97)

**63% of patient’s reported reductions in anxiety symptoms (GAD7) 4 weeks post intervention (n = 1,567)**

67% at 3 months (n = 430)  
69% at 9 months (n = 97)

**55% of patient’s reported improvements in health status (EQ5D) 4 weeks post intervention (n = 2,144)**

52% at 3 months (n = 430)  
48% at 9 months (n = 97)

**52% of patient’s reported reductions in loneliness symptoms (De Jong) 4 weeks post intervention (n = 1,677)**

50% at 3 months (n = 209)  
47% at 9 months (n = 69)

**94% of patients report satisfactions ratings of 6 / 10 (4 weeks post intervention).**

## Award timeline

-  **HSJ Primary Care Innovation Award Winner, 2015**
-  **NAPC Primary Care Innovation Award, 2015**
-  **Social Enterprise UK, National Health and Social Care Provider Award, 2016**
-  **HSJ Community Impact Award Finalist, 2016**
-  **Ashoka Fellowship for contributions to healthcare innovation, 2017**
-  **50 New Radicals accolade ‘changing the UK for the better’ by NESTA and the Observer newspaper, 2017**
-  **Universal Mental Health Award, UHMC Congress, 2018/19**

## Our contribution to research and innovation

The CWP initiative has featured in the following papers:

Mann, F., Bone, J.K., Lloyd-Evans, B., Frerichs, J., Pinfold, V., Ma, R., Wang, J. & Johnson, S. (2017). A life less lonely: the state of the art in interventions to reduce loneliness in people with mental health problems. *Soc Psychiatry, Psychiatry Epidemiology* (2017) 52: 627–638 DOI 10.1007/s00127-017-1392-y

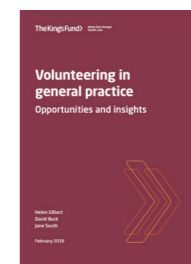
Miller, R., Weir, C. & Gulati, S. (2018). “Transforming primary care: scoping review of research and practice”, *Journal of Integrated Care*, Vol. 26 Issue: 3, pp.176-188, <https://www.emeraldinsight.com/doi/full/10.1108/JICA-03-2018-0023>

Swift, M. (2017). “People powered primary care: learning from Halton”, *Journal of Integrated Care*, Vol. 25 Issue: 3, pp.162-173, <https://doi.org/10.1108/JICA-12-2016-0050>

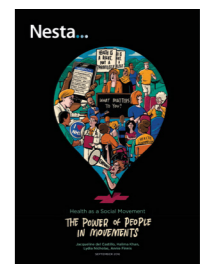
Featured in regional and national publications:



Resilient communities  
Feb 2018



Kingsfund:  
Volunteering in general practice  
Feb 2018



Nesta:  
Health as a social movement  
Sep 2016





**£179,933**

distributed to local voluntary, community and social enterprise organisations and freelancers

**£910,933**

of external investment raised to contribute to new service innovations

**We're distributing £115,000 to social entrepreneurs:**

Projects funded so far: Beautiful Halton, Dog-Eared Men's Club, Rhythm Reactions, Positive You, Sow, Grow, Eat, Veteran's Model Club, Wonky Garden, The Sanctuary, Riverside Boxing



**Lead the Change**

A social entrepreneurship initiative providing funding and specialist support to patients / citizens in Halton with ideas for social change. Awardees receive funding between £500 and £5000 to develop their ideas.

- 66 new social enterprises and community projects funded so far
- 17 led by children and young people
- Pop up Cafés, BMX Clubs, Environmental Groups, Tango Dancing Classes, Comedy 'Confidence' Sessions
- 7 GP Wellbeing Projects such as Practice Murals, Practice Garden Makeovers, Dementia Passports



**Ways to Wellbeing Project**

With funding from the Big Lottery we provided a wide range of social prescribing activities for people in Halton living with mental health problems like depression and anxiety. Social prescribing activities included Stress Management, Life Skills Training, Stress Management and Relaxation classes. Participants were invited to co-design and co-deliver the offer which involved a wide range of partners from the voluntary, community and social enterprise sector.

**NHS England Demonstrator Site: Volunteers in Hospitals**

Working with Halton and St Helens VCA to support volunteering in Warrington & Halton Hospital. Now providing a comprehensive hospital volunteering service on behalf of the Trust.

**The Inspire Project**

Funded by Children in Need, this project provides wellbeing support for children and young people in Halton aged 14-25 who need extra support to overcome challenges. The support includes 1 to 1 time with a Wellbeing Officer to develop a Wellbeing Plan which connects them to support and helps them to achieve goals linked to wellbeing. There's a wide range of fun and engaging courses in which children and young people can learn new skills and meet friends. Many go on to become Wellbeing Champions providing peer support to others needing help.



## Social Value: Environmental Impact

### Creation of Happyplace app

The world's first citizen-led asset mapping tool. The production of the world's first citizen led asset map of places that promote wellbeing in Halton.

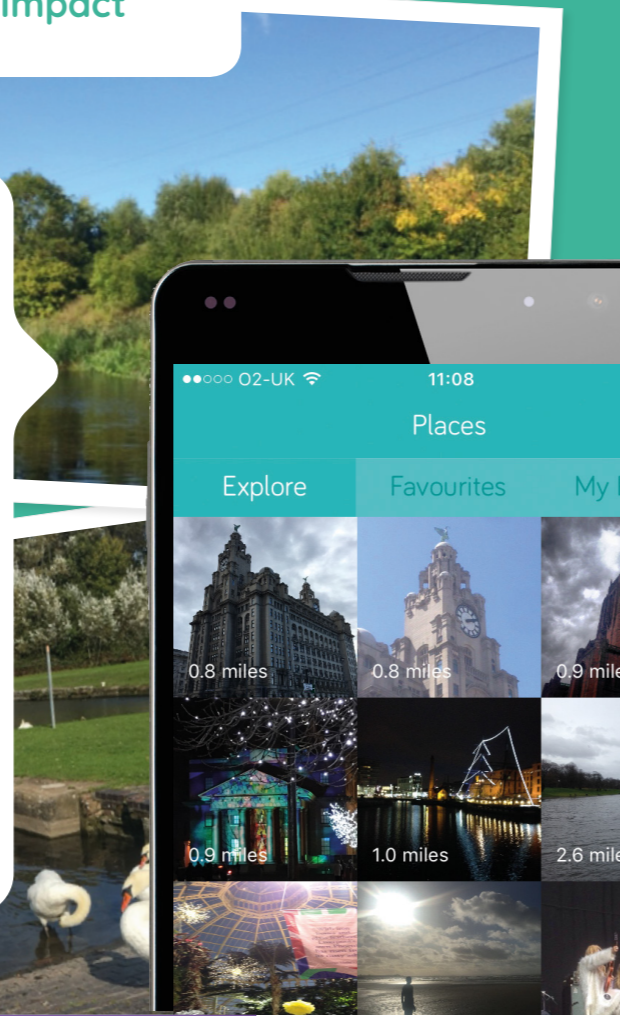


### Implementing The Social Value Act in Halton

Halton selected as a demonstrator site to implement the Social Value Act, 2012 working with Department of Health, Social Enterprise UK, and IVAR.

### Using Community Assets

100 local community places accessed to deliver social prescribing such as Norton Priory, Victoria Park and Ditton Community Centre.



Photos (right): Happyplace app



## Professional Testimonies

"...Wellbeing Enterprises have revolutionised my working life... Wellbeing thoroughly assess my patients and get to the bottom of what makes them tick and a plan is put in place to help turn around their lives, the outcomes are far better and sustained for much longer. My thinking on managing these kinds of problems has completely changed. I now pay much closer attention to the details of people's lives and feel confident that something can be done."

Dr David Lyon, GP, Castlefields Health Centre

"Wellbeing Enterprises take a very creative approach to working alongside people, seeing the assets that people bring and nurturing them, they have worked alongside the system to build a more courageous approach to meeting need. We need more of this, as change is essential!"

Bev Taylor, Strategy & Innovation, Senior Lead Social Prescribing, NHS England

## Patient Testimonies

"The support I have received has been just what I needed to start feeling like my old self again. Since moving house my sleeping was very irregular. I attended the sleep and relaxation course and managed to make small changes which have helped. I have met new people and my confidence has grown from being in a group."



"I felt so relieved after my appointment with my Community Wellbeing Officer - it was so good to talk to someone and to explore my options. I learnt about organisations that can help me and it feels good to know where I can turn for help."

"From attending the life skills course I have been able to use practical techniques to support me towards my goal of gaining employment. I feel more confident in my abilities now and I use problem solving as a way to tackle daily things that may cause me frustration."



"I am delighted to endorse Wellbeing Enterprises' social prescribing programme and their ongoing commitment to genuine partnership with local communities"

Dr Lynne Friedli Mental Health Promotion Expert, Author of the World Health Organisation 'Mental Health, resilience and inequalities' report.

"Improving wellbeing is the most effective and most cost-effective health tool that exists. Treating illness without considering the holistic person in front of you is a mistake and leads to more illness. I am delighted to endorse Wellbeing Enterprises' holistic health approaches"

Prof Henk Parmentier, Vice President for Europe, World Federation for Mental Health





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