



# End of year report

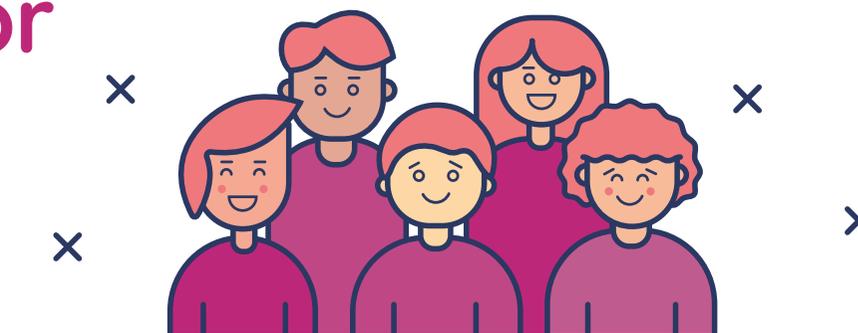
2017



# It's been a great year for Wellbeing Enterprises!

We've had a busy year working with people and partner organisations across Cheshire and Merseyside to bring about better health and wellbeing outcomes. It continues to be a challenging time for many people in our communities and staff and volunteers at Wellbeing Enterprises have played a pivotal role helping people to build their resilience in light of this growing adversity. There are so many people we have to thank for their continued support and encouragement; our NHS partners, local authorities and voluntary, community and social enterprise partners. We look to the next 12 months with hope and optimism that by working together we will find strength in solidarity and together we can create a social movement for health and wellbeing for the benefit of everyone.

**Mark Swift**  
**Wellbeing Enterprises CEO**



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## 3184 People supported

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76

**young people supported**

through Inspire project funded by Children in Need

31

**Social entrepreneurs resourced**

Funded by UnLtd and Halton CCG

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3500

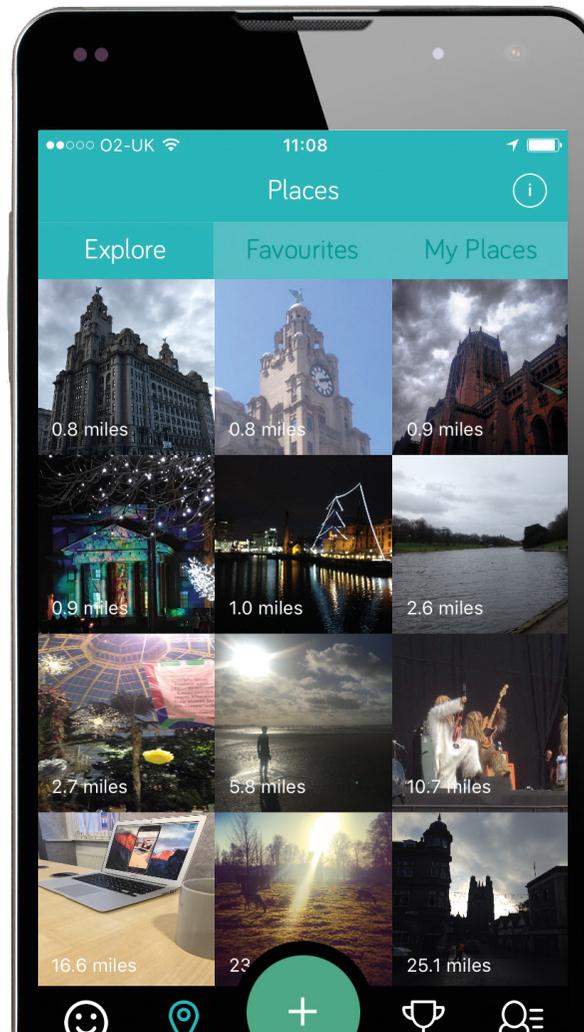
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**wellbeing pledges completed**

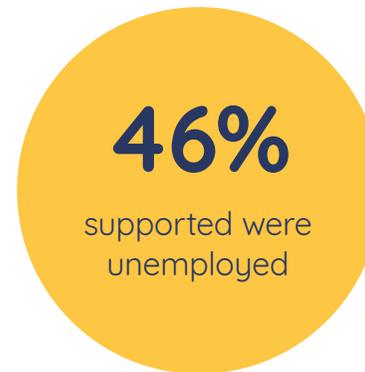
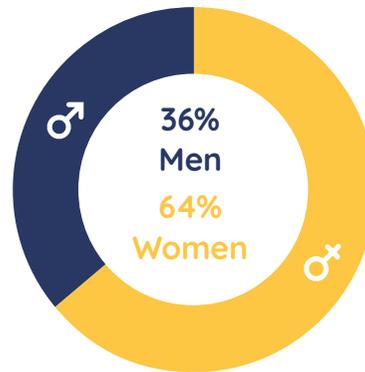
such as walking in the park, meeting with friends and volunteering time

# Here's a few of the things we've been up to...

- We welcomed Helen Bevan, Chief Transformation Officer, NHS England, to Halton
- Our Happy Place APP is live, encouraging people to visit & record places in their community that help them feel good
- We'll be undertaking PhD research from October looking at the role of social entrepreneurship in driving innovation in health and social care
- An independent evaluation of our Community Wellbeing Practices initiative in Halton has evidenced cost savings of £8.90 for every £1 invested
- Received the prestigious Social Enterprise UK (SEUK) awards in the health and social care category



# Last year, we helped a wide range of people



**“I felt happier in myself when I attended the course, but this has continued since the course has ended too.”**

LLTTF attendee

# We've plenty of new projects with great partners on the go too!

- We've launched a new scheme called 'Solutions for an Ageing Society' to offer grants ranging from £500 - £5000 to anyone in Halton who has an idea that can support people to live a happy and healthy later life. Funded by UnLtd and Well Halton.
- We're working with Halton Healthy New Town initiative to engage the people of Halton Lea to better understand their hopes and aspirations for local neighbourhood regeneration.
- We're launching our new Liverpool Community Wellbeing service for patients living with and beyond cancer and their carers. The service is funded by Macmillan Cancer Support in partnership with Liverpool CCG.



# We've had lots of success stories, like Yvonne's...

Yvonne was referred to us by her GP who believed that her skills would be of use to the community. She is in her 20's and has learning difficulties, visiting her GP surgery on average once a week. Yvonne explains that she gets lonely from time to time and she wishes she had someone to talk to.

After an initial meeting with a Community Wellbeing Officer (CWO) at her local community centre, Yvonne took part in her Wellbeing Review. She explained that she is a sociable person, enjoys helping others and was more than happy to volunteer her time as a Community Wellbeing Ambassador.

"I love it" she explains. "I have a cup of tea and talk to people who live locally... I tell them about the Five Ways to Wellbeing and I encourage them to have a go like I do... It's nice to be able to help in this way".

Yvonne's GP has fed back to her CWO that her visits to the Practice have reduced to one a month, and importantly that Yvonne is enjoying her new volunteer responsibilities.

**"I love it! I have a cup of tea and talk to people who live locally. It's nice to be able to help in this way."**



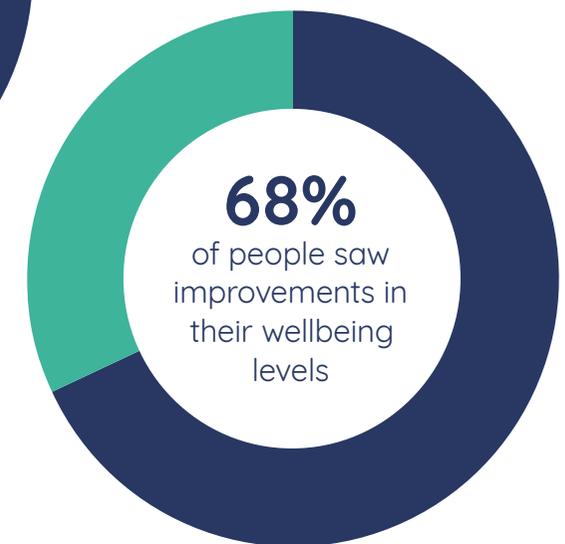
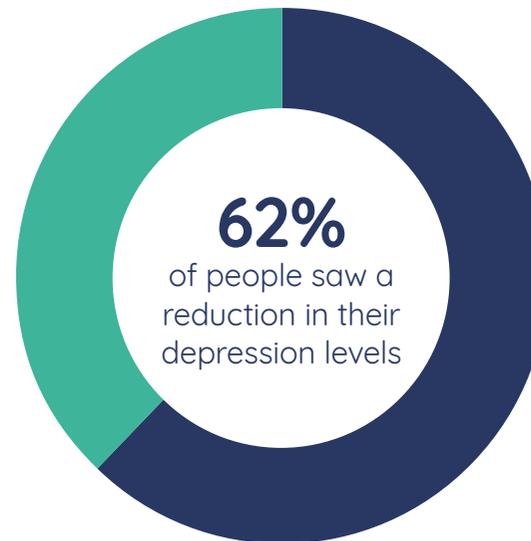
# In fact, 90% of people said their satisfaction rating was 8/10 or higher.

## Case study: Tennis for beginners.

In August 2016 we began our 'Tennis for beginners' course in partnership with Appleton Practice which provided twelve weeks of free tennis lessons at Widnes Tennis Academy.

The course came about from GPs at the practice noticing that patients were not able to achieve recommended levels of physical activity. Having consulted patients we worked with them and GP's to provide free tennis classes as a way of boosting physical activity levels.

The course has inspired many patients to carry on playing tennis or to keep participating in some form of physical activity.



# Get in touch

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