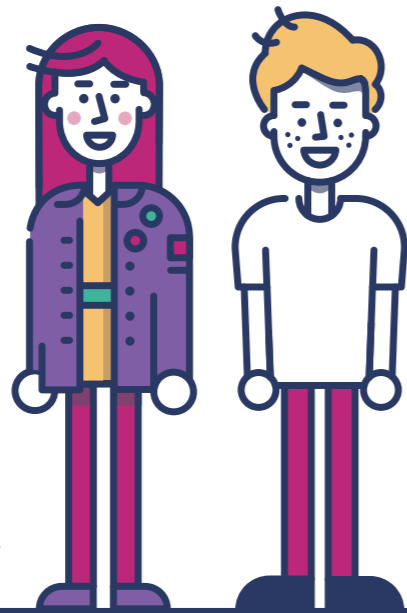


# 2019 End of Year Report

Wellbeing Enterprises CIC is a people powered social enterprise. Our mission is to help people live happier, healthier, longer lives. We achieve this by working with people to develop their strengths and capabilities; unlocking the assets and resources in communities and working together with our partners to tackle the root causes of poor health.

✓  
This year we supported 2679 people to improve their health and wellbeing



“I really appreciate all the support I’ve received from the Wellbeing Enterprises team, especially the phone calls to check in, it is so heart-warming to know that they really care”  
Beneficiary

“I just love coming along to the sessions every week. It gives me an hour a week when I can concentrate on me and I don’t have to worry about anyone else”  
Beneficiary



“I haven’t laughed this much in a long time!”  
Beneficiary



✓  
We work across four localities; Halton, Knowsley, Liverpool, St Helens and Warrington

## Demographics

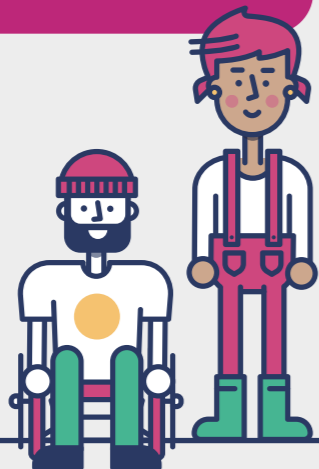
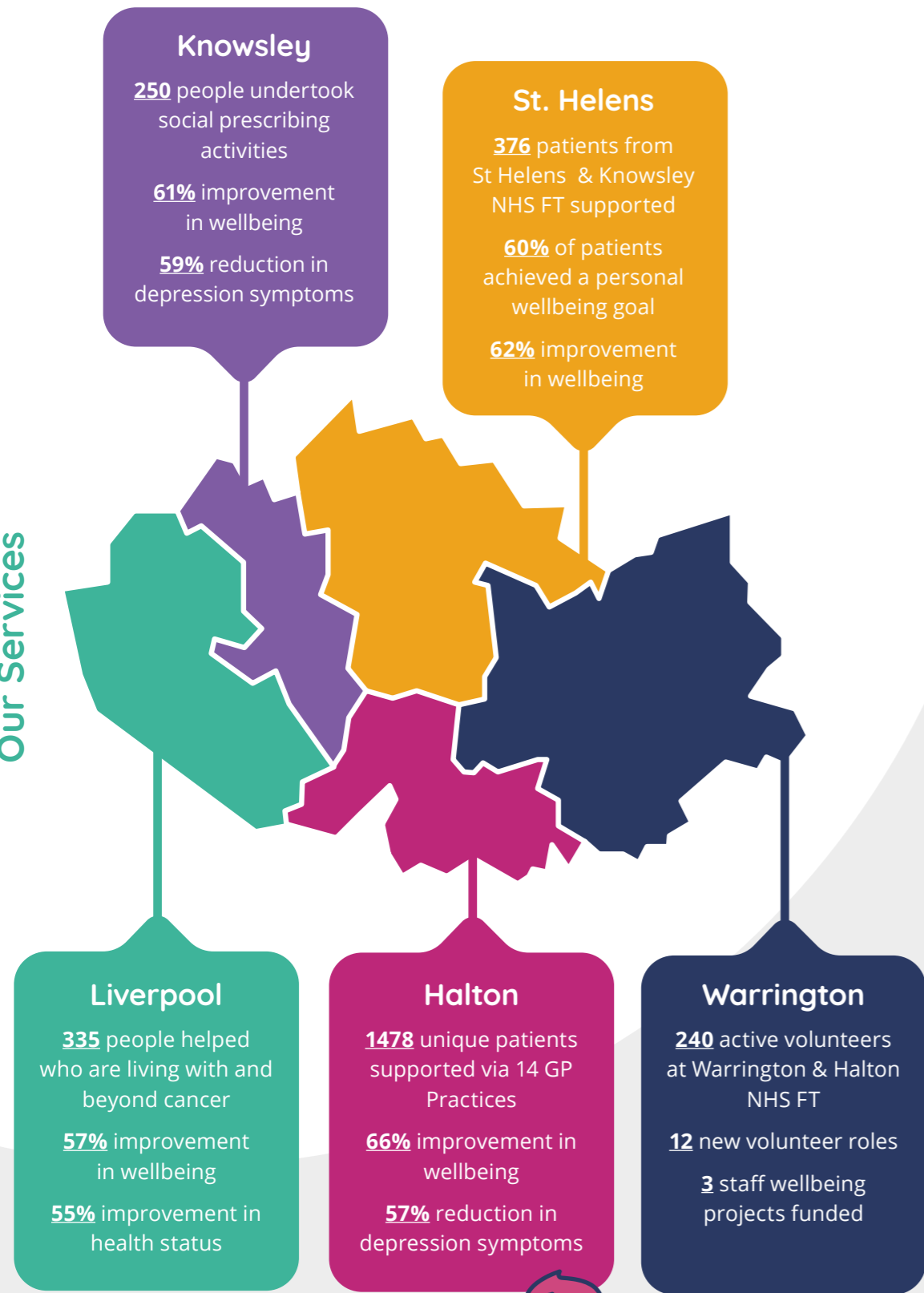
- 61% Female
- 39% Male
- 47% Unemployed
- 65% Living with a disability



- Aged 70+ 33%
- 60-69 yrs 23%
- 50-59 yrs 22%
- 30-49 yrs 15%
- 0-24 yrs 7%



Our Services



What we stand for

Wellbeing Enterprises are a values led organisation. Our values underpin everything that we set out to achieve. Here's how we delivered on our values this year:

**People powered**  
 People are at the centre of everything we do:

- Recruited **240** volunteers
- Co-designed and co-facilitated **106** social prescribing courses
- Provided **8** cash awards to local people with ideas for social change
- 64%** of people have successfully completed wellbeing activities linked to the 5 Ways to Wellbeing

**Positive places**  
 We help people discover and connect with community assets:

- Recruited **55** volunteer community researchers to map community assets
- Completed the worlds first citizen-led asset map for Halton
- Discovered **425** community assets using the happyplace app

**Productive partnerships**  
 We value collective action and collaborative approaches:

- Trained **236** NHS clinical staff in wellbeing brief intervention training
- Collaborated with citizens and voluntary, community, faith and social enterprise organisations in Halton to produce a citizen-led dream manifesto for the local area
- Worked with **39 partners** to deliver **106 social prescribing activities** across Halton, St Helens, Knowsley and Liverpool. Activities include drumming up confidence, life skills training, stress management classes and arts and crafts groups.
- Sponsored the Social Enterprise Award at the Halton Chamber of Commerce Business Awards



Launched our new website: [wellbeingenterprises.org.uk](http://wellbeingenterprises.org.uk)

VISIT SITE

Showcased our documentary, 'Re-imagining Healthcare' at FACT in Liverpool.

VIEW VIDEO

Launched our online Welljoy Shop [welljoyshop.co.uk](http://welljoyshop.co.uk)

VISIT SITE

Finalist 'Best Large Social Prescribing Initiative' by the International Social Prescribing Network.

Awarded Highly Commended for 'Small Business of the Year' by St. Helens Chamber