

# 2020 End of Year Report

Wellbeing Enterprises CIC is a people powered social enterprise working across Cheshire and Merseyside.

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.

## What people said

"The wellbeing team have been a life saver for me. With their support I secured the right benefits to get me through a difficult time. I've been attending their wellbeing courses and I feel my confidence growing every day"

"I'd been feeling lonely for such a long time and with one phone call I was speaking with someone who really listened and cared"

"My wellbeing officer helped me develop a wellbeing plan so I could make some positive changes. I was connected to organisations who helped with my diet, exercise, and stress levels. I feel like a different person – it really is amazing!"



### Recipe for a Good Life:

Working with citizens in Halton, East Cheshire and Knowsley we facilitated a community project to capture their hopes and dreams for a better future.

[Download the report](#)



### Covid-19 Pandemic

In the first few months of 2019 we adapted our support services to respond to the changing needs in communities. We provided basic provisions in addition to other practical, social and emotional support via telephone or online.



## What we did

- 2553 People were supported to improve their health and wellbeing
- 236 Active volunteers recruited
- 146 Professionals trained in wellbeing approaches

## How we helped

- 70% of people improved their wellbeing levels
- 69% of people reduced depression symptoms
- 51% of people improved their health status

## Who we helped

- 60% Female 40% Male
- 38% Unemployed
- 29% Employed
- 13% Students
- 20% Retired
- 50% Living with a disability

