



End of year report



2018

“I feel less stressed after my Wellbeing Review appointment, and my confidence has grown from being in a group environment, I now feel I can go places on my own and I have my independence back - Thank you.”

-

One to One beneficiary

It's been a really productive year at Wellbeing Enterprises CIC

3279

people supported
(↑ 3%)

4

new services commissioned
to launch in 2018

42

social entrepreneurs
resourced (↑ 35%)

3673

wellbeing pledges
completed (↑ 5%)

This year Wellbeing Enterprises have worked with over 3,000 people across the Liverpool City Region to achieve better health and wellbeing outcomes.

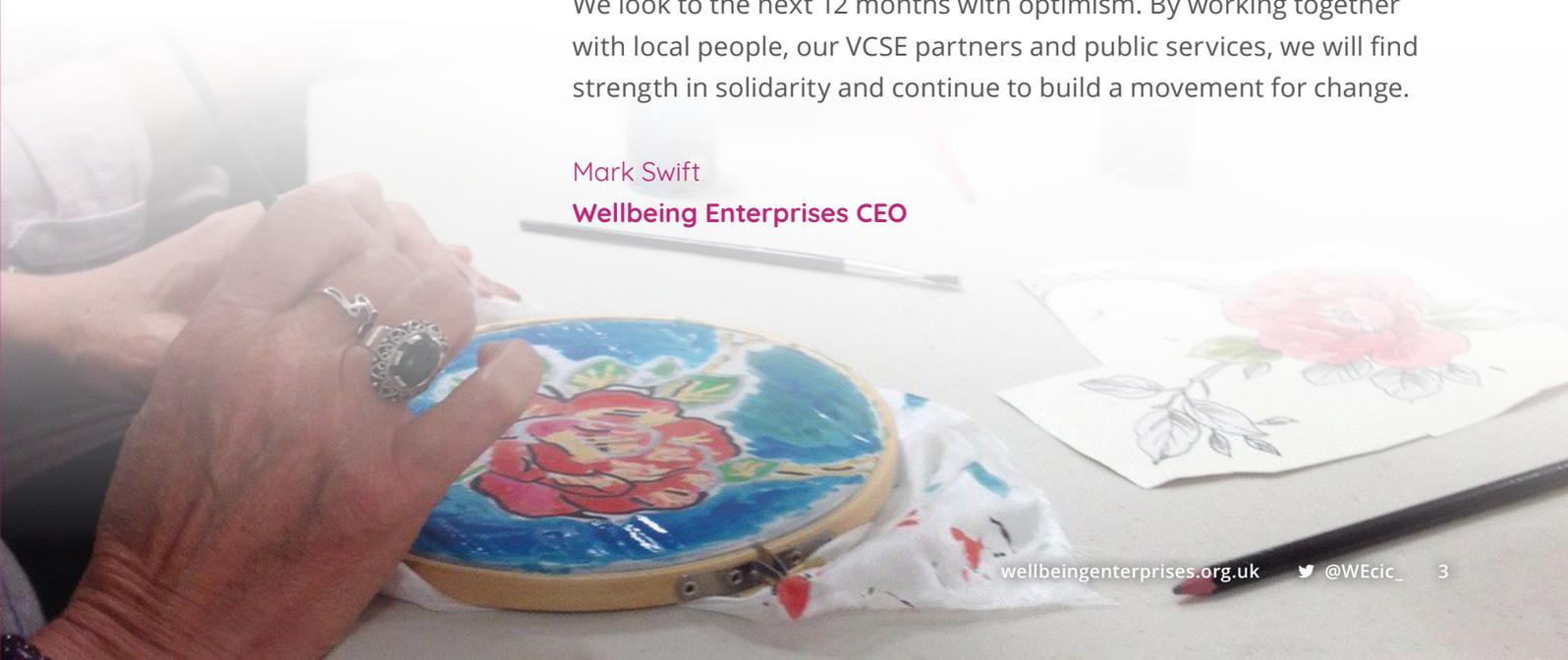
It continues to be a challenging time for many people as high levels of poverty and deprivation have a significant impact on health and wellbeing, however staff and volunteers have joined forces with our partners to help make a big difference to the quality of many people's lives. We've provided one to one holistic support to address people's social issues; connected people to training and education opportunities through our social prescribing programme, as well as empowered local people to take part in social action opportunities through the provision of volunteering programmes and resourcing local social entrepreneurs.

We will continue to focus our efforts on collective action to address the social issues impacting on people's lives as well as helping people to rediscover and reconnect with their strengths and capabilities as a way of bolstering peoples wellbeing. Together we will make a difference.

I would like to express my sincere thanks to all of our beneficiaries, volunteers, staff, funders, and partners who are integral to the work we provide across the Liverpool City Region and who are crucial to maintaining this momentum in 2018/19.

We look to the next 12 months with optimism. By working together with local people, our VCSE partners and public services, we will find strength in solidarity and continue to build a movement for change.

Mark Swift
Wellbeing Enterprises CEO



We're on a mission to help everyone be the best they can be.

“

I felt happier in myself when I attended the course, but this has continued since the course has ended too. I am able to use the top tips I learned every day such as deep breathing and breaking my problems down into small chunks

-

Live Life to the Full attendee

“

I have loved every minute of volunteering for the past 3 years and am proud to be associated with Wellbeing Enterprises CIC”

-

**Wellbeing Enterprises
Volunteer**

We're passionate about the social side of health and our mission is to help everyone achieve happier, healthier, longer lives.

We achieve this by providing education and support, unlocking community assets and working with partners to tackle the root causes of societal problems.

Our key priorities for 2018/19

- We will continue to push forward with our wellbeing mission by working with a diverse range of partners from a broad array of sectors. This will include launching a series of new services.
- We will launch our online wellbeing shop and increase the uptake of our Happyplace app in new areas as a way of spreading our social mission and also diversifying our funding streams.
- We will continue to strengthen our links with health and social care providers across the NW region and beyond, seeking out exciting new partnerships with organisations that share Wellbeing Enterprises' values and would like to come together to do social good. This will take the form of new projects and initiatives that reach out to the most vulnerable in our communities.
- We will develop a portfolio of digital marketing assets to inspire others to join the movement for social change. These will include films, animations and a new website platform.



Here's a few things we've been up to this year



189

volunteers recruited

100+

partner agencies worked with

152

social prescribing courses delivered

Growing

We expanded our community wellbeing services to Liverpool. Commissioned by Macmillan Cancer Support and Liverpool CCG we are working with local services to improve the lives of over 1000 people living with and beyond cancer by 2019.

Innovating

We developed our Happyplace app which is now live as a pocket sized wellbeing tool and asset mapping opportunity for our local communities. In addition, our new data management system is an exciting development and will bring efficiencies to our services from July 2018.

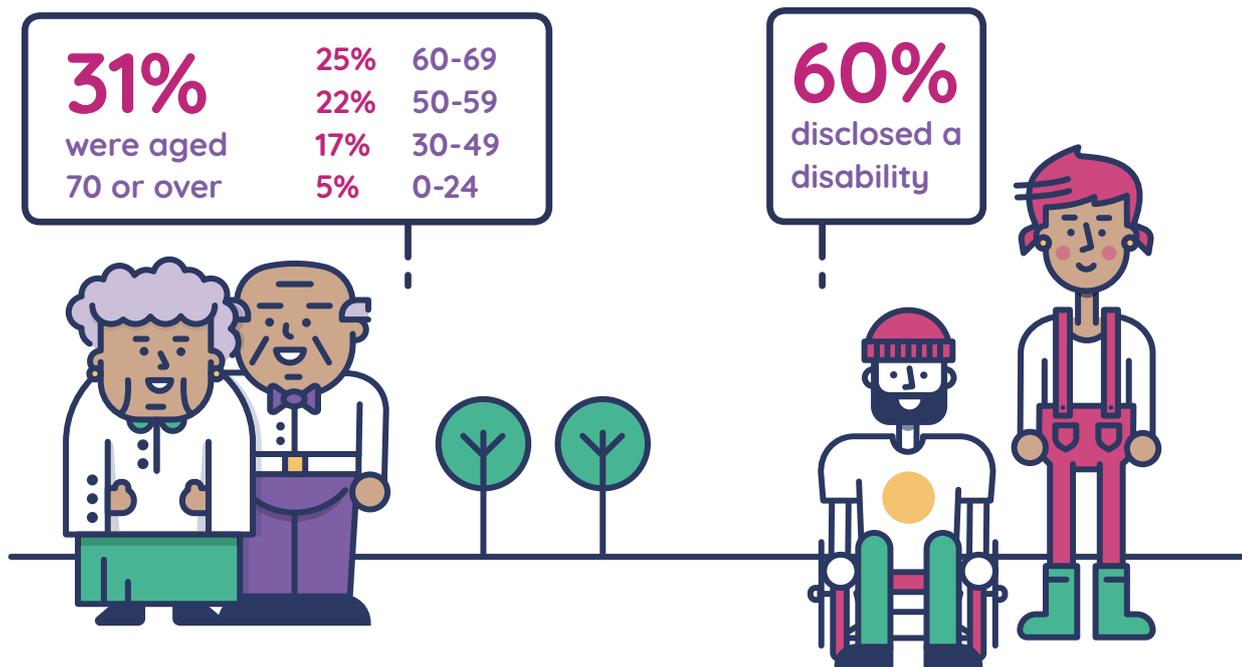
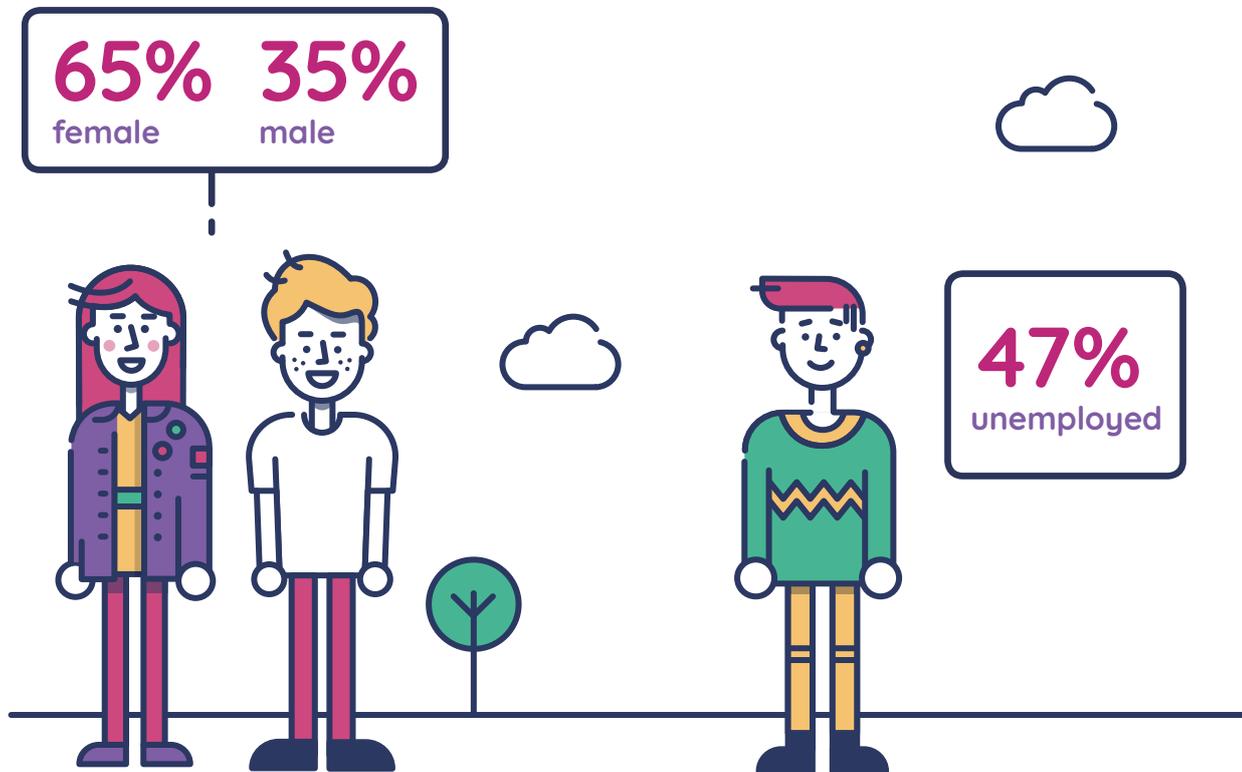
Driving awareness

We have been hard at work with local and national leaders making a short documentary about our work, the challenges facing people and public services in the 21st century and showcasing a joint vision for the future. Due for release in May 2018.

Proving we're a good investment

An independent evaluation of our Social Prescribing Programme across Cheshire and Merseyside has evidenced that for every £1 invested in our services, a saving to £12.14 is generated for the public purse.

We've helped a wide range of people

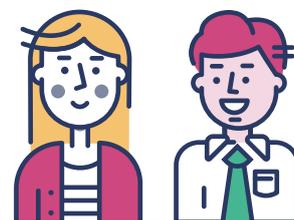


We've received national recognition

We are proud of our continually evolving services that are co-created with the communities we work with, it's been a hugely successful year not without challenges and lessons learnt along the way.



- We've continued to work with academic partners and industry leaders to contribute to the knowledge base around community centred approaches. Our efforts have been included in, The Kings Fund's Volunteering in General Practice paper and Liverpool John Moores University and CHAMPS' Resilient Communities report, to name a few!
- We've continued to collate beneficiary outcomes and have now evidenced long term improvements to the health and wellbeing of tens of thousands of individuals across Cheshire and Merseyside. More on these on page 9.
- Wellbeing Enterprises CEO and founder Mark Swift has been awarded a prestigious Askoka fellowship, recognising him as a national changemaker for social good. We have been further recognised in press including the BBC Northwest News, The Economist and the World Economic Forum.



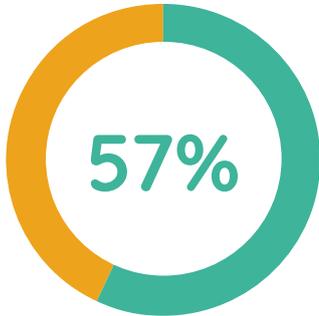
Testimonial

Wellbeing Enterprises take a very creative approach to working alongside people, seeing the assets that people bring and nurturing them. This approach improves wellbeing, but it essentially gives people their confidence and control back and enables them to contribute, on equal terms. This is precious!

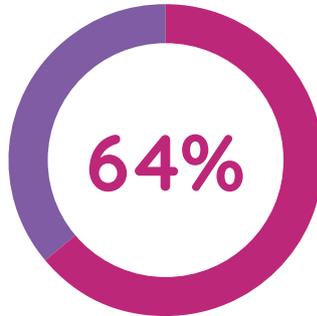
Wellbeing Enterprises have worked alongside the system to build a more courageous approach to meeting need. We need more of this, as change is essential!

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

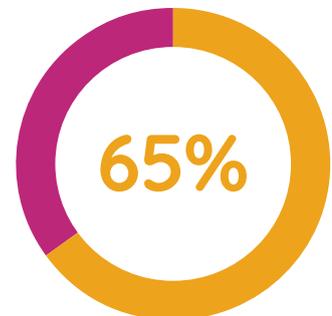
We've evidenced a wide range of health and wellbeing outcomes



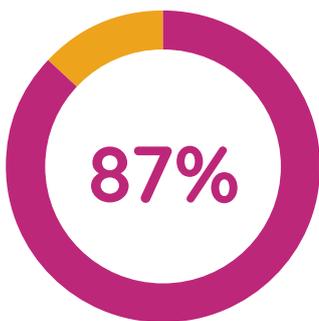
People reported a reduction in feelings of depression



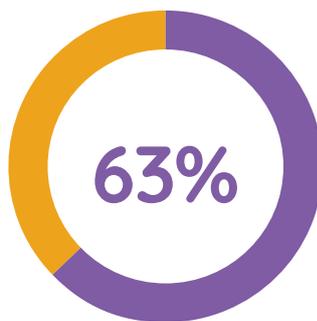
People who undertook at least one wellbeing pledge



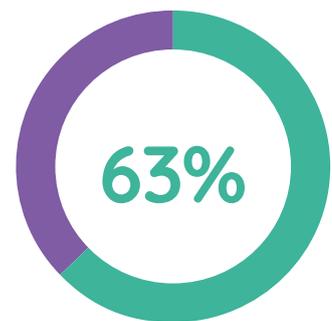
People who reported improved general wellbeing



People who told us their satisfaction with our services is 8/10+



People who reported feeling more relaxed in their lives



People who reported feeling less lonely & isolated



Testimonial

..We devised and commissioned a strong offer with Wellbeing Enterprises. The evidence of impact and cultural shifts have been nationally and internationally recognised. A recent economic evaluation has shown for every £1 in we see a £12 additional value. In a Halton GP survey 86% of GPs agreed that the wellbeing social prescribing offer was the best thing to

happen to primary care. Now Halton has a true alternative to the prescribing pad. This now needs expanding nationally...?

Dave Sweeney,
Executive Implementation Lead for Cheshire and Merseyside Healthcare Partnership

We've had lots of incredible success stories, like Robert's.

“

My Husband and I came along to try LLTTF as I was also dealing with a close family member who was terminally ill... the techniques I have learned has enabled me to stay positive throughout a difficult couple of months. Thank you”

-

Live Life to the Full attendee

Case study

Robert was referred by his GP to Wellbeing Enterprises as he was attending his doctors surgery frequently.

During our Community Wellbeing Officer's initial wellbeing review with Robert, he spoke of his persistent anxiety and feelings of loneliness and isolation. We learned he's a full time carer for his father and wasn't finding many opportunities to get out and take time for himself. Together, Robert and his Community Wellbeing Officer devised a step by step plan around the '5 Ways to Wellbeing' to combat some of his challenges, empower Robert to feel more in control of his life and re-connect with things that help him feel well.

Robert was keen to attend our Living Life to the Full and Mindfulness courses to help him better cope with his anxiety, and meet new people. Throughout the courses he expressed how comfortable he felt talking about his issues and in receiving support from others in the group.

At Robert's follow up appointment he expressed with joy that the WE Community Wellbeing Officer presented him with an opportunity to co-deliver some of Live Life to the Full's interactive exercises. He surprised himself by getting involved and now felt the enormity of what he'd achieved would stay with him for a long time and he felt "really proud".

Robert has continued to meet up with new friends from the courses since they have ended and feels less lonely while also reporting his GP appointments have decreased.

Robert said "Wellbeing Enterprises is the only support I have had in my life. I was really struggling when I attended my wellbeing review and constantly felt lonely. The support I received through the courses has helped my confidence grow and I am extremely proud of my achievements."



We've witnessed the incredible outcomes people can achieve with a helping hand.

“

Wellbeing has made a really big difference to my life, which I now feel I am living. Rather than struggling daily with stress, anxiety and depression.”

-

One to one attendee

“

I have learned new tips and tricks to help me think more positive. Each morning when I wake up I begin the day with a positive thought.

-

Wellbeing Booster attendee

Case study

Lisa was referred in to Wellbeing Enterprises by her Cancer nurse specialist after her recent diagnosis. When Lisa attended her initial Wellbeing Review she expressed she was feeling extremely low every day and was worried about her future. She was particularly concerned about her dogs that she could no longer properly look after due to her condition.

The Macmillan Community Wellbeing Officer (CWO) spoke with Lisa about her options around her dogs, but also focused the conversation on Lisa's aspirations, what her interests are and how we could get her motivated and interested in these again.

When building her wellbeing plan, Lisa discussed how she once loved the outdoors and spending time with loved ones and she and her Macmillan CWO set small goals around inviting her family around one evening each week for a cup of tea and walking to her local shops twice a week. Over the coming weeks, the Macmillan CWO would also support Lisa to connect with a local animal shelter who worked with her to rehome her dogs.

In the interim before Lisa's follow up appointment, she joined our Living Life to the Full course to build on her confidence and was soon looking for more opportunities to meet people. Her Macmillan CWO put her in touch with another locally run support hub which runs social groups, and free activities.

When Lisa attended her Wellbeing Review follow up appointment, she instantly said she had become more motivated and interested in everyday life again. Lisa was proud that she had achieved the goals she set herself and was looking forward to the future.



**WE ARE
MACMILLAN.
CANCER SUPPORT**

NHS
Liverpool
Clinical Commissioning Group



What's next?

New services coming in 2018



- We have recently commenced our partnership with Bridgewater Community Healthcare NHS Trust, providing community centred health intervention training to over 400 staff to enable them to better respond to the needs and aspirations of local people.



- We are working with North West Borough Healthcare NHS Trust, working with community matrons and nursing teams to address the wider social issues of patients.

- We have been commissioned to work with Think Wellbeing in Halton to combat rising demand and increase access to low level psychological support for people with mental health needs. We will be increasing our provision in the borough to support the objective, from May 2018.



- Following our successful pilot in 2016-17, Children in Need have funded us to bring our community centred model to children and young people in Halton. The expanded service will support 500 children locally to improve their health and wellbeing From April 2018.





Get in touch and begin a wellbeing conversation today:



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