People powered primary care

Social Prescribing Link Workers…

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Across the life course in Halton
Community Wellbeing Practices

Social model of health; integrated with all 14 GP Practices

- Social ‘wellbeing assessment of need & assets / strengths
- Community navigation; accessing wide ranging support
- Social prescribing; educational & social inclusion courses
- Volunteering and social action; mobilising energy for change in community
Impact to date

Outputs:
- 8000+ receiving 1 to 1 support
- 423 soc px courses ~5000 people
- 66 new social enterprises
- SROI £14.53 for every £1 invested

Outcomes (3 months):
- Depression (PHQ9) 70%↓
- Anxiety (GAD7) 67%
- Health status (EQ5D) 52%↓
- Loneliness (DeJong) 50%↓
- Wellbeing (SWEMWBS) 65%↑

*New Economy
** First Ark
Community Wellbeing Officers (CWOs)

CWO’s or Link Workers:

• Provide 1 to 1 assistance; navigating people to support

• Co-design / co-facilitate social prescribing provision

• Link between primary care and wider community support

• Strengthening community networks; Asset Based Approaches (ABCD)
### Theory of change

#### Sense of Coherence

Our ability to recognise problems, to leverage resources (internal and external) to address these; and to see meaning in doing so…

**Individual protective factors**
- Resourcefulness
- Coping skills
- Knowledge
- Creativity

**Socio-cultural protective factors**
- Relationships
- Networks
- Community
- Cultural ties

*Reference, Antonovsky, A. (1981)*
CWO helping approach

Three step helping approach:

1. Listen
   - *Tell your story; what’s going on for you?*
   - *Identify personal and structural barriers*
   - *What do you need for wellbeing?*

2. Make a plan together
   - *To tackle the challenges*
   - *SMART objectives*
   - *To build networks of support*
   - *To develop capabilities*

3. Take action
   - *Using assets / resources at disposal*
   - *Self-care strategies*
   - *Review progress / reflect*
Building Community Support

Social prescribing provision:
- Mapping skills / talents of local people
- Resourcing self help projects
- Recruiting volunteers to co-deliver

Be the Change:
- 66 new community projects resourced
- Funding PPG members ideas for promoting wellbeing
- Building ecosystem of community support

Happyplace app:
- Digital tech to map physical assets
- Incorporate into social prescribing provision
Creating a social movement…

- Liverpool Heart & Chest NHS Trust - Discharge Team
- St Helens Hospital - community nursing teams
- Wellbeing Cancer Service - Macmillan Cancer Support & Liverpool CCG
- Volunteering initiative - Warrington Hospital
What WE value

People powered
People are at the centre of everything that WE do. WE believe that all people have skills and capabilities that can bring about improvements in health and wellbeing. WE deliver health interventions with, rather than for, people and communities.

Productive partnerships
WE build solidarity within communities; valuing collective action and collaborative approaches by bringing people and partners together around a shared purpose.

Positive places
Community assets promote and protect the health and wellbeing of people. These assets might include parks and green spaces, good neighbours, places of worship and community organisations. Our aim is to help people discover and connect with these assets.
Thank you

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