



Wellbeing+

The difference the project has made - Project Outcomes

Number of Individuals Accessing the Service				Year One	Year Two	Year Three																																								
				375	251	232																																								
Comments:																																														
Of these individuals many would have accessed multiple times and also multiple aspects of the project e.g. an activity group(s) and then also the PLUS (Positive Lives Using Skills) Programme.																																														
People with mental health problems will report improved resilience in dealing with life's difficulties and optimism about the future																																														
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<p>People using the service will report reduced use of statutory or crisis health services in relation to their mental health (200 people each year)</p> <p>Self - Reported</p> <table border="1"> <thead> <tr> <th></th> <th>Year One</th> <th>Year Two</th> <th>Year Three</th> </tr> </thead> <tbody> <tr> <td>No. of people who visited their GP less</td> <td>132</td> <td>124</td> <td>105</td> </tr> <tr> <td>No. of people who visited their Community Mental Health Teams less</td> <td>111</td> <td>102</td> <td>84</td> </tr> <tr> <td>No. of people who relied on other services less</td> <td>154</td> <td>167</td> <td>86</td> </tr> <tr> <td>No. of people reporting not needing to access crisis services</td> <td>44</td> <td>31</td> <td>15</td> </tr> </tbody> </table> <p>People who have used the service take on peer leadership roles in peer support groups (6 people per year)</p> <table border="1"> <thead> <tr> <th></th> <th>Year One</th> <th>Year Two</th> <th>Year Three</th> </tr> </thead> <tbody> <tr> <td></td> <td>9</td> <td>14</td> <td>14</td> </tr> </tbody> </table> <p>People using the service report having used coping strategies and developed better resilience as a result of accessing the service (600 people by the end of the project)</p> <table border="1"> <thead> <tr> <th></th> <th>Year One</th> <th>Year Two</th> <th>Year Three</th> </tr> </thead> <tbody> <tr> <td>No. of people reported feeling they had been better able to cope with day to day life</td> <td>197</td> <td>204</td> <td>165</td> </tr> <tr> <td>No. of people reported that they had created a bigger toolbox of coping strategies</td> <td>187</td> <td>216</td> <td>170</td> </tr> </tbody> </table>								Year One	Year Two	Year Three	No. of people who visited their GP less	132	124	105	No. of people who visited their Community Mental Health Teams less	111	102	84	No. of people who relied on other services less	154	167	86	No. of people reporting not needing to access crisis services	44	31	15		Year One	Year Two	Year Three		9	14	14		Year One	Year Two	Year Three	No. of people reported feeling they had been better able to cope with day to day life	197	204	165	No. of people reported that they had created a bigger toolbox of coping strategies	187	216	170
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<p>People verbally reported accessing the service reduced their risks of going into mental health crisis, which meant they used other services both statutory and non-statutory services less. Reports were not just about 'having a place to go. People reported that self-help skills they learnt meant they were better able to manage e.g. anxiety symptoms.</p> <p>Peer Leadership took the form of both group facilitation and also co-producing and developing groups.</p> <p>The PLUS Programme (Positive Lives Using Skills), psychoeducation was a key factor in terms of enabling people to develop their coping strategies, improve their resilience and offer real optimism for the future about how they could self manage moving forwards.</p>																																														
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<p>Attendance at therapeutic exercise groups to improve physical health (250 people each year)</p> <table border="1"> <thead> <tr> <th></th> <th>Year One</th> <th>Year Two</th> <th>Year Three</th> </tr> </thead> <tbody> <tr> <td></td> <td>213</td> <td>244</td> <td>130</td> </tr> </tbody> </table> <p>People report improvements in their physical health such as having stopped smoking, improved nutrition, reduced alcohol intake (150 people per year)</p> <table border="1"> <thead> <tr> <th></th> <th>Year One</th> <th>Year Two</th> <th>Year Three</th> </tr> </thead> <tbody> <tr> <td>No. of people reported better overall physical health</td> <td>147</td> <td>121</td> <td>126</td> </tr> <tr> <td>No. of people stopped smoking</td> <td>6</td> <td>10</td> <td>4</td> </tr> <tr> <td>No. of people having reported to have improved their diet</td> <td>101</td> <td>102</td> <td>105</td> </tr> <tr> <td>No. of people reported to have reduced their alcohol intake</td> <td>30</td> <td>41</td> <td>20</td> </tr> </tbody> </table>								Year One	Year Two	Year Three		213	244	130		Year One	Year Two	Year Three	No. of people reported better overall physical health	147	121	126	No. of people stopped smoking	6	10	4	No. of people having reported to have improved their diet	101	102	105	No. of people reported to have reduced their alcohol intake	30	41	20												
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<p>In respect of therapeutic exercise we noted early on in the project that across the areas there were a number of complimentary physical health activities on offer, therefore to avoid duplication we offered groups which filled a gap e.g. YOGA</p> <p>People verbally reported how they had also noticed that whilst their physical health was improving so was their mental and emotional health. People could see the correlation between their physical and mental health and how they impacted on each other, so whilst targets for attendance at exercise groups were lower than anticipated there was an unplanned outcome met in respect of the impact on peoples awareness of the link between physical and mental health.</p>																																														

People will report that they are a healthy weight
(200 people by the end of the project)

Year One	Year Two	Year Three
68	150	64

People with mental health problems will feel better integrated into the community, leading to better relationships with family and friends

Number of people attending Peer Support Groups
(80 people per year)

Year One	Year Two	Year Three
286	249	150

People who have use the service take on peer leadership roles in Peer Support Groups
(6 people per year)

Year One	Year Two	Year Three
7	10	8

Family and friends report improved relationships with their family members with mental health problems
(540 people by the end of the project)

	Year One	Year Two	Year Three
No. of people reporting better relationships with family	102	96	154
No. of people reporting better relationships with friends	176	182	130
No. of people reporting better relationships with their partner	111	102	54

People demonstrate raised aspirations through planning for their futures and improving wellbeing as a result of participation in the project

	Year One	Year Two	Year Three
50% of people accessing the service will improve their wellbeing to average or above within 3 months (180 people per year)	195	249	171
75% of people accessing the service will improve or maintain their wellbeing to average or above within 6 months (270 people each year)	192	142	75
People using the service show evidence of their optimism by making plans for the future (480 people by the end of the project)	154	126	165

Comments:

From the very start of the project peer support was a key successful feature of the work being carried out. We underestimated the scale of peer delivery in terms of when we established our targets and this will influence any work we do in this regard moving forwards.

The success in people taking on leadership roles in peer support has seen a number of activities continue to be peer led once the project has ended, creating a legacy for the future.

Where third parties (family, friends etc.) have been able to recognise improved relationships with people accessing the services this provides a difficult to measure 'impact' on the wider community.

What we have taken from this is that there has been a positive cascade or knock on effect of positive outcome of the Wellbeing+ Programme beyond the scope of people who accessed the service.

Comments:

Overall we have been pleased with the demonstrable success in the improved wellbeing on people accessing the service within 3 months. We noted in Year One that our 6 month target was low and attributed that to the length of operation and low numbers of clients 'at' 6 months access but what became clear was that people didn't 'need' us for that duration of time, which was a huge achievement in not building dependency. We found that the average length of access was around 20 weeks, we feel strongly that that this reflects the ethos of the project in terms of people taking what they needed from the project and moving on with their 'tool box' of skills.