



Halton
community
wellbeing practices

CWP Impact Report

October '12 - July '14

A summary of some key outcomes and achievements from the Community Wellbeing Practices initiative over the last 21 months.



Working with all

17

GP Practices in the Halton borough



8,203

patient interventions

Collaborated with over

120

partner organisations and groups in the borough

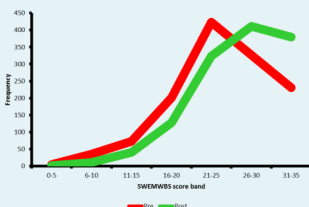


- 85% of patients rated their experience as 8/10 or more
- 78% of patients feel confident to identify the signs and symptoms of common mental health problems
- 41% of patients feel more relaxed
- 97% of patients have implemented positive behaviour change

2,239

wellbeing pledges completed, including:

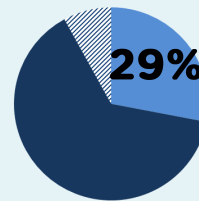
- 54 new dancers
- 180 reconnected with friends
- 40 people started volunteering
- 63 people stepped out in to a park



Shifting the population's wellbeing level

Post-intervention:

- **64%** of patients improved their wellbeing levels
- Patients reported a **52%** reduction in depression symptoms
- **76%** of Wellbeing Review attendees improved their wellbeing levels



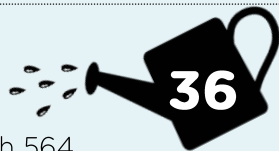
Disability status of participants

Wellbeing volunteers trained, donating 141 hours of time to help others



Asset based community projects delivered with 564 people, including:

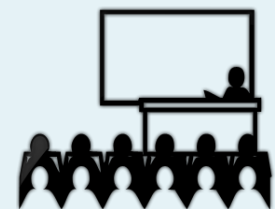
- Appleton practice makeover**
- Brookvale community garden**
- Fruit on Prescription**



GP led wellbeing projects, including:
Tai Chi
Nordic Walking
Dementia Passport
Tango on Prescription

8

155 Clinicians and practice staff trained up in wellbeing brief interventions



25

community events delivered to 922 people, including:
WOW event
'Ignite your Life!'
Music and Memories



89

Social prescribing groups delivered to 1,258 people, including:
Mindfulness
Spanish lessons
Ukulele on Prescription

245



Number of people who undertook training based on cognitive behavioural approaches...and they all received a banana!

Partnership project case studies

We worked with the Practice Manager and Clinicians from Grove House Practice to pull together a steering group to help design and launch the 'Purple Book' initiative, assisting people with memory problems to help maintain their independence. Partner organisations included the Alzheimer's Society, Halton Carers Centre, Age UK Mid Mersey, Later Life & Memory Service, Sure Start to Later Life, Halton Adult Placement Service, Home Instead Senior Care and Halton Speak Out. The initiative has been piloted to 30 Grove House patients, with the intention of rolling it out across the borough.



To assist Murdishaw Health Centre in creating a community garden, we coordinated a partnership group involving practice patients, Clinicians, PPG members, Liverpool Housing Trust, Jigsaw Housing, Groundwork Cheshire and Liberty Gas - all of whom shared their knowledge and resources to transform a barren courtyard in to a flourishing community garden for patients and local schools to enjoy. So far, children from Gorsewood Primary School, Murdishaw West Community Primary School and St Martin's Catholic Primary School have all used the community garden to learn about healthy eating and to plant their own fruit and vegetables.

Patient case studies

Clive was referred to his Community Wellbeing Officer from a multi-disciplinary team meeting as he was living with a long-term respiratory condition and was also isolated from his local community. We helped Clive to contact relevant local agencies to repair damage within his home that was exacerbating his condition, "I feel a lot more optimistic about the future and that there is somebody to help me work through my problems. I'm now looking to volunteer to be able to give back to other people."



Dawn was referred to her Community Wellbeing Officer by her GP, after she reported that she was feeling low and her mood was preventing her from doing day to day activities. During a one-to-one Wellbeing Review, we helped Dawn to improve her wellbeing by sharing with her problem solving techniques and setting pledges around the Five Ways to Wellbeing, "I have learnt how to break my problems down in to small chunks and not to always dwell on the negatives. I have also tried some new activities and I have enjoyed meeting new people and making some new friends."

What GPs say

"The Community Wellbeing Practices initiative has provided me with extra tools to be able to help my patients, by taking in to account the social factors that affect a patient's health. These tools have helped me to explore an alternative dimension of a patient's life that complements the traditional medical model."
Dr Lyon, Castlefields Health Centre

"The Community Wellbeing Practice initiative helps me to offer an alternative approach to helping patients. Having conversations with patients about accessing activity groups has given me a greater depth to my understanding of patients - my conversations now are completely different, and you can see how patients have grown."
Dr Burke, Appleton Village Surgery

"Our Community Wellbeing Officer helped to recruit volunteers and partners to completely transform an area of flagging to an amazing community space for the whole community to enjoy - every patient I see in my practice has commented positively on it!"
Dr O'Hare, Murdishaw Health Centre