

Initial Outcome Proposal to the East Suffolk Community Partnership Board – FY2022/23

(Stage 1 Proposal)

1. Name of Project/activity that will deliver the outcome(s)

SPOT Wellbeing - Health and Wellbeing Courses

2. Key outcome(s)

The courses aim to impact attendees mental and physical health in a positive way. Four separate measurement tools are used by the SPOT Wellbeing team at key points throughout the delivery to ensure accurate measurement of outcomes.

- EQ-5D-5L (EQ VAS) – standardised measure of health through a questionnaire looking at five dimensions, including both physical and mental health.
- UCLA Loneliness Scale – a ‘before and after’ scale used to identify changes in people’s sense of loneliness before and after the course.
- Feedback Forms – provided at the end of the course to all participants and then fed back to the team and the funding organisation.
- An end of course impact report

A copy of the results from one of the previous courses run within the Kesgrave, Martlesham... CP area is attached to demonstrate the impact of the course on people’s health.



Outcome measures
ppt for health and we

It is anticipated that following completion of the six-week course, participants will see improvements in the dimensions reviewed in the documents stated above. In practice, the course aims to reduce feelings of isolation, loneliness, and anxiety. Much of the action taken towards this is done through the socialising element of each session, along with delivering group work sessions with likeminded people attending.

Participants will also be working towards improved health outcomes, with the aim of EQ VAS scores improving between the beginning and end of the course. Each person’s understanding of their own health will inform the answers they submit, ensuring that the course is relevant for all who attend. EQ VAS scores are chosen by the participants themselves through self-reporting at the beginning and end of the course.

It is also anticipated that participants will feel less lonely because of attending the course. This will be measured through the UCLA Loneliness Scale as mentioned above.

Added value benefits will be identified through the review of Feedback Forms at the end of the course. Although we cannot prepare for the feedback received, we can refer to previous comments made and additional outcomes. For example, following a course held in Grundisburgh, several of the

participants started their own weekly walking group around the local area. this was started by a member of the course who, before attending, stated he had done no exercise for over 20 years.

3. How has the need been identified?

SPOT Wellbeing were previously commissioned by the Kesgrave, Martlesham Rushmere St Andrew, Carlford/Fynn Valley Community Partnership to deliver six courses across the area – 4 in the more urban areas, and two within the local villages.

The original six courses were funded as a means of reducing isolation and loneliness and helping people to age well. The courses were based across Kesgrave, Martlesham, Rushmere St Andrew and Grundisburgh and each were fully booked shortly after promotion. Engagement with the social prescribers, health professionals and public advertising led to a successful take up.

The final two courses were run in Grundisburgh and were fully booked within 24 hours, primarily through health professional referrals. This indicated a clear demand for such unique services that requires further investment and provision to meet the local need.

The design of the course leads to positive outcomes in different dimensions. The exercise element improves physical health and is designed to be repeated at home in the long term. With an ageing population in East Suffolk, enabling residents to 'stay well' will become ever more important in the future.

The socialising element brings likeminded people from the same community together over a shared purpose. This acts as a catalyst for improved personal relationships and a way of reducing loneliness and isolation, a priority for many of the Community Partnerships across the district.

The education element of the course also enables people, allowing them to make informed decisions about the behaviours they exhibit, the routines they have, and how to make positive changes where necessary. Whilst much of this information is available elsewhere, the courses deliver it in a way that is designed to be as easily accessible for the participants as possible. It also leads to further conversations with staff, signposting to the most relevant support available locally for their concerns.

4. Who will benefit from the outcomes?

Adult residents who experience feelings of isolation, loneliness, and anxiety.

5. How will the outcomes(s) be sustained after the funding period (if appropriate)?

The funding will pay for the delivery of nine courses. There are no ongoing costs at this point.

Once the feedback is received following the two courses, the data will be reviewed, and further discussions will be had at a CP level to agree next steps. We will share the findings with our health partners to evidence any need for consistent provision in the future if appropriate.

6. Brief description of the project / activity that will deliver the outcome(s).

The proposal is to fund 9 courses of SPOT Wellbeing's Health and Wellbeing course as follows.

- 2 courses within the Kesgrave, Martlesham, Rushmere St Andrew, Carlford and Fynn Valley – match funding two courses already approved for this CP as of July 2022.
- 1 in each of the other 7 Community Partnership areas to expand the provision across the district on a trial basis. Venues, etc. will be confirmed in partnership with SPOT Wellbeing.

The health and wellbeing courses are unique. They do not duplicate existing health services currently provided privately or by the NHS and are focused on helping people to stay well for as long as

possible. This is done by enabling them to have the relevant skills and knowledge to make long term changes and improvements to their circumstances.

Each course runs over six weeks, one half-day session per week. Each session has three elements to it i) an exercise session tailored to the needs and abilities of those attending, ii) a socialising element to develop relationships with local, likeminded people, and iii) an information element about a different topic each week – for example nutrition, falls prevention or common health conditions.

SPOT Wellbeing is run by three healthcare professionals that use their existing experience to deliver these interventions. Although their skills include, but are not limited to, physiotherapy and occupational health, the services provided are not a replacement for the provision available elsewhere. We are not aware of a similar offer available in East Suffolk.

Referrals are received via several routes – either through health professionals such as GP surgeries or social prescribers, through friends and families, or as a self-referral. SPOT Wellbeing already have the contacts within the health services to ensure that those who would benefit from the course are able to access it.

Participants are assessed prior to the course to ensure they are suitable and to make any amendments to the provision to be accessible for all. SPOT Wellbeing will also advise where to go if participants have similar health related queries, ensuring that additional concerns are addressed promptly.

Locations will be agreed based on local need, taking in to account Index of Multiple Deprivation and identifying those areas where there is greater health related deprivation.

A maximum of 14 people may attend each course, including carers of participants. In terms of value for money, the funding request equates to £100 per person per course. This means the cost of hall hire, staffing, equipment and the assessment/review equates to £16 per person per session.

Please include Start and End Dates: TBC – dependent on availability of staff, suitable locations

7. Who is involved?

Who is involved in developing this outcome proposal?

Who will deliver the project/activity?

Name of East Suffolk Community Partnerships Board Member supporting the project:

Chris Blundell

- SPOT Wellbeing will be the main provider of the service, and responsible for resourcing, advertising, accepting referrals and delivery of the course in full.
- East Suffolk Council and the eight Community Partnerships will support with the promotion of the courses through agreed routes.
- Communities Officers in the south of the district will act as a conduit for information between SPOT Wellbeing and the Integrated Neighbourhood Team to ensure suitable potential referrals are identified and signposted towards the support.
- Communities Officers in the north of the district will work with Waveney Health and Wellbeing Partnership partners and encourage suitable potential referrals into SPOT wellbeing

8. Give information about match funding here:		
Source of match funding:	Funding confirmed?	Amount (£)
The Kesgrave, Martlesham... CP has already approved funding for two courses in the area which will be supplemented by the further two being requested in this proposal. Referral rates for previous courses strongly suggest a continuing demand for such provision.	Yes	2,800

Total project / activity cost (For	15,400
Total of confirmed match funding	2,800
Total amount of Strategic funding required	12,600

9. Identify where the Community Partnership Board Budget will be spent:	
Description of activity or item (by who and by when where appropriate)	Cost (£)
9 courses of SPOT Wellbeing's Health and Wellbeing course as follows. <ul style="list-style-type: none"> 2 courses within the Kesgrave, Martlesham, Rushmere St Andrew, Carlford and Fynn Valley – match funding two courses already approved for this CP as of July 2022. 1 in each of the other 7 Community Partnership areas to expand the provision across the district on a trial basis. Venues, etc. will be confirmed in partnership with SPOT Wellbeing. 	12,600
Total	12,600

10. How will the project / activity be monitored, and outcomes reported (including project risks)?
<p>Four separate measurement tools are used by the SPOT Wellbeing team at key points throughout the delivery to ensure accurate measurement of outcomes.</p> <ul style="list-style-type: none"> EQ-5D-5L (EQ VAS) – standardised measure of health through a questionnaire looking at five dimensions, including both physical and mental health. UCLA Loneliness Scale – a 'before and after' scale used to identify changes in people's sense of loneliness before and after the course. Feedback Forms – provided at the end of the course to all participants and then fed back to the team and the funding organisation. End of course impact report compiled by SPOT Wellbeing

Community Partnership Board Member Declaration:

I confirm that I support this proposal:

Name:

Signature:

Date: