

Community Partnership Proposal Outline



Spot Wellbeing Health and Wellbeing Groups – CP wide

What is the project/service?

SPOT Wellbeing are a CIC run by NHS professionals such as physiotherapists and occupational therapists. They deliver Health and Wellbeing courses that cover a range of issues that older people generally face during six face to face group sessions. Topics include nutrition, falls prevention and other matters whilst aiming to help people age as well as possible. Each session is split in to three sections;

- Exercises depending on the cohort and their capabilities, amended to meet everyone's needs.
- Coffee break to allow people to develop new local relationships and friendships, preparing for post-course.
- An informal educational element that covers a different topic each week and supports the other sections of the course.

Participants attend the six-session course following an assessment by SPOT Wellbeing and potential referral to other support services if required. Referrals are received by individuals, families/friends, and professionals from a range of organisations.

How was the need identified?

The data pack, along with local insight, demonstrates that we have several areas that have an increased risk of isolation and loneliness within the older population. Although health outcomes are generally positive, the courses aim to help keep people well, reducing the need on clinical services in the local area.

The courses are designed to reduce isolation/loneliness, help people to age well, and enabling local people to take better care of their health.

All attendees are required to complete pre and post course questionnaires that use statistically sound methods to understand the courses impact.

88% of attendees felt less isolated or lonely after completing the course.

90% reported an overall improvement in their health and wellbeing following the course.

Which priority does this meet?

'Support wellbeing by strengthening existing networks'

What are the details about it's delivery?

Each course has six 90-minute sessions, one per week for six weeks. They are delivered face to face as group sessions in order to build and maintain positive relationships. Each venue is identified based on its suitability, including accessibility requirements. Our Community Partnership were the first to commission these sessions in the past, and they are now run across Suffolk.

How much funding is required?

£2,800 on a match funding basis. This will fund two courses to be delivered within our CP area.

In June 2022, a proposal was agreed in principle for the CP Board to support the funding of another 2 courses within our CP area. this will be formally approved in the September meeting subject to queries being answered.

It is also requested that Councillors with Enabling Communities Budgets or Locality budgets contribute £350 each towards funding another 2 courses. This would bring our total number of courses to six, in line with the previous

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commission. It would also allow for the same arrangement of sites across the CP – 2 in Kesgrave, 1 in Rushmere, 1 in Martlesham and 2 in Carlford/Fynn Valley.

Breakdown of costs

2x Health and Wellbeing Courses delivered by Spot Wellbeing - £2,800

Who is the recipient of the funding?

SPOT Wellbeing will be the recipients of the funding, delivering the health and wellbeing courses as provided.