

Chichester Wellbeing 2015/16 summary evaluation

Wellbeing Hub

Clients are offered between one and three 1 to 1 appointments or have a 30 minute MOT appointment after this they are signposted to appropriate services which suit their needs.

The table below shows the number of new clients accessing the wellbeing service each quarter for support and information from 2013/14 to 2015/16.

Number of new clients	Q1	Q2	Q3	Q4	Total
2012/13	345	326	229	294	1,194
2013/14	580	396	268	336	1,580
2014/15	653	416	362	349	1,780
2015/16	304	332	345	367	1,348
Total					5,902

NB: the numbers have dipped for 2015/16 because we had two extended periods of staff sickness which had an impact in the capacity of the team.

Q4 Evaluation

- The team attended 13 public events during 2015/16 and spoke to 234 people generating 84 individual clients.
- 90% of clients found the service useful or very useful
- 78% of clients during 2015/16 made positive lifestyle changes as a result of their contact with the wellbeing service.
- The main reasons for contacting the service are to lose weight and be more active
- 6 main promotional campaigns were delivered along with many more awareness activities promotes through the website and social media.

Wellbeing Hub case study.

Client: JH Male age 71 Lives in Selsey

J Requested an MOT at Selsey following an outburst of tears from his 7 year old granddaughter he was worried that he was going to die soon as he was always smelling of alcohol and was getting fatter .

It made him also upset and following a visit to the Doctors contacted us for an MOT. He was indeed very overweight with a BMI of 36.8, but more worrying was his fat was 41.3% and his visceral fat was 26. (it should be no more than 13)

We agreed to meet up for one to one sessions and work through his habits and his dependency on alcohol. He is a not an unusual case where his drinking in his mind is normal, (daily 1-2 whisky's

and half to full bottle of wine with food a night) and would not see himself as needing to use the drug and alcohol services.

We talked at length through motivational interviewing about his daily habits and how he could reduce his consumption. He said he felt really moved by his granddaughter, inspired by us and motivated to make the changes. We have met up every two weeks and after 3 sessions, he has reduced his weight by a stone, his Fat % to 36.8% from over 41 and his visceral fat to 22.

He will need to keep this up for the next year to get to safe levels and after his last session will come to regular drop in's at the Leisure Centre. He has stopped all alcohol in the week and now just enjoys his weekends with just a half bottle of wine every Friday and Saturday night. He has cut down all his sugary food habits replacing and swapping them where possible through label reading.

I asked him what the best thing has been so far since he started with his regime.

He said "Gardening with my Granddaughter at the weekend and her saying, "Granddad, you don't need to keep stopping every few minutes and you can now bend down ".

"That was worth everything "he said.

2015/16 Wrap around services.

Wellbeing weight loss workshops

During 2015/16 16 x 12 week wellbeing weight loss workshops were delivered at venues across the district. The courses are well attended and achieve positive outcomes.

During the year 70% of clients achieved 3% weight loss (target was 60% of clients) and 49% of clients achieved 5% weight loss (target was 30% of clients).

72% of clients reported improved mental wellbeing by the end of the programme

76% of clients reported increased activity levels at the end of the programme

Family Weight Management

23 families have joined the programme this year and overall target for the year was 30 families.

The initial target was not reached due to the complexity of some of the families who needed more intensive support to engage with the programme.

Other measures of success include improved physical and mental wellbeing, increase in fitness levels, improvements in eating behaviours and habits and improved emotional wellbeing. The families who have completed the programme did so with 100% of targets reached.

One of the highlights of this project are that schools have been keen to engage and enable project leader to use PE lessons to work with individual children. The project has played a major part in increasing the school attendance and confidence of children in lessons. The provider is working

with the high schools to implement alternatives to PE lessons as it has been found that increasing numbers of young people opt out of lessons on the basis of weight, confidence and ability.

Healthy workplaces

13 new businesses have engaged with the programme during 2015/16 along with businesses that engaged during the previous 2 years. Currently there are in excess of 60 businesses that regularly receive information and advice about health and wellbeing issues.

We continue to work with businesses based in our targeted areas / groups including Think Family Neighbourhoods.

We have started work with organisations on the St James industrial estate where we are bringing businesses together to improve the health of staff. We continue to work with Chichester College, University of Chichester, St Richards Hospital and our own council staff running weight loss workshops, Mindfulness workshops, MOT sessions and to promote wellbeing campaigns.

First Steps to Fitness

The aim is to move people who are inactive, doing less than 30 minutes of activity each week, to 150 minutes a week eg 30 minutes on 5 days. 200 people engaged with the scheme during 2015/16 of these 50% completed the 12 week programme. Of those that did not engage 35% felt they weren't ready to start being active.

Of those that have completed the programme, 79% reported increases in physical activity in their daily lives and 98% report improved mental and emotional wellbeing.

Active Older People

Targeting older people aged 65+ in areas of deprivation and where we know there are high numbers of older people who want to become more active. Clients are contacted via direct mail or can self refer to the programme. Once they sign up people are directed to local activity sessions that they have shown an interest in and are likely to sustain. There has been a good result from the targeted mail out so far.

356 people have registered with the programme during the year (target for 2015/16 is 370) and have been contacted for support to be more active. People registering are assessed using the GP Physical Activity Questionnaire for their current level of activity, they are encouraged to move from inactive to moderately active (150 mins per week) or active (180 mins per week).

- 164 people reported being more active by an average of 1.6 hours a week after 3 months following their engagement with the service, this increased to 224 active by an average of 1.1 hours after 6 months.
- 73% people accessing the service live in target areas including Think Family Neighbourhoods.
- 92% of clients also reported improved emotional wellbeing

Healthy Food for Life

Health Champions Training are contracted to deliver 12 cook and eat programmes. Each programme is 6 weeks and can support up to 6 clients at a time depending on the size of the kitchen.

During 2015/16 12 courses were delivered to 81 people in Tangmere, Selsey and Chichester. Participants report improved understanding of a healthy diet, improved cooking skills, shopping for food on a budget and a range of other measures. Support was also provided for local groups eg the Foyer, the Food Bank and Children and Family Centres.

Case study - B M, Tangmere, July 2015

"I learned about the wellbeing service through the cookery champions Facebook page and wanted to learn tips on how to cook meals. I found the ladies to be very helpful and welcoming. I wanted to learn how to add different types of food to meals. The first lesson was very interesting and easy to follow. I joined the course because I wanted to gain confidence in cooking with different types of food. I have gained in confidence over the 6 weeks and getting a good idea of types of flavours and seasoning to add. I have used the course by trying out the different ways and different products to put in certain meals when I am at home. I have changed the way I cook at home by adding more vegetables to my meals. I'm also not afraid to use foods I'm not keen on when making meals I have made. Before the course I would never had added specific foods, for example I don't like mushrooms but this course helped me to put them in different meals and if I cut them up small enough I'll eat them. The result of this course has made a difference to my meals at home as I use lots of other vegetables and seasoning to make meals from scratch".

"I was contacted by e-mail by the wellbeing champion and support was excellent throughout all lessons. I enjoyed cooking together, very different to cooking on your own"

Elaine Thomas, Community Wellbeing Manager - Contact: 01243 534588

ethomas@chichester.gov.uk