

# Staying Well in Calderdale Programme Evaluation



## Executive Summary Infographic

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July 2016



# What is the Staying Well Programme?

Staying Well was developed and implemented for 5 reasons:

1. To reduce social isolation and loneliness
2. To reduce less appropriate health and social care use
3. As a response to 'grass roots' pressures
4. To strengthen early intervention and prevention initiatives
5. To improve community capacity and cohesion

Staying Well project workers were located in the following locality area hubs:

1. Elland and District
2. Hebden Bridge
3. Halifax Opportunities Trust
4. North Halifax

Staying Well workers were tasked with 2 key activities:

1. To reduce Social Isolation and Loneliness
2. To reduce less appropriate health and social care use

Staying Well workers carried out a number of face-to-face holistic and asset based visits with older people



Workers facilitated attendance at a range of community and local activities



Each hub applied a devolved budget to micro-commission interventions aimed at building community capacity and strengthening local provision



## Who took part in the project?

779

A total of 779 people were referred to the programme



42% self-referred, 38% were referred from statutory services and 20% were referred through voluntary organisations

69

The average age of those referred was 69



48% of those referred had 1 long term condition and 38% had two or more

# What did the programme achieve?

## Improved Outcomes for Older People



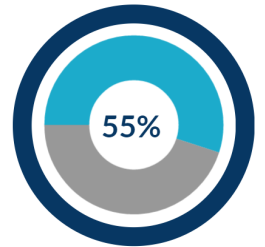
Overall the average score of loneliness fell with people feeling less lonely than before the start of the programme.

Three out of the four hubs were successful in reducing loneliness



Service users accessing the Elland and District Hub reported a 10% improvement in their health state

The programme was effective in ensuring those most likely to need support from Staying Well were included - with 55% of participants drawn from the most deprived areas



Those aged 59 and under reported an 18% improvement in their health related quality of life

## Created more cohesive and connected communities

The hubs successfully micro-commissioned new and existing community-led projects



The project identified and supported existing community projects and enabled joint working between them

Community organisations were involved in each hub's local steering group



## Improved Intersectoral Working



Relationships and partnerships across the health, social and third sector improved. Relationships between hubs and wider community provision was also seen.

The Staying Well steering group was perceived as having made appropriate and strong links.



## Cost effective?

The Staying Well programme has yet to achieve full cost effectiveness due to the short time-frame that the programme has been in operation. Although the evaluation shows that if the health benefits felt by younger service users had been replicated for older participants the programme would have easily reached cost effectiveness,



## What now for the programme?



The Staying Well programme as a brand is well-recognised and accessed across the different localities



Project workers were successful in identifying lonely and socially isolated people



The micro-commissioning exercise was particularly effective in supporting new and existing groups



Positive changes were found across a number of outcomes including loneliness, health, intersectoral working and community cohesion



In general the project seems to be moving in the right direction towards achieving its aims

**"It is recommended that the programme continues"**

### Evaluation Conclusion

