



innovation fund



2016 project impact report



North Yorkshire
County Council



Your
Consortium

completing the picture
enriching communities

Introduction



Funded by North Yorkshire County Council's Health and Adult Services Directorate, the Innovation Fund aims at supporting the transformation of Health and Adult Social Care in North Yorkshire.

By prioritising areas for transformation within adult social care, the fund enables voluntary and community organisations to provide innovative approaches to early intervention and/or prevention projects.

North Yorkshire County Council (NYCC) delivered rounds 1 and 2 of the programme, before reviewing the management and coordination of the Innovation Fund and undertaking an open and competitive tender process to allocate the management of the fund to an external organisation. Your Consortium was awarded management of the fund in December 2013.

Round 3 saw the delivery of 32 projects across North Yorkshire between August 2014 and August 2015 offering a diverse range of activities aimed at preventing, reducing and delaying participants from accessing long-term statutory support services. Of these, 14 projects were awarded additional funding through to October 2016, based on prior successful achievement of their contractual targets and their progression towards project sustainability.

Project Themes

- People are healthy
- People are safe and independent
- People experience social and emotional well-being
- People experience economic well-being
- Carers are healthy and experience well-being

Round 3 provided a total fund of £178,899 and supported 558 participants across the county.



The Partnership

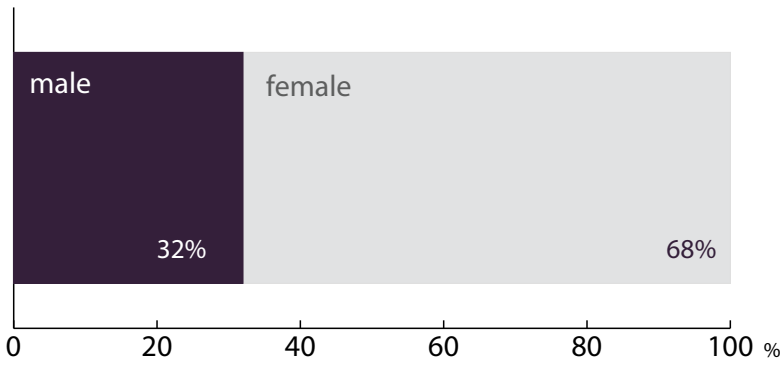


Organisation	Delivery Area	Outline
Age UK North Craven	Craven	Community advice programme to give advice and support to help older people take real steps to reduce their vulnerability to serious downturns in health during the winter and at home.
Age UK North Yorkshire	Harrogate	The " Staying Steady" project will continue to work with the range of health and care professionals to improve access to falls prevention services for older people who are at risk of falling, or who have a history of falls.
Esk Moors Caring	Scarborough	Community and social activities to address loneliness in rural and isolated parts of North Yorkshire
Horton Housing Association	Craven	Continue to deliver two weekly Horton Community Cafes in the Craven District, in Skipton and Settle with support from community workers and specialist provision by external agencies.
	Selby	As above for the Selby district.
Orb Community Enterprise	Harrogate	Get Creative project aims to continue and expand its original work providing a core evening and weekend programme of creative activity for adults with mental health challenges.
Pioneer Projects (Celebratory Arts) Ltd	Craven	A 'Making Art' session for people living with dementia and their carers.
Purple Patch Arts	Selby	The Purple Patch Arts 'Lifelong Learning Programme' will run weekly in Selby during term-time. It will offer 10 adults with learning disabilities the opportunity to take part in an arts education programme.
Ripon Community Link	Harrogate	A musical group, 'The Music Men', performing social musical events combined with providing information on local services.
Rural Arts	Hambleton	Delivery of a number of exciting and creative workshops for older people, using the ipad as a way of breaking down people's fear of new technology and building their confidence in using this medium as a way of expressing themselves.
Scarborough & Ryedale Carers Resource	Ryedale	Provide a support service focusing on carers' health needs by encouraging them to complete a detailed Well-being Check assessment tool. Carers given access to health information and any issues identified on the Well-being Check.
The Clock	Hambleton	Time for Time will be an intergenerational project delivered by skilled members of The Clock's team supported by volunteers (both young people and adults. It will be open to adults of all ages who wish to improve their social or emotional well-being.
The Rainbow Centre	Scarborough	The project aims to increase provision that supports mental and emotional wellbeing outcomes by offering supported opportunities for volunteering to community members who are recovering from alcohol or other substance misuse, those living in the community with mental health problems and other individuals in the town who are on the margins of society.
Yorkshire Yoga	Harrogate	Delivery of a programme of yoga, pilates and exercise techniques to address the physical and psychological needs of older adults in Harrogate District who experience long-term health problems, who are at increased risk of falling or who are socially disengaged.

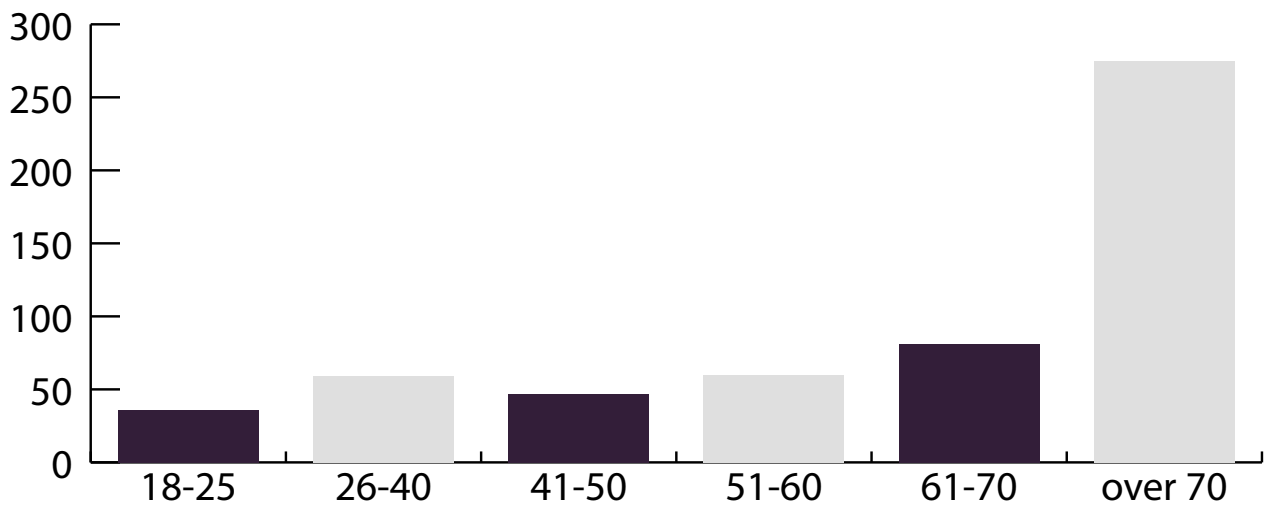
The Participants



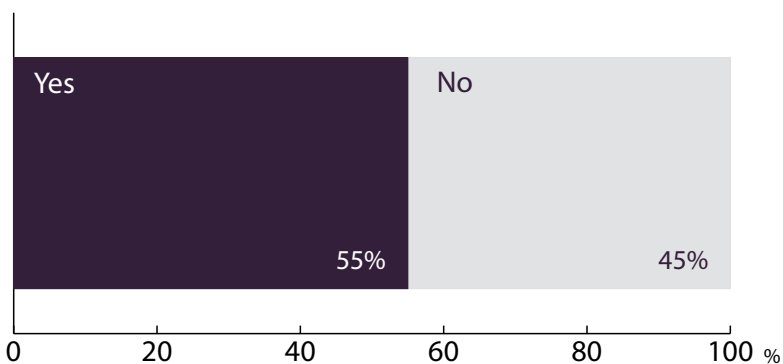
Gender:



Age:



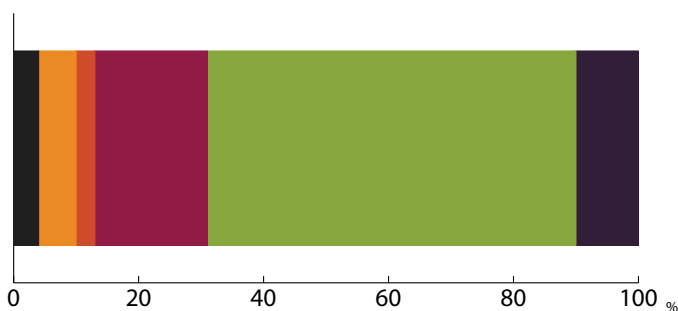
Disability, Medical Condition or Learning Difficulty.



Disabilities Identified...

- Visual
- Hearing
- Mobility
- Mental health
- Aspergers Syndrome

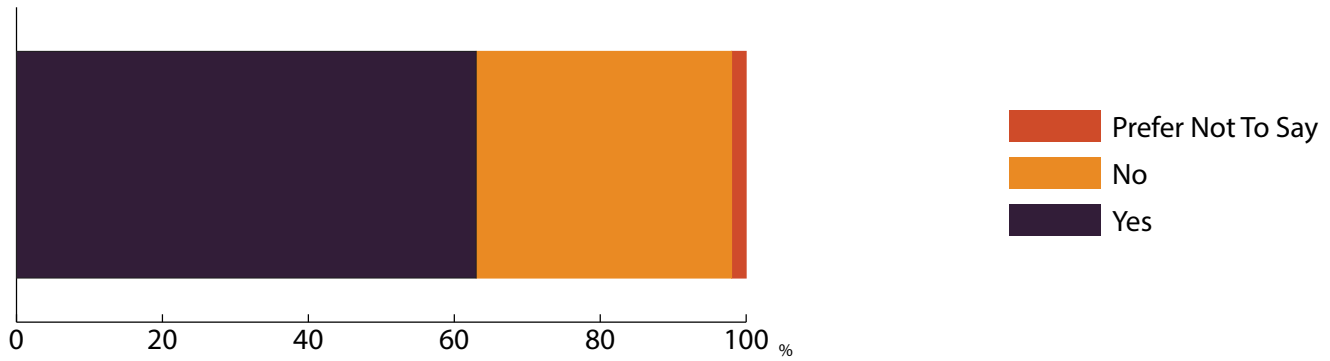
Employment Status



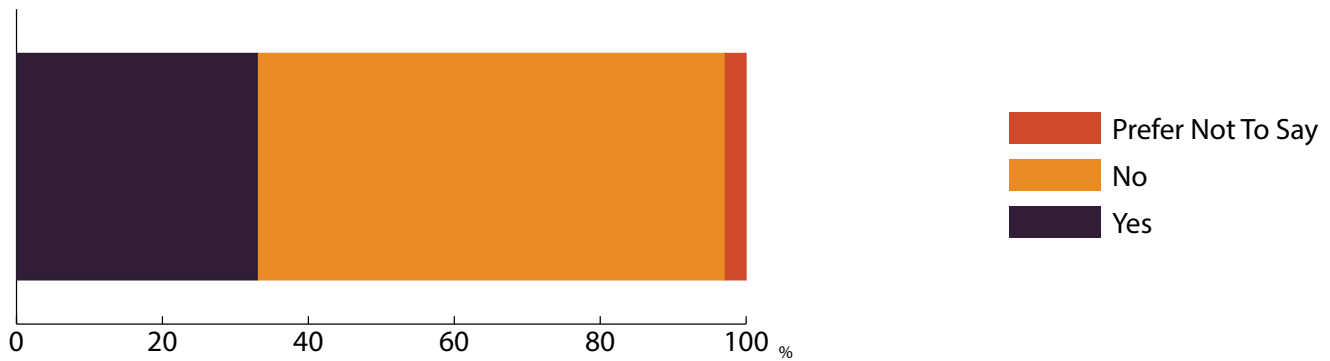
- Economically Inactive
- Retired
- Unemployed
- Self
- Part Time
- Full Time

Identified Risk Factors

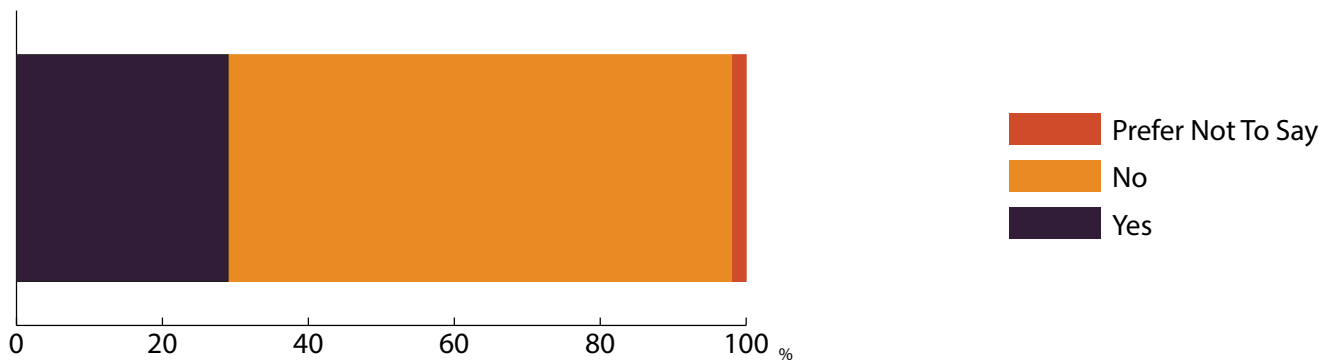
Do you have a long term health condition disability or impairment?



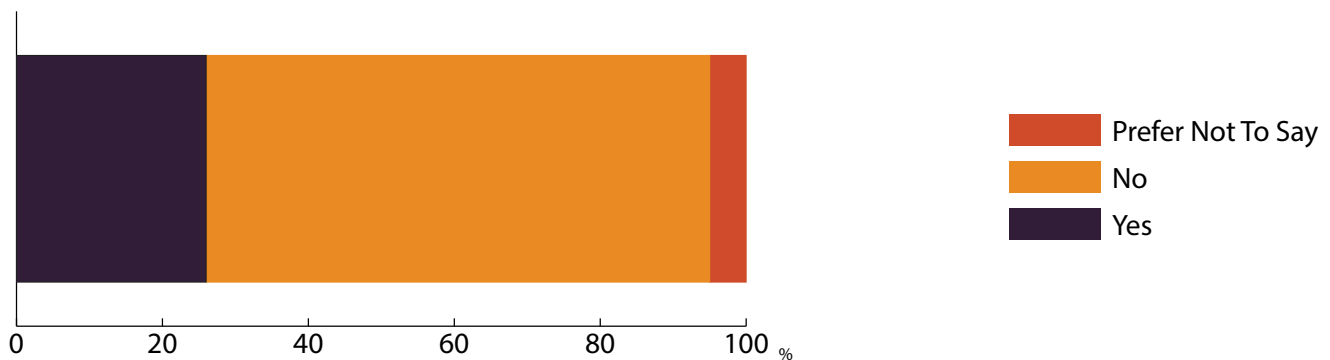
Have you ever had a fall that has resulted in an injury?



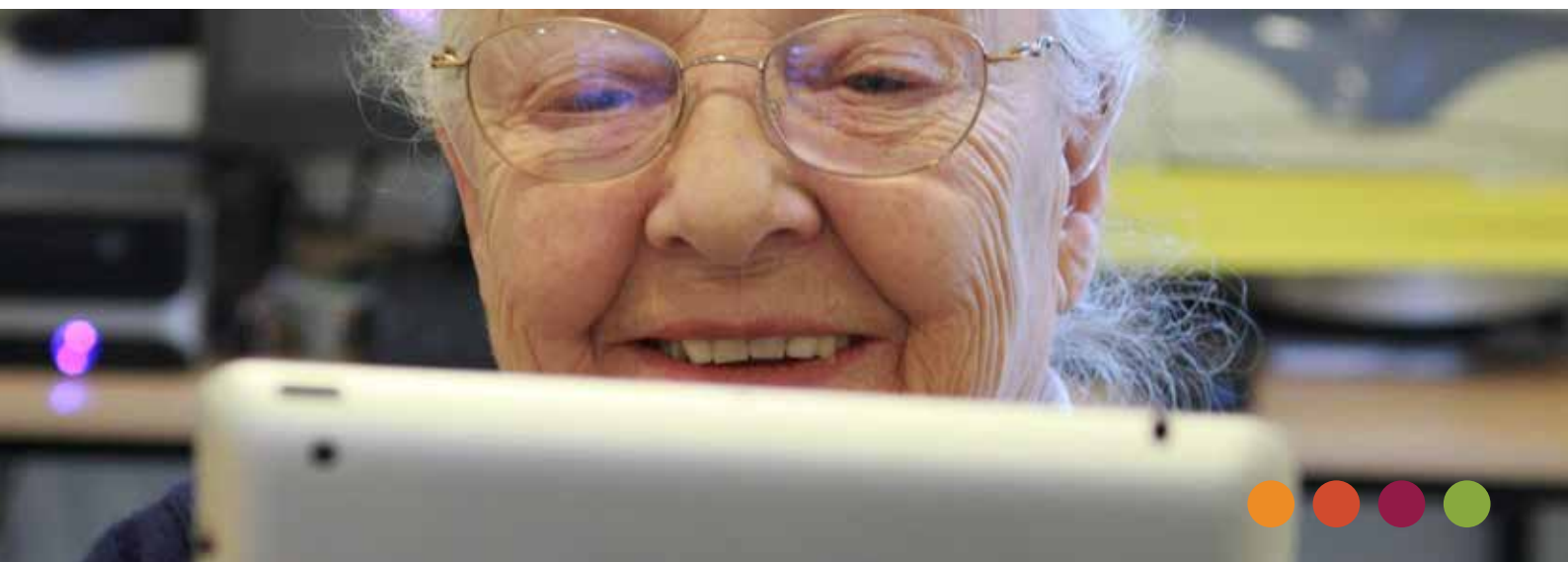
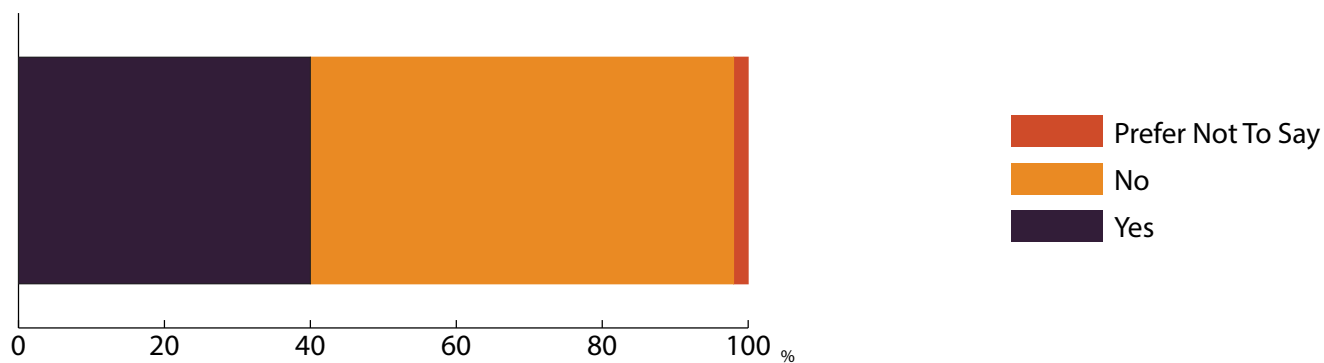
Have you been admitted to hospital in the last 12 months?



Do you consider yourself to have a mental health issue?

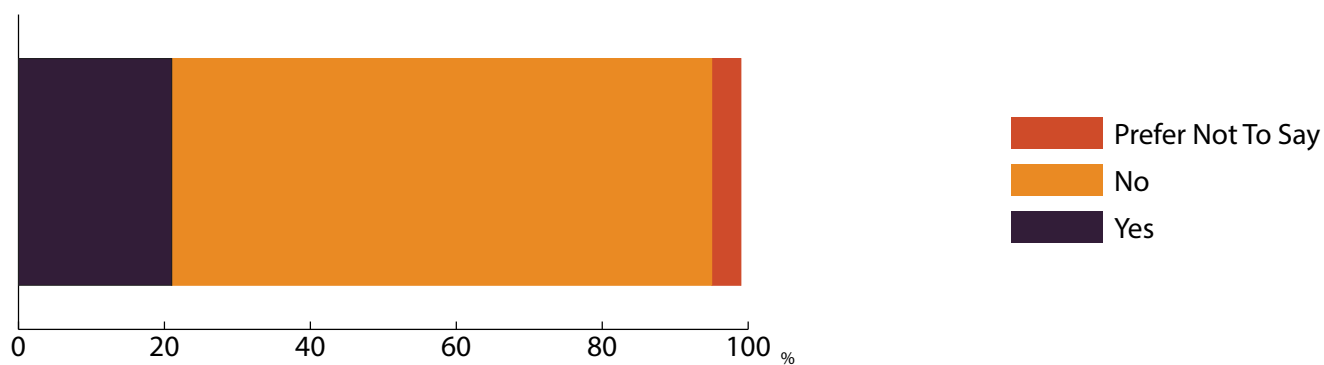


Do you consider yourself to have poor mobility?

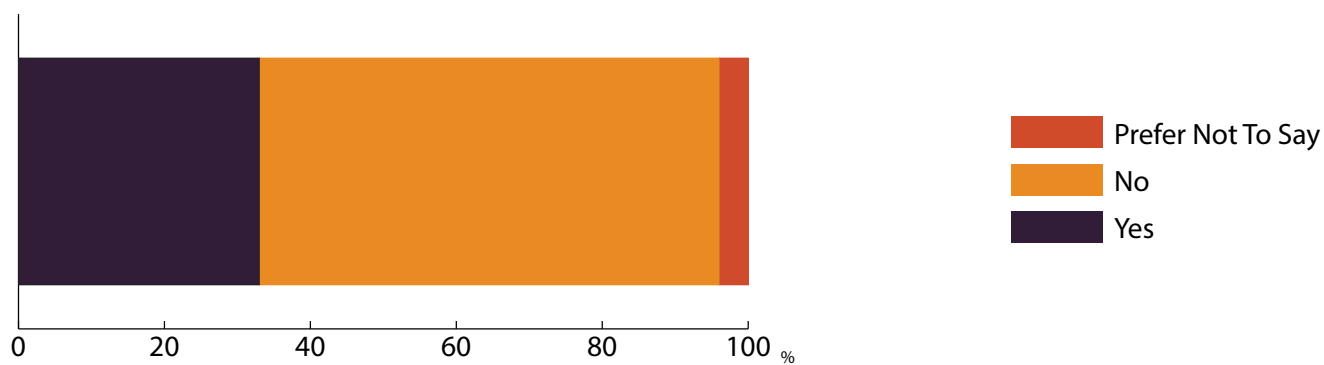


Personal Circumstances

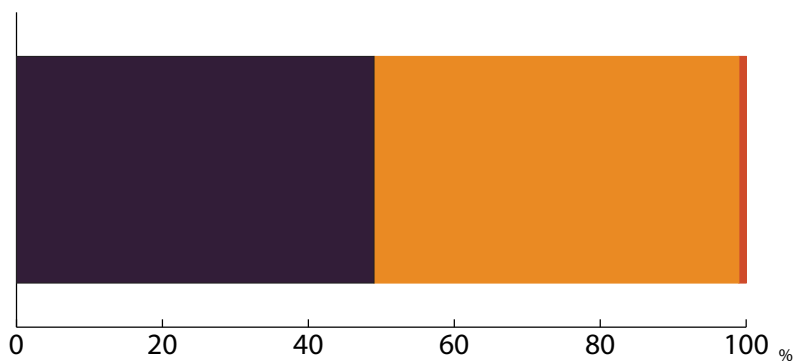
Have you experienced a recent bereavement?



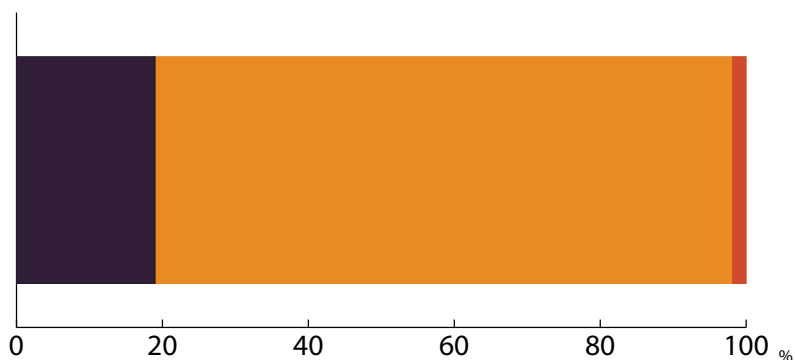
Do you require support in order to live independently at home?



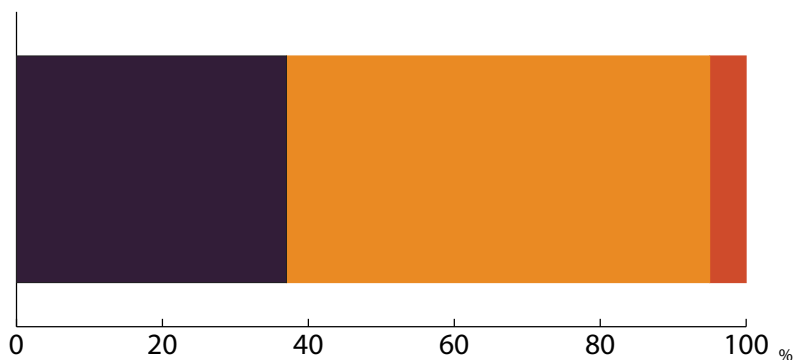
Do you live in a rural area with poor transport?



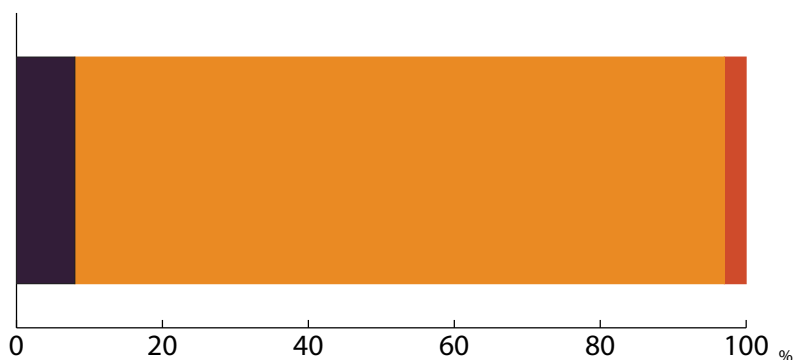
Do you provide unpaid care for a friend, neighbour or relative?



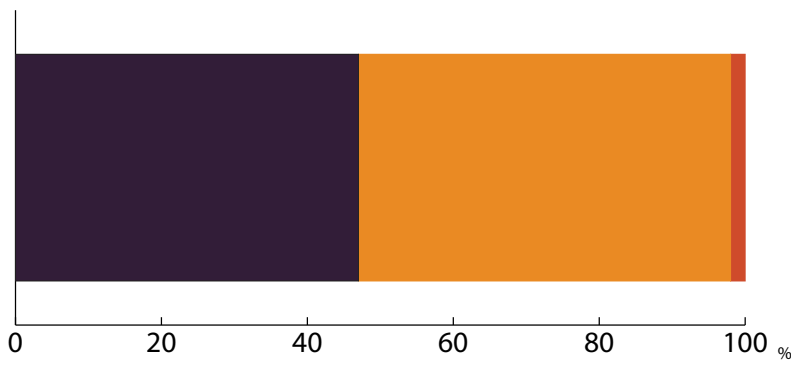
Do you consider yourself to have low confidence?



Are you new to the area (within last 12 months)?

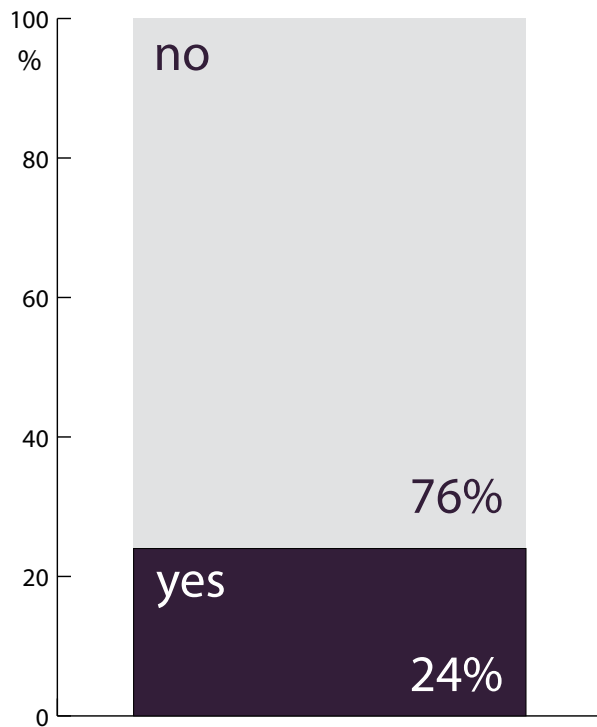


Do you live alone?



- Prefer Not To Say
- No
- Yes

Do you currently access support from a statutory agency, such as North Yorkshire County Council?



Please Describe...

- Attendance Allowance
- Blue Badge & HAS
- Care package
- CMHT Support
- Disabled Children's Team
- DLA
- Employment Support NYCC
- Family Support Worker
- Intermediate Care Team
- Learning Disabilities Team
- Living Well Team
- NHS physiotherapy
- North Yorkshire Horizons
- Probation worker
- Red Cross care in the community
- Social service care package
- Start Team
- Stay Selby floating support
- Supported employment
- Supported housing
- Warden support



Responses to Well-Being Participant Questionnaire



The majority of the participants who 'connected' with the projects within the Innovation Fund were asked to reflect and respond to a questionnaire about their well-being. These questions were based on the Warwick-Edinburgh Mental Well-Being Scale (WEMWBS)*.

The tables below give an indication of impact - highlighting **positive** or **negative** progression for each of the views - based on the variation between the total responses made prior to taking part and after completing engagement. The values are given as percentages.






I've been feeling optimistic about the future...	None of the Time	Rarely	Some of the Time	Often	All of the Time
Beginning	5	21	42	26	6
End	2	11	33	41	13
Variation	-3	-10	-9	15	7






I've been feeling useful...	None of the Time	Rarely	Some of the Time	Often	All of the Time
Beginning	4	16	45	29	6
End	3	6	39	35	17
Variation	-1	-10	-6	6	11






I've been feeling relaxed...	None of the Time	Rarely	Some of the Time	Often	All of the Time
Beginning	8	26	38	23	5
End	3	13	30	39	14
Variation	-5	-13	-8	16	9






I've been feeling interested in other people...	None of the Time	Rarely	Some of the Time	Often	All of the Time
Beginning	3	10	33	37	17
End	1	6	18	50	25
Variation	-2	-4	-15	13	8






* Warwick-Edinburgh Mental Well-being Scale (WEMWBS) © NHS Health Scotland, University of Warwick and University of Edinburgh, 2006, all rights reserved.






I've had energy to spare...	None of the Time	Rarely	Some of the Time	Often	All of the Time
Beginning	15	31	35	16	3
End	9	22	40	23	6
Variation	-6	-9	5	7	3
					






I've been dealing with problems well...	None of the Time	Rarely	Some of the Time	Often	All of the Time
Beginning	8	17	40	22	13
End	3	9	39	34	15
Variation	-6	-8	-1	12	2
					






I've been thinking clearly...	None of the Time	Rarely	Some of the Time	Often	All of the Time
Beginning	7	19	32	25	17
End	3	8	31	35	23
Variation	-4	-11	-1	10	6
					






I've been feeling good about myself...	None of the Time	Rarely	Some of the Time	Often	All of the Time
Beginning	4	24	39	24	9
End	2	11	30	39	18
Variation	-2	-13	-9	15	9
					






I've been feeling close to other people...	None of the Time	Rarely	Some of the Time	Often	All of the Time
Beginning	5	17	35	32	11
End	2	10	27	42	19
Variation	-3	-7	-8	10	8
					

I've been feeling confident...	None of the Time	Rarely	Some of the Time	Often	All of the Time
Beginning	9	23	39	23	6
End	4	10	37	36	13
Variation	-5	-13	-2	13	7
					

I've been able to make up my own mind about things...	None of the Time	Rarely	Some of the Time	Often	All of the Time
Beginning	6	13	32	26	23
End	2	4	29	38	27
Variation	-4	-9	-3	12	4
					

I've been feeling loved...	None of the Time	Rarely	Some of the Time	Often	All of the Time
Beginning	5	14	28	31	22
End	3	9	21	39	28
Variation	-2	-5	-7	8	6
					

I've been interested in new things...	None of the Time	Rarely	Some of the Time	Often	All of the Time
Beginning	2	16	37	31	14
End	1	9	26	39	25
Variation	-1	-7	-11	8	11
					

I've been feeling cheerful...	None of the Time	Rarely	Some of the Time	Often	All of the Time
Beginning	3	18	43	26	10
End	2	7	33	40	18
Variation	-1	-11	-10	14	8
					



The Participants

The overall programme connected with 558 participants – all completing an initial assessment and a final assessment with a representative from each delivery partner. There was a large representation of participants over 60 years old (81 participants between 61 and 70 years and 275 registered as over 70 years) and this was largely to be expected based on the overall focus of the fund and the nature of the delivery projects.

There was a larger participation from women than men and a proportionately high positive response to the question regarding disability, medical condition and learning difficulty.

Participant employment status reflected the targeted age group with the majority of respondents stating that they were either retired (59%), unemployed (18%) or economically inactive (10%).

Overall the programme was effective in 'connecting' with relevant participants.

Identified Risk Factors

The overall response to the questions asked was generally very good – with a very small percentage of respondents responding "Prefer Not To Say" to each question.

There was a strong 'yes' response to the question "Do you have a long term health condition, disability or impairment" – with 63% of participants indicating that they were affected.

A third of respondents indicated that they had suffered from a fall that had resulted in injury and 40% reported that they had poor mobility. The data demonstrates that the overall programme was effective in targeting those with physical health challenges - particularly those relating to ageing – and 29% of respondents reported being admitted to hospital in the last 12 months.

26% of participants reported that they considered themselves to have a mental health issue with 5% not wishing to say about their mental well-being. Information on the proportion of adults with mental health challenges across the UK is unclear – with a recent Kings Fund Report highlighting 17.6 percent of the population reporting mental health issues for those aged 16-64.*

The majority of the target group for the Innovation Fund are outside of the Kings Fund Study age range and this would, no doubt, account for the disproportionately higher response.



* https://www.kingsfund.org.uk/sites/default/files/field/field_publication_file/mental-health-under-pressure-nov15_0.pdf

Personal Circumstances

47% of those who responded reported living alone and 49% reported living in a rural area with poor transport. Most participants were long standing county residents – with only 8% of respondents moving into the area within the last 12 months.

This is clearly consistent with the age range of the participant group – with a third of the group requiring support in order to live independently at home and 20% experiencing bereavement.

Faced with the mental and physical challenges of ageing and the issues of isolation and mental health problems it is not surprising that 37% of participants reported that they were low in confidence. However, 19% - some 103 participants - reported that they provide unpaid care for a friend, neighbour or relative.

Well-Being Change as a Result of Participation

Analysis of the fourteen well-being questions demonstrates a clear overall improvement in emotional health and well-being - with a reduction in the number of negative responses and a proportionate 'swing' to the more positive outlooks.

Health & Emotional Well-Being

The statement *"I have energy to spare..."* had an overall improvement across all statements – with a 15% swing from the negative responses to the more positive.

Participation in the programme also elicited a large positive change in statements relating to confidence and positive state of mind:

"I've been feeling confident..." 13% decrease in the response 'rarely' and 13% increase in the response 'often'

"I've been feeling good about myself..." 13% decrease in the response 'rarely' and 15% increase in the response 'often'

"I've been feeling relaxed..." 13% decrease in the response 'rarely' and 16% increase in the response 'often'

Independent Living

Capacity to live more independently was also improved by participation:

"I've been able to make up my own mind about things..." 16% move from the more negative statements to the more positive

"I've been dealing with problems well..." 14% reduction in the two most negative statements

"I've been thinking clearly..." 15% reduction in the two most negative statements

"I've been interested in new things..." 19% increase in the two most positive statements

Social Well-Being

The positive changes in a number of the questions indicates improvements in social well-being:

"I've been feeling useful..." 17% increase in the two most positive statements






"I've been feeling interested in other people..." 21% increase in the two most positive statements






"I've been feeling loved..." 14% increase in the two most positive statements

Support of Carers

One of the delivery partner projects was specifically targeted at the well-being of carers. Scarborough and Ryedale Carers provided a support service focusing on carers' health needs by encouraging them to complete a detailed Wellbeing Check assessment tool. Carers given access to health information and any issues identified on the Wellbeing Check.

The group of participants was quite small - 14 people in total - but the results of the intervention had a positive impact on their well-being.

I've been feeling good about myself...	None of the Time	Rarely	Some of the Time	Often	All of the Time
Beginning	7	29	50	7	7
End	7	21	43	21	7
Variation	0	-8	-7	14	0
					

I've been feeling relaxed...	None of the Time	Rarely	Some of the Time	Often	All of the Time
Beginning	29	14	57	0	0
End	21	14	43	21	0
Variation	-8	0	-14	21	0
					

Conclusion

The Innovation Fund had a measurable impact on the health and well-being of the North Yorkshire residents that took part. There were measurable improvements in mental health, perception of personal value and improvements in social connections.

The programme was delivered on budget and proved to be value for money - £320 per participant across the overall partnership – and gave a positive networking opportunity to those diverse VCS organisations involved in the delivery.

It is clear that flexible, responsive and local delivery with a coherent measuring tool to assess impact is viable and the fund has encouraged organisations to approach the challenges set out in the fund in innovative and dynamic ways.



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