



SUMMER WELLBEING SOCIALS

JUNE/JULY 2023

Supported by

The Sherling Charitable Trust

The King/Cullimore Charitable Trust



Community Board
Denham, Gerrards Cross
and The Chalfonts



Community Board
Amersham and
Villages



THE **CLARE**
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WHAT IS SOCIAL PRESCRIBING?

A non-clinical intervention to support someone's health or wellbeing

- It helps reduce health inequalities.
- It supports people with a wide range of social, emotional or practical needs.
- It improves physical and mental wellbeing by focussing on what matters to the individual.
- It creates connections with community assets and community members.
- Allows individuals to co-create their own enriched, personalised care pathway.



Reduces
GP consultations and medication



Reduces
A&E attendances



PROJECT AIMS

- Capitalise on the existing resources and skill sets at COAM to benefit vulnerable members of our communities.
- Build on the success of Accompanied Walks
- Promote the health and wellbeing of the elderly community (65+) who suffer from social isolation, and who may have other conditions such as anxiety and depression.
- Provide cognitive stimulation, the use of fine motor skills and the opportunity to interact with others who may have shared experiences.
- Elevate mood, confidence and sociability.



THE PARTICIPANTS

Reasons for referral included one or more of the following:

- In need of respite and self-care as caring for spouse
- Early stages of dementia
- Recovery from stroke
- Bereavement
- A desire to be more active but limited by aging-related issues including impaired vision and hearing
- Anxiety
- Low self-esteem
- Limited mobility so difficulties in getting out and about



The 18 participants came from 11 referrals (individuals plus pairs). Out of these referrals:

- 3 were via Social Prescribers
- 3 were via COAM's volunteers
- 2 were via Carers Bucks
- 2 resulted from COAM Outreach presence at community events
- 1 was a follow-on from an Accompanied Walk

THE 8-WEEK PROGRAMME

Delivered in and around our unique collection of heritage buildings, gardens and woodland:

- Object handling & reminiscence
- Willow-weaving
- Bees & Honey
- Victorian rag-rugging
- Music-making
- Open air bread-making
- Gardening
- Art/painting

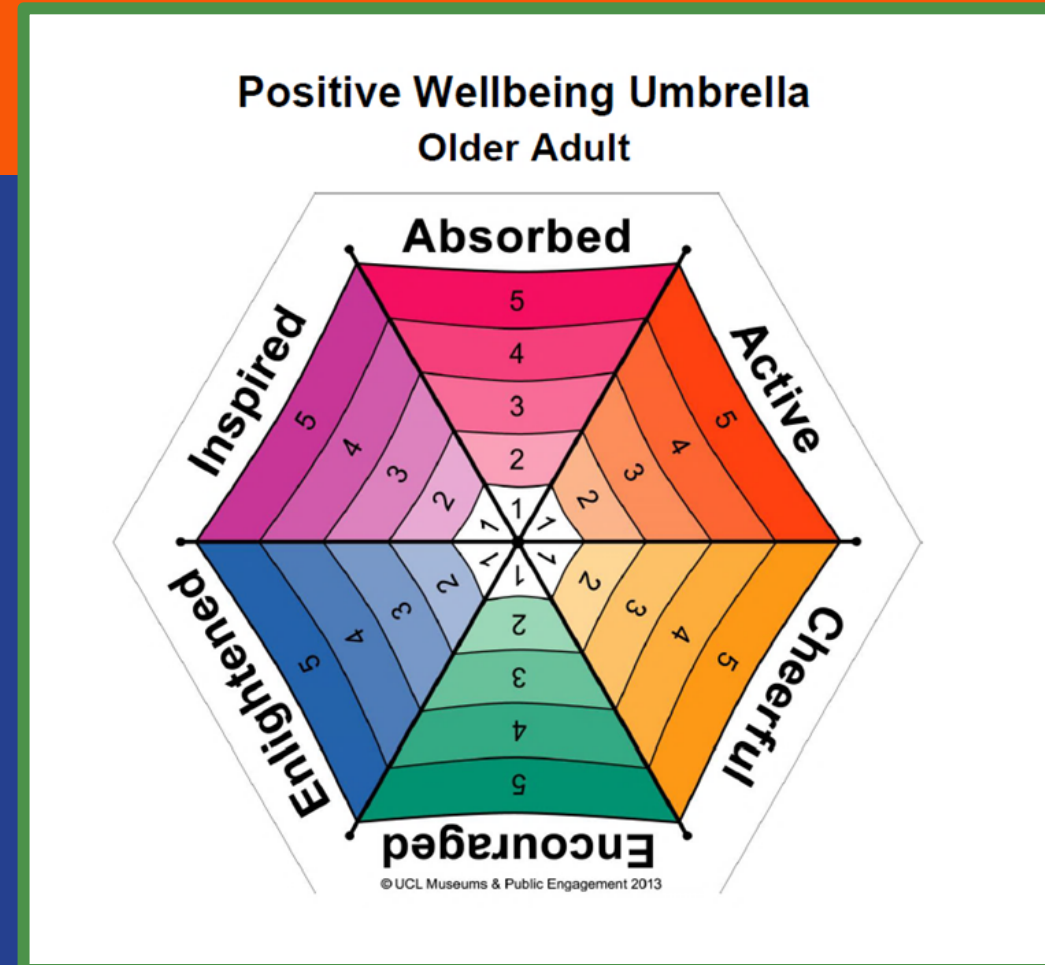


PROJECT EVALUATION

For both learning and reporting reasons, it was important to include an evaluation method for this project.

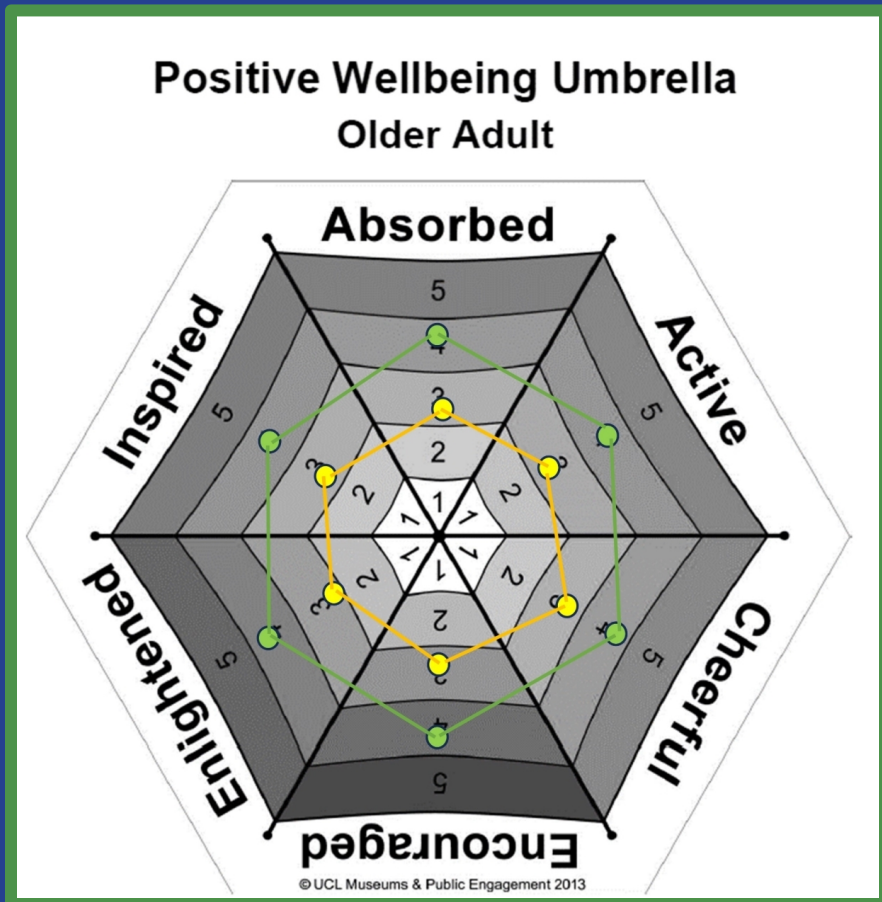
We chose the Positive Wellbeing Umbrella - Older adult from the UCL Museum Wellbeing Measures Toolkit.

This is quick and therefore unobtrusive, visually arresting so engaging, and perfect for providing a snapshot of mood. Participants completed the umbrella at the start of each session and then again at the end.



RESULTS

Session Average



Average base line/on arrival measure



Average end of session measure



The fact that all the base line measures are all lower than the end of session measures indicates that all aspects of the participants' mood were lifted through the activities and interactions.

PARTICIPANT FEEDBACK

"I have really enjoyed coming and looked forward to each Thursday session. It has helped me to cope with my husband's death."

"I noticed friendships being formed and loneliness evaporate."

"It has been a blissful summer coming along to these sessions....thank you so much for everything. It's been amazing. Dad has been gone 6 months now and these sessions have genuinely helped mum move forward from a very bleak start to the year."

"I have thoroughly enjoyed all the sessions and the peace and tranquillity of COAM so much that I look forward to enrolling as a volunteer. This has been a totally uplifting experience."

"Food the best - no one at home to serve me a cuppa, so it was a treat to be served. These sessions made my summer, absolutely!"

"I would like to say how much I enjoyed the well thought out programme and course set upnew skills were achieved, social meeting and benefit for health and wellbeing and a warm welcome from COAM. Ticks all boxes!"



BONUS OUTCOMES

- Two participants are now COAM Volunteers
- The participants have self-organised to form a WhatsApp group and now meet for coffee on a regular basis
- More existing COAM volunteers have joined the Outreach Team
- Participants are now visiting COAM independently



LEARNING

- The most important aspect of Summer Wellbeing Socials is the social interaction.
 - The activities gave a focus and source of stimuli and provided a journey of discovery with the central message being 'Yes, I can.....',
- COAM is very well placed for a project such as Summer Wellbeing Socials
 - Interesting and varied spaces
 - Compassionate and committed Volunteers
 - Offers pathways, eg Volunteering for continued engagement
- The project had a profound impact.
 - "I thank you all for being a life-saver this year."* Participant
- This is a winning formula and could certainly be repeated.



NEXT STEPS

- Share our experience
- Refine the programme – logistics mainly
- Secure funding for 2024



"We would thoroughly recommend and really hope that other people can benefit from this. Many many thanks."