



**Sefton CVS**

# Sefton's Voluntary Community and Faith Sector

Supporting Sefton's Place Priorities



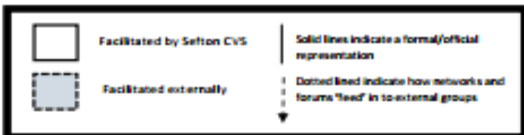
**Angela White**  
Chief Executive  
Sefton CVS

Presentation to Sefton's Health and  
Wellbeing Board  
Wednesday 7 June, 2022

# Introduction

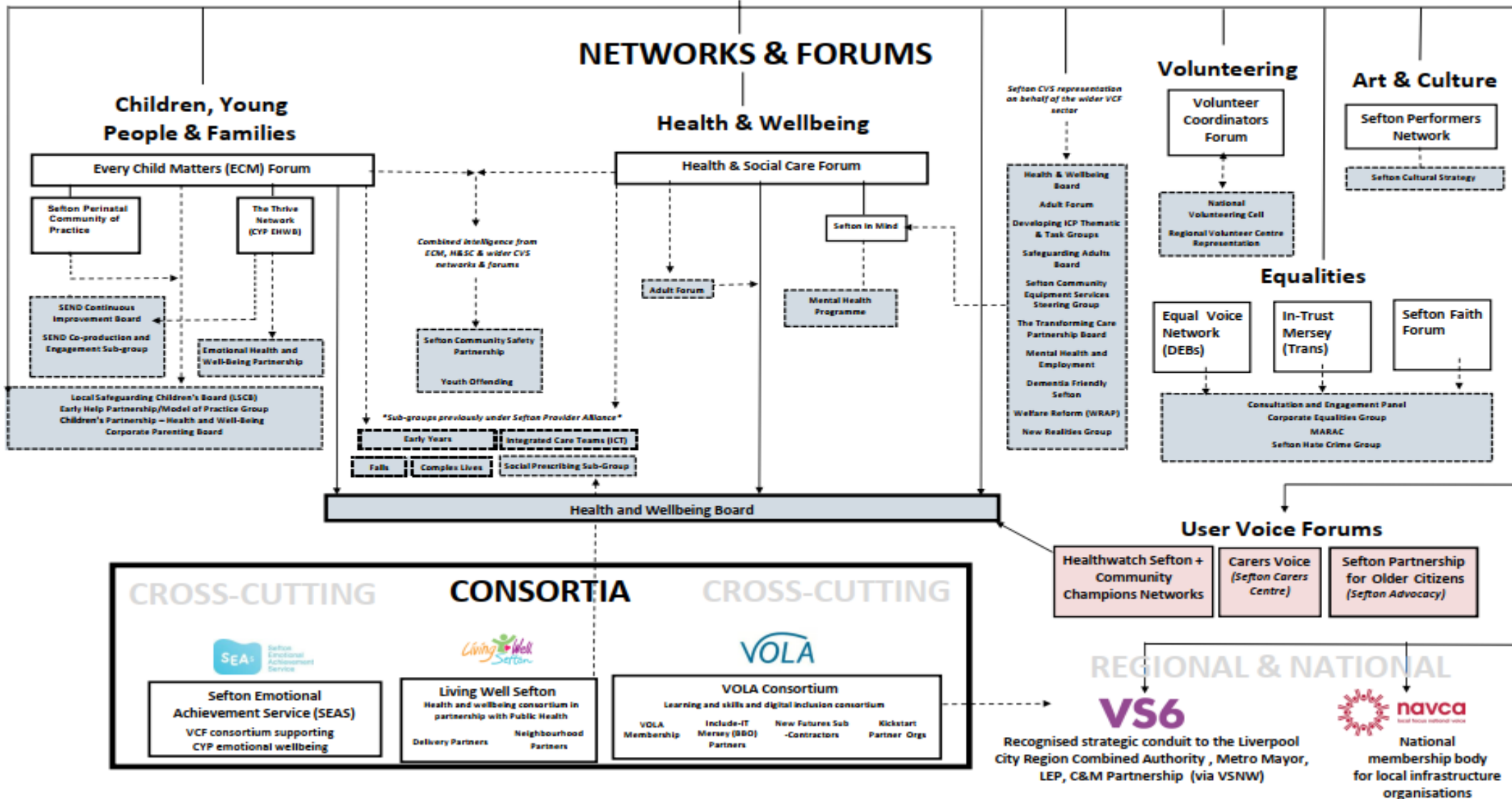
- 1 Sefton VCF sectors involvement in developing the Place Plan
- 2 How the VCF sector can support Place Plan Priorities
- 3 How can we capture the VCF sector's contribution to Place priorities?





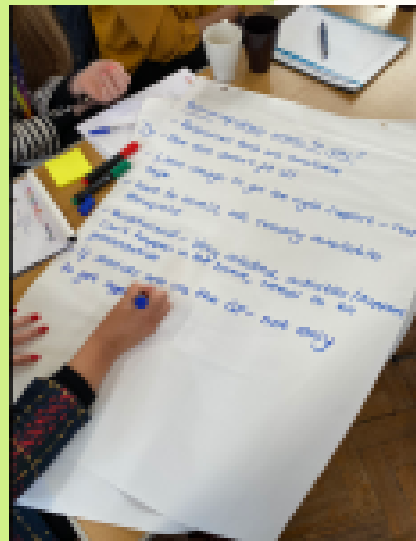
Recognised strategic representative eco-system  
for Sefton's VCFSE sector to the local authority and NHS structures

CROSS-CUTTING



# VCF Sector Involvement in Developing the Place Plan

- Collaborative Process
- Invited to participate in workshops with partners to represent the VCF sector
- Joint event facilitated with Healthwatch Sefton to brief voluntary and community sector on the emerging Place Plan
- Collated feedback and committed to ongoing dialogue



# How the VCF sector can support Sefton Place Priorities.....



Working with people and communities will help to better population health and wellbeing by:

- Reducing Health Inequalities
- Providing data and insights
- Capitalising on community assets
- Designing services
- Prioritising resources
- Develop approaches and solutions

# Contribution to Sefton's Life Course Approach

## Start Well

VCF organisations work to enhance children and young people's emotional health and wellbeing

Provide opportunities for neurodiverse children and young people

Peri-natal Community of Practice established following VCF collaboration

## Live Well

Particularly effective in reaching communities experiencing greatest health inequalities (new Cancer Alliance initiative)

The sector works holistically with people who fit the Complex Lives criteria – treating the **causes** rather than the **symptoms** of ill-health.

## Age Well

Support people keep people well and remain at home. (Dementia Friendly Sefton, Enhanced Care Social Prescribing)

Provides practical and emotional support as people approach end-of-life

## All Age

•Promote healthy lifestyles, create opportunities to engage in physical activity and provide information about health promoting behaviours.

Sector's offer supports Carers, directly and via wider provision (support groups, respite etc)



# Community First

- Recognises the importance of community-centred approaches as well as the need to mobilise assets, empower communities, promote equity and increase people's control over their health and lives.
- Effective collaboration with Sefton's VCF sector, will facilitate a stronger reach into local communities, which in turn will amplify the work of local health, care and community services.
- Aim to support people before they reach the health and social care system, which will help to reduce the numbers of local people falling into crisis.
- Supports our local communities to manage their own health and wellbeing, so that they do not have to unnecessarily access services for preventable health and social care concerns.



# Why we need to put Community First

- No wrong door approach - the sector's strength lies in it's holistic, community embedded and personalised approaches
- Track record of trust - local people trust the sector!
- VCF organisation promote understanding of the specific needs of their communities
- It's diversity, flexibility and level of innovation helps it reach and support those hardest to engage
- Builds emotional resilience and promotes self-care and independence
- Facilitates asset-based approaches and co-production
- Expertise of lived experience in designing more effective, sustainable services





# How can we capture the VCF sector's contribution to Place priorities?

**Social Impact Tool** aims to capture VCF contribution to wider determinants of health, Sefton's Place Priorities and Social Return on Investment.



Aligned to Place Plan life-course approach and wider determinants of health.

# Social Impact Themes and Outcomes

Start Well	Live Well	Age Well
<p>Where we lay the foundations for a healthy life, usually up to age 18, but includes children up to age 25 years for some children with additional needs.</p>	<p>Where we ensure people have every opportunity to live a healthy life.</p>	<p>Where we consider the factors that help keep us healthy as we get older</p>
<ol style="list-style-type: none"> <li>1. Increased positive parenting</li> <li>2. Reduced stress and adversity in households</li> <li>3. Better able to manage behaviour and regulate emotions</li> <li>4. Improved physical and mental health</li> <li>5. Increased access to healthcare</li> <li>6. Enable children's health and development</li> <li>7. Improved emotional health and wellbeing</li> <li>8. Enhanced school readiness</li> </ol>	<ol style="list-style-type: none"> <li>1. Improved general physical health</li> <li>2. Improved wellbeing</li> <li>3. Reduced anxiety and depression</li> <li>4. Increased knowledge of healthy lifestyles/health promoting behaviours</li> <li>5. Increased perception of control over Long-Term Condition/Illness</li> <li>6. Increased confidence and motivation</li> <li>7. Reduced drug and/or alcohol consumption</li> </ol>	<ol style="list-style-type: none"> <li>1. Reduced social isolation</li> <li>2. Reduced loneliness</li> <li>3. Increased independence</li> <li>4. Increased safety and security at home</li> <li>5. Increased referrals into health/social care services</li> <li>6. Benefits maximisation</li> <li>7. Improved housing suitability</li> <li>8. Improved mental wellbeing</li> </ol>

# Social Impact Themes and Outcomes

Housing	Education and Skills	Employment and Volunteering	Social and Community
<p>Changes in homelessness status, temporary accommodation need or evictions.</p>	<p>Formal education and skill development (personal or professional.)</p>	<p>New or sustained employment or volunteering and support that have helped individuals to reduce barriers to entering employment.</p>	<p>Outcomes that have supported individuals to be independent, reduced isolation and allow greater social mobility.</p>
<ol style="list-style-type: none"> <li>1. Reduction of rent arrears</li> <li>2. Reduction in homelessness</li> <li>3. Sustained tenancy</li> <li>4. Access to housing advice</li> <li>5. Access to better quality housing</li> <li>6. Improved feeling of safety and security at home</li> <li>7. Has suitable accommodation in a fit condition (adaptations, repairs, maintenance)</li> </ol>	<ol style="list-style-type: none"> <li>1. New employability skills developed</li> <li>2. New qualifications achieved</li> <li>3. Reduction of truancy</li> <li>4. Increased engagement with education/training opportunities</li> <li>5. Re-engagement with education/training opportunities</li> <li>6. Improved access to skills development</li> <li>7. Building of career aspirations</li> <li>8. Increased motivation</li> </ol>	<ol style="list-style-type: none"> <li>1. Increased volunteering within communities</li> <li>2. New volunteering opportunities</li> <li>3. New employment opportunities</li> <li>4. Participation in pre-employment training</li> <li>5. Continued employability</li> <li>6. New work experience opportunities</li> </ol>	<ol style="list-style-type: none"> <li>1. Development of new peer support networks</li> <li>2. Development of new social networks</li> <li>3. Reduced breakdown in relationships</li> <li>4. Improved community engagement and involvement in the local area</li> <li>5. Greater access to local, community and social activities</li> <li>6. Improved signing to local services</li> <li>7. Access/Use of Internet to access information and support</li> </ol>

# Social Impact Themes and Outcomes

Finance and Legal Matters	Crime and Justice	Arts, Heritage, Sports and Faith	Environment and Conservation
<p>Outcomes that are associated with the cost of living reduced or managed debt and reduced legal disputes.</p>	<p>Outcomes that are directly associated with the reduction in crime, anti-social behaviour or fear of crime.</p>	<p>Outcomes that are associated with community activities.</p>	<p>Improved relationship with the environment, including improved recycling, use of renewable energy, reduced travel and reduced use of single-use materials.</p>
<ol style="list-style-type: none"> <li>1. Has sufficient sustainable income, including benefits where appropriate</li> <li>2. Reduced applications for credit</li> <li>3. Improved financial management</li> <li>4. Reduced Debt</li> <li>5. Access to appropriate advice, products or services</li> </ol>	<ol style="list-style-type: none"> <li>1. Reduced fear of crime</li> <li>2. Reduction of anti-social behaviour</li> <li>3. Reduction of Domestic Abuse</li> <li>4. Reduction in the fear of crime</li> <li>5. Taking responsibility of actions</li> </ol>	<ol style="list-style-type: none"> <li>1. Improved confidence in an area of interest</li> <li>2. Increased engagement and participation in art, heritage, faith and sport activities.</li> <li>3. Improvements in own life following participation in art, heritage, faith and sport activities.</li> </ol>	<ol style="list-style-type: none"> <li>1. Increased recycling</li> <li>2. Reduced carbon emissions</li> <li>3. Accesses and enjoys the natural environment and heritage</li> <li>4. Increased awareness and education of environmental issues</li> <li>5. Benefits from environmental improvements to the local area</li> <li>6. Increased enjoyment of parks, recreational and open spaces</li> <li>7. Reduced travel by private vehicles</li> </ol>

# Case Studies

## Age Well

A widower in his 80's attends Cosy Club (warm space) and has managed to establish a small network of friends. He says that it has been a **lifeline** to him and he now feels like he has regular contacts that encourages him to leave the house. He has become friends with a volunteer who lives close to him and has been able to offer support with transport to medical appointments and for shopping. He has been provided with **confidence** and reassurance from his newfound friendship group and he feels that it has **provided a purpose** for him and **prevented the loneliness** he was feeling before Cosy Club.

**Friends of Maghull and District**



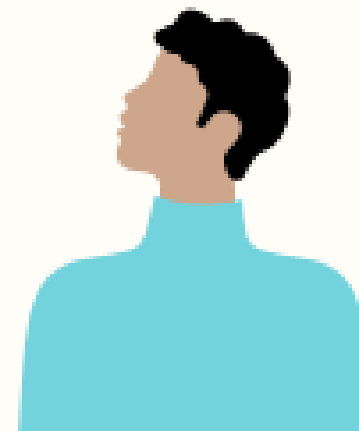
# Case Studies

## Live Well: Mental Health

Parenthood can be an isolating experience. Te Home-Start counselling service is always in demand. The waiting lists for NHS services can be long. If counselling is not available when someone is feeling desperate, things can escalate and put families at risk of breakdown.

One client who struggled with dark thoughts post-partum has, after counselling support, been able to return to work. She is extremely grateful for the support she received when needed.

At first assessment one client was identified as actively suicidal. A support plan was enacted to ensure that the client remained safe while the Mersey Care Crisis Team were contacted.



**HOME  
START**

**Southport  
& Formby**

# Case Studies

## Complex Lives

John was a 65 year old male had repeated A&E attendances. He experienced: social anxiety, depression, loneliness, difficulty communicating with & accessing health services and alcohol addiction.

THE HIU Team worked with John to: develop coping strategies for social anxiety, engage with a rehabilitation program, rebuild family relationships, explore participation in positive activities and provided advice and encouragement to adopt a healthier lifestyle.

John has engaged in a rehabilitation programme and has not consumed alcohol for over eight months. John has started to manage his social anxiety, commenced adult learning courses and now volunteers as part of his rehabilitation programme .

John reports feeling more confident to manage his physical health and mental well-being. He can interact and communicate with clinical staff and services when he needs to. John is hoping to find accommodation which better suits his needs

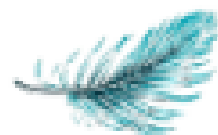
**High Intensity User Service**



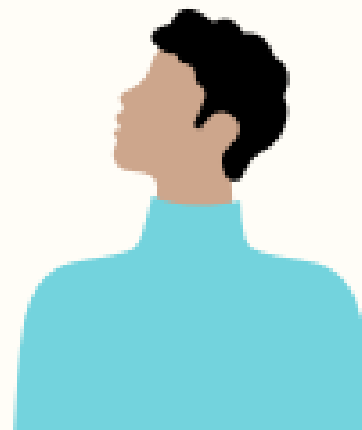
# Case Studies

## Live Well: Mental Health

A whole family attended Sean's Place following an incident when their son unexpectedly made an attempt on his life. They wanted to talk openly and honestly about their pain. The son began accessing our 121 support whilst his nan, mum and younger brother attending our family support group. Since completing the programme their other son now volunteers for the charity



*Sean's Place*





**Thank you!**