

Annual Report 2015

1st April 2014 – 31st March 2015

Manager's Report



Introduction

It is with immense pride I write this report at a time when, despite a backdrop of austerity and an uncertain future, we celebrate 15 years of Darnall Well Being.

I looked back at our Annual Report from 2008. You only need to glance around you to find evidence of how far we have come in achieving our three main objectives outlined in 2008;

1. Strengthen our core activity programme
 - Last financial year alone, we delivered 25 individual activities!
2. Develop our volunteer-base
 - We now host Core Health Champions, Practice Champions, as well as a Pregnancy & Early Years placement with our sister project, The Family Development Project
 - Since 2009, we have recruited 96 volunteers; many of whom are still active.
This adds up to a staggering **7,000 hours** of volunteer time, minimum.
To put it a different way, this equates to an economic value of approximately £133,440!
3. Re-ignite our relationship with primary care
 - In 2013 we moved in to Darnall Primary Care Centre. We are not only co-tenants with general practice but are now part of a flagship pilot project alongside primary care colleagues, helping to target those most at risk of unscheduled hospital admission by offering bespoke, patient-centred support.

And we continue to go from strength to strength...

For the financial year 1st April 2014 – 31st March 2015, through our 1to1 support services, enquiry desk and activities, we have reached a total of 1,329 beneficiaries.

This is **10,374 points of contact** over the year – wow!! And this is only what we have been able to capture.

During the course of the year, we have seen significant developments in our core offer and in particular, our work helping to transform the interface between patients and primary care. Namely, our Darnall and Tinsley Conversation Clubs and Diabetes Support Group, the pilot *Enhancing Primary Community Care* and the Practice Champions volunteer scheme which recruited 45 patients from the Clover Group practice; which in turn, lead to sessions like the Somali Dance group, craft and gardening club.

Through the work of the Police Crime Commissioner's One Darnall Project, we took the opportunity to increase our reach in to new and emerging communities, specifically, Slovak Roma. Employment of a Roma Worker helped deepen our understanding of how to meet the health needs of migrant communities.

Towards the end of the financial year we piloted a new session; a Men's Healthier Lunch Club – this is a great example of team work and meeting the needs of the community. Volunteers and users were involved in the planning of the session and this provision ensures we promote positive health messages in the community, particularly older people.

The scope and wide-ranging choice of opportunities for people to stay healthy and increase access to healthy lifestyle support, ensures we remain holistic and helps reduce loneliness and social isolation. We continue to create a space that enables people to come together from different backgrounds, ages and cultures and our team of local volunteers and staff reflects the wonderful diversity of the area.

Thank you to our wonderful team of staff, volunteers and trustees– every single one of you is important and the value you bring to the community and DWB is incredible. You are a joy to work with.

Thanks also go to our extended family of partners and friends of the organisation; their support, wisdom and guidance helps keep DWB focused and thriving.

I will attempt to describe what it is that we aim to do and why it can be so successful in supporting people to manage their own health. In 1973, a man called Alfred Wainwright published a guide to a new long-distance walk, the now famous *Coast to Coast*. In his notes he wrote;

“Plan your own marathon and do something never done before...something you will enjoy...a route that will take you to places often read about but never yet seen.”

Wellbeing means something different to everybody – we empower people to make their own small changes at their own pace and be supported by their peers to achieve their own personal marathon.

This person-centred approach lies at the heart of DWB – we are the guidebook, the signpost, the refuge along the way; but the journey is yours to enjoy.

Thank you.

Lucy Melleney - Darnall Well Being Manager, Nov 2015