

PHP Community Impact Fund



Headlines

- 12 grants awarded in total between £1,732 and £10,000.
- £86,927 distributed in total.
- £7,244 average grant size.
- £394,550 average income of funded groups.
- 1,792 beneficiaries.
- 597 people reported improved mental health & wellbeing.
- 573 people reported increased self-esteem.
- 531 people reported a reduction of stress, anxiety and/or symptoms depression.
- 399 people reported increased resilience and/or self-care.

Fund Summary

Primary Health Properties PLC (PHP) created the PHP Community Impact Fund to provide funding to charities and community groups delivering social prescribing, and community wellbeing projects, within the vicinity of PHP's primary health care centres.

PHP provided funding to two community foundations in the UK: Foundation Scotland and Lincolnshire Community Foundation, to deliver an initial pilot of the programme.

The programme funded a wide range of activities, including counselling, therapeutic arts, equine-assisted learning and therapy, and as well as core costs to support salary, travel, and volunteer costs.

Thank you to PHP for providing this funding to deliver grants to communities in Scotland helping to highlight the need and benefits of social prescribing.

What is Social Prescribing?

Social prescribing is a means of enabling GPs, and other frontline healthcare professionals, to refer patients to a link worker for a face-to-face conversation, where patients can learn about the possibilities to design their own personalised solutions, i.e. 'co-produce' their 'social prescription'.

This enables people with social, emotional, or practical needs, to feel empowered to find solutions to improve their own health and wellbeing, often using services provided by the voluntary and community sector. It is an innovative and growing movement, with the potential to reduce the financial burden on the NHS and particularly on primary care.

Social prescribing is increasingly being used to complement the work of GPs and their teams. This holistic approach continues to play a vital role in helping communities recover and rebuild after the coronavirus pandemic, with a particular emphasis on services to support mental health and combat loneliness.

As one of the UK's leading investors in modern primary healthcare facilities, PHP created the Community Impact Fund to support GP practices and their communities with this model of care.

Grantmaking

The PHP Community Impact Fund launched in partnership with Foundation Scotland in September 2021 with the following four objectives:

1. To fund social and charitable activities and services linked to the patients and communities of PHP tenants.
2. To support the practice of social prescribing referral service and enable the provision of new and ongoing services.
3. To improve the health and wellbeing of patients and communities served by PHP buildings.
4. To advance the education, promotion, and protection of good health within the communities served by PHP buildings.

The fund received twenty-nine applications with a total requested amount of £257,749.

A decision-making panel attended by both the CEO, and the Director of Operations and Sustainability of PHP PLC, met in December 2021 to discuss the assessed applications and make the final decisions on projects to support.

At this meeting twelve awards were made totalling £86,927 (£1,927 was allocated from a Foundation Scotland donor to top up the £85,000 PHP donation to allow full awards to be made).

2021/22 Awards

Carr Gomm	£5,000	To contribute to staffing, rent and activity costs to continue to deliver a range of groups including walking, community cook club, men in sheds, and community growing.
Glasgow's Golden Generation	£5,066	To cover the cost of the Dementia Access Champion hours.
Healthy Valleys	£7,530	To contribute to the salary of a Community Health Navigator.
Home-Start Aberdeen	£8,024	To cover the cost of a co-ordinator's salary, travel, and volunteer costs.
Inverclyde Community Care Forum (Your Voice)	£9,950	To assist in offering wellbeing activity, drop ins including materials and hospitality as well as 121 counselling & mindfulness sessions.
Montrose Community Trust	£10,000	To fund 'Tackling Health' project; predominantly targeting local men who are at risk of physical and mental health issues and who may be reluctant to reach out to traditional healthcare providers.
Parent to Parent	£7,827	To fund increased staff hours for an existing Family Support and Advocacy Worker to develop their 'Decider Skills' project for families with children with additional support needs in Dundee.
Richmond House SCIO	£9,288	To establish and deliver a Friendship Group and activities for non-residents.
Strathcare	£1,732	To fund a cinema group for young people affected by mental health issues.
Strathearn Artspace SCIO	£7,500	To run four 10-week sessions of creative activities for positive mental wellbeing.
Teapot Trust	£5,000	To provide one-to-one art therapy sessions for children and young people.
Thistle Health and Wellbeing	£10,000	To cover the cost of a practitioner's salary to deliver new self-management services for people who are living with or at an increased risk of developing long term health conditions.

What Impact did the Fund have?

To better capture and describe the impact of the Fund, Foundation Scotland aligns awards to an Impact Framework which includes a range of outcome headings, with associated indicators, selected by the groups during the application and monitoring process.

The outcome headings for the PHP Community Impact Fund were:

- Improved mental health and wellbeing; and
- Improved social networks

Across the twelve awards 'Improved mental health and wellbeing' was unsurprisingly, due to the nature of the Fund, the most popular outcome selected by eleven grantees.

The associated indicators are recorded by the group throughout the period of the award and then submitted to Foundation Scotland when the end of grant monitoring report is completed.

The bar charts provided on the next page shows the local authority areas of the projects, and the indicator data collated from all the monitoring reports submitted. This drills down to the number of people benefiting and how the project has impacted them.

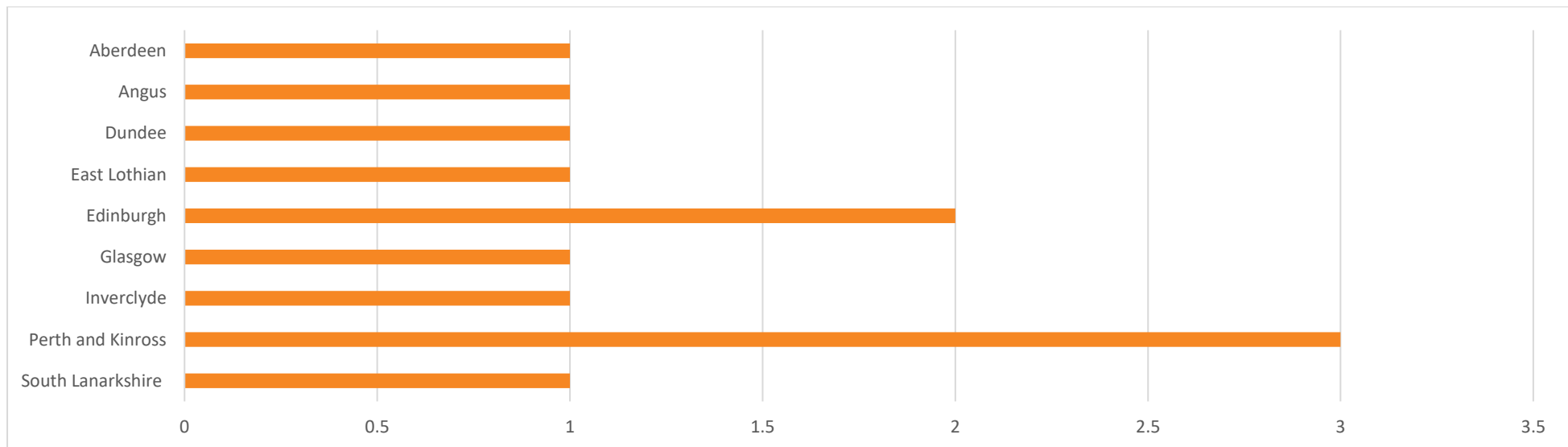
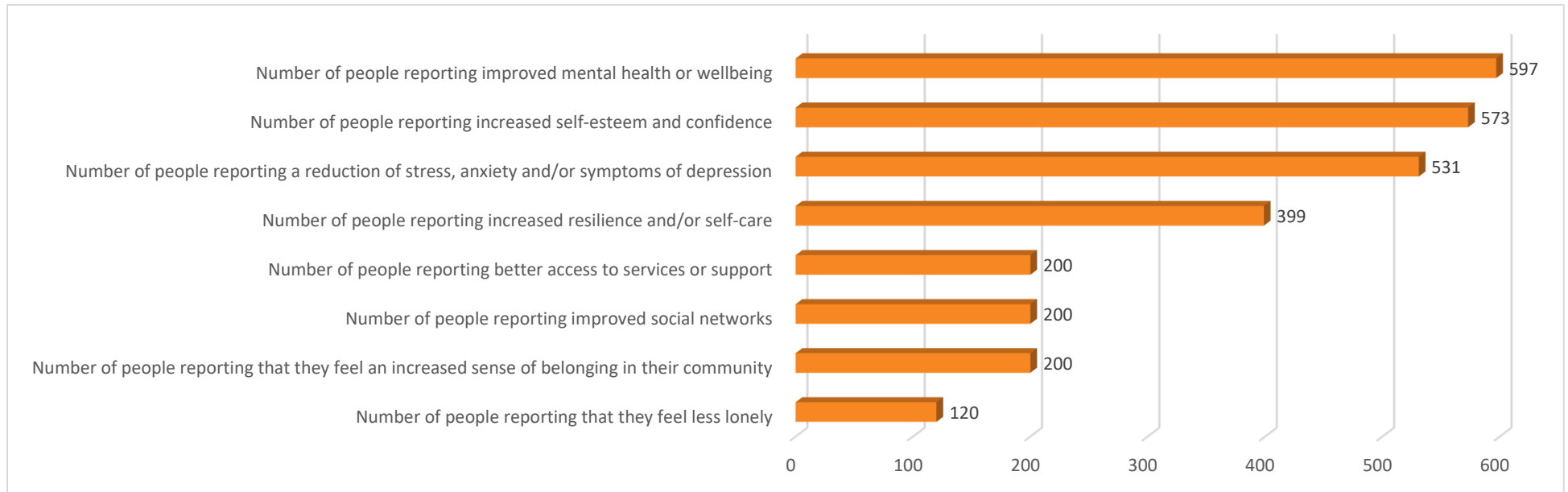
When groups apply, they provide an 'approximate' number of total beneficiaries they aim to reach, and then report on the 'actual' number of beneficiaries in the monitoring report once the funded project is complete.

At the application stage, a total of 1,312 approximate beneficiaries was recorded across the twelve projects. However, the 'actual' beneficiary figure was reported as being higher than expected at 1,792.

This shows the groups themselves underestimated the impact and level of demand the social prescribing projects would have on the communities they were operating in.

One group was unable to fully spend their grant because of issues which arose from further Covid restrictions. The underspend therefore was divided between two grantees, to top up their existing grant, which allowed them to extend the activities they delivered.

Strathearn Arts were able to provide an additional 10-week art therapy workshop exploring printmaking which benefited a further ten people, and Strathcare were able to organise another three trips benefiting a further 38 people.



Impact Story: Glasgow's Golden Generation

Glasgow's Golden Generation delivered a programme of dementia-friendly support, activities, and games, supporting over 200 older people, including 80 people living with a form of dementia.

With the support from PHP, they delivered the following sessions: Therapy alpacas, a barge trip, a visit from Tramway to deliver dancing sessions, armchair tennis, bowling, Queen's Jubilee celebration, BBQ cooking activities, sing-a-longs, and more.



The cost-of-living crisis and the rising costs of utilities have disproportionately impacted the older people that GGG support. Most of them do not have a support network and spend long periods at home, particularly during the winter, when they are at risk of falls.

GGG are hearing from an increasing number of older people who are finding it impossible to pay their energy bills, having cut down on all but the essentials, and who will now be at risk of falling into unmanageable debt.

GGG's day centres will be on hand to support older people through what will be a very difficult winter for many of them, and their welfare team regularly visits the centres to make sure attendees are receiving the benefits they are entitled to.

Individual Case Study: Alistair & Maisie

Alistair started attending GGG's Day Centre in early 2022 following an Alzheimer's diagnosis in 2016. Maisie, his wife of 56 years and full-time carer, was struggling to care for him every day.

Maisie drops Alistair off at the Day Centre five days a week, having initially worked with Day Centre Manager Keith to find the best fit for them. 'I think Keith knows it's a lifesaver for me,' Maisie says of GGG's help in getting Alistair settled. 'I don't think people realise that as a carer you do everything for your loved one.

I find it difficult to make all the decisions because we used to share things', she says. 'I was finding it really, really hard, so I thought well I'll phone them up and Keith was absolutely wonderful'.

Alistair's love of music and dancing has shone through at the centre, which Maisie says is a huge comfort as she knows he's well looked after and content. 'I can't praise them enough; the staff are very caring. It has been a lifeline for me, allowing me some time to myself. It is important for a carer to feel and keep well. It's certainly improved the quality of my life immeasurably. I wish I'd known about it sooner!'

Impact Story: Carr Gorm

Carr Gorm ran a wide range of groups and activities, including their weekly Men's Shed for men with mental and physical health issues, walking groups, Community Cook Club, Arts in the Community sessions and multi-cultural festival.

These activities helped 612 local people to come together in a safe space, connect with their communities, and take part in fun activities.



- The membership of the Men's Shed slowly built up and now has around twelve men attending weekly.
- The walking group has fifty-five walkers now getting to know more green spaces in their locality.
- The Community Cook Club was extremely successful with forty attendees all learning new skills and sharing recipes with each other and making new friends.
- Art in the Community sessions were attended by nine people who made postcards they could take home.
- The Stronger Together multi-cultural festival was attended by over 500 people locally and beyond. There was a range of workshops led by local BME artists every day for a week culminating in a festival day at Sandy's Community Centre with free food, storytelling, and music.

Individual Case Study: Katie

Katie started getting involved in Carr Gorm through her community link worker and started attending the Branching Out programme. She was slightly withdrawn at first but soon became integrated into the group making friends with one particular person, which was a positive development for her as she had previously been isolated.

Despite having complex issues, Katie managed to attend nearly every session of the 12-week course, after which she wanted to carry on finding activities for herself. So,

she joined the walking group, art group and cooking group, and enjoyed helping everyone out. Katie continues to attend, having her ups and downs as is symptomatic of someone with mental health issues. She still has these new friendships and often socialises with them at the weekend.

Katie said: "This group gave me time to feel included, listened to, and every week I learnt something new. The group members are similar ages with myself and have a lot in common with me which let us understand each other's problems when shared.

Impact Story: Healthy Valleys

When Healthy Valleys (HV) applied for funding, it was looking to provide an additional 10 hours of Project Worker (PW) time to increase the capacity of its Social Prescribing project.

Unfortunately, one of the team retired and another changed jobs in the space of a month. This allowed them however to create a 37-hour PW post, utilising PHP funding to match fund the National Lottery funded SPRING social prescribing project.

The Project Worker was appointed and took sole control of the referral pathway, receiving referrals from partner agencies, performing a "triage" assessment and then either offering direct 1:1 support or allocating them to a team member for support / signposting.

In total HV received 175 referrals during the funded period from across Clydesdale. Of these 107 live within 10 miles of the PHP practice in Lanark.

Of these referrals:

- 135 were female.
- 32 were male.
- 1 identified as transgender.
- 1 identified as non-binary.
- 73 were aged between 19 and 34.
- 63 were between 35 and 64.
- 35 were between 65+.
- 99 cited problematic low level mental health.
- 35 of those had problematic anxiety.
- 32 had low self-esteem.
- 109 cited social isolation or loneliness.
- 92 were interested in opportunities for personal development.

Fifteen of these referrals came directly from the GP practice, a significant increase on the two referrals received in the previous year.

Nine beneficiaries who self-referred through the community base, are also registered with the practice.

In addition to two community "brew and blether" sessions each week, the PW worked with a CBT therapist to design and deliver a CBT groupwork course which aimed to upskill beneficiaries with problematic anxiety to better understand and self-manage their condition. They have now delivered two, seven-week courses with fifteen beneficiaries completing the courses.

Feedback from the courses identified a need for gender specific group work. Women fed back they had found it difficult to discuss certain issues in front of male group attendees. As a result, the PW and a colleague established a weekly Women's Group and developed a "5 steps to Wellbeing" programme which focussed on improving self-esteem, menopause, food and nutrition, exercise and sleep. The pilot was a great success with nine women attending and all completing the course.

They also established a weekly Men's Group to help combat social isolation, as predicted this was a, "slow burner" but now have seven regular attendees.

In April HV took over the lease of the disused Community Resource Centre in Smyllum (SRC) and have worked tirelessly to try and return the building to use in the community. Smyllum is viewed as a community that traditionally does not engage well with statutory services.

SRC is now open Monday to Friday. The new groups and relationships created have helped raise Healthy Valley's profile in the community and provided important additions to its menu of socially prescribed interventions.

"Healthy Valleys has an ongoing commitment to Social Prescribing through SPRING (National social prescribing project). We are already seeking funding to continue our work from Smyllum Resource Centre, including funding for a project that would secure a Community Development Worker and delivery costs for the next 2 years. Change in complex communities takes time, but over the last year we've built on relationships and witness growth in both attendance and community spirit! We intend to deliver the 5 Steps to Wellbeing course in 2 other isolated communities in 2023 and will continue to offer access to gender exclusive group sessions for as long as they are beneficial to those who attend."



Individual Impact Story: Alistair

Alistair was referred into Healthy Valleys by the Link Worker at his GP Practice as he was struggling with depression and social isolation.

Healthy Valleys Project Worker met with Alastair where they agreed on specific health and wellbeing improvement goals he would like to achieve during his journey.

Alistair admitted that he found it "difficult to think positively about the future." It was noted he became frustrated quickly and wanted to give up on things if he felt they were difficult.

The project worker worked with Alistair and arranged for him to have 1:1 CBT therapy sessions, where he learned tools to help him regulate his emotions and address triggers that made him feel overwhelmed and withdraw from challenges. He was also

signposted to a local Men's Shed and the project worker visited it with him initially.

Alistair said, "I'd probably never have had the nerve to go in on my own, and then I'd have been angry with myself for being a disappointment!" He continues to attend the group and is now "part of the furniture in there!"

Alistair expressed an interest in giving back to Healthy Valleys as a volunteer at his review meeting. He completed the volunteer induction process and felt like the perfect fit when they started the Men's Group.

When Alistair was asked about the support he'd received from Healthy Valleys he said "I want to thank the Project Worker, she was so patient and didn't give up on me, even at times when I did, I've learned how to manage the emotions that used to hold me back, I feel like my life has a purpose again,

I've made friends and with your help, this is the best I've felt in a long time. Now through the volunteering I can be there telling the

lads who come in to give it a try! I'm grateful and I can't recommend Healthy Valleys enough."

Foundation Scotland

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