

Ready
Steady Go
programme

PEER
project

REgeneration.

ANNUAL REPORT

2021-2022



**Southampton
Hospitals
Charity**

Charity Registration Number: 1051543

SOUTHAMPTON
Children's Hospital

Supported by the Thriving Communities Fund, made possible thanks to



National
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Table of Contents

- | | | | |
|-----------|---------------------------------|-----------|--------------------------------------|
| 01 | About this report | 05 | Challenges & future plans |
| 02 | Why Regeneration? | 06 | Children & Young People Case studies |
| 03 | Partnerships | 07 | Youth Steering group |
| 04 | Social prescribing link workers | 08 | Outcomes and Impact |



Outdoor activities day with Youth Options UK
supported by Energise Me

ABOUT THIS REPORT



This report shares learning and insight, to help inform what is needed for the continuation of social prescribing for children and young people living with long term health conditions (LTHC) across the NHS Wessex region.

What this report provides:

- How Regeneration was tailored to prioritise young people living with long term health conditions & what we have achieved to date
- How local project partnerships were created, maintained & expanded and the future legacy of partnership working through Regeneration and PEEER Youth Services to continue social prescribing for children and young people who face health inequalities
- The role of Social prescribing link workers & referral pathways at Regeneration
- Challenges and future plans for Regeneration
- Children and Young People (CYP) Case studies & the legacy of the Youth Steering group & Ambassador experience
- Final sharing of data and measurable outcomes



REgrowth Wellbeing day

WHY REGENERATION?

Our target group were:

- Young people aged 11-25 yrs old living with a long term health condition
- Linked with a specialist at Southampton Children's Hospital (SCH) or University Hospital Southampton (UHS)

The 'SHARE' study conducted by University of Southampton and UHS revealed that many young people with LTHC were worried during lockdown that their mental and physical health would suffer.

Confinement at home due to shielding had affected their wellbeing negatively.

COVID19 had shone a light on health inequalities and the difficulties CYP were experiencing when accessing services.

The withdrawal of clubs, school, after school activities and friends had a major impact on the health and wellbeing of young people living with long term health conditions throughout Covid.

Covid impacted healthcare with treatment provision-changes to care, access and support. There was an unprecedented level of demand due to Covid which affected Southampton Hospitals, including emergency wards allocated within the childcare provision.



SHARE STUDY

SHARE study with Children, young people and families living with cancer, heart, kidney, allergy and life limiting conditions:

70% reported that it impacted education or work opportunities

70% reported that were more vigilant about symptoms

49% said that the outbreak had affected their relationships

42% shared that they were worried about coming out of lockdown

Source:

www.southampton.ac.uk/healthsciences/research/projects/covid-19-share-study.page





PEDALL accessible cycling programme in the New Forest
Theatre for Life & LifeLab Climate change project



AIMS

- To rebuild social connection and a sense of belonging after extended periods of shielding and isolation from peers
- To encourage active participation and engagement in physical led activities, allowing CYP to feel confident about coming back to sports led activities, whilst improving long term health
- Engaging young people in our natural environments through conservation activities to help support health and wellbeing and build back greener and better (Green social prescribing opportunities)
- To encourage aspiration with optional learning pathways and accreditations e.g Asdan and Arts Award.
- To develop open lines of communication with health care teams, education, community providers and wellbeing provision.
- To create an inclusive programme of 100 activities across the Wessex demographic through multi agency working with over 25 partners across all sectors

PARTNERSHIPS



To promote effective place based partnership and collaboration between organisations, we were committed to improving access to opportunities for young people with LTHC across Hampshire and Dorset

- Learning from each other
- Increasing understanding of social prescribing
- Improve signposting and communications
- Exploring new models of delivery
- Understanding community development
- Understanding health structures
- Co-production
- Commissioning



Duke of Edinburgh residential

ARTS

Arts and creativity has been one of our main influencers and providers throughout the programme.

We have forged partnerships with providers across the Wessex region with our main providers located in Southampton through the support of the Southampton Cultural and Education partnership, University of Southampton and Artswork.

Through collaboration with our arts partners we have improved signposting and communications, creating a database of opportunities for our young people with future projects programmed beyond the Thriving Communities Fund.

We have explored multi-disciplinary approaches and combined arts projects to demonstrate the power of integrated work within the arts and to provide breadth of opportunities.

Exploring different modes of delivery was a key feature of our arts prescribing with hybrid and blended approaches integrated into prescribing opportunities to support young people still shielding, who have been admitted to hospital, Covid and health inequalities.

Arts prescribing can offer those vulnerable to isolation or mental health and health challenges an opportunity to build confidence, self esteem and connectivity with peers who also face complex issues.



SOUTHAMPTON
CITY ART GALLERY



artswork



Mayflower
Engage



Artful
Scribe



Zoie Logic Dance Performance at HeadFunk

CONSERVATION

Conservation & Green prescribing opportunities have been a safe option throughout our delivery programme with rising Covid infection rates in July 2021 and December, 2021.

Working outdoors has enabled young people who are at high risk to participate in programmes whilst enjoying the benefits of nature and conservation.

In Hampshire we are fortunate to have access to numerous areas of conservation and open spaces and with the support of the New Forest National Park Authority and Southampton City Council we have delivered wellness walks and environmental days.

Youth Options UK have been a regular partner with the delivery of outdoor activity days and providing opportunities in bushcraft, outdoor cooking, team challenges and making fires.

We have also delivered environmental and youth social action programmes working with LifeLab, Theatre for Life, New Forest National Park Authority and Students Organising for Sustainability exploring climate change within our local communities. Through this project we have integrated science, arts and conservation opportunities to create site specific and outdoor theatre performances.

Duke of Edinburgh expedition days and residential trips have also been integrated into our social prescribing programme to promote outdoor activities and accreditations.





REactivate Sports Day

SPORTS

Sports and exercise has been integral to support goal based outcomes particularly those health related, for example improving respiratory health, weight management and recovery from surgery.

Insight sessions with Everyone Active have provided diverse sporting opportunities in karate, badminton and climbing. Young people have signed up to future events with Everyone Active which has been supported by our bursary scheme for young people facing financial difficulties.

REActivate sporting days have included a wide range of physical offerings in archery, assault courses, climbing, skating and skateboarding.

As part of our access requirements we have worked with PEDALL, an inclusive service for all levels of cycling ability.

Working with Hampshire FA we have a Regeneration and PEEER Youth Service team who will be playing in friendly matches.

Yoga has been a restorative form of exercise to both promote physical health, core strength and positive mental wellbeing. We have integrated this into our wellbeing days as part of our mental health awareness and intervention programmes.



**SAINTS
FOUNDATION**



Sensory sessions

HEALTH & ADVICE

Health and Wellbeing advice is part of the PEEER Youth Service provision through weekly one to one consultations, ongoing youth clubs, support groups with Epilepsy patients and sensory sessions for young people with special educational needs.

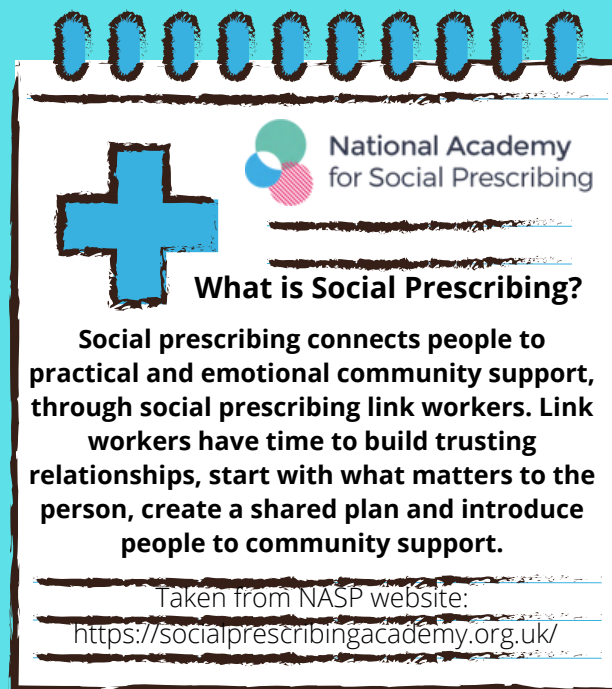
One day wellbeing and mindfulness events called REgrowth have included coping strategies, positive mindsets, breath work and mindfulness techniques such as journalling and affirmations. As part of our ongoing consultations we set individual tasks with follow up sessions to measure the impact of the work. Young people reported feelings of improved self esteem and anxiety management.

Workforce development has included a CPD session with Solent Mind on supporting young people's mental health and an interactive piece of theatre called 'Silent Mind' performed by Theatre for Life on mental health awareness.

The Youth Steering group have also designed a further workforce development opportunity for service providers with youth led audit visits to assess whether activities are appropriate for other young people with long term health conditions.



SOCIAL PRESCRIBING LINK WORKERS



The role of a social prescribing link worker for Children and Young People within a hospital setting

Youth work within a hospital setting is a role which has grown in recognition and is now well established in many trusts across the UK.

A youth workers role allows a unique opportunity to really connect with the young person, gain a better understanding of how health care decisions may fit into their life by asking about their priorities. For many young people the impact of having a Long-term health condition is not something that can be resolved through medical treatment, but a social and emotional impact that limits a young persons aspirations and motivations.

A youth worker within the hospital setting is able to support young people to continue on-going interests, but also explore new ones, and provide opportunities to connect with other young people facing similar challenges.

Since Youth work was established, linking in with community provisions to support young people has been a key part of the role. Over time within specific settings such as health-based youth work, the requirement of providing social prescribing pathways and link support has been embedded into the role description, recognising the importance of this initiative in enabling positive and sustainable behavior change, and creating supportive peer networks.



Re-defining the role

Most Social Prescribing models are designed to be within a health care setting, with link-workers being placed directly within GP Practices.

Through this project funded by the Thriving Communities fund and supported by NASP, we have been able to demonstrate how the role of a youth worker aligns with that of a Social Prescribing Link worker.

We have developed processes through this programme to enable us to explore interests and needs with young people living with a long-term health condition. Allowing us to create personal goal-based outcomes with the young person and a supportive plan to achieve these.

We have established referral pathways into our service from health professionals across specialities at Southampton Children's Hospital and other centres across the Wessex region. In addition young people can self-referral directly through our accessible webpage.

We have also linked in with the HEEADSSS App to provide a route directly into our programme when a young person carries out a Youth screening.



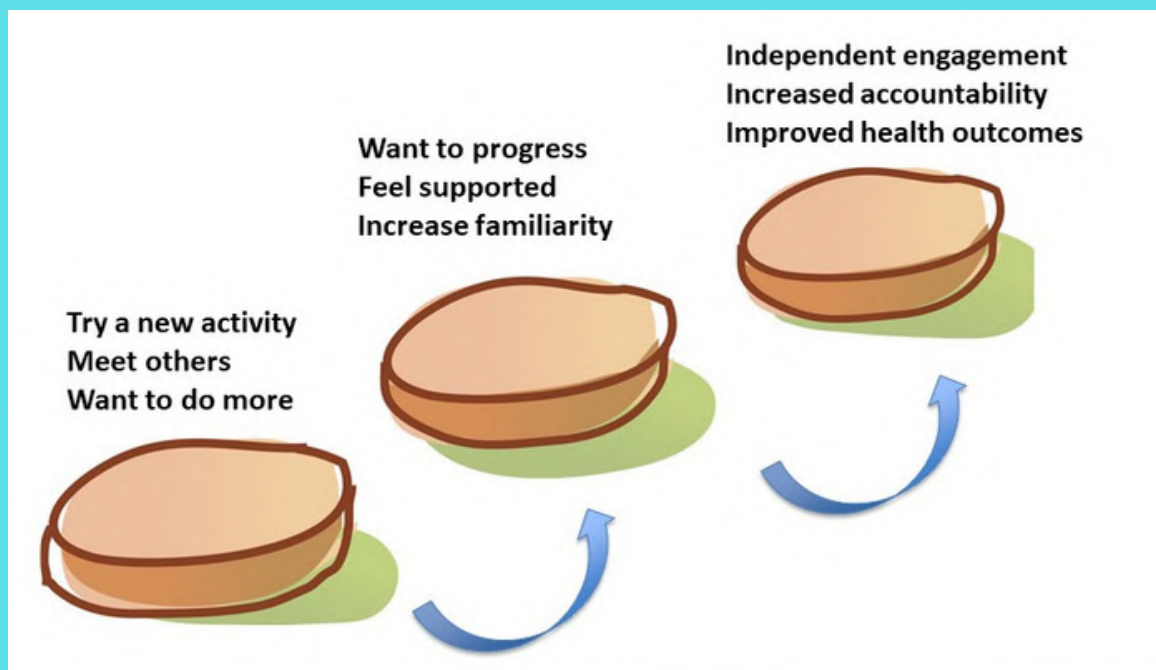
Definition of a Link worker

Link workers may have a variety of names, such as health advisor, health trainer, care navigator, community navigator, community connector, social prescribing coordinator and community care coordinator. The link worker is responsible for enabling and supporting a patient to assess their needs, co-producing solutions for them making use of appropriate local resources

Breaking down the barriers

At the initial consultations the young people identified confidence level as a key barrier to taking part in new activities.

From the initial launch of Regeneration, we strived to remove all barriers for young people affected by a long-term health conditions, and focussed on offering a stepping stone approach to enable young people to build confidence. This ranged from one-off taster days, and progressed to commissioned community projects delivered only to our cohort of young people. Our Youth Link workers then provide support to young people wishing to, to access local community engagement where possible. This process of gradual progression allows the young people to move at their pace and have a true sense of ownership over their development.



This model of delivery reflects key elements of the NICE guidance, **'Babies, Children and Young People's experience of Healthcare'** August 2021

- Help me feel comfortable - make my environment welcoming and safe
- Support me - Help me carry on doing the things I enjoy
- Take care of me - Make adjustments to help me access services

CHALLENGES

Using youth consultancy findings and ongoing evaluations, we have been working in response to identify the priority needs of our young people and their long-term health. Our focus has been supporting young people & communities most impacted by COVID19 and health inequalities, specifically those living with a long-term health condition. We found that siblings were also hugely affected and opened a number of activities up to siblings and young carers to improve engagement and share opportunities wider than the original programme remit.

Sharing practices and reporting impact with partners has helped us to evaluate appropriate wellbeing impact measures, working towards health service traction, wellbeing (participant benefit) reduced loneliness & isolation with an increase in reach and diversity (retention duration).

Evaluation reports and participation data has identified ongoing challenges around recruitment. Initial interest has been evident with a high level of registrations, unfortunately due to circumstances around ongoing health this has impacted our conversion and attendance at events. It is fair to say that behaviour changes during the pandemic have also impacted on the routine of families and the flexibility within the household. Many families are also placing an increase priority on education as a result of the disruption experienced, which has for some resulted in disengagement from more social activities.



CHALLENGES

Through feedback with parents and close liaison with doctors who are the primary care workers for our young people we have been able to analyse the issues impacting recruitment. Our young people have long-term and life limiting health which places them at higher risk of infection from COVID. Parents/ guardians and young people have reported ongoing anxiety and concerns as we resume into in person activities.

Other factors have included contracting COVID, hospital admissions (this has been most prominent with cardiac and cancer patients) and restrictions around Cystic Fibrosis patients who are unable to share the same space. This is in addition to some reluctance from parents/guardians with transportation to events.



CHALLENGES

We have devised a number of strategic approaches with the support of our partners and youth consultancy groups to focus on improving recruitment:

- Blended approach with both virtual and face-to-face participation to ensure all young people can join the activities. This blended approach will depend on powerful, reliable technology to make the activities easy to facilitate and manage as well as secure. Working with partners at In Focus we will be exploring different camera options and how to implement this into our programme. Our plan is to continue in- person activities which can be accessed at home in real-time by other attendees.
- Family focused activities or peer support groups for parents running alongside our activity programmes (We are due to pilot a family wellness walk in the New Forest, this will involve the young people independently taking part in the activities, whilst families work with a family therapist)
- Potential parental networking groups to promote social prescribing opportunities and scope out the potential for family activity days



FUTURE PLANS

Changing Practice

A key outcome from this piece of work is the established processes and increased recognition across the trust, and wider, of the positive impact of social prescribing activities and non-clinical interventions for young people living with long-term health conditions.

This has led to the following outcomes and plans:

- An extensive programme of varied activities delivered in partnership with community providers for young people seen at Southampton children's hospital living with a long-term health condition.
- The active recruitment of two new Youth Workers within the PEEER Youth Service with Social Prescribing link-work specified as a central part of the role. These roles were funded by both trust and charity contribution.
- The active recruitment of a Band 6 PEEER Youth Service Lead to support the development of the service and embed processes that enable the growth of community based activities and increase social prescription for young people living with a long-term health condition.
- Plans to submit research funding application in partnership with Bournemouth University to provide a review of monitoring and impact measuring tools and identify youth friendly processes that provide effective and ideally validated data collection, specific to the aims of a health-based Youth service provision.
- To continue to support the development of the HEEADSSS App. To work in partnership with founders of the HEEADSSS App and the national Healthier Together Network, supporting the collaboration of these two platforms to improve the accessibility of support provisions and social prescribing activities for all young people affected by a Long-term health condition.
- To continue to empower the voice of young people and ensure service development is steered by our active Steering group.

**Download
Our App
Now!**



HEEADSSS



FUTURE PLANS - Partnerships

The established partnerships has been a core success of this programme and one which has created many on-going opportunities and pieces of work including:

- Monthly music workshops delivered by SoCo Music for young people living with a LTHC and their siblings
- A music and arts based health-campaign to support the promotion of the Healthier Together platform in partnership with SoCo Music
- Continuation and development of a Hampshire FA facilitated open access football training provision for young people living a LTHC and their siblings (aged 11-18). This initiative has recently received sponsorship funding from two local businesses to secure bookings at renowned training facilities, providing fortnightly 2 hour training sessions throughout 2022



FUTURE PLANS

- Partnerships

- A summer sports project providing weekly session of Badminton, Karate and Basketball for 6 weeks, with exit routes into on-going provision where possible. Funded by Energise Me and supported by Active for Everyone
- An on-going provision of Sensory theatre sessions to ensure young people with sensory needs are offered engaging activities and opportunities for valuable peer interaction. These groups hope to run quarterly and will be led by PEEER Youth Service
- Plans to expand on partnerships with the New Forest Park Authority and Southampton National Park, and establish regular opportunities to improve access to local green space and promote the health benefits of the outdoors.





CASE STUDIES



REgeneration.

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JOSEPH JENNINGS

AGE: 14

ETHNICITY: **WHITE BRITISH**

GENDER: **MALE**

PREFERRED GENDER PRONOUNS:
HE/ HIM



REASON FOR REFERRAL

Physical Health
Mental wellbeing
Social connection
Raising aspiration

Details of Social Prescribing intervention

Joe is an outpatient at Southampton Children's Hospital. He has Cystic Fibrosis and attends appointments regularly with the support of the PEEER Youth Service based at the hospital.

Through consultation with his doctor and a social prescribing link worker, Joe was referred to Regeneration to support his physical health and social interaction with other young people living with a long term health condition.

Physical exercise is important for Joe because it can help clear mucus from his lungs, improve physical bulk, strength and help improve overall health.

To support this Joe has been referred onto a number of physical based programmes including skate boarding, cycling, rock climbing, alongside our outdoor programmes in bushcraft and a recent Climate Change project.

Following extensive periods of shielding throughout Covid, Joe was also keen to reconnect with friends and share experiences with like minded young people who had also faced social isolation & exclusion from education as result of the pandemic.



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Identified needs and areas of interest addressed by intervention

Physical programmes to support personal health plan
Arts based programmes to support social connections and future career aspirations

SOCIAL PRESCRIBING PROGRAMMES

May 2021 : Youth Options Outdoor activities day

August 2021: REactivate Sports day (Skateboarding, rock climbing, archery & assault courses)

September 2021: Duke of Edinburgh & residential trip

November: Photography course achieving Arts Award & Climate Change Science and Theatre project

February 2022: Youth Options Outdoor activities day & Circus Skills

Outcomes as a result of intervention

Joe has taken up skateboarding following the REactivate Sports day as part of his personal health programme to help him manage his Cystic Fibrosis alongside his daily physio.

After achieving an Arts Award qualification on the photography programme, Joe has purchased a camera to continue his skill development and has opted to study GCSE Photography at school.

Joe has been a member of the Regeneration Youth Steering board, through this role he has formulated strong friendships with other young people from the hospital.

Joe has recently been given an opportunity to work with a professional lighting designer at the Mayflower Theatre with Theatre for Life as part of his work experience development within the arts.

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SERVICES REFERRED TO

Regeneration
Theatre for Life
LifeLab Youth Panel

Has Regeneration helped with your physical health?

It definitely has, I thought I would not enjoy skateboarding , but I loved it!

I particularly enjoyed Cycling in the New Forest, it gave me a sense of freedom away from the City with lots of fresh air & trees, it really helped me both physically and mentally! I really enjoyed the physical challenges of the outdoor days and working with friends to build fires and make camps.

Hybrid learning has been useful because I can schedule my timetable around how I'm feeling to help manage tiredness and fatigue. It has provided freedom of choice.

Has Regeneration helped with your mental wellbeing?

Covid was tough because I was away from my friends isolating to keep safe.

Regeneration has helped me to rebuild social connections, reconnect with my friends and to feel part of a community.

Being with other young people with long term health is important, they understand me more, rather than my mates at school.



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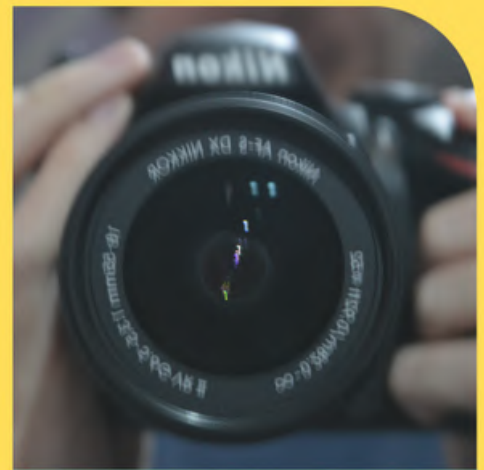
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REASON FOR REFERRAL

Mental wellbeing
Anxiety management
Hybrid Learning
Artistic development

SAM CHARTERS

AGE: 16

ETHNICITY: **WHITE BRITISH**

GENDER: **MALE**

PREFERRED GENDER PRONOUNS:
HE/HIM

Details of Social Prescribing intervention

Sam is an outpatient at Southampton Children's Hospital with a long term renal condition Nephrotic Syndrome.

Sam is currently home-schooled, to help him manage his anxiety, and continue education in the most supportive environment. Sam was required to shield at home throughout Covid, and over this time Sam has developed obsessive compulsive behaviors which impact on his day to day activity, making leaving the house very challenging.

Sam prefers to learn independently and enjoys the freedom of working on projects and developing his interest in the arts within his home environment. He is currently taking his GCSE's and has opted to study creative subjects as part of his artistic development.

The photography programme delivered by In Focus was designed in response to young people opting to remain at home to protect their own health and wellbeing whilst Covid infection rates continued to rise. Using hybrid and blended learning to study photography whilst achieving an Arts Award was the perfect balance of controlled interaction and artistic development for young people such as Sam who could join in from home.

Referral Pathway

Sam was referred to the PEEER Youth Team by his renal consultant

Sam was supported by his youth worker, Sarah, with Anxiety management strategies & referred to the REgeneration Social prescribing programme to explore interests and build confidence.



**Southampton
Hospitals
Charity**

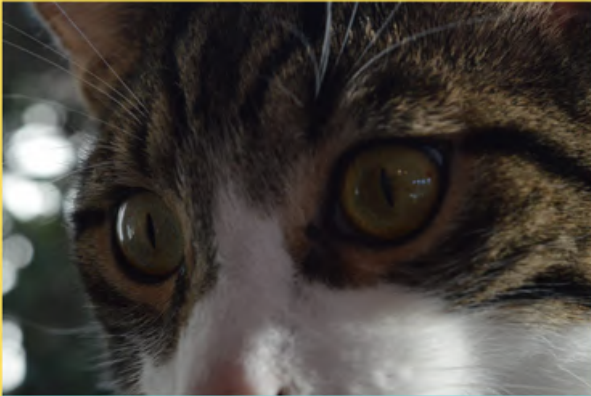
Charity Registration Number: 1051543

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Photography by Sam; A Cats Eye

Identified needs and areas of interest addressed by intervention

Accessible learning style
Interest in achieving an Arts Award and accreditation
Digital Photography

SOCIAL PRESCRIBING PROGRAMMES

Explore Arts Award delivered over 6 2h twilight sessions and supplementary work done by the young people in their own time. The sessions were centred around digital photography. Sessions were delivered face to face with a virtual option.

Blended learning - Directed and self-directed activities / in-person & home learning
Resources accessed from home / google classroom

Live sessions recorded and shared for young people to be in control of learning pace and have open access to reference back to lesson content.

Outcomes as a result of intervention

Sam has thoroughly enjoyed the photography programme and the ability to join in from home through hybrid learning. He has acquired a strong interest in photography and has invested in his own Nikon Camera to continue his skill development.

Sam looked forward to the weekly sessions and although he was initially nervous about joining in, he was able to overcome some barriers with voicing ideas in front of other group members.

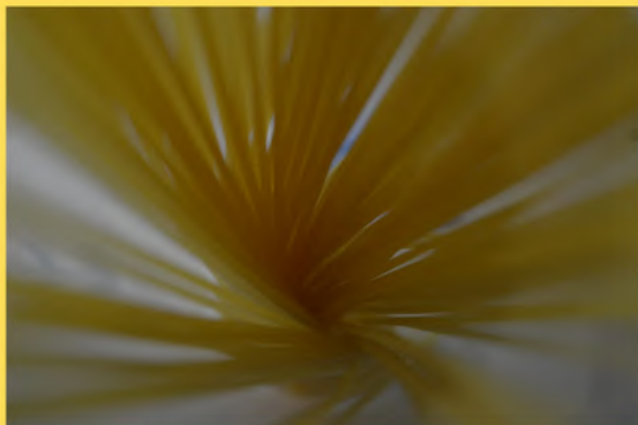
The motivation to achieve an Arts Award helped Sam to remain on track and gave him a focus throughout the week as he was able to carry out the portfolio tasks in his own time and at his own pace.

Sam was also able to join the exhibition in the gallery from home using live webcams.

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Photography by Sam; I am spaghetti

SERVICES REFERRED TO

Regeneration In Focus Arts Award

Has Regeneration helped with your physical health?

My physical health is dependant on many things, most importantly I have to take my medication to stay well which I am very good at. But through Regeneration I have met others who have to do this too and I feel less different and alone.

Although the course was online I was able to engage fully and felt a part of a group. The course also enabled me to find ways to complete the challenges that were safe but stretched my comfort zone. One example was giving me the purpose to get outdoors, if even in my own garden, it gave me a chance to appreciate nature whilst capturing it through my camera.

Has Regeneration helped with your mental wellbeing?

The photography programme has made me grow in confidence and self belief, I was able to voice ideas which is something I struggle with normally.

Photography allowed me to capture life and change my perspective on life, I enjoyed being able to make normal things look abstract such as storms and spaghetti!

I have felt happier and I'm really proud of my achievements on this course. I feel more confident with photography and it has inspired me to continue I have purchased a new camera too!

I hope this confidence will help enable me to take part in further projects and encourage me to find ways to do things 'my way'.

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FERN SYMMONDS

AGE: **15**

ETHNICITY: **WHITE BRITISH**

GENDER: **FEMALE**

PREFERRED GENDER PRONOUNS:
SHE / HER



REASON FOR REFERRAL

Physical Health
Mental wellbeing
Social connection
Scoliosis support
Youth Social Action

Details of Social Prescribing intervention

Fern is an outpatient at Southampton Children's Hospital, she has Scoliosis and had surgery in May, 2021. The operation for scoliosis is a spinal fusion. The basic idea is to realign and fuse together the curved vertebrae so that they heal into a single, solid bone.

Gentle exercise and physical interaction was advised by her GP to help the recovery process. Fern has participated in low impact programmes such as yoga which was adapted to support her needs. Fern has also participated in archery and outdoor programmes which focus on green and blue prescribing.

Fern was referred by another young person with scoliosis onto the Regeneration programme, working closely with other young people with the same condition has allowed Fern to find a supportive network of friends.

Fern is also home educated, the socialising element of Regeneration has been helpful to help build social connections and improve feelings of isolation.



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Identified needs and areas of interest addressed by intervention

Physical programmes to support personal health plan

Supportive network with peers

Social connection

SOCIAL PRESCRIBING PROGRAMMES

August 2021: REactivate Sports Day (Archery)

September 2021: Duke of Edinburgh & residential trip

REgrowth Mindfulness day (Yoga & healthy eating)

November: Climate Change Science and Theatre project

February 2022: Circus Skills

Outcomes as a result of intervention

Fern has undertaken a number of physical programmes as part of her personal health plan. Fern has been able to use adapted Yoga moves as part of her strength conditioning and physical recovery post-surgery.

Fern has joined a number of long-term projects such as the Climate Change Arts and Science project with LifeLab. Through this she has undertaken Youth Social Action work around environmental matters within the local community.

Fern has been a member of the Regeneration Youth Steering board, through this role she has formulated strong friendships with other young people from the hospital.

Fern was successful with a recent application to join the LifeLab Youth board to continue her advisory work within the health care sector.

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SERVICES REFERRED TO

Regeneration
Theatre for Life
LifeLab Youth Panel

Has Regeneration helped with your physical health?

The sporting activities have helped me with physical health and have shown me how you can be active in more ways without it being boring or restricting.

The yoga allowed me to find a comfortable way of exercising, whilst listening to my body and taking care after my surgery.

Has Regeneration helped with your mental wellbeing?

My mental health struggled because of covid and dealing with recovery at the same time.

My main needs for joining Regeneration was to be more sociable and be with likeminded people with long term health conditions. I was keen to connect with communities similar to me.

Regeneration has helped me to feel part of a community and have a sense of purpose during the pandemic.

Green prescribing has made me feel calmer and understand the impact of our environment through the Climate Change project, it has been lots of fun! Blue prescribing and being by water also made me feel tranquil and calm.



YOUTH STEERING GROUP

The youth steering group was made up of 11-25 year olds from Southampton's Children's Hospital with long term health conditions.

The aim of the group was to use CYP ideas and experiences to help shape and influence the delivery and legacy of the REgeneration programme.

A key focus was understanding the CYP aims & ambitions for REgeneration, including areas that need to be addressed to create accessibility for other young people with LTHC.

We wanted to empower our young people to speak freely, listening with compassion and respect as we help to understand their needs, ambitions and aspirations for REgeneration.

To support partners our Youth steering group independently created a youth ambassadors experience which involves young people with long term health conditions conducting site visits and giving valuable feedback to partners for future delivery.

The young people devised a checklist which ensured that sessions were accessible, appropriately adapted and inclusive for all young people with long term health conditions and additional mental health and SEND needs.

To support this initiative the young people completed specific training around providing constructive feedback as part of the auditing process.



OUTCOMES & IMPACT

ACTIVITY DATA

We offered our social prescribing pathway across the Wessex demographic to over 500 people both within Southampton Hospitals and across other NHS provisions. 79 young people with long-term health conditions registered onto the Regeneration social prescribing programme as part of the PEEER Youth Service, with 72 young people engaging in activities.

Of the 72 young people, 22 have participated in multiple activities, both one off and ongoing.

Overall we achieved 134 youth engagements through insight sessions and short term projects with a further 30 attending regular (weekly & monthly) longer-term projects. Some of which are continuing beyond the funding period. Our activities have included a range of opportunities across the arts, sports, conservation, health, advice and wellbeing

72

**YOUNG PEOPLE
ENGAGED**

75

**ACTIVITIES
DELIVERED
ACROSS WESSEX
DEMOGRAPHIC**

134

**YOUTH
ENGAGEMENTS**

**75 activities delivered across the Wessex
Demographic (31st March, 2022)**

**Insight sessions
External supported referrals
Long-term projects
Accreditations
Performances & exhibitions
Hampshire FA regular football team with
sponsorship funding
Arts Award Access bursary fund to support
delivery, resources, photography
programme and final exhibition with
In Focus and So Co Music.**

**4 long-term projects being delivered until September,
2022**

**Climate Change project
Music 'Let's Make an Album'
Self Management programme
Epilepsy support programme**



We also ran focused youth consultancy groups using mentimeter to collate feedback on specific project impact across the arts and sporting specialisms. The findings identified that insight days and shorter term projects enabled initial participation and 82% who took part in the consultancy group went on to engage with longer term projects. Young people felt it enabled them to increase their confidence in their ability and connecting with others in a safe and supportive environment.

81%

OF YOUNG PEOPLE WITHIN THE CONSULTANCY GROUP WENT ON TO ENGAGE IN LONGER TERM PROJECTS

One of the most successful outcomes generated through this funding has been around the importance and value of place-based partnerships to create attainable opportunities which improve health, wellbeing and reduced social isolation.

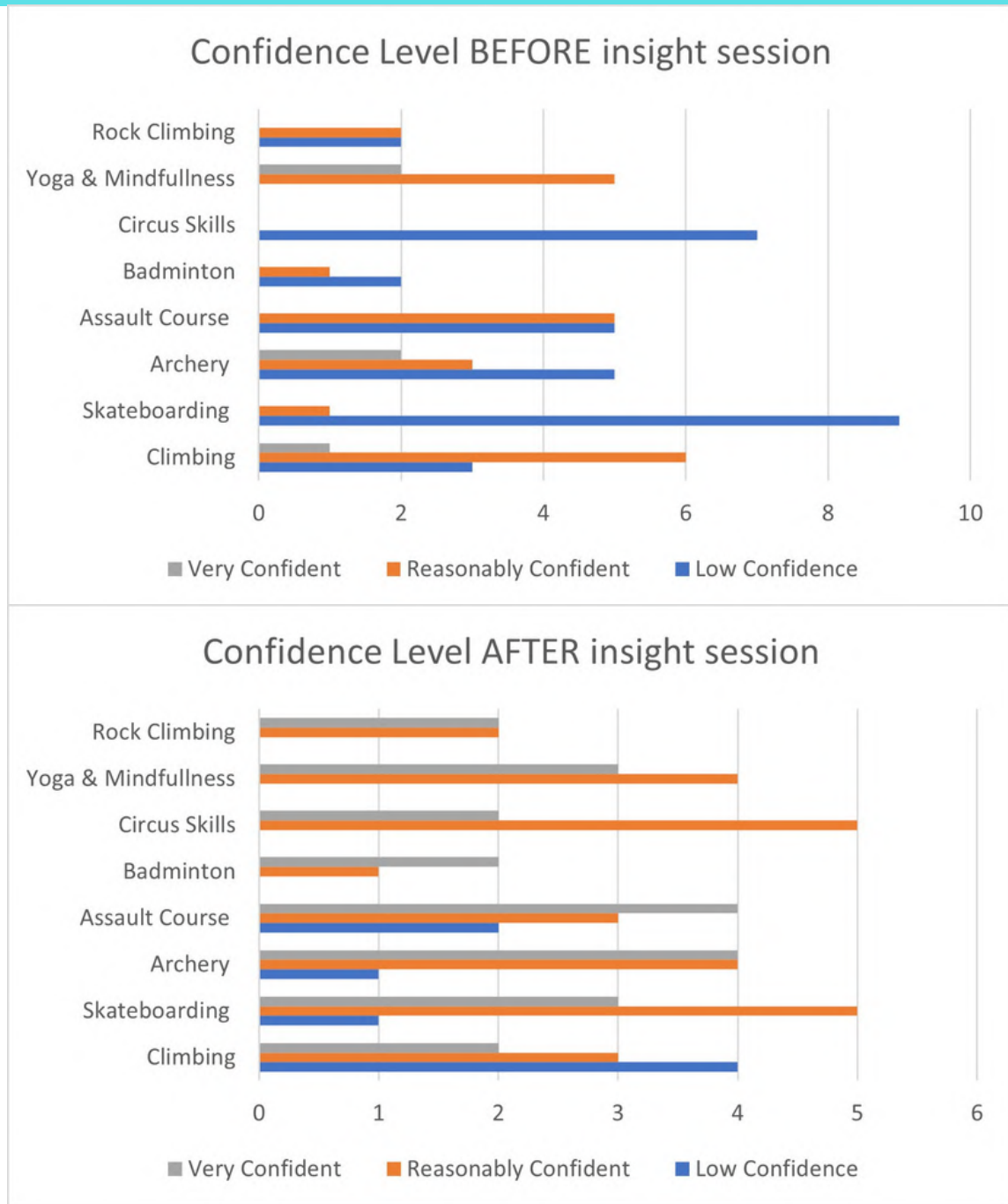
We extend our thanks to all active partners and look forward to continuing to work in partnership to create opportunities for young people living with Long-term health conditions

31

**ACTIVE PARTNERSHIPS
ESTABLISHED**

CHANGING CONFIDENCE

Through our stepping stone approach we strived to increase confidence in trying out new activities. The results below show the change in confidence level before and after each activity we were able to offer insight sessions to.



Alongside increased confidence, these insight sessions led to establishing new interests and hobbies, with one young person starting regular skateboarding, two signing up to karate sessions locally, one attending regular bouldering sessions locally and another receiving a grant for new Badminton equipment and pass at local leisure centre.

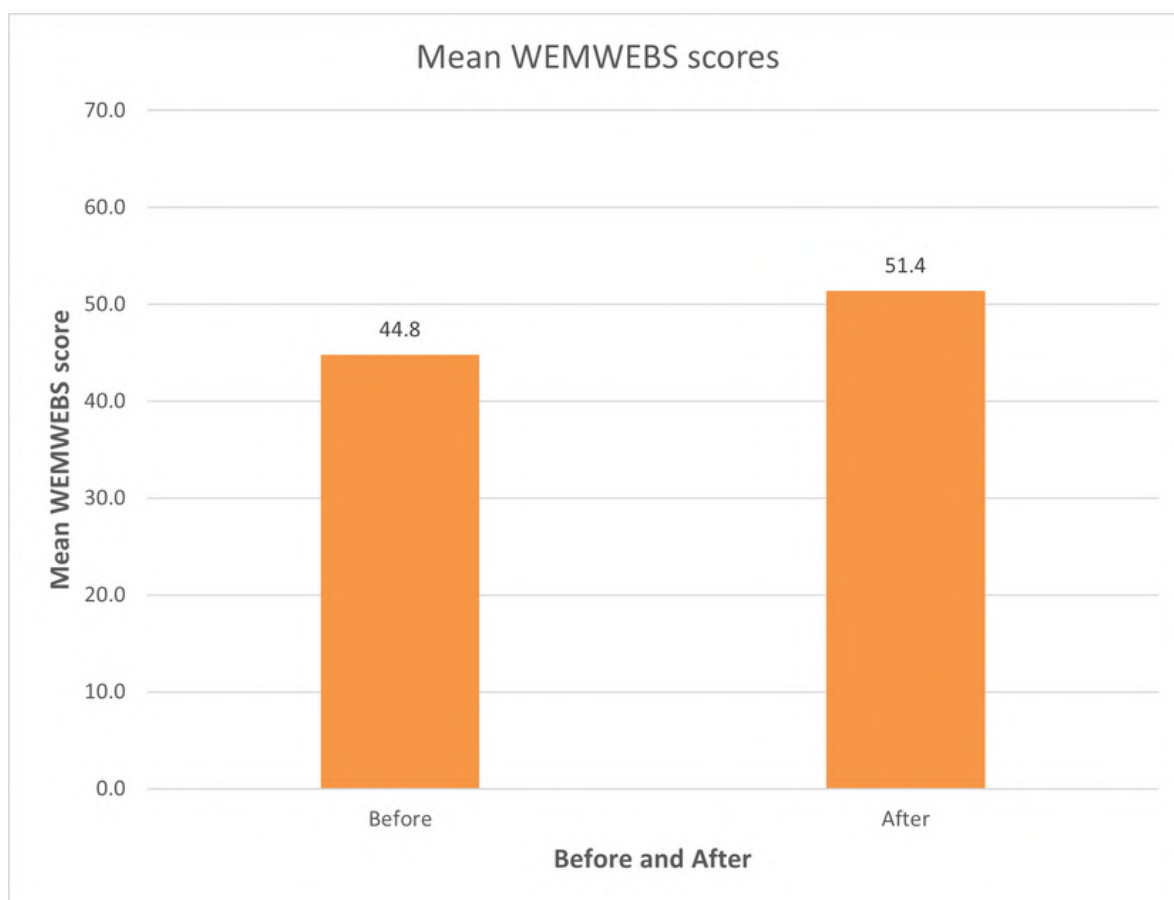
PEEER Youth service will also be applying Energise Me funding to run a 6 week Summer sports activity programme in partnership with Active for Everyone to build on these interests.

IMPROVING WELLBEING



The Warwick-Edinburgh Mental Wellbeing Scales were developed to enable the measuring of mental wellbeing in the general population and the evaluation of projects, programmes and policies which aim to improve mental wellbeing. The 14-item scale WEMWBS has 5 response categories, summed to provide a single score. The items are all worded positively and cover both feeling and functioning aspects of mental wellbeing, thereby making the concept more accessible. The scale has been widely used nationally and internationally for monitoring, evaluating projects and programmes and investigating the determinants of mental wellbeing."

Prof Sarah Stewart-Brown



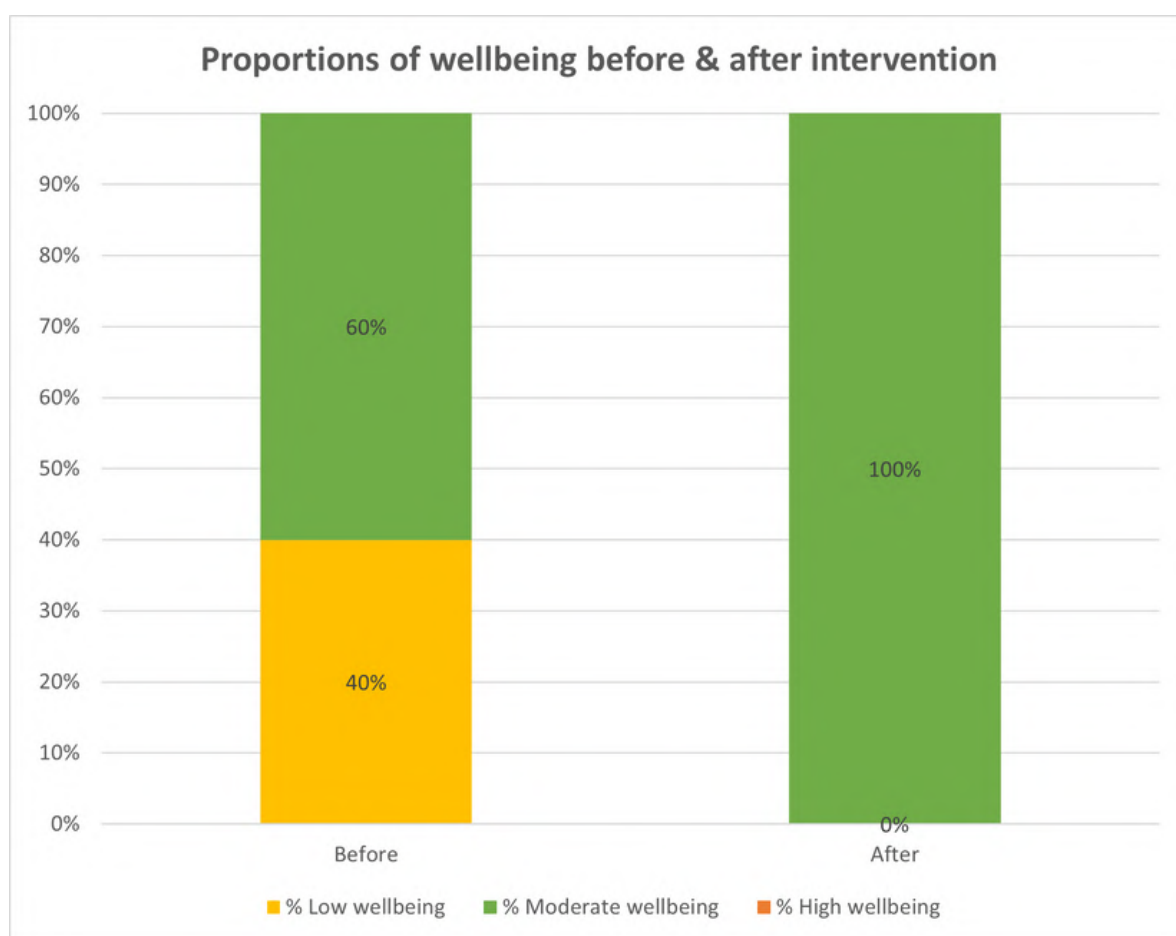
We apply the validated 14-point Warwick and Edinburgh Wellbeing Scale to measure impact of the PEEER Youth service and support project evaluation.

The data collected from participants at registration to the REgeneration programme compared to the data collected at the end of the programme revealed a significant shift in wellbeing scores across the cohort. The mean score across the 14-point survey at point registration was 44.8, improving to a 51.4 post interventions.

It is well documented that young people living with a long-term health condition are up to 30% more likely to experience mental health difficulties compared to their peers, with health challenges and complex difficulties often resulting in low wellbeing scores.

(Renal; M Iorga 2013, Epilepsy: R Rodenburg, Diabetes S Khandelwal 2016)

Applying the WEWBS interpretation tools allows us to translate this shift into a proportional wellbeing score, and whilst we do not see any participants move into a high wellbeing score, there is clear positive movement.



Whilst the WEWBS provides valuable insight into the wellbeing impact, it is a time specific measurement which is may also reflect other factors relevant to that young person at that time, for example treatment regimes, education and exams. It is also important to recognise that whilst the social prescribing activities provide opportunities and support positive change, they may also challenge and push young people to stretch their comfort zone, a process which may for some be very uncomfortable at points.

Service Evaluation

In addition we asked the participants to complete an end of programme survey to gather qualitative feedback.

When asked if they felt that they benefited from taking part in the REgeneration programme **100%** of those that responded said **YES**

PARTICIPANT FEEDBACK

In addition to the comments below we have a 'Showcase film', co-produced by the project steering group and supported by one of key delivery our partners, IN-Focus Education and Development CIC.

To request a link to view this film please email: info@infocusedu.co.uk

“

REGEN GAVE ME AN ENVIRONMENT WHERE I WOULDN'T HAVE TO WORRY ABOUT COVID AS THE COVID TESTING AND CLEANLINESS MADE ME FEEL VERY SAFE! BECAUSE OF THE FREEDOM I FELT AT REGEN IT HELPED ME CONNECT WITH OTHERS MORE, WITHOUT THE THOUGHT OF COVID

”

“

Making new friends, socialize, getting out of the house, improving my mental health, doing new activities are all opportunities I gained from taking part in Regeneration

”

“

Before Regeneration I wasn't a very confident person. I wasn't sure whether I should talk to a person or not because I was worried I'd embarrass myself or they wouldn't like me. But at Regen I've learnt to not worry about what other people think of you. Just be yourself and don't be afraid to make friends! Now when I meet someone new, I want to be friends with them and I have the confidence to do it!

”



With thanks to all our active partnerships and those below who have contributed funding that have made REgeneration possible



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