

# Public Health & Well-being

Developing programmes and training packages that focus on improving the health and well-being of individuals has been a large part of Enable East's core work over the last five years. We have used our expertise to deliver Big Lottery Funded well-being programmes totalling £6.6 million and developed bespoke training programmes designed to allow people to take control of their own well-being and resilience.

## Big Lottery Funded Well-being Portfolios

Enable East has been privileged to deliver two Big Lottery Fund well-being portfolios; one from 2007–2011 and a second from 2013-2015. Our first portfolio featured 25 projects delivered by the public, private and voluntary sectors through one-to-one sessions, groups meetings, workshops, community events and courses. In particular, projects were aimed at adults in the workplace, families, older people, those at risk of exclusion and those with mental health issues.

An independent report by consultants Hall Aitken showed that 'Well-being in the East' had made a positive impact across people in the region. This first portfolio allowed us to build excellent networks and contacts that paved the foundations for our second 'Well-being in the East' portfolio which followed two years later.

Well-being in the East '2' helped change the lives of thousands of people in the East of England, the North East and the Midlands through support, advice and innovative projects related to improving well-being and resilience. Our target beneficiaries were looked after children, armed forces families and those people who access food banks, but all our projects and programmes were open to anyone who wanted to learn more about improving their well-being. We wanted to engage

people at a community level, and help them identify achievable and sustainable changes to lifestyles through increased physical activity, healthier eating and improved mental health. Its ethos was centred around helping people set real, achievable goals that matched the lifestyle, personal preferences and aspirations of the people we were working with.

We worked with over 25 organisations to deliver the projects within the portfolio, and engaged over 35,000 people in total. We worked with 115 schools, 231 businesses, saw 106 beneficiaries achieve a qualification through their involvement with a project and benefitted from over 12,700 volunteer hours.

We were proud to be highlighted as an example of best practice for collaborative working and strategic approach by Ecorys who carried out an independent review of all Big Lottery Funded well-being portfolios across the country.



Our **Well-being in the East** portfolio engaged almost **35,000** people

## The East of England Well-being Show & Streetwise

As part of Well-being in the East, Enable East held two regional well-being events. The first was the East of England Well-being Show at Rowley Mile Racecourse in Newmarket in June 2014. It hosted a market place of stalls held by organisations and companies specialising in ways in which to improve well-being, along with a varied programme of talks and demonstrations on subjects such as mindfulness, Tai Chi, healthy eating during menopause and children's mental health. One of the highlights of the show was TV personality Stefan Gate's Gastronomist Show in which he wowed children and adults alike with his unique mix of food and science, using rockets to explain food energy and using live insects to show how you can save the world by changing what you eat.

The show culminated in the announcement that we had successfully broken a world record for the largest number of postcard sized artworks in one place: thousands of primary school children from across the region were invited to draw, paint or collage their idea of well-being on postcards which were collated at the event into one giant artwork. In total 4,318 were displayed, and the project helped us engage with young people about what well-being means to them.

Our second well-being event was Streetwise, held at Colchester Institute in June 2015. The event provided an opportunity for the local community to come together to try and create the World's Largest Street Dance and learn more about the benefits of physical activity, healthy eating and mental health. Interactive workshops included circus skills, modern dance and children's football skills and demonstrations by chefs cooking gluten free dishes, healthy meals and sushi were available to the public all free of charge.

Both events allowed us to highlight the fun and interesting ways people can improve their well-being, as well as raising awareness of fantastic local resources that can help support and advise them.

## Bounce! - Building Resilient Families

Embracing our individuality and regaining control of our personal well-being was the ethos behind our Bounce! well-being programme, which delivered workshops to over 14,000 people as part of our Well-being in the East portfolio. Bounce! encourages participants to explore what well-being means to them personally, and helps them to develop a personalised plan of action to improve their well-being and resilience. Bounce! focuses on the key message that there is no 'one size fits all' approach to improving well-being.

The two hour workshop consists of a range of interactive, engaging elements, interspersed with group discussions and individual work, providing practical solutions and encouraging ownership of our individual well-being. Each participant is guided to identify a small, achievable change they can make to their life like a ten minute walk twice a week, or joining a social club in order to increase well-being levels.

Bounce! was externally evaluated by Research as Evidence which highlighted the impact Bounce! has had on the thousands of people who took part in the workshops. Research as Evidence stated that Bounce! was particularly successful in adopting a positive approach to thinking about well-being that avoids guilt tripping participants and creates a positive association for improving their well-being, having fun, feeling good and taking control of their own actions.



Due to the popularity and success of the original Bounce! format, Enable East has developed two extra strands of the programme: Bounce for Business, aimed at providing well-being training for employees; and Bounce! 'ed', helping students to assess their well-being levels and what they can do to protect them during stressful periods such as exams and making choices about their future.

'The success of Bounce! has been overwhelming' said Roz Rospopa, Bounce! Project Director during the Well-being in the East portfolio. 'Participants have embraced the concept and the feedback we have received has been extremely positive.'

## iCare Colchester

icare Colchester was developed to promote individuals' well-being by helping them to think about what well-being means to them and how they might improve it, and to promote well-being at a community level by highlighting what Colchester as a community can do to help itself and others. A series of large mosaic boards were created and displayed at various locations around the Colchester area, inviting people to make a pledge about how they will improve their well-being.

Over 1000 pledges were made and included ideas such as spend more time with family, walk to work, manage time better and quit smoking. Young children were encouraged to take part and expressed their ideas of things they could do that would help keep them healthy such as swimming, playing football and painting.

After travelling around Colchester for a number of weeks, the 18 boards were placed together at Enable East's Streetwise event held at Colchester Institute in June 2015, allowing visitors to the event to view the entire mosaic and take the chance to add their pledges.



## Extraordinary People



Enable East's Extraordinary People programme aimed to dispel the myths surrounding obesity and challenge the universal message that losing weight is a simple matter of 'eating less and exercising more'.

The programme was targeted at people who had experienced significant weight gain, and those who were facing the challenge of maintaining significant weight loss. The project ran an initial workshop for those who wanted to find out more, where they heard from experts in sleep patterns, mental health and the Mediterranean diet, as well as getting the chance to have their own DNA analysis test carried out.

Follow up workshops were then held where participants received the results of their DNA tests which were used as a basis of a personal plan to help manage their weight going forward. The workshops helped participants understand the impact their unique DNA make-up may be having on their physical health, and helped them identify ways in which they could improve their lifestyle in terms of their sleep patterns, emotional health, diet and support structure.

The project will feature in a forthcoming BBC Horizon programme in March 2016.

