

Strategic partnership funded by:



Overview 2016 - 2021

How we created Wellbeing Exeter

In 2014, Integrated Care Exeter (ICE), a strategic alliance with a focus on early intervention and prevention was established by Devon County Council in partnership with Devon Clinical Commissioning Group and the Royal Devon & Exeter NHS Foundation Trust.



Wellbeing Exeter was created through the piloting & evaluation of a combined social prescribing and community development project as part of the ICE programme.



August 2017, the ICE Executive and the NEW Devon Clinical Commissioning Group's Eastern Locality Forum agreed to continue and expand the Wellbeing Exeter experiment from to March 2020.

How we funded the expansion

An annual budget of £654,000 was agreed over the 2 years totalling **£1,309,332**.

This was made up of: £790,000 contribution from Devon County Council (DCC), £519,332 from Exeter City Council (ECC). The funding was agreed as follows over the 2 years. A further year's funding was also agreed for 2020 – 2021.

2018/9:

£395,000 for Social Prescribing and network co-ordination (DCC/CCG)

£259,666 for Community Building (ECC)

2019/20:

£395,000 for Social Prescribing and network co-ordination (DCC/CCG)

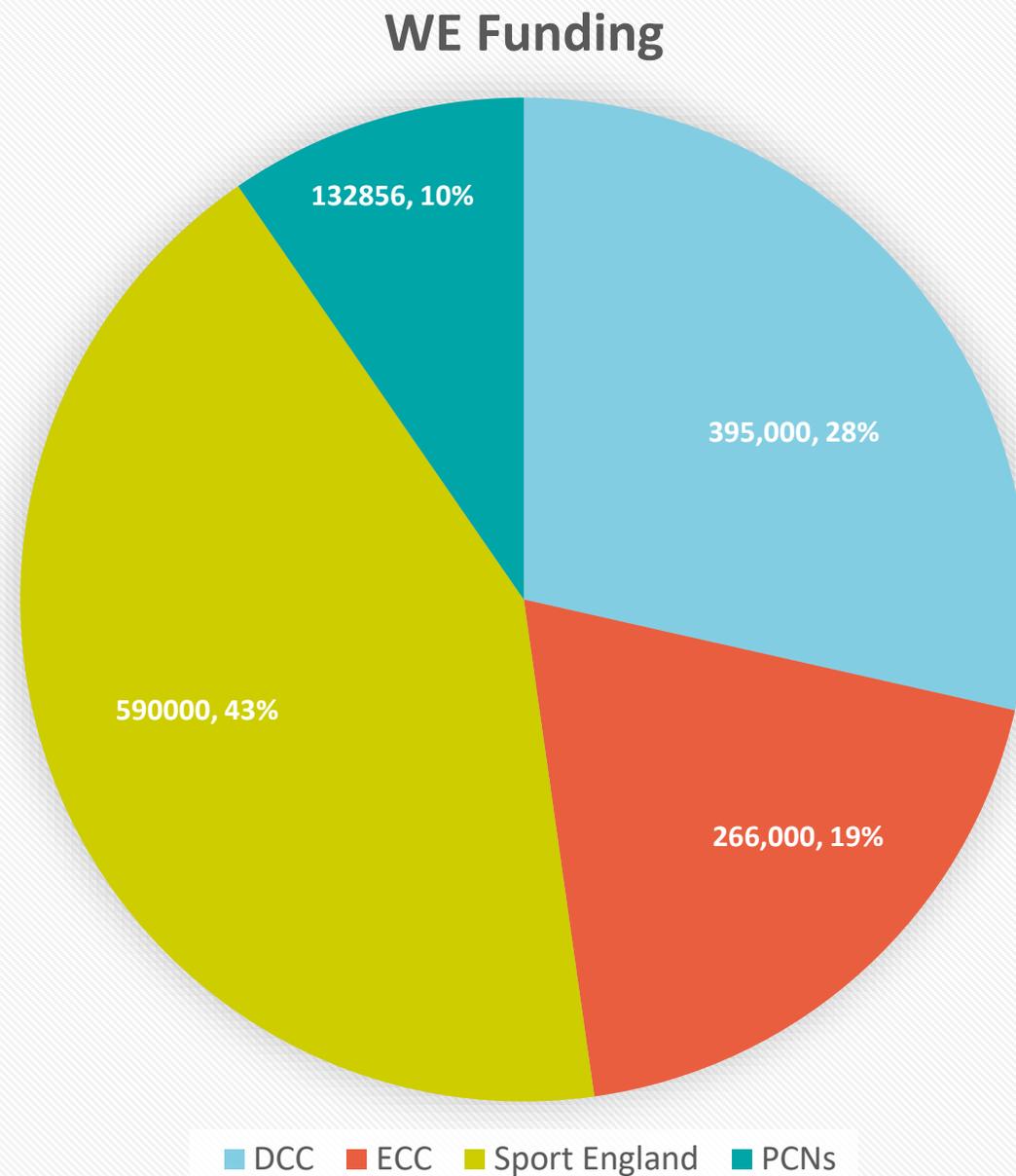
£259,666 for Community Building (ECC)

New funders 2019 - 2022

- As part of the **Sport England Local Delivery Pilot**, a grant of £1.75m has been awarded for Wellbeing Exeter expansion. This includes the expansion of the Community Connector team and new Community Physical Activity Organiser roles. This includes funding for further engagement, design and development with primary care to enhance and expand routes and support for increased physical activity.
- In July 2019, the **NHS** allocated **Primary Care Networks (PCNs)** with funding for social prescribing. All 4 Exeter PCNs pooled this funding into Wellbeing Exeter to introduce new Community Connectors for young people, in place since July 2020.
- In 2020-21, the **Devon Sustainable Transformation Programme** agreed a one-off commitment to extend the family social prescribing work of Wellbeing Exeter.
- **Exeter City Council** have committed to the long-term funding of Community Building through Wellbeing Exeter.

Funding mix

The introduction of new partners into Wellbeing Exeter highlights the mix in funding contribution from key stakeholders as at financial year 20/21:



Once in a generation opportunity

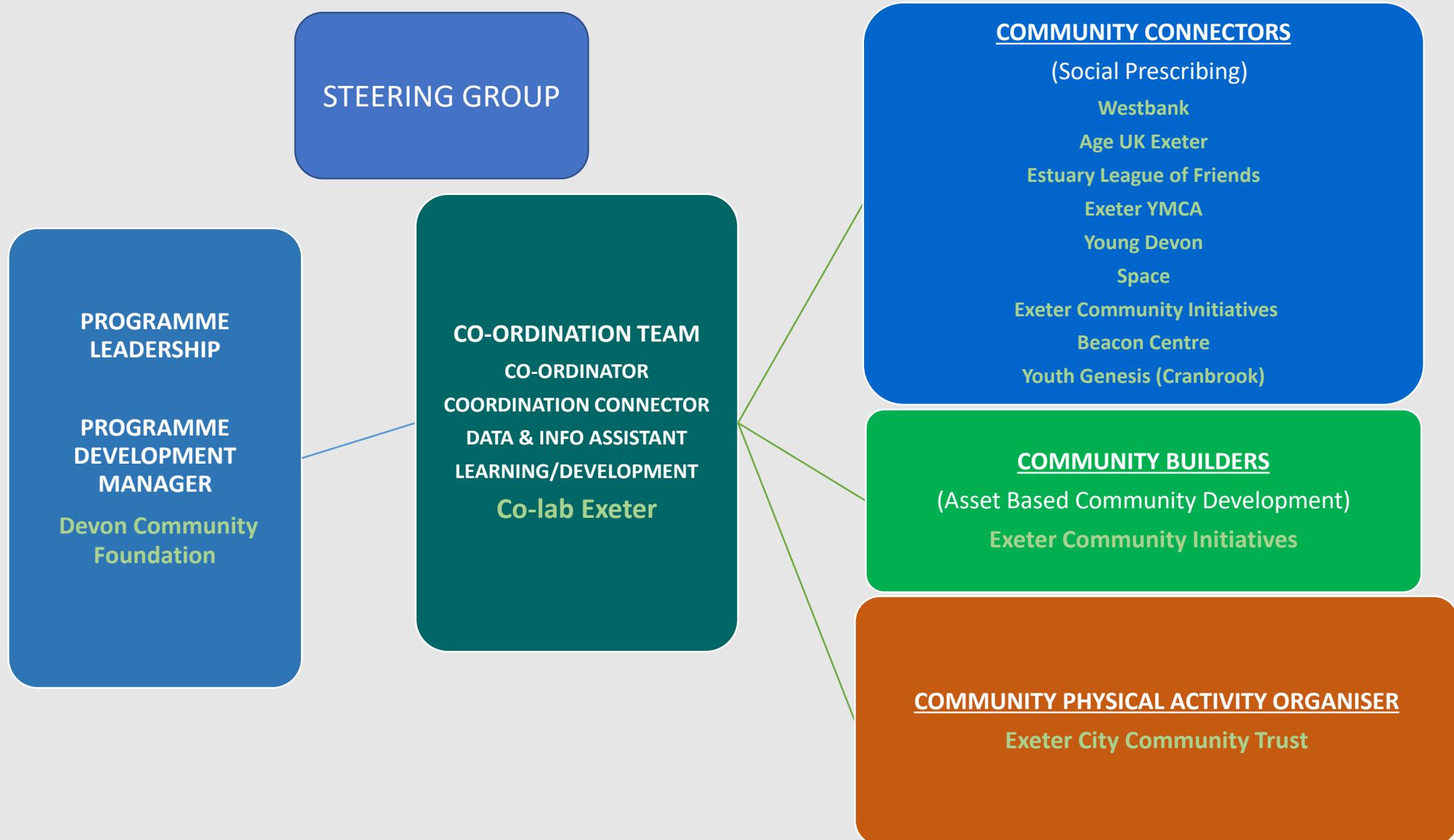
- ❑ Partners have already invested over **£1.9 million** into Wellbeing Exeter which shows the serious intent to focus on prevention .
- ❑ The scale and scope of Wellbeing Exeter is impressive thanks to the continued support and buy-in from strategic and operational stakeholders.
- ❑ The recognition from Public Health England, MHCLG, and Sport England of the significance of our approach, reflects the unique opportunity we have to embed a city-wide social model of prevention for the long term.
- ❑ Given the whole system approach of the Sport England Local Delivery Pilot and the pivotal role Wellbeing Exeter, we have a once in a generation opportunity to affect population level health improvement through social interventions.
- ❑ The overall aim of reducing demand on health and services, now and in the future, remains core to the Wellbeing Exeter model.

The Wellbeing Exeter Partnership



- Wellbeing Exeter is a **partnership** of public, voluntary and community sector organisations who have come together to explore better ways of supporting **the 40% of patients who visit their GP with socially based rather than medical problems**.
- It offers **social prescribing**, in combination with **asset-based community development** to provide firm foundations to enable individuals and communities to improve and promote their own health and wellbeing.
- **Phase 1:** pre-November 2016: 1-3 GP Practices
- **Phase 2:** launched in November 2016, working with 10 of the 17 GP practices.
- **2018:** Expansion to 16 GP practices, plus Community Rehabilitation team (R D and E), and 12 Community Builders across all 13 wards of the city. Wellbeing Exeter is agreed as a key partner and platform for the delivery of the SELDP bringing in a further investment to embed physical activity in the programme.
- **2020:** Additional funding from Exeter's Primary Care Networks is agreed, allowing the programme's Community Connector offer to expand to 11-18 year olds. Programme expands to 12 organisations working in partnership across the city and Cranbrook, including with addition of Family Community Connectors.

The Wellbeing Exeter Partnership



The Wellbeing Exeter Partnership

Wellbeing Exeter offers **COMMUNITY CONNECTING** (“Social prescribing”) for adults, families and young people in combination with **COMMUNITY BUILDING** to provide the firm foundations to enable individuals and communities to improve their own health and wellbeing, including by focusing on **physical activity as one of the 5 Ways to Wellbeing**.



17 GP Practices
(now including
Cranbrook)



26 Community
Connectors



12 Community
Builders



4 (2 P/T) Community
Physical Activity Organisers

Community Connectors and Builders

GP surgeries and other health and social care referrers introduce a **person** they believe would benefit from increased social activity to their trusted **Community Connector**.

The **Community Connector** works with the **person** to identify what matters to them and plan a way forward, within framework of 5 Ways to Wellbeing. Together, they start to engage with their local community.

Simultaneously, **Community Builders** are working within communities, identifying social resources, stimulating activity, and helping those communities to thrive and develop. This builds communities' capacity to offer opportunities to residents for connection and interdependence.

Co-ordination enables diverse organisations to work closely together to help discover what might be on offer for people, deliver cross-programme training and development and support the wider voluntary and community sector.



The Headlines

13 Local
Delivery
Partners

17 GP practices and the
Community
Rehabilitation team
(RD&E) refer patients

12 Community Builders
(7.5FTEs) with Cranbrook
Community Builder in role
early 2021.

26 Community
Connectors (20
FTEs) hosted by **9**
delivery organisations

Expanded Community Connector
offer to young people (11 to 18
year olds) and families through
new specialist delivery partners

Over **3,700** referrals to
Community
Connectors to date

Referrals recently expanded to
Care Direct Plus (Adult Social
Care) and the Community
Physiotherapy team (RD&E)

Referral mechanism
embedded in primary
health care

In 2019, **1200** connections
were made to **390** groups,
organisations and services

4 Community Physical Activity
Organisers supporting people
to move more in their daily
lives and the development of
community-led and
welcoming opportunities for
physical activity in local
neighbourhoods

During 2020 and continuing
in to 2021, direct referrals
expanded to the Exeter
Community Wellbeing
(Covid response) team

Active links with over 350
community groups,
organisations and services
and an integral and
embedded part of
community life and the
voluntary sector in Exeter.

National Best practice

The programme welcomes opportunities to share learning regarding the Wellbeing Exeter approach, social prescribing and asset-based community development with external networks on a regional and national level and has been recognised by:

- Public Health England as an exemplar of whole system approaches to community centred health.
- The King's Fund Conference on *Community is the best medicine*,
- Public Health England's Conference workshop on Strengthening Communities,
- NHS England Webinars,
- the Devon STP Social Prescribing Evaluation,
- annual training for R, D and E trainee GPs and
- contributing to NHS England's 2021 business planning for Social Prescribing via Sport England.
- ECC awarded regional host for Sport England / NASP 'Regional Social Prescribing Advisor' role
- Health & Wellbeing in practice case study with LGA

2020 Response to Covid-19 pandemic and Exeter Community Wellbeing

- When the first lockdown arrived in March 2020, and Exeter was faced with supporting residents with both practical issues, and the emotional effects of loneliness and social isolation. Wellbeing Exeter's pre-existing and well-established structures and relationships with partners became invaluable and integral to the city's response.
- Within 2 days of Lockdown announcement, Exeter City Council established and set up Exeter Community Wellbeing, an online and telephone mechanism that assists individuals and community groups to link together and access the wide range of support on offer across the city.
- Over **2500** individuals had **requested** support, and **721** residents had **volunteered** to help. Residents have been connected with local volunteer networks to help with shopping, food deliveries, prescriptions & phone contact for those socially isolating.
- Local groups and networks have received support from Wellbeing Exeter Community Builders to mobilise, connect and develop. A network of 13 mutual aid groups set up in Lockdown 1, with 8-9 standing up again for Lockdown 2 & 3. The Exeter Community Wellbeing Hotline also referred individuals struggling with the emotional and social effects of lockdown and isolation to Wellbeing Exeter Community Connectors
- [Exeter Community Wellbeing - Exeter City Council](#) / 01392 265000

2020 Response to Covid-19 pandemic and Exeter Community Wellbeing

FUNDS FOR COMMUNITIES

- Established a COVID COMMUNITY ACTION FUND, to
- 142 organisations/projects awarded funds ; £118, 934 funding allocated
- Contribution from Exeter Chiefs Foundation of £100,000 towards the fund

WELLBEING FUND FOR INDIVIDUALS

- Established the COVID Wellbeing Support Fund with £174,850 funding passported through DCC
- 503 Individual applications receiving £91,448 in emergency funding

2020 Response to Covid-19 pandemic and Exeter Community Wellbeing

SHIELDED PERSONS PROGRAMME – CLINICALLY EXTREMELY VULNERABLE

- Directly supported over 3800 residents in Lockdown 1, 2 and 3 asked to shield by Government
- Urgent food delivery, prescription pick-ups & practical support provided by Exeter City Community Trust

COMMUNICATIONS

- Letters of support sent to all CEV residents in Exeter
- Radio campaign, leaflet drop, Facebook & social Media following over 7000 residents, posters on side of bin lorries
- Weekly Blogs and stories via - [Exeter Community Wellbeing Archives - liveandmove.co.uk](https://www.liveandmove.co.uk/exeter-community-wellbeing-archives)

WHAT NEXT

- The Exeter Community Wellbeing hotline and partnership remain open as part of business as usual.
- Shielding formally ends on 31st March 2021, planning underway to step up in result of local outbreaks (currently systems and data sharing agreements run until March 2022)

Wellbeing Exeter March 2021 update

- Westbank Community Health and Care have withdrawn from the partnership and their involvement will end as of the end of March 2021.
- Due to uncertainty regarding funding from DCC/CCG post March 2021, Age UK Exeter and Estuary League of Friends will no longer be part of the partnership.
- The programme is being reviewed and redesigned with funders, stakeholders and delivery partners to ensure that within available resource, we are able to continue supporting individuals and communities to improve their health and wellbeing in the post-Covid landscape, focusing on those who have been most impacted by the pandemic.
- An interim March –June operational plan is in place to manage the exit of the three providers and ensure the continued delivery of the programme. The revised model will be rolled out from July onwards.
- A strong collaborative partnership of 9 delivery partners with a range of specialisms and reach across the city continues, including working with young people and families, community building and supporting individuals and communities to be more physically active.

The role of Scrutiny

- Discussion, Q&A
- Input into the review of Wellbeing Exeter – a further session with Devon Community Foundation to input into the medium term plan to 2025
- How would Scrutiny like to be involved in governance?
 - 6 monthly reports
 - Annual briefing and workshop session with key partners