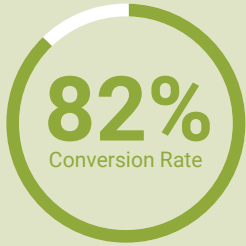


Brightlife is a partnership of organisations from the public and third sectors in Cheshire West and Chester and is one of 14 National Lottery funded Ageing Better programmes set up by the Big Lottery Fund.

Formed in April 2015 and with a scope of five years, our purpose is to test and learn from innovative approaches to reducing isolation and loneliness for people aged over 50 in Cheshire West and Chester. Social Prescribing has been piloted in three locations – on a village, town and city scale. An additional rural village was added in October 2018.

Impact Measured Through National Evaluation:



Total number of referrals: 857
707 progressed to active referral

Demographics



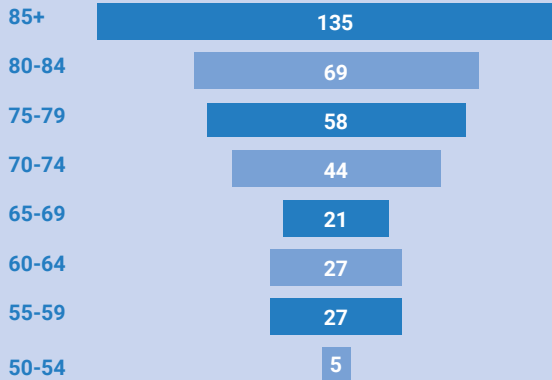
70% live alone



85% live with a long-standing illness or disability

Number of participants who have taken part in the evaluation: 386

Age



79% of Social Prescribing participants are aged 70+

Outcomes

412 participants discharged



Of which outcomes for 296 participants were fully met: 72%



Of which outcomes for 116 participants were partially met: 28%

CMF Evaluation Data

84% of people measured on the UCLA* Social Isolation and Loneliness scale have maintained or improved their social connectedness (153 evaluated)



85

PEOPLE IMPROVED

43

STAYED THE SAME

*University of California and Los Angeles

Supported Interventions and Signposting



697 individuals received support. There were 975 interventions/activities/onward referrals & signposting actions taken.



Support was tailored to people's individual needs through Brightlife's person-centred approach.



People were signposted to 273 different groups and organisations.



Between April 2016 and January 2020 our Social Prescribing Coordinators have undertaken 1499 home visits.



Christine Milton (75) – Community Connector

May 13, 2019

Christine has recently become a volunteer buddy and befriender for Brightlife in the Saltney and Chester area. Her role is to visit people who might need support and find out how they can be helped – whether it be just a bit of company or encouragement to join one of the social groups.

She decided to volunteer after being helped by Brightlife herself when she was struggling. “I was widowed fairly recently and then I had to stop working through ill health,” she said. “For the first time I’m living on my own and I hate it. I suddenly understood what loneliness was and it’s the most horrible thing in the world. Fortunately a friend recommended I contact Brightlife and I can honestly say it’s been a lifesaver.”



Christine’s first contact was when a Brightlife worker came to visit her and told her which groups and activities were available in her area and accompanied Christine when she first visited them.

“I never thought I’d join a social group as I didn’t fancy it but I can’t tell you how much I enjoyed it. Everyone was so friendly. It was so nice to be accompanied as I’m a bit shy in social situations. I would never have gone otherwise so it makes so much difference for people who are hesitant.”

As Christine realised how much she was benefiting from meeting people again she decided to volunteer as a befriender. After visiting her first client she said she left on quite a high as she felt she was finally being of use to someone.

“It gives you a good feeling as there are a heck of a lot of lonely older people out there,” she said. “I recently met a 94-year-old woman at one of the groups who goes dancing and her memory is as sharp as anything. Instead of just sitting in a chair, Brightlife is helping her to live her life and I’m sure it will do the same for me. It’s given me the push I needed so I really can’t thank them enough for all they’ve done.”

01606 884444
admin@brightlifecheshire.org.uk
www.brightlifecheshire.org.uk

 @lovebrightlife
 @BrightlifeCheshire

