

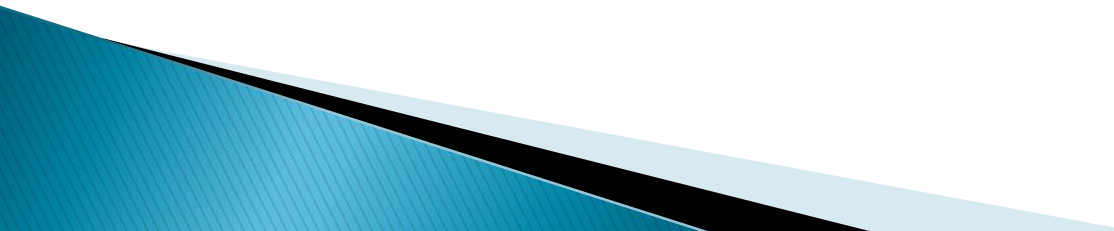
# *Can adult learning play a prudent role in prudent health care ?*

Northamptonshire County Council Adult Learning Service (NCCALS): L2b → P2b → CIC

# Social prescribing since 2007...

## Learn2b (L2b)

A programme designed to enable adults (19 years+) to engage in informal learning, which will give them the tools to support their recovery from mild to moderate mental health distress, such as anxiety and depression, and to progress to in order to continue learning, volunteer, seek work and sustain their recovery.



# In the beginning.....

- ▶ A 3 year project in partnership with Northamptonshire Primary Care Trust (NPCT)
- ▶ £300K over 3 years using Community Learning grant funding (Skills Funding Agency (SFA))
- ▶ Funding provided: a full time manager within NPCT, a coordinator within NCCALS and course costs
- ▶ Mental Health Foundation research study, 2011 (Learning for Life – MHF)

<http://www.healthyfe.org.uk/sites/default/files/learning-for-life.pdf>

# Content of the programme

Thematic (Creativity Expression, Motivation and Wellbeing) and tutors are specialists in subjects such as Painting, Tai Chi, NLP

Groups are small and informal

Courses are free and delivered in local community venues across Northamptonshire

Courses provide the medium for embedding strategies to promote good health and wellbeing

Tutors and teaching assistants have lived experience of mental health issues

Self referral or GP referral



# L2b Course examples: Spring 2016

*Learn2 Develop the art of Mindfulness – Wellbeing*

*Learn2 Relax and Sew– Creativity*

*Learn2 Lift Your mood with Laughter– Expression*

*Learn2 Meditate in Motion with Tai Chi– Motivation*

<http://www3.northamptonshire.gov.uk/councilservices/children-families-education/adult-learning/Pages/default.aspx>



# Prudently meeting the learner's needs

## Learn2b Mood Guide

How do you feel?	No, not at all	Some of the time	Most of the time	All the time
	No, not at all			
1. I feel optimistic about my future				
2. I've been feeling useful				
3. I've been feeling relaxed				
4. I've been dealing with problems well				
5. I've been able to make up my own mind				

# Outcomes of the programme in 2014/15

- ▶ 161 course in 60 venues
- ▶ 578 learners / 1142 enrolments
- ▶ 73% female
- ▶ 10.4% BAME
- ▶ Retention –95% (equal male and female)
- ▶ RARPA achievement 94%, success 89%

## The Warwick–Edinburgh Mental Wellbeing Scale

<http://www.healthscotland.com/documents/1467.aspx>

# Our learners tell us....

*'I feel more positive and less worried about sleeping'*  
Wellbeing – Sleep course

*'A great boost to confidence laughing together together with other people in the group'* Expression  
– Laughter course

*'I have learnt to take time for myself and feel safe'*  
Motivation – Combination Day

*'I was really engrossed in what I was doing and feel really proud of what I have done'* Creative – Painting course



# Pathway2b (P2b) in Partnership with Job Centre Plus Northampton—a new pilot for 2015/16

7,145 ESA claimants in Northampton of which 3,630 (47%) have mild to moderate anxiety and depression

**A programme delivered in 6 x 8 week blocks, over 12 months (total programme hours 240 anticipated learners 250/300 enrolments)**

IAPT 'employment advisor' support for claimants

**P2b adds value to the existing support, similar course content to the existing Learn2b programme. The focus is to improve employment outcomes and personal recovery.**

# The future.....A bold vision

- ▶ **First for Wellbeing CIC Ltd** is a joint venture between Northamptonshire County Council, Northamptonshire Healthcare NHS Foundation Trust and the University of Northampton
- ▶ Together the three founding organisations have a shared vision *for improving the physical, mental and social wellbeing of the population of Northamptonshire*. The Community Interest Company is the first step in creating new and innovative ways of developing other services which are part of this vision.

# The future..... A Bold Vision

## Our primary objectives are to:

- ▶ Build an effective, integrated prevention service, across multiple communication channels
- ▶ Create a uniform county-wide service where you “tell your story once”
- ▶ Connect seamlessly with primary and acute care services
- ▶ Take a whole person approach and treat everyone as an individual
- ▶ Draw upon the very best of public, voluntary and commercial sector <http://www.firstforwellbeing.co.uk/our-services/Pages/default.aspx>

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