

OXFORD HEALTH CHARITY

CONNECT AND CARE FOR YOU

*Evaluation of the virtual wellbeing
sessions in support of Oxford Health
NHS Foundation Trust staff - part of the
Oxford Health Cares Appeal*

February - March 2021



**WELLBEING
MATTERS**

**NHS CHARITIES
TOGETHER**



Programme Design

Sessions and Leads

- **Art Club** (including pottery (**Petr Neckar**), origami (**Dr Lizzie Burns**), mindful doodling (**Miranda Bence Jones**), mindful collage (**Anne Marie Cadman**) with co hosts) - **Angela Conlan** (OHFT Creating with Care)
- **Gardening for Wellbeing** - **Annabelle Padwick** (Life at No. 27)
- **Indian Cookery** - **Maya Jose** (OHFT Community Involvement)
- **Meditation** and **Yoga** - **Lizzie Daley** (thewellbeinggirl)
- **Mindful Movement** and **Seated Dance** - **Angela Conlan** (OHFT Creating with Care)
- **Time out to Breathe** and **Family Yoga** - **Emma Horwill** (Kids Yoga with Emma)
- **Wellbeing Coaching** - **Natalie Davis** (thewellbeinggirl)
- **Wellbeing through Art** - **Tom Cox** (OHFT Artscape)

Schedule

The programme ran from 1 February to 13 March with an additional session on 26 March.

In total approximately **900 spaces** were made available across the **62 sessions**.

Costs

An overall **budget of £6000** was set from the NHS Charities Together Stage 1 funding.

Sessions

Costs for individual sessions varied based on the provider, in total the following was spent on session costs:

- Life at No. 27 - £1500
- thewellbeinggirl - £2190
- Yoga with Emma - £150
- Maya's Lab - £300
- Art Club co-hosts - £100
- Awaiting costs for Pottery Session Lead

TOTAL SPENT - £4240

Products

A small number of sessions required specific supporting materials to be sent out in advance, the total costs for these were as follows:

- Arts materials - £907.42
- Supporting materials and prize draw - £196.86

TOTAL SPENT - £1104.28

Cost Benefit Analysis

Taking into account the number of attendees and the costs, the average cost per person of the programme was:

£26

This does not take into account the management hours to deliver the programme.

Feedback

Participants

203 individuals attended sessions from across the Trust, approximately 44% from the Community Directorate, 22% from Oxon and West, 13% from both Corporate and Specialised Services and 8% from Buckinghamshire.

Only 1.5% of attendees identified as Male.

157 feedback surveys were submitted with **68% of those rating the programme 5 out of 5** and **96% stating they would recommend attendance** to colleagues.

The top ten words used to describe the sessions were:

Relax
Inspired
Calm
Motivated
Happy
Refreshed
Good
Energised
Positive
Uplifted

Feedback

Participants

The top most commented on sessions were:

1. **Yoga**
2. **Wellbeing Through Art**
3. **Meditation**
4. **Jointly - Seated Dance, Forming Positive Habits, Indian Cookery**
5. **Mindful Movement**

Feedback Highlights

Taking a calm and positive feeling forward from the session

I can do dance from my chair and that I have been missing out, using my wheelchair as an excuse not to join in, this class has proved how wrong I am.

to allow myself the time to stop

It was useful for social interaction as I have been shielding for months!!

It has been an absolute godsend for my mental health and is really really appreciated!

Value of breathing in peace, and breathing out love, thankyou

I am going to be kind to myself

Feedback

Session Leads

All session leads reported a positive experience through the programme and agreed that they would be open to being involved in future sessions.

The main **positives** from the programme were:

- Creation of a positive model for virtual wellbeing - has led to developments for almost all of the session leaders
- Support structure behind the scenes - both in the bookings and in the co-hosting
- Variety of timings worked well and gave attendees more choice, repeated sessions also helped with the more popular topics
- Seeing people attending gave more connection than those where attendees kept their screens off and allowed for more engagement/development of the session
- Attendees were supportive, patient and engaged
- Small sessions worked well and provided more feedback
- Individuals from the gardening sessions have now created their own Teams chat to keep ideas and support going
- A number of individuals have been in touch about setting up team wellbeing activities based on the sessions - especially around art
- Follow up with individuals on wellbeing topics has been really positive and provided additional support

Feedback

Session Leads

Key **learning points** were identified as:

- The programme was very intense for the leaders and management over six weeks - a shorter programme would work better
- Recording sessions sometimes led to less engagement by attendees - potential to record separate sessions instead
- At registration ask about any additional learning needs or disabilities that would be helpful for the session leader to know ahead of the session, disclaimer for more active sessions
- Last minute non-attendance due to work commitments needs to be considered in session numbers
- Prior engagement or sending things to people with participants meant more people attended but raise costs and logistics management
- Need more clarity on aim of each session and clear instructions on what attendees need to have in advance
- More sessions aimed at men or run by men
- Sessions should be graded to give an idea of level of skill - intro or advanced
- Clear guidance on 'Teams Etiquette' to be promoted as part of joining instructions
- Good breadth of sessions but more consultation needed ahead of next set to ask attendees what subjects they would want to cover

Follow Ups

Prize Draw

All attendees who provided feedback were entered into a prize draw with 1 main winner receiving a wellbeing hamper and 14 others winning boxes of Body Shop goodies or session specific gifts like art books, earthenware for cooking and seeds.

Gardening Teams Group

One of the attendees of the Life at No. 27 sessions has been inspired to start their own gardening Teams group with other staff members following on from the programme. The aim of the group is to encourage, support and continue the social interaction started by Annabelle's sessions.

Oxford Health Arts Partnership

Contact has been made by several teams across the Trust following on from the Wellbeing through Arts and Arts Club sessions about hosting team wellbeing events. These would aim to produce either a piece of art work for the team location or simply give team members a positive, interactive team building activity. Work is being undertaken to schedule time to support these alongside existing patient focussed activities.

Future Plans

Carers Week June 2021

A week of virtual wellbeing sessions for carers drawing on the Connect and Care for You model is being funded through NHS Charities Together and OHC. The week will feature several of the previously run sessions as well as a daily support group and a new session on light exercise.

Volunteers Week June 2021

Alongside other activities, a wellbeing day is being developed for volunteers and Trust Governors on 7 June. The day will feature a couple of the presenters from Connect and Care for You and will be managed through the Charity and Involvement Team.

HealthFest September 2021

HealthFest day will be on 11 September and will be a hybrid programme of virtual and live events open to the wider community. Alongside this, a second Connect and Care for You programme will be run throughout September for Trust staff featuring presenters from the original programme as well as new session leaders identified over the coming months. The focus will be to open up the programme to a more diverse audience.

THANK YOU

Connect and Care for You could not have happened without the talented and caring session leaders:

Miranda Bence Jones

Dr Lizzie Burns

Anne Marie Cadman

Angela Conlan

Tom Cox

Lizzie Daley

Natalie Davis

Emma Horwill

Maya Jose

Petr Neckar

Annabelle Padwick

Or the programme team:

Angela Conlan

Tom Cox

Michelle Evans

Maya Jose

Emily Nolan

Roz O'Neil

Julie Pink

Kerry Rogers

Finally, huge thanks to NHS Charities Together for the funding to make this happen.

