

Independence and Wellbeing Team

The work of Independence and Wellbeing Team (IWT) remains core to our strategic approach in terms of co-producing solutions with a focus on strength-based practice to arrive at personalised, local and sustainable solutions.

The Independence and Wellbeing team work to support the people of Portsmouth to

- retain their independence and quality of life.
- keep well.
- avoid social isolation and loneliness.
- have a sense of purpose.
- build and promote community.

Data Report for Community Development Service

Actions from November 2023 HOSP report.

- ***The service continues to monitor its EDI data and there is ongoing work to cleanse and improve recordings to reduce the number of unspecified responses. In addition, Community Development Officers will be undertaking focused community outreach work to address low take up of residents with a protected characteristic.***

Following on from the report submitted for the November 2023 HOSP meeting, further data cleansing and updating has been undertaken to enable more accurate reporting. This is an ongoing piece of work and further action is planned, with support from ASC analysts to improve the existing recording and evaluation tools.

- ***The above figures do not include all post engagement evaluations as the service has agreed post engagement reviews will be carried out at 6 months. Project leads are in the process of being completed and we will be able provide a more complete data set at the end of Q4 2023/24.***

IWT continues to seek post engagement evaluations from service users who accessed IWT projects.

For the period April - December 2023 Portsmouth residents participated in 16 different projects facilitated by the Independence & Wellbeing Team.

April - December 2023 (Q1-Q3)	No. Individuals	No Sessions	Attendance
Total	824	1463	8160

Chop Cook Chat x 7 groups.
 Carers Breaks x 3 groups (2 weekly and 1 monthly)
 Yoga in the Park (*in collaboration with Victoria Park Heritage Project*)
 Healthy Walks x 19 routes (*in collaboration with Ramblers Walking for Health*)
 Refugee Badminton (*in collaboration with City of Sanctuary*)
 Reading Friends (*in collaboration with PCC Libraries Services*)
 Diversi-Tea Lounge (*in collaboration with Personal Choice*)
 Cross Cultural Women's Group
 Paulsgrove Men's Group
 Community Allotment x 3 groups (*with the Mental Wellbeing Group delivered in collaboration with the Hawthorn Ward, St James' Hospital*)
 Autism & Neurodivergence Group
 Ethnic Grown Project (*in collaboration with the Landport Grow Zone*)
 Treadgolds Garden Group (*in collaboration with Treadgolds*)
 Naturewatch x 3 groups
 Extra Care Housing x 6 groups

Explanatory Note: Previous report did not include participation figures for Healthy Walks as this data is processed by Ramblers Walking for Health and had not previously been available.

EDI Data

Disability of service users

Disability Type	Number	%
Learning Disability	8	2%
Physical Disability	75	17%
Neurodivergence	2	0.45%
Hearing Impairment	4	0.89%
Sight Impairment	2	0.45%
Cognitive Impairment	2	0.45%
Mental Health	14	3.12%
Multiple Disabilities	33	7.34%
No Disability	214	47.56%
Not Specified	96	21.34%
Total	450	

Age of services users

Age	No.	%
18+	6	1.34%
20+	27	6.00%
30+	35	7.78%
40+	62	13.78%
50+	67	14.89%
60+	65	14.45%
70+	47	10.45%
80+	31	6.89%
90+	9	2.00%
Not Specified	101	22.45%
Total	450	

Gender of service users

Gender	Female	Male	Transgender	Non-Binary	Not Specified	Total
No.	261	118	0	1	70	450
%	58%	26.23%	0%	0.23%	15.56%	

Ethnicity of service users

Ethnicity	Number	%
Arab	2	0.45%
Asian - Chinese	7	1.56%
Asian - Bangladeshi	53	11.78
Asian - Indian	5	1.12%
Asian - Pakistani	2	0.45%
Asian - Other	29	6.45%
Black - African	7	1.56%
Black - Caribbean	0	0%
Black - Other	1	0.23%
Mixed or Multiple Ethnicities	2	0.45%
White - British	219	48.67%
White - Irish	0	0%
White - Gypsy or Irish Traveller	0	0%
White - Roma	0	0%
White - Other	22	4.89%
Any Other Ethnic Group	12	2.67%
Not Specified	89	19.78
Total	450	

Explanatory Note: Where we work with a partner organisation, EDI data is not either not collected or shared with IWT. Therefore data for 374 individuals accessing Healthy Walks, Mental Wellbeing and Carers' Breaks is not included in the EDI tables.

Wellbeing Evaluations - Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWS)

		Before intervention	After intervention	Change	Positive change?		
Total no. of responses		220	52	9.63%	Yes		
% Low wellbeing		35%	13%		Yes		
% Moderate wellbeing		46%	50%				
% High wellbeing		18%	37%				
Mean score		24.2	28	4.90	Yes		
Standard deviation		6.3	5.3	6.0			
By age	16-24	15.4	19.0	3.60	Yes		
	25-39	24.5	28.0	3.49	Yes		
	40-54	23.5	28.5	4.96	Yes		
	55-64	24.0	28.6	4.58	Yes		
	65+	25.1	27.8	2.64	Yes		
By gender	Male	24.6	25.0	0.43	Yes		
	Female	24.1	28.5	4.40	Yes		
Number of people with a meaningful positive change (%)					29	53.7	%
Number of people with a meaningful negative change (%)					4	7.4	%

Outreach

Moriah Group
 Bangladeshi Welfare Association
 Refugee Hub
 Royal Beach Hotel - Refugee Centre
 City of Sanctuary
 Pompey in the Community
 Masjid Al Noor
 Jami Mosque
 Urbond
 Abilities for Life

Room One
 Carers' Centre
 Veterans Outreach Service
 Chat over Chai
 Veterans Outreach
 Victoria Park Heritage Project
 Personal Choice
 Wessex Jamaat
 Good Mental Health Co-operative

Partnership Working

Radis
 Bus Service Improvement Planning

Landport Grow Zone
 Milton Piece Allotment Association

Mary Rose School
ASC Teams
The Hive
Carers' Centre
Portsmouth Library Service
Household Support Fund
Positive Minds
City Rangers
Hampshire Wildlife Trust
Green Prescribing Working Group
Community Kettle

You Trust
Aspex Gallery
John Pounds Surgery - Social
Prescribers
Kestrel Centre
Sheltered Housing Schemes
Portsmouth Disability Forum
Places in Portsmouth Working Group
Portsmouth Learning Disability
Partnership