



*Supporting Voluntary Action across  
Eastbourne, Lewes District and Wealden*

# HEALTH AND WELLBEING VISITS PROJECT

East Sussex Assembly  
8<sup>th</sup> December 2015

[www.3va.org.uk](http://www.3va.org.uk)

Registered Charity No 1096788 Limited Company No 4637252

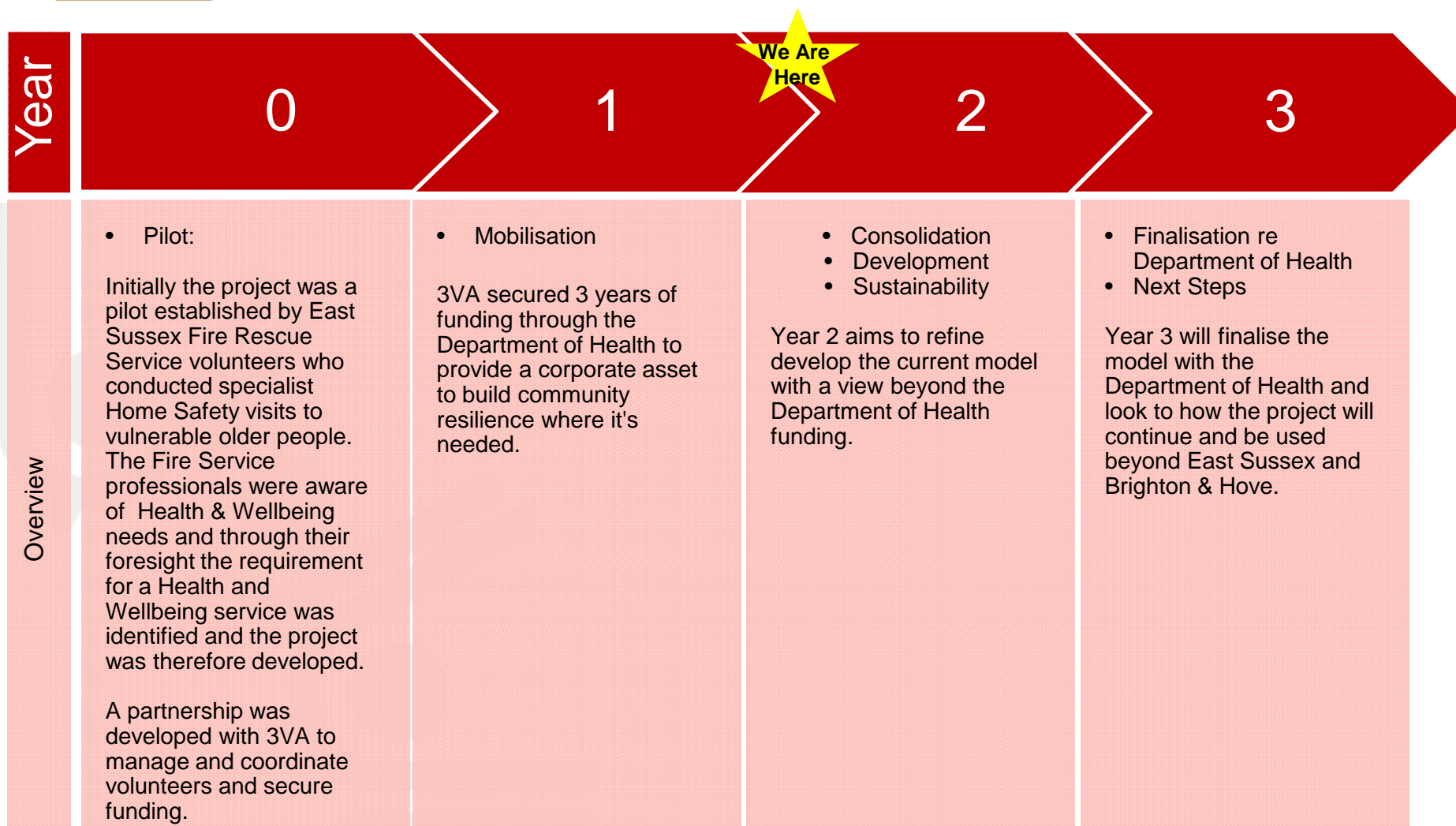


**East Sussex**  
Fire & Rescue Service

# Background



Supporting *Voluntary Action* across  
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# What we do



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The ambitions of the project are:

1. Vulnerable older people will be more aware of their health needs and their choices of public and community services.
2. Vulnerable older people will be taking more action to manage their health better.
3. Vulnerable older people will feel more socially connected.
4. Reducing health inequalities
5. Develop a model which can be used Nationally



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# What we do



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This will be achieved by:

Arranging for older people to be visited in their own homes (up to three visits may be arranged) for a conversation with the volunteers about their health and wellbeing needs and priorities.

Basic information and advice is offered together with the offer of a referral to an appropriate source of help.

A robust evaluation process is in place.

The value and nature of the partnership with East Sussex Fire and Rescue Service is unique and the project will be an example that other fire and rescue services will look to develop.



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# Dashboard Year 1



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## The Health and Wellbeing Visits Project

**Annual Progress Report**  
Successes across East Sussex and Brighton & Hove  
September 2014 to August 2015



**20**  
**Volunteers**



**71**  
**Referrals made**



**84**  
**Visits**



**56% 80+**  
**35% 65-79**  
**9% 50-64**



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[www.healthandwellbeingproject.org](http://www.healthandwellbeingproject.org)

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# Achievements



People supported: Sep-Mar:41. April – Sep: 70. Total: 111

Outcome Indicator	Target %	Current %*
<i>Overall, how satisfied are you with your life nowadays?</i>	N/A	48%
<i>How satisfied are you with your social life?</i>	65%	56%

\* Current % derived from number of clients with increased rating divided by total no.of clients who gave a satisfaction rating

## *Awareness and Action over choices/health:*

Outcome Indicator	Target %	Current %*
<i>I feel (more) aware of my personal health needs</i>	90%	39%
<i>I feel (more) aware of the choices of local services that I can access</i>	90%	69%
<i>I take action to manage my health</i>	45%	42%



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# Achievements



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*"Alan was practically bedridden and on oxygen for COPD. He needed new reading glasses so we telephoned a local optician and arranged for him to visit Alan. We also arranged for a Home Safety Visit as Alan was not known to the Fire Service as having oxygen in the house."*

*"Betty had some minor mobility issues and needed another handrail on the staircase. This time we telephoned Living Well and a date was agreed for someone to come and give her a quote. Whether something like this would be provided free would obviously depend on her financial circumstances."*

*"Charles was a model maker and his house was full of beautiful scale models of houses, hotels, and farms, all for dolls. He also had a huge model railway in his garage complete with lights and sound and a miniature working fire station and airport."*

*"Doris had fairly serious mobility issues and was obviously lonely. We rang Age UK to arrange for a befriending service for her. She was determined to tell us she could get in and out of the bath safely, but we were not at all convinced and contacted Adult Social Care to see if a walk-in shower could be fitted. Again, whether something like this would be provided free would obviously depend on her financial circumstances, but the initial contact is a start."*



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## Opportunities & how Sussex Assembly can be part of this



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- Opportunities to reach more people, those considered “Hard to Reach” and less engaged
- Opportunities to focus the advice provided based on specific aspects of older peoples Health & Wellbeing
- Opportunities to build an effective referral network so that we can help reduce our partners cost and time spent on addressing vulnerability
- These can be realised through strengthening our existing partnerships and developing new ones





# QUESTIONS



THANK YOU

Project web-site:

[www.healthandwellbeingproject.org](http://www.healthandwellbeingproject.org)

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