



# Ways to Wellness Evaluation



Newsletter No 4, December 2019

## Season's Greetings from the research team carrying out the evaluation of Ways to Wellness.

Can't quite believe that we are approaching the end of 2019. It has been an incredibly busy year for everyone and we wish to express our heartfelt thanks to all of you for collecting 12 months of quality of life (EQ5D) questionnaire data and for all the support you have provided to the research team.

### What's happening with quality of life (EQ5D) questionnaires?

We have baseline questionnaires from a total of 717 social prescribing clients, and this was a 56% response rate. This is a good response for a population that have complex issues and often don't take part in research. We are now busy following up clients who took part in the baseline survey, so that they can tell us about their quality of life at 12 months after their baseline assessment. We are posting a questionnaire to clients with a stamped addressed envelope. If we don't hear from them after 10 days, we remind them by phone, and if necessary offer to complete the questionnaire with them over the phone at the time. So far, this is working well, and in July, August and September, the response rate at follow up is 77%. This is a good follow up response rate, and exceeds anything else undertaken in the UK in terms of evaluating social prescribing. The full analysis of follow up data will be ready around this time next year. If you receive any queries from your clients about the follow up study, please reassure them that the study is being undertaken by a group of Newcastle University researchers that you know, and that they can ring Allison Lawson 0191 282 1348/208 4583 if they have any issues. When we speak to people over the phone, they are generally positive about taking part, and very keen to be involved.



## What's happening with the rest of the study?

Everyone is busily collecting and analysing data for the various parts of the study. Jo Wildman and John Wildman have been occupied with obtaining, cleaning, linking and analysing three large datasets that comprise GP data, hospital use data and Ways to Wellness Management Information System data. This is a time consuming and complex process, but Jo and John are making good progress. The results of this part of the study will show whether there are any measurable differences in hospital use or a range of health outcomes between those receiving Ways to Wellness link worker social prescribing and those who do not receive it.

By February/March 2020, Kate Gibson will be completing the final interviews with the 19 clients who have been taking part in the study over the last year. Kate is busy analysing a large amount of in-depth data generated from interviews, observations and photographs that clients have taken. Kate will be using her data to build a highly detailed account of client experiences of social prescribing. Observational research has not been used to evaluate social prescribing, so this will be a first.

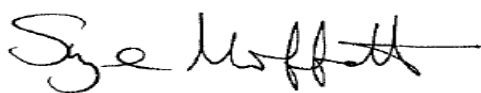
Jayne Jeffries is focusing on documenting the work of link workers as they carry out their roles. Twenty-two link workers have participated in focus groups and Jayne is developing this work by 'shadowing' link workers in their daily activities. To the best of our knowledge, no research has yet been undertaken that examines the link worker role and this is a very important element of a social prescribing evaluation.

We could not undertake many aspects of the research without your help, so thanks to all of you for your support and for making us feel so welcome.

## Wishing you all a very happy festive season and peace and joy in 2020

On behalf of all the research team

Very best wishes



### Contact the Team

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