

SOCIAL RETURN ON INVESTMENT

External evaluation of Community Capacity Building work so far suggests a social return on investment in the region of £10 for every £1 invested. This reflects the effectiveness of the staff team and the relatively high cost of older peoples' physical and mental ill health.

The external evaluation analysis also supports the community development approach used by the team. Although this is more resource intensive, it delivers better and more sustainable outcomes.

COMMUNITY CAPACITY BUILDING

Community Capacity Building has a significant impact in delaying the onset of long term conditions which may require treatment or admission to hospital. If a delay of 5 years for the onset of conditions is modelled then based on the average NHS spend per person at different ages, the ration is likely to be around £14 for every £1 invested.

THE FUTURE

Increasing access to physical and mental wellbeing services in communities has been shown to have a preventative role in reducing demand upon Health and Social Care services

- Community Capacity Building work is crucial to the successful reform of health and social care services
- Existing successful pilot projects will be confirmed and new ones initiated
- Working more closely with partners in health, there are opportunities to develop social prescribing projects
- Continuing to work with our third sector partners will help to make more effective use of resources and avoid duplication

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community capacity building

IN THE SCOTTISH BORDERS 2016/17

OUR AIM & VISION

“The aim of the Community Capacity Building team is to actively foster and encourage the development of resilience within communities to allow them to become stronger and more self-reliant through offering the right support at the right time.”





COMMUNITY CAPACITY BUILDING 2016/17

HOW ARE WE DOING?

PARTICIPATION

500

people participated in CCB activities in the year 2016/17 alone



MENTAL HEALTH

398

out of 500 people reported improved mental wellbeing



FALLS PREVENTION

187

people reported improvements to core strength and balance, reducing their risk of falls and acute admission to hospital

PHYSICAL HEALTH

86%

of older people reported improved physical health and fitness as a result of being involved in physical activity

VOLUNTEERS

95



volunteers have invested their time into CBB projects. They report increased self-esteem and pride in giving back to the community

VOLUNTEERING CONTRIBUTION

over **£41,000**

of volunteering contribution to the community - cost of equivalent paid staff



SOCIAL ISOLATION

75%

of older people reported being more socially active as a result of taking part in CBB activities



ACTIVITIES

2428

hours of activities throughout the year for older adults to take part in

21

new activities created throughout the year

How did we do it

- Engage in community discussions
- Identify existing gaps
- Partnership working
- Community research
- Co-produced working relationships
- Asset based approaches
- Support communities to run their own services

From this development of..... examples include.....

- Gentle Exercise classes
- Walking football & netball
- Soup clubs
- Food & friendship
- Writing for wellbeing
- Craft classes

Why did we do it

To empower Communities

To develop positive sustainable outcomes

To meet un-met need

- Increases volunteering opportunities
- Increases different opportunities for older people
- Reduces reliance on other services
- Effective use of resources

Walking Football



"It has changed my life. I am SO glad to have the opportunity to play football again. I consider the exercise beneficial and necessary as I intend to keep playing football for as long as possible"

Gentle Exercise Class



"Having attended the class..... not only has my mental health improved but I have lost a lot of weight and feel a hundred times better and fitter"

Soup Club



"I come along for lunch as it's great to share a meal with others, it's a change from being in the house by myself. Look forward to seeing friends (old and new) - feeling loved and cared about - love the soup!"

Men's Shed



"One of the shedders shared his story of being diagnosed with prostate cancer, this personal story prompted other shedders to book a screening test. Many of the gentlemen stated they had never had the test nor considered that it could happen to them so close to home"