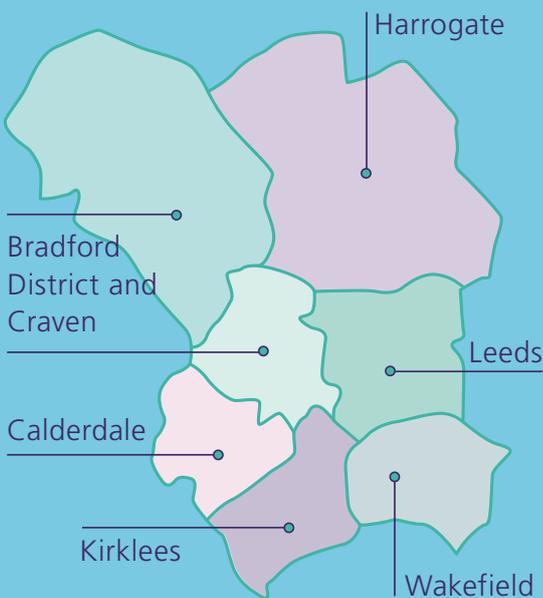


# Telling our Partnership story



## Proud to be the West Yorkshire and Harrogate Health and Care Partnership

Committed to improving the health and wellbeing of people living in:



- > Working to improve people's health with and for them
- > Improving people's experience of healthcare
- > Making every penny in the pound count
- > Working to keep people well and make life better for 2.6 million people living in West Yorkshire and Harrogate.

West Yorkshire and Harrogate Health and Care Partnership



▲ Photo credit: Asadour Guzelian



## Staying well

### Our ambition

In 2014 it was estimated that close to 5,000 people aged over 65 living alone in Calderdale felt lonely or trapped in their own home. Loneliness can be as harmful as smoking 15 cigarettes a day - those affected are more prone to depression and have a 64% increased chance of developing dementia. Socially isolated people are more likely to visit their GP, take more medication, have falls and enter adult social care services earlier.

Partners want to reduce social isolation and loneliness. Preventing ill health and putting people in touch with others for support can help improve their lives and reduce pressure on health and social care services.



## What we are doing

In 2014 Calderdale Council and NHS Calderdale Clinical Commissioning Group invested nearly £1 million in the Staying Well project. The money was used to work with community organisations across Calderdale to strengthen existing support and develop new and innovative approaches, including befriending schemes, activity clubs and mobile solutions to help people get around. It also funded Staying Well workers who link people to groups and activities.

Along with the Community Foundation for Calderdale, the Council now funds the work as it is committed to supporting one of the most important things that people want - human connection - which helps them to be physically and emotionally healthy.

To date the project has helped hundreds of people - more than half of those from the most deprived areas of Calderdale. In the initial evaluation, the mean 'score' of loneliness amongst people had fallen with genuine improvements in health and quality of life.

The relationships built through Staying Well have helped organisations to work closer together. One of the community hubs has become involved in Calderdale's suicide prevention group, and Staying Well now works with West Yorkshire Fire Service's Safe and Well Checks and the Council's affordable warmth programme.

## The Phoenix Shed

The Phoenix Shed in Halifax - one of the activities supported by Staying Well - is open to all men over 55 looking to make a new start in life. Funded by Staying Well, Calderdale Council and charitable donations, it has a kitchen, social area, computers and a workshop.

"It's a place for guys to hang out, have a chat and support each other" says 55 year old Michael Leech, a regular at The Phoenix Shed.

Michael was a successful businessman but his life fell apart when he became ill with bipolar disorder. Since spending time at Phoenix Shed, he's needed less face to face support from his mental health support worker, often just talking to them via text. Michael says that being at the Shed helps him stop feel lonely and gives him a "sense of belonging".

## What next?

Staying Well has expanded to cover all ages and all of Calderdale, and is now a firmly established and recognisable 'brand'.

The Council will continue to develop Staying Well and secure long-term funding to provide a sustainable approach.

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A partnership made up of the NHS, local councils, care providers, Healthwatch, community and carers organisations.

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West Yorkshire and Harrogate  
Health and Care Partnership

