



Community and Impact Report 2020



Contents

	Page
Foreword	2
Who are Social adVentures	3
Our Delivery Model	4
The Angel Healthy Living Centre	5
Green-Care	6
Social Prescribing	7
Kids adventures Prestwich and Forest School	8
Kids adVentures Salford and Radcliffe	9
Forest School Training	10
Our Vision for the Future	11

Foreword

As Chairman of Social adVentures it is my privilege to help support the growth and development of local services and specifically our constant challenge “To inspire people to lead healthier and happier lives”.

At a time when some people are feeling powerless to shape the world around them it is increasingly important that we provide opportunities through the services we provide to help people develop their skills and abilities to fulfil their potential.

This is achieved in partnership with our stakeholders working with them to make sustainable choices and in doing so; contribute to a socially sustainable community for future generations.

This report demonstrates how we have achieved this over the last twelve months and shares with you our vision for the future.

Dr Stephen Young PhD, M.Sc, RMN, RGN

Chairman

Who are Social adVentures



Established in 2011 Social adVentures is a social enterprise set up with the aim of enabling people to live healthier and happier lives.

We work across all age ranges encompassing Start Well, Live Well and, Age Well providing a range of services both out in the community and from our own anchor organisations.

We run a number of contracts and social businesses all with the ethos of improving people's lives. We re-invest all of our surplus into developing more great services and initiatives which are shaped by the feedback we gain from engagement with the people we work with.

Contained here is a snapshot of some of the services we deliver and the impacts they have. We are constantly looking to improve and expand our services around the needs of the people we work with. To find out more or to arrange a visit to one of our projects email hello@socialadventures.org.uk

Our Delivery Model

We work across three levels delivering group based and person centred approaches to enable people to take control of their own health and wellbeing journey.

We collect a variety of different nationally recognised surveys and assessments at regular intervals to monitor impacts of interventions.

Level 2

1 to 1
Support

Two programmes being delivered offering 1 to 1 support.

We are a partner in the Wellbeing Matters Salford wide social prescribing programme and have our own wellbeing coach who works in our local neighbourhood. The coach has undertaken in-depth asset mapping of all the services available locally to assist service users in connecting them up with relevant support and activities. Referrals are from GP's and health professionals.

Our own ICAN service is a self referral 1 to 1 programme where coaches assist service users with specific targets such as weight loss, exercise, smoking cessation, healthy eating and social isolation.

Information Collected - 5 Ways Assessment, Health Assessments as appropriate.

Level 1

Group
Programmes

We deliver group activities based around the 5 Ways to Wellbeing Model. This can be anything from a Horticulture Course through to an IT Class, an Exercise Class or even Volunteering.

5 Ways to Wellbeing = Connect, Be Active, Keep Learning, Take Notice and, Give.

Information Collected - 5 Ways Assessment, Recovery Stars, WEMWBS (Warwick-Edinburgh Mental Wellbeing Scale) Assessment - all are collected at regular intervals to monitor progression.

Level 0

Brief Intervention
and Signposting

Signposting at our centre and out in the community, posters and social media campaigns on key health issues and activities available.

Information collected - Name, contact info and a record of any services recommended.

The Angel Healthy Living Centre



We deliver an NHS Ways to Wellbeing contract from The Angel Centre and from working out in the community.

In an average year we deliver

5,624

hours of volunteering opportunities



10,800

hours of activity based around the 5 Ways to Wellbeing



550

weight loss support interventions



220

smoking cessation interventions utilising our free E-Cigarette scheme



£80,000

of work placements



200

hours work and job skills support



520

hours of activity to reduce social isolation



625

exercise interventions through evening classes, walks and 121 exercise programmes



29,000

hours of free room usage for community groups and health interventions



£1.8m

of Social Value delivered annually



Activities include: Change 4 Life programmes, Mindfulness courses, Boxfit, IT and Employment classes, Mum and Baby exercise, Yoga, Day trips, Horticulture courses, Art classes, History groups, Cookery classes, Café volunteering, Conservation classes, Quiz nights, Intergenerational sessions, Counselling, Support groups and, much more

Green-Care

We have been running Green-Care projects in Greater Manchester since 2013. Independent research on these projects and our experience of running them has led us to expand in this area due to the massive benefits that Green-Care models bring to mental health and wellbeing.



"Because anybody that comes through that front door of this place is made welcome, dealt with in a sympathetic manner, made to feel human again"

Garden Needs Participant

"I think this place... well, I know that this... that Garden Needs saved my life."

Garden Needs Participant



"To connect with nature again has been brilliant, time slows down and I feel calm and relaxed. It's a real high point in my week."

Attendee

Garden Needs

The Garden Needs project has been running since 2013 and provides around 2028 hours of support to adults with mental health conditions every year.

This is a mixture of wellbeing courses, 121 support, formal educational courses, social prescribing, and guided learning around specific horticultural and maintenance projects around the centre.

It is a non-clinical service for people recovering from mental health conditions from anxiety and depression right through to schizophrenia. Garden Needs offers a safe place where people can get used to socialising again and build up their confidence before embarking on skills courses with us.

In 2017 Salford University carried out a study into the effectiveness of Garden Needs on the mental health of the participants. They found that:

- Garden Needs enabled participants to move from seeking help to learning to manage their own mental health.
- Attending Garden Needs with other similar people supported their relationship development. There was a positive trend in improving social networks by an average of 45%.
- The majority of participants indicated a positive improvement in their personal readiness to seek and gain employment.
- 44% of participants reported strengthening motivation and willingness to learn and move on.

Woodland Wellbeing

A pilot project that has developed into a permanent service funded from our surplus, Woodland Wellbeing is a weekly activity bringing together forest school skills and outdoor techniques.

Our Forest School Leader takes a group of Salford adults of mixed ages and abilities on a weekly adventure in a local woodland.

Activities include woodland walks, den building, invasive species maintenance, navigating by nature, campfire cooking, tree and plant identification and, woodland crafts.



Social Prescribing

Social adVentures has been providing social prescribing services since 2011 as part of our commitment to delivering person centred approaches in the communities we work within.

We were involved in some of the original social prescribing trials in Salford and understand that connecting people with services and support in their own communities empowers them to take control of their own health and wellbeing.

Today Social adVentures is an anchor organisation in the Salford wide Wellbeing Matters project. We host a community connector who works to link people up with services and to enable them to take control of their own health and wellbeing journey. The connector also works with GP's and their teams educating them about the benefits these community based approaches bring to their patients.

Additionally we run our own social prescribing programme called ICAN. Our coaches work 121 with people around specific outcomes such as smoking cessation, exercise and weight loss.



Why Social Prescribing?

We conducted a study into the effectiveness of social prescribing in Salford. We found that 1% of patients take up 11% of GP's time. Many GP's found the service to be very helpful, as it helped patients in a way that was more effective than prescription medication alone as it allowed them to take control of their own wellbeing.



Kids adventures Prestwich and Forest School

We opened our Kids adVentures Prestwich Nursery in 2014 catering for children aged 0-5 years. Our aim is to provide great quality, accessible childcare with a culture of health and wellbeing embedded within it.

We have since expanded to offer several nursery settings, all provide:

- Small and friendly childcare with a family feel
- An outdoor ethos with regular forest school sessions and dedicated forest school spaces
- Enhanced training for staff including free forest school leader training
- No deposit, no hidden costs, all activities free
- Regular family events
- Funded and private places available

We added a separate nursery forest school as an addition to the Prestwich Nursery in 2017 and this became the full time base for our Prestwich pre-school children. This outdoor setting was awarded "Outstanding in all areas" by OFSTED in 2019, becoming one of the only full time nursery forest schools to attain this accolade.



"Children joining us from the forest school nursery are more prepared for school life. They join us with confidence and independence and interact really well in the classroom."

Primary School Teacher

"He is excited to get there in the morning and comes home with stories about building dens and making mud slides. He comes home muddy, tired and happy, it's fantastic to see how his confidence has grown."

Parent

At our Prestwich Nursery and Forest School site, in an average year we provide:

1,100

childcare places

53,000

childcare hours

16,600

FREE childcare hours

We also offer outdoor experiences to older children aged up to 12 years through holiday clubs and birthday parties. We offer forest school activity for the younger children and survival based sessions led by our Bear Gryhlls trained leader for the older groups.

Kids adVentures Radcliffe and Salford

Kids adVentures Radcliffe Nursery and Forest School

Our second setting, Kids adVentures Radcliffe, embodies the family feel ethos that we strive for in all our settings.

Here a dedicated and caring nursery education team, work with the children in small groups, offering different activities daily around the children's interests.

Here we have a Forest school leader as part of the team enabling our pre-schoolers to go out on regular forest school sessions in our local park.

In an average year our Radcliffe setting provides:

450

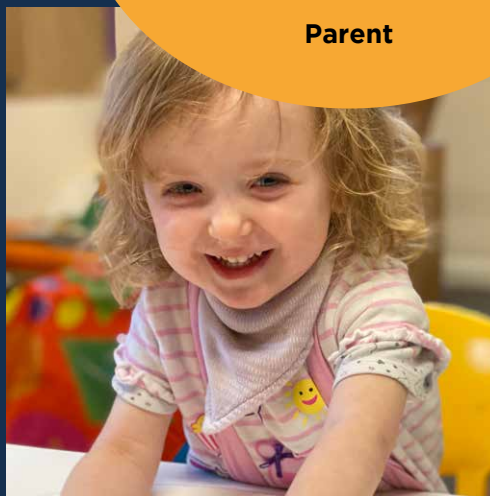
childcare places

20,700

hours of childcare

8,510

hours of **FREE** childcare



"The staff are warm, the rooms are vibrant and everything is about the kids. All the staff have a genuine love for the work and create true connections with each and every child."

Parent

Our newest setting is based in The Angel Healthy Living Centre in Salford and is right on the doorstep of Manchester City Centre.

This is a fresh and modern nursery which utilises natural resources throughout the setting.

A full time forest school leader is based here and takes the children out for regular forest school sessions on the nearby meadows. Here we do everything from den making and bug hunts right through to campfire cooking.

Inside the nursery is bright and vibrant with interesting and educational activities planned daily to stimulate the children's imaginations and learning.

In an average year our Salford Setting provides:

670

childcare places

32,000

hours of childcare

5,450

hours of **FREE** childcare



"My son loves all of the outdoor play that he gets to take part in daily. The team here are friendly and really care about how my son is doing. There is a real emphasis on health and the menus are great."

Parent

Forest School Training

Opened in 2019, our Forest School Training Centre is our newest venture.

After seeing the benefits of our different outdoor projects including Garden Needs, Woodland Wellbeing and our forest schools we wanted to be able to offer more people the opportunity to deliver these types of interventions to all age groups.

We offer:

- 12 Forest school training courses per year
- Free Level 3 Forest School Leader places provided to all our staff (equivalent value £850 per place)
- Flexible payment options so it is affordable to all
- Discounts throughout the year

We work closely with teachers, childcare workers, nursery staff and those passionate about the outdoors to provide mentoring support alongside the training to help learners get qualified.



"I loved every minute of the training and can't wait to put my new skills into practice with my own group."

Trainee



Our Vision for the Future

Let's face it we have some BIG social problems in the UK there is massive political and social uncertainty, we have the most unequal societies since the 1980's. We have an increasingly ageing population which means that demand will outstrip supply of public services by 2020. Health Inequalities in Greater Manchester have not changed apart from increasing in some areas since 1947. Childcare is an unsustainable model with 60% of parents finding childcare costs unaffordable.

We have had to become more responsive to the customer against a backdrop of a continued financial squeeze. However, the market is growing and some competitors may not survive.

We have ambitious plans to revolutionise early year's childcare using social enterprise and co-ownership to fuel impact with the children and families we work with. Our forest school is rated as Outstanding by OFSTED and we want to develop this idea further across Greater Manchester,

We know that the communities we serve are facing more challenges than ever, with increased demand on services, especially amongst the most vulnerable in our society. To counter this, we are committed to pioneering new services and will

continue to lead the way in working with the community to help them unlock the problems they face such as social prescribing, person centred approaches and Green-Care.

Social adVentures is a vibrant social enterprise with a proven drive to make a real sustained difference to people's lives. Our organisation has grown and diversified rapidly over the past 5 years. This is something we are sure will continue in the next 12 months, as we innovate and develop the scope and range of our work. We have developed strong relationships with local and national partners, social investors and commissioners and we are confident we have the expertise to develop Social adVentures into a flagship public service mutual.


We couldn't do this without the support of our members and stakeholders - you are core to this vision and we know you will support us as we embark on the next step of our journey!



Scott Darraugh
Chief Executive



 socialadventures.org.uk

 0161 212 4980

 hello@socialadventures.org.uk

 1 St Philip's Place,
Salford, M3 6FA

