

## People



- ◇ 85+ age range = 11%
- ◇ 55-79 age range = 79%
- ◇ 55 and under = 10%
- ◇ 69% Female vs 31% Male
- ◇ SWEMWBS reported higher anxiety, a lack of connection and lower levels of usefulness

## Creating partnerships

We have built activity/service based support with the following



- ◇ [Macmillan Cancer Support](#)
- ◇ [Inclusion Matters](#)
- ◇ [Veg4Life](#)
- ◇ [Cornwall Link](#)
- ◇ [iCareiMove](#)
- ◇ [Pengarth Day Centre](#)
- ◇ [Digital Inclusion Cornwall](#)

## Volunteers & Staff



- ◇ 12 volunteers have supported the programme
- ◇ 13 fully trained facilitators
- ◇ 1 SiW lead coordinator
- ◇ wellbeing support for volunteers and staff
- ◇ 8 wellbeing participants joined Age UK Cornwall & TAP as a volunteers

## Activity

- ◇ over 500 enquiries via our Helpline
- ◇ 55% self-referrals to the Step into Wellness programme
- ◇ 30% of referrals received via Age UK Cornwall Social Prescribers & Coaches
- ◇ 78 people have received 1st wellbeing assessment
- ◇ 34 people have had two wellbeing assessments
- ◇ 6 escalated cases sent to Mental Health First Aider
- ◇ 73.5% people recording a meaningful positive change
- ◇ At the start of the programme only 3% of people recorded a high wellbeing - this has increased to 30%
- ◇ After intervention, low wellbeing has reduced from 68% to 38%
- ◇ Wrap-around support via our Active Living Hubs
- ◇ 100+ people referred to other services & support based on their needs & wants
- ◇ Established Digital Café's across Cornwall