Individual & Community Wellbeing

Different People, Same Place
March 2022

whatworkswellbeing.org
@whatworksWB
@Work_Life_You
Overview

The UK’s National Body for Wellbeing Evidence, Policy & Practice

An independent collaborative organisation set up to develop and share robust, accessible and useful evidence about wellbeing
Wellbeing economics is about using science and evidence to organise society in a way that optimises wellbeing outcomes.

The places where we live, work and spend time clearly have an impact on our wellbeing. So do the people we know and encounter in these places.

Our relationships and positive social connections are essential for us to thrive, and the quality of our relationships and friendships at home, at work and in our communities matter.

Very few things impact wellbeing as much as work, and whether we have a job or not is the third biggest factor associated with our wellbeing, after our mental and physical health and our personal relationships.

Partnerships across the life course:
Children’s Society, Early Intervention, Aging Better
ROBUST & ACCESSIBLE: Bring Together Global Knowledge

We sifted through 135 studies and 15 were included.

The studies came from the UK, Norway, Singapore, Ireland, Canada, Thailand, Australia.

State of the evidence

- Higher quality evidence of impact on individual wellbeing and social relationships – including on outcomes of increased confidence, sense of empowerment and social connectivity.
- Some higher and lower quality evidence of impacts on wider community wellbeing – including increased sense of belonging.
- Heritage object handling in hospital, healthcare and related settings (13 studies)
- Higher quality evidence on the impact of heritage object handling on individual wellbeing – including increased confidence and positive emotions.
- Visiting museums, historic houses, other heritage sites (12 studies)
- Lower quality evidence on individual wellbeing – including beneficial impacts of living near/visiting such sites on life satisfaction and happiness.
- Some lower quality evidence on social relations, including increased social connectivity.
- Heritage volunteering (6 studies)
What people in the UK and community sectors said

- **Feeling safe**
  financially comfortable, having good physical and mental health, good food, job, housing, access to natural environment and transport

- **Feeling loved**
  respected and appreciated, belonging, having positive connections, time alone, appreciation of difference and feeling part of something bigger

- **Feeling fulfilled**
  a sense of achievement, inspiration, feeling valued, fun, learning, opportunities, control, agency and choice
Personal Level – its feeling good and functioning well

- **Good feelings**
  - day-to-day and overall
  - e.g. happiness, joy, contentment

- **Good functioning and satisfaction of needs**
  - e.g. to be autonomous, competent, safe and secure, connected to others

- **External Conditions**
  - e.g. material conditions, work and productivity, income (levels and stability)

- **Personal Resources**
  - e.g. health, resilience, optimism, self-esteem

**Flourishing**
Wellbeing is...

Simply put, it’s about ‘how we’re doing’ as individuals, communities and as a nation, and how sustainable that is for the future. It is sometimes referred to as social welfare or social value.
UK National Measures of Wellbeing

View by indicator of change:

- All indicators (43)
- Positive Change (26)
- Negative Change (3)
- No Change (9)
- Not assessed (5)

View by domain:

- All
- Personal Well-being
- Our Relationships
- Health
- What we do
- Where we live
- Personal Finance
- Economy
- Education and Skills
- Governance
- Environment

Personal Well-being

Includes individual’s feelings of satisfaction with life, whether they feel the things they do in their life are worthwhile and their positive and negative emotions.

- Life Satisfaction
- Worthwhile
- Happiness
- Anxiety

Community Wellbeing: Being Well Together

**People**
Social relationships within the Community
- Close relationships and friendships
- Strong networks of support to meet different needs
- Feelings of trust and belonging

**Place**
Built, Natural & Digital Environment we live and work in
- Conditions that enable people to flourish – access to services, assets, facilities
- Opportunities to enable people to flourish – jobs, education, leisure
- Intangible cultural heritage, shared practices or history
- Sense of safety in the community

**Power**
Agency & Control – Ability to make decisions & act effectively
- Voice and representation
- A sense of control or influence over things which are important
- Inclusive communities where nobody feels excluded
Disparities in Wellbeing across UK

Is everyone in every part of the UK able to live a good life?

Systematic scoping review of indicators of community wellbeing in use in UK in last 5 years (published 2017)

- Included indicators, frameworks or scales used by governments (14), third sector (12) and academics (14)

- Some examples: Happy City Index, Think Local Act Personal Outcomes, Wellbeing and Resilience Measure, Oxfam Humankind Index, Well London, RSA Connected Communities

- The indicators covered a wide range of ‘domains’ including: health, economy, services, engagement, equality, participation, inclusion, trust, etc.
Know drivers of wellbeing using existing local data
Waterways: Maximising Impacts of Blue Space in Places

Waterway and Wellbeing Trust

Waterways have the potential to make people happy, re-connect people with place, and help improve wellbeing inequalities – realising our ambition for the Trust to make a difference locally, to be inclusive and relevant.

Outcomes (Six Domains)

Prosperous Communities

Sustainable Communities

Wellbeing

Waterways for People

Waterways for Places

Waterways for Prosperity

Healthier Communities

Safeguarding the waterways now & in the future

Improving the wellbeing of the nation

Scoping reviews of housing

Co-production and joint decision making
Community Business: Individual & Community Wellbeing

Quick read: Key findings

The evidence shows that community businesses can have a positive impact on individual and community wellbeing. This happens in multiple ways, by providing a range of activities and services in response to local needs.

Three main ways community businesses impact community wellbeing:

1. Community engagement
   - Money saved by community businesses from the governance and delivery of services with community businesses. Involvement in the wider community, or specific, potentially recognized - group identified as needing the services provided.
   - The engagement helps community businesses have a good understanding of local needs and increased community development. The result is increased individual wellbeing, and a better place to live through better social cohesion and stronger social relationships, as well as increased pride in the local area and stronger local economy.

2. Skills development
   - By improving skills and education, community businesses help people learn new skills and improve their confidence.
   - They provide on-the-job training, as well as training and education specifically aimed at improving people's employability prospects. However, they also provide training support that responds to local economic needs, like climate or environmental initiatives.
   - Community businesses often provide volunteering opportunities that help people to gain skills, confidence and connections, which could assist them in getting back into employment.

3. Strengthening community infrastructure
   - For example, reusing of local buildings, providing a revitalized local point for people to meet, or facilitating local collaborations.


dan, you’re part of something larger than just that project, it’s a movement, and I think that gives it more credibility and I think it makes you feel like you’re more a part of something.

Community response about being a part of a community business

Challenges
Growing and sustaining funding and income
Community values must remain at the heart of a community business

These can clash with each other

Innovating investment models
Efficiency and effectiveness
Investment

Mechanisms of change

COMMUNITY ENGAGEMENT
Community needs identified

STRENGTHENING COMMUNITY INFRASTRUCTURE
Buildings, Working with others, Facilitating collaborations

Skills development

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Skills development

Influencing factors

CONTEXT
Values, Funding, Control, Need, Locality

Increased community involvement
Governance volunteering civic participation

More community infrastructure
Using buildings/assets as leverage in partnerships

Skills development

Increased skills and confidence

Better employment prospects

A stronger, local economy

A better place to live
Assets
Coherence
Community wellbeing
Social relations
Neighbourhood environment

IMPROVED INDIVIDUAL WELLBEING
Confidence
Mental health
Social isolation

Long term outcomes

Increasing community involvement governance volunteering civic participation

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Using buildings/assets as leverage in partnerships

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Cohesive Communities: Places & Spaces: What brings people together?

https://whatworkswellbeing.org/resources/places-spaces-people-and-wellbeing/
Education & Community: Untangling **thriving communities**

![Diagram showing predictors and perceived outcomes in thriving communities.](image)

- **Predictors**
  - income deprivation
  - air pollution
  - ethnic diversity

- **Perceived outcomes**
  - neighbourhood belonging
  - neighbourhoodness
  - safety at dark
  - more local friends
  - political efficacy
  - volunteering
  - group activity
  - group membership

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- **Relationships & connections**
- **People-led**

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**Centres for Thriving Places**

The new name for Happy City

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**What Works Wellbeing**

Understanding Thriving Communities
The appraisal of social value, also known as public value, is based on the principles and ideas of welfare economics and concerns overall social welfare efficiency, not simply economic market efficiency.

Social or public value therefore includes all significant costs and benefits that affect the welfare and wellbeing of the population, not just market effects.

For example, environmental, cultural, health, social care, justice and security effects are included.

This welfare and wellbeing consideration applies to the entire population that is served by the government, not simply taxpayers.

[Green Book 2020 – 2.3](https://whatworkswellbeing.org/appraisal/)
“...the extent to which people across the UK lead happy and fulfilling lives – the very essence of levelling up.

It is affected by a variety of different facets of people’s lives, from physical and mental health to jobs, community relationships and wider factors that influence quality of life such as the environment.

Consequently, although it is intrinsically linked with human capital, well-being has a bearing on all four of the UK Government’s objectives for levelling up.” p.218

Mission 8.

By 2030, well-being will have improved in every area of the UK, with the gap between top performing and other areas closing.

“Taken together, these missions will help achieve the overarching ambition to improve well-being in every area of the UK, with the gap between top performing and other areas closing (Mission Eight)”

The Paper uses the WELLBYs approach to measuring wellbeing to estimate that raising the bottom 25% of places to the UK average life satisfaction score would be worth £57bn – £92bn (p.129)
A wide range of activities can improve wellbeing

*Four studies* with statistically significant changes across ONS4 measures

<table>
<thead>
<tr>
<th>Type of intervention</th>
<th>What happened?</th>
<th>Who was involved?</th>
<th>Before and after change in average ONS4 scores¹</th>
<th>Evidence strength²</th>
</tr>
</thead>
<tbody>
<tr>
<td>SOCIAL PRESCRIBING (2019)</td>
<td>Social prescribing pilot service with three link workers that aimed to help people access local services and activities to support their health and wellbeing.</td>
<td>Data from 52 participants referred by GPs, practice nurses, community nursing teams, care navigation staff, social workers, ambulance staff and A&amp;E staff. 193 participants in total.</td>
<td>LIFE SAT. PURPOSE HAPPINESS ANXIETY ONS4 (all)³</td>
<td>MOD.</td>
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<tr>
<td>SOCIAL PRESCRIBING (2014)</td>
<td>Holistic social prescribing wellbeing programme offering 12 weeks of one-to-one support, followed by 12 months of group support around a particular activity.</td>
<td>Data from 48 participants who live in a deprived city ward and have been referred by GPs following identification of low level mental health issues. 128 participants in total.</td>
<td>LIFE SAT. PURPOSE HAPPINESS ANXIETY</td>
<td>MOD.</td>
</tr>
<tr>
<td>HOUSING/ NEIGHBOURHOOD: energy efficiency (2017)</td>
<td>Government-led free programme to improve the energy performance of hard-to-heat, hard-to-treat homes in low-income areas through measures (e.g., external wall insulation, central heating system).</td>
<td>Data from 782 participants. Participating households are from communities selected by policymakers to be eligible for the programme on the basis of proxies of fuel poverty (e.g., area deprivation and proportion of hard-to-heat homes). 1508 participants in total.</td>
<td>ONS4 (all)</td>
<td>HIGH</td>
</tr>
<tr>
<td>PSYCHOLOGICAL INTERVENTIONS (2016)</td>
<td>A brief psychological intervention based on self-affirmation theory that includes a self-affirmation exercise.</td>
<td>Data from 44 women participants aged over 45 years old. Recruited door-to-door or via social groups (e.g., choir). Locations were chosen on the basis of them being in the middle quintile according to the Index of Multiple Deprivation datasets. 140 participants in total.</td>
<td>ONS4 (all)</td>
<td>HIGH</td>
</tr>
</tbody>
</table>

¹ Changes in mean score (out of 10 for single measures and out of 40 for combined ONS4) from baselines to follow up and effect size (cohen’s d where available).

² These ratings provide an indication of overall level of confidence in the design, conduct and reporting of the study.

³ The 10 elements of the checklist were scored either 1 (yes) or 0 (no, can’t tell or N/A). The total score was used to assign each study an overall level of confidence of LOW (0-2), MODERATE (3-5) or HIGH (7-10).

Scoring system is based on the EFQ quality checklist for quantitative evidence of intervention effectiveness, adapted by The What Works Centre for Wellbeing (2015).
Different People, Same Place

• Where do you start to improve wellbeing of people and places?
• How does individual wellbeing interact with community wellbeing?
• What can be changed and what can't shift?
• What sort of change can you expect to have with your project?
• How to reconcile different interests of different people within a place?

1. Model to accelerate our collective learning
2. Build your theory of change
3. Test parts of it
What Next

1. What Works Social Capital
   a. Belonging, Integration & Social Support

2. What Works Agency & Control
   a. Individual
   b. Community
   c. Work
Thank you!

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