



# Individual & Community Wellbeing

Different People, Same Place  
March 2022



[whatworkswellbeing.org](https://whatworkswellbeing.org)  
[@whatworksWB](https://www.instagram.com/whatworksWB)  
[@Work\\_Life\\_You](https://www.instagram.com/Work_Life_You)



# Overview



# what works wellbeing

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

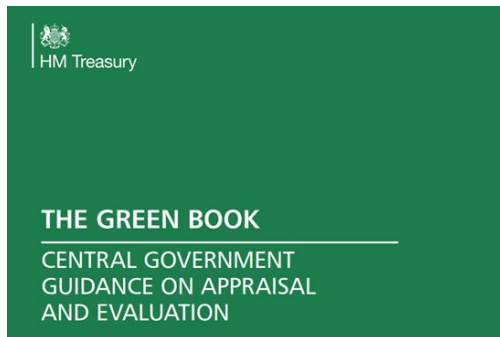
An independent collaborative organisation set up to develop and share robust, accessible and useful evidence about wellbeing



# OUR FOCUS

## Methods, Measures & Wellbeing Economics

Wellbeing economics is about using science and evidence to organise society in a way that optimises wellbeing outcomes.



## Places & Community

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.



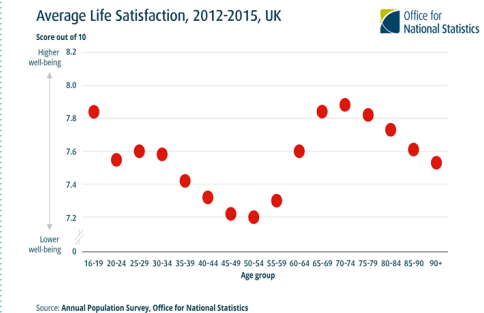
## Loneliness & Connection

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.

Campaign to  
**End Loneliness**

## Working age and Business

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.





# 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

The review looked at studies published between 1998-2018, as well as unpublished reports produced by, or for, organisations about the wellbeing benefits of outdoor activity since 2013.

In addition, we carried out some detailed analysis of survey data to understand how spending time outdoors with different people, friends and family, affects our wellbeing.

In partnership with:



HM Government



University of Brighton



THE UNIVERSITY OF WINCHESTER



Brunel University London



LSE THE LONDON SCHOOL OF ECONOMICS AND POLITICAL SCIENCE

Culture and Sport Evidence Programme  
What Works Centre for Wellbeing  
www.whatworkswellbeing.org  
@whatworksWB

August 2018  
briefing | Family and outdoor recreation

what works wellbeing

Family and outdoor recreation

Does spending time taking part in activities outdoors with family improve wellbeing?

the big idea

Existing evidence shows that doing activities outdoors can be good for our wellbeing. It can make us feel happier, and more satisfied with life, or less anxious and depressed. However, most of the evidence is about the individual wellbeing of adults, a small amount is about the wellbeing of children and very little is about adults and children together in families.

The review this briefing is based on examines whether taking part in physical activity outdoors, with family, affects our subjective wellbeing. By subjective wellbeing we mean the good and bad feelings arising from what we do and how we think.

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March 2019  
briefing | heritage and wellbeing

what works wellbeing

heritage and wellbeing

How does being around historic places or objects impact our individual and community wellbeing?

the big idea

This briefing is based on a scoping review of evidence on the [community wellbeing](#) impacts of historic places and assets. We wanted to find out more about what current evidence says about impacts, and to understand the current state of the evidence-base in terms of quality and coverage. We found that historic places and assets, and interventions associated with them, can have a wide range of beneficial impacts on the physical, mental and social wellbeing of individuals and communities. We also identified some limitations and gaps in current evidence which could be addressed in new research. These include the need for a greater understanding of wellbeing impacts within community settings and more evidence on how impacts may vary between different population groups.

Heritage is... inherited resources which people value for reasons beyond mere utility.

English Heritage, 2008

3,500 papers and reports examined  
75 key pieces of evidence

Examined community wellbeing-related outcomes. Were published in English between 1990 and 2018.

Were conducted in the 'long' eventuality of communities or in healthcare settings in high income OECD countries, or in healthcare settings in high income OECD countries.

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## Definitions explained

### Evidence in numbers

### What do you need to know?

### State of the evidence

### Evidence gaps

### Evidence into action

### Downloads

Briefing



Scoping Review



You may also wish to [read the blog article](#) on

## State of the evidence



Heritage-based cultural activities in museums (12 studies)

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

**Feeling inspired and recognised by an institution**

**Something to look forward to**

**A sense of belonging**

**Positive social connections**

**Part of something bigger**

**Knowing someone who can help you**

**Inspired by role models of local people**

**Pride in local area**

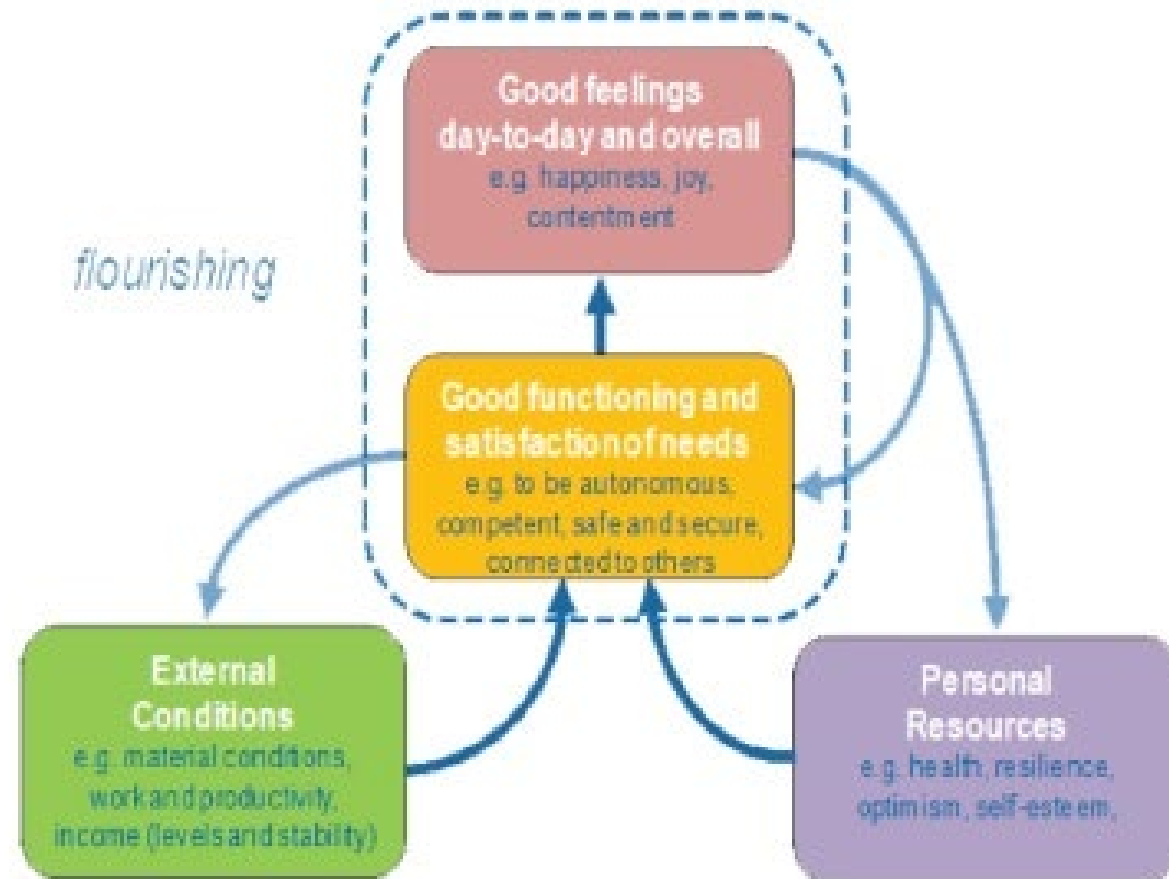
**Part of the community**

**Sense of identity**



We're speaking different languages when it comes to wellbeing

# Personal Level – its feeling good and functioning well



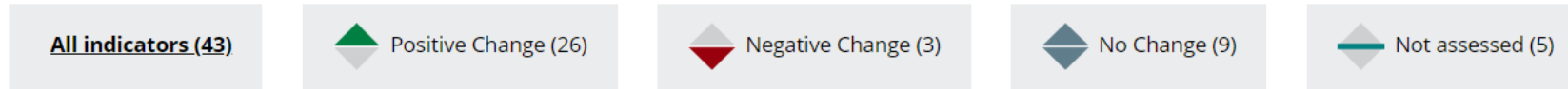
# Wellbeing is...

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.

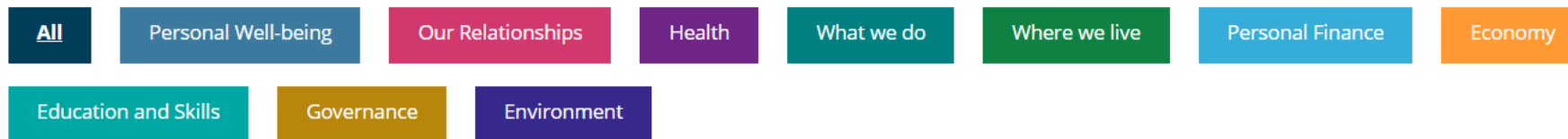


# UK National Measures of Wellbeing

View by indicator of change:



View by domain:



## 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.





# 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





WELLBEING INEQUALITIES REPORT MARCH 2017

Measuring wellbeing inequality in Britain

# measuring wellbeing inequality in Britain

Samah Abdallah  
Hanna Vineshly  
Ariane Quack

October 2017  
briefing | drivers of wellbeing inequality

what works wellbeing

## drivers of wellbeing inequality

What drives wellbeing inequality at the local level across Great Britain?

the big picture

While researchers have often compared the average wellbeing of different demographic groups, the study of the level of wellbeing inequality in a place remains largely underdeveloped.

Our previous paper, *Measuring Wellbeing Inequality in Britain*, began with the question 'what is wellbeing inequality?' and used ONS Annual Population Survey data to explore which parts of the United Kingdom have higher or lower levels of wellbeing inequality.

This research builds on that work, diving into one aspect of wellbeing inequality – inequality in life satisfaction – to determine what drives it at a local level. Our research question was:

**What is associated with inequality in life satisfaction in local authorities in Britain?**

This briefing outlines the main findings from this research. Further information, including methodology and data sources, is available in the full research paper.

“There's a lot of inequality, especially in my BME community, people don't do stuff because they're not empowered..”

Public dialogue participant, Bristol

In partnership with:

Community Wellbeing Evidence Programme  
What Works Centre for Wellbeing  
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## Systematic scoping review of indicators of community wellbeing in the UK

VERSION 1.1  
August 2017

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### Community Wellbeing indicators: Table of included resources

Source	Organisation (Gov/NGO/academic)	Outcome description	Geographic level	Population description	Name of indicator (set)	Level on ladder	Domains
Academy for sustainable communities: <a href="http://www.ascc.kills.org.uk/what-we-are.html">http://www.ascc.kills.org.uk/what-we-are.html</a>	Governmental	Definition: Sustainable Community	Not provided	Not provided	Seven key components of a sustainable community that together constitute a 'common goal': • Governance • Transport and Connectivity • Services • Environmental • Economy • Housing and the Built Environment • Social and Cultural	• Indicator sets or indicator frameworks	• Governance • Transport and Connectivity • Services • Environmental • Economy • Housing and the Built Environment • Social and Cultural
Alred J, Michaelson J, Steuer N. (2010). The role of local government in promoting wellbeing. London: Local Government Improvement and Development and the National	Non-Governmental Organization	The report attempts to apply the wellbeing evidence base to the task of re-shaping local government's role.	National	Entire population, including: • Children and young people • Older people • People with mental health issues • Disabled	• Mental Wellbeing Impact Assessment toolkit (PHE) • 5 ways to wellbeing • Commissioning for wellbeing	• Conceptual framework • Evaluation framework Measures: • Single measure of overall wellbeing • Existing scales for measuring subjective	• Strategic leadership • Services and commissioning • Strengthening communities • Organisational level activity • Measuring wellbeing outcomes  MWIA: Enhancing control, increasing resilience & community assets; Facilitating participation; Promoting inclusion.

Review team  
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Wellbeing inequalities

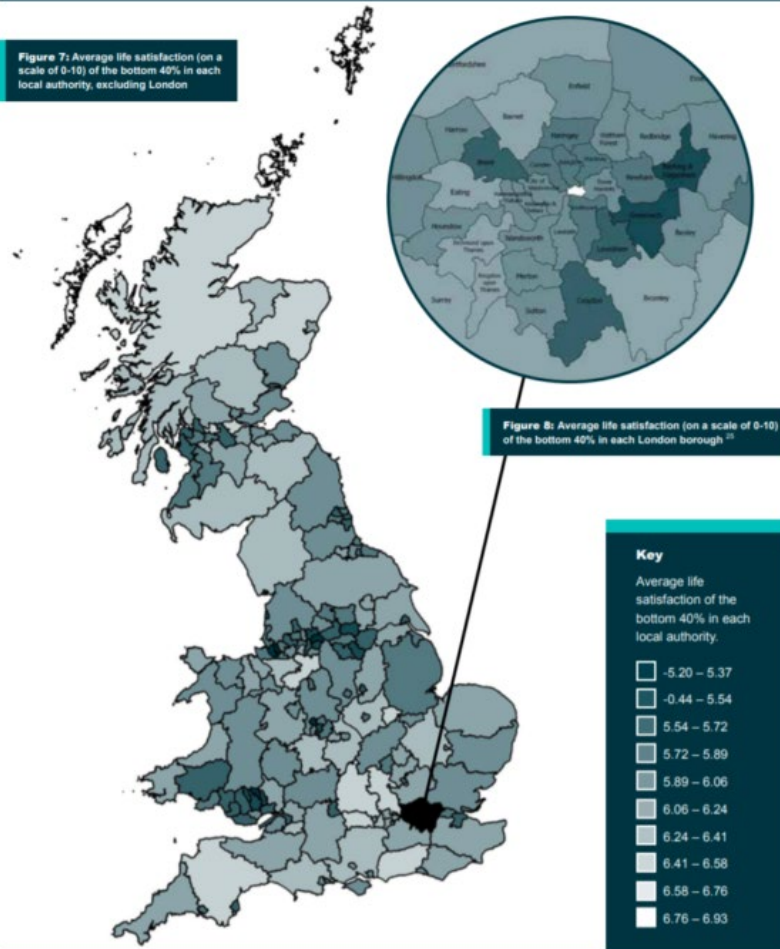
Measures and indicators



# Disparities in Wellbeing across UK

🔍 spotlight on those who are struggling most

Figure 7: Average life satisfaction (on a scale of 0-10) of the bottom 40% in each local authority, excluding London

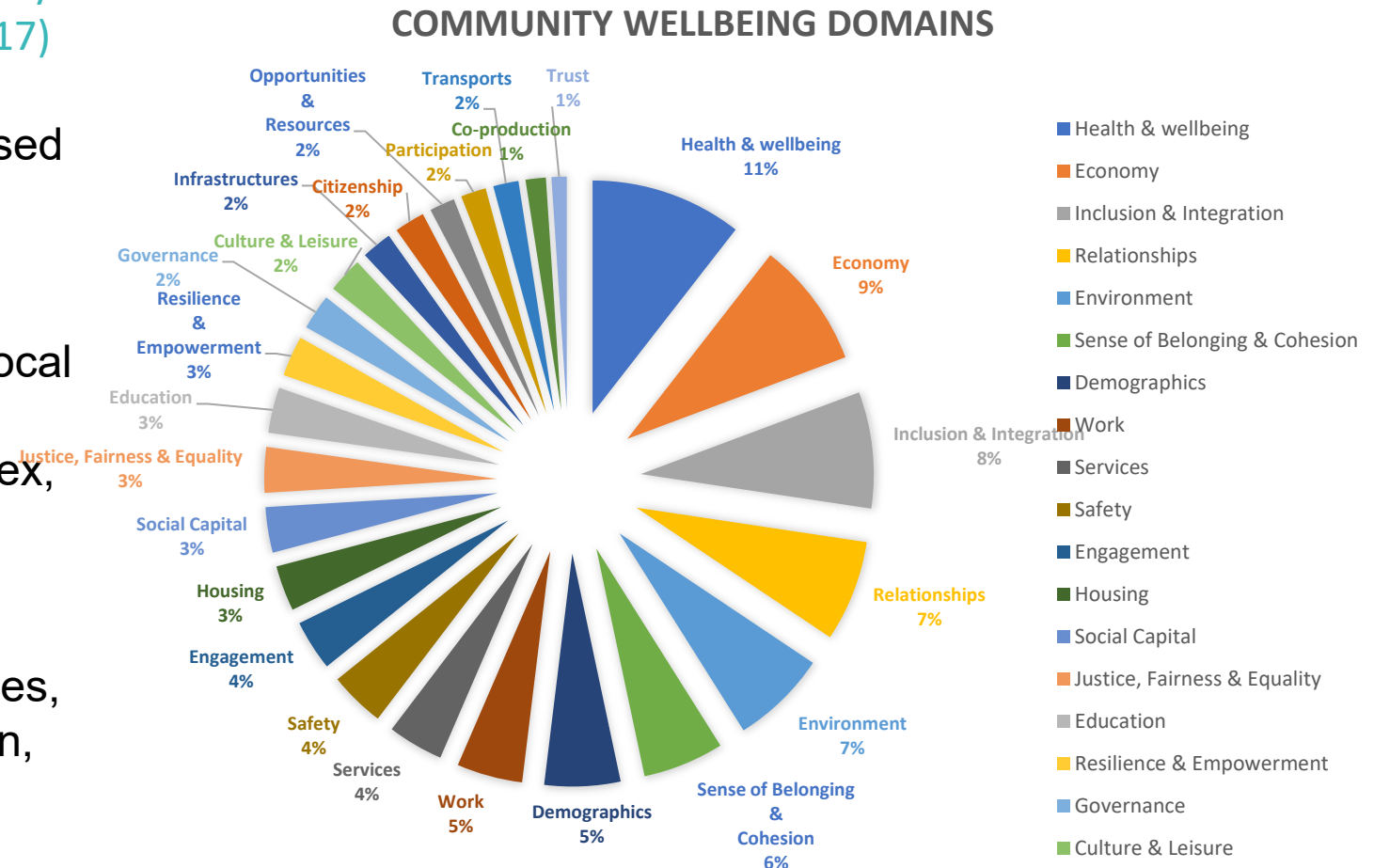


Is everyone in every part of the UK able to live a good life?

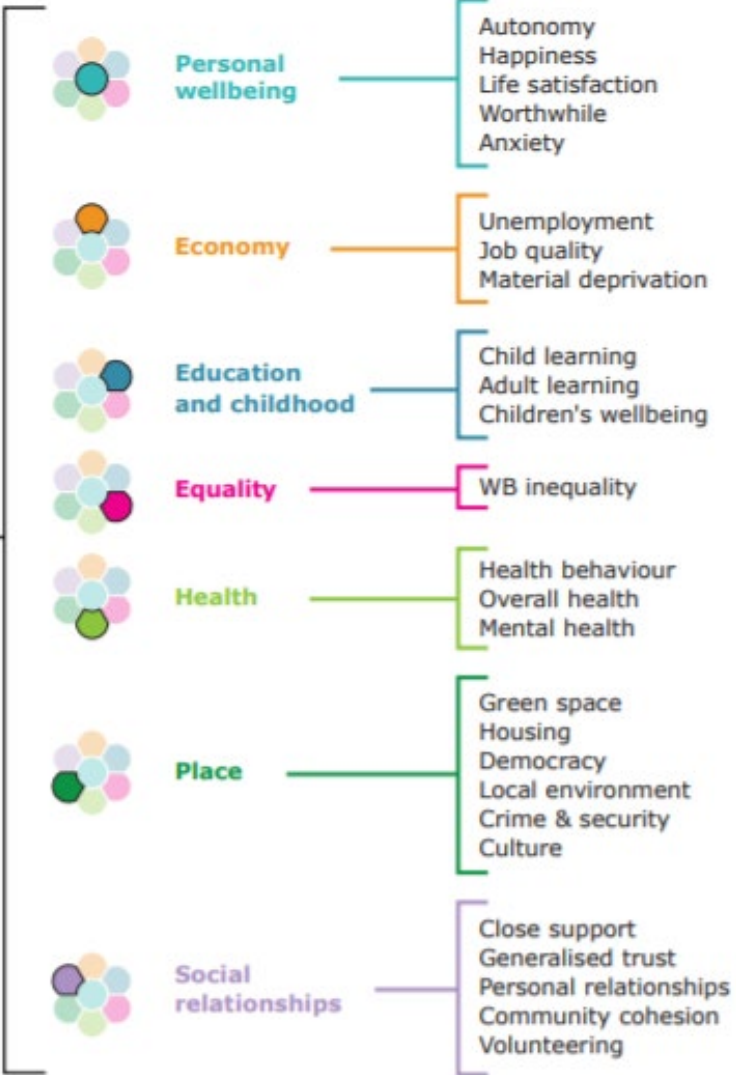
# Loads of existing indicators and frameworks

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.





December 2016  
Policy briefing | Housing and wellbeing

**what works wellbeing**

housing and wellbeing

this briefing outlines current evidence; where the evidence gaps are; and what the focus will be for our upcoming systematic review on the relationship between housing and wellbeing.

**What does the scoping review and this briefing cover?**

This is a broad overview of all published reviews on the links between housing and housing interventions and both individual and community wellbeing.

We asked you what was important for your wellbeing and a resounding reply was housing. The physical and social place where we live has impacts on our personal wellbeing. It also impacts other factors which influence our wellbeing: our health, our relationships, even educational outcomes.

There can be a number of complex interconnections between these, which can intensify issues. Those with poor health may also have poor social connections and lack the opportunities for better housing.

What do we already know about the links between housing and wellbeing? Many reviews have already gathered the evidence under specific themes. This scoping review pulls together what already exists. It summarises findings from 50 published reviews. The aim is to understand where there are still gaps in our understanding.

The scoping review is based on a broad view of wellbeing that encompasses the following dimensions, as defined by the Office of National Statistics:

- Personal (subjective) wellbeing
- Our relationships
- Health
- What we do
- Where we live
- Personal finance
- Education and skills
- Governance
- The economy

**“A lot of people are living in awful housing. That has a knock-on effect on everything else, their mental health and within the community.”**  
- participant in the communities public dialogue, 2015

\*The scoping review does not include evidence that has not been included in a published journal.

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Scoping reviews of housing

May 2018  
briefing | housing and vulnerable adults

**what works wellbeing**

Housing for vulnerable people

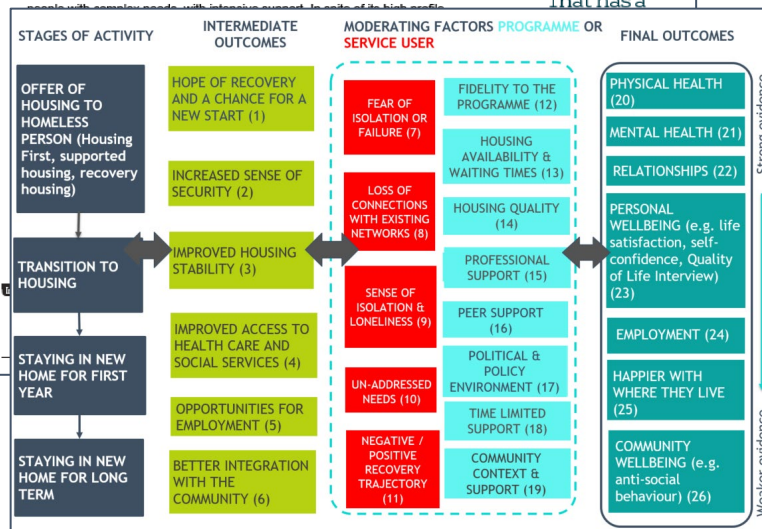
How do we improve wellbeing for vulnerable people who are homeless or in unstable housing? And what is the impact on the wellbeing of wider communities?

**the big picture**

This briefing is based on a systematic review that looks at the evidence on the wellbeing impact of housing interventions for people who are at risk of homelessness, unstable housing or loss of their home adults (also known as housing-vulnerable).

We also looked at the cost effectiveness of one of the key interventions, Housing First. This intervention provides immediate, unconditional, access to housing for people with severe mental health problems.

**“A lot of people are living in awful housing. That has a**



**what works wellbeing**

**Scoping review of review-level evidence on co-production in local decision-making and its relationship to community wellbeing**

July 2017

Review team

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- <sup>2</sup> Public Health Institute, Liverpool John Moores University
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Co-production and joint decision making



# VOLUNTEER WELLBEING: what works and who benefits?

Rejuvenation of Orisaba foodcommunity garden, London Borough of Haringey, London UK © John Beldall / Alamy Stock Photo

## THE BIG PICTURE

Most people in Great Britain - around seven in ten - formally volunteer through a group, club or organisation at some point in their lives. Currently, one in five people volunteer at least once a month and most get involved locally in their own neighbourhoods. Many more give their time in more informal ways in communities, for example, shopping or caring for neighbours.<sup>1</sup>

### Volunteers offer invaluable support. But how can volunteering help support the wellbeing of volunteers themselves?

There is a growing body of research on the links between volunteering and wellbeing, and our review brought the most relevant studies together in one place. We focused on the experience of adult formal volunteers, and looked at the key factors involved in improving wellbeing through volunteering.

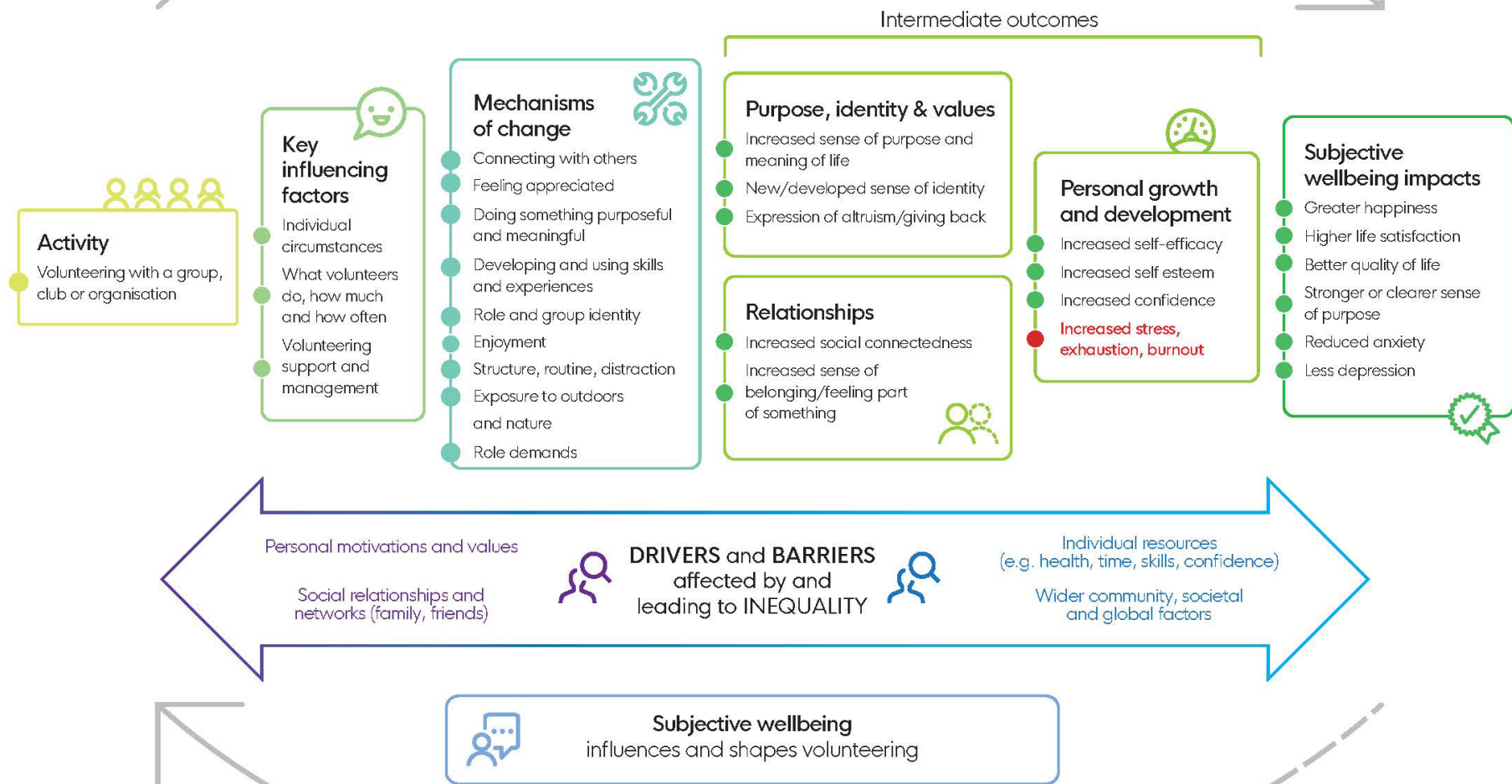
WE SIFTED OVER 17,000 REPORTS & PAPERS  
158 HAVE BEEN INCLUDED\*

\*SOURCED FROM UK AND ABROAD, 2008 ONWARDS



<sup>1</sup> McCarvey, A., Jochum, V., Davies, J., Debbis, J. and Hemming, L. (2019) Time Well Spent: a national survey on the volunteer experience <https://www.ncvo.org.uk/policy-and-research/volunteering-policy/reports>, NCVO, NCVO (2020) UK Civil Society Almanac, <https://data.ncvo.org.uk/volunteering/>

# Theory of Change for volunteer wellbeing







# 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

Many local people are involved in the governance and delivery of services with community businesses. Outreach to the wider community, or a specific - potentially marginalised - group identified as needing the services provided.

This engagement meant community businesses have a good understanding of local needs and increased community involvement. 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 a 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 concerns, like climate change and food production.

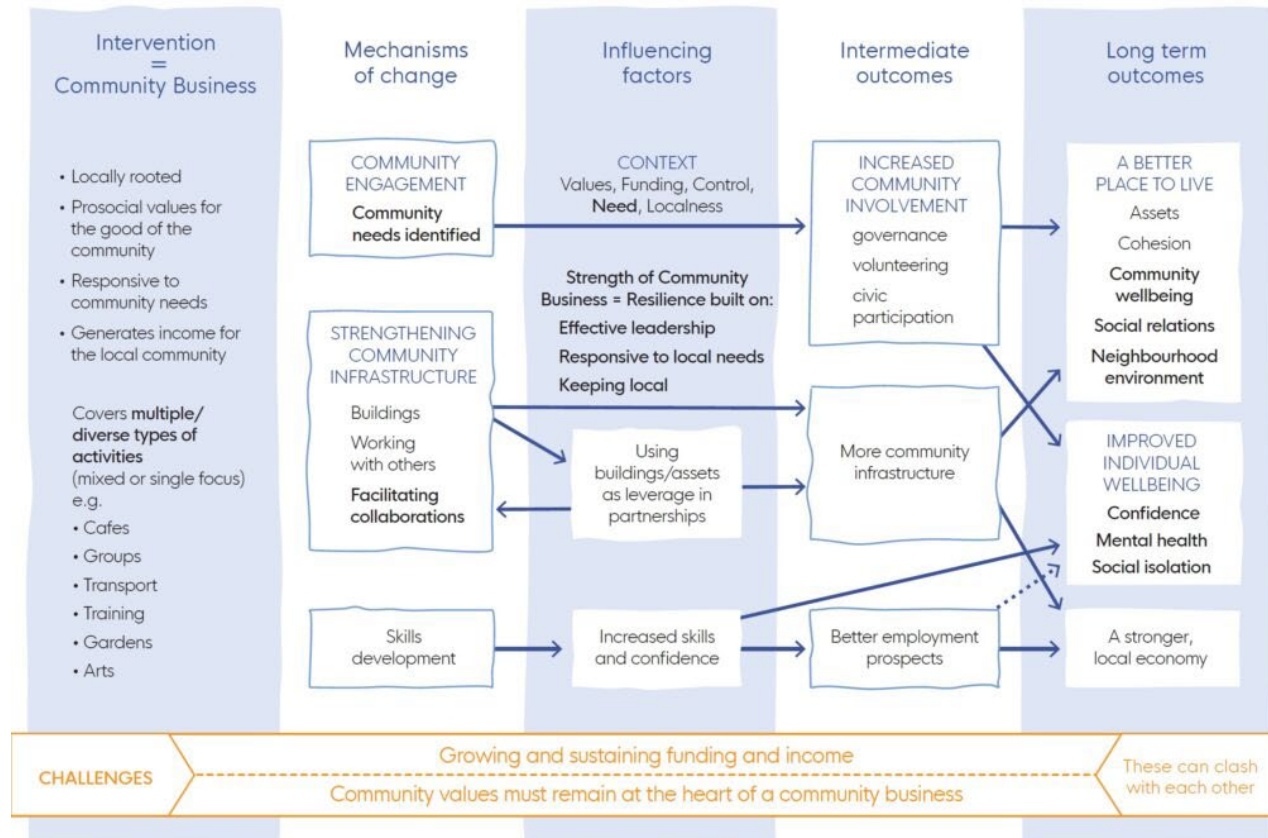
Community businesses often provide volunteering opportunities that help people to gain skills, confidence and connections, which could assist them to get back into employment.

#### 3. Strengthening community infrastructure

For example, making use of local buildings; providing a trusted focal point for people to meet; or facilitating local collaborations.

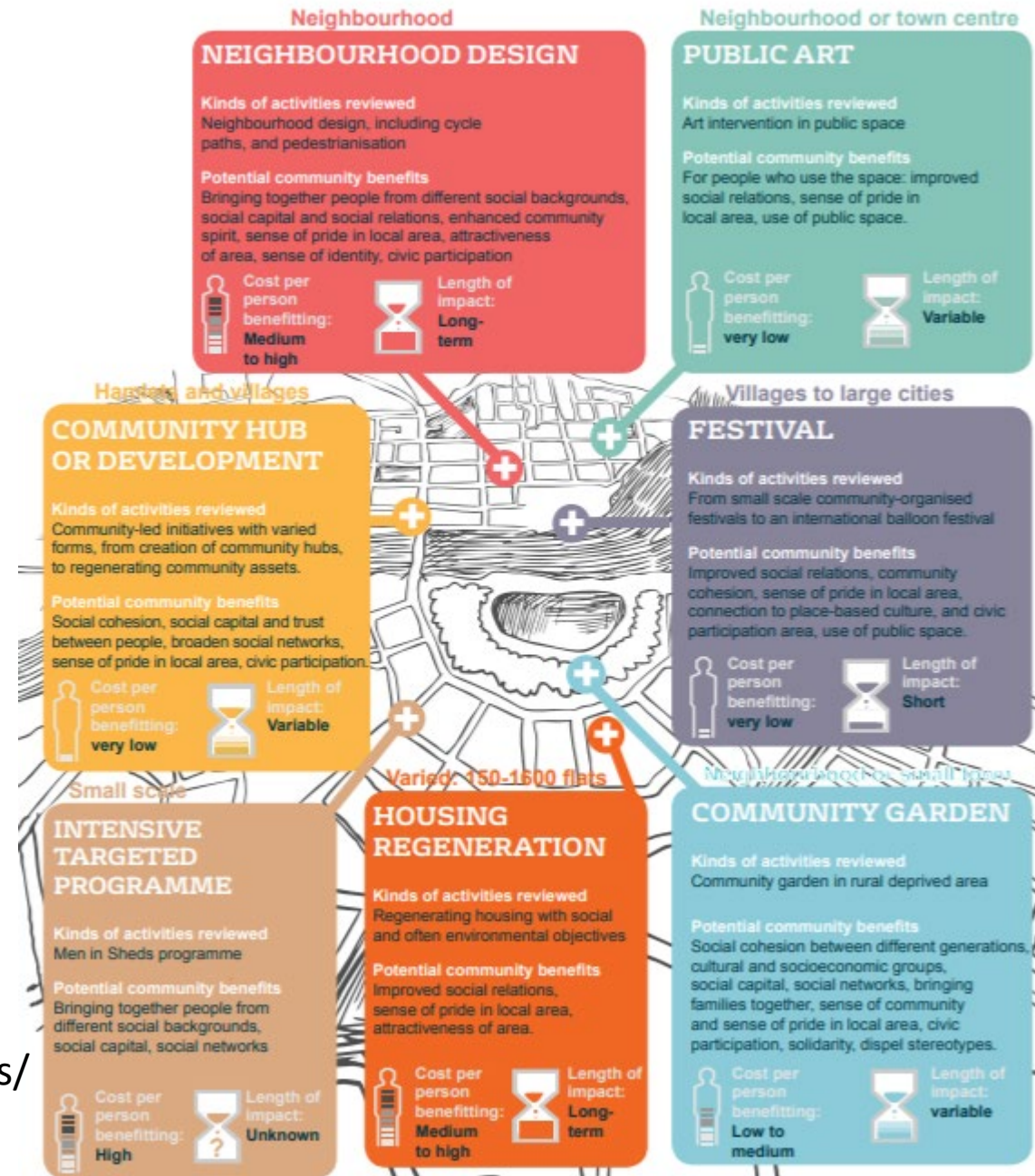
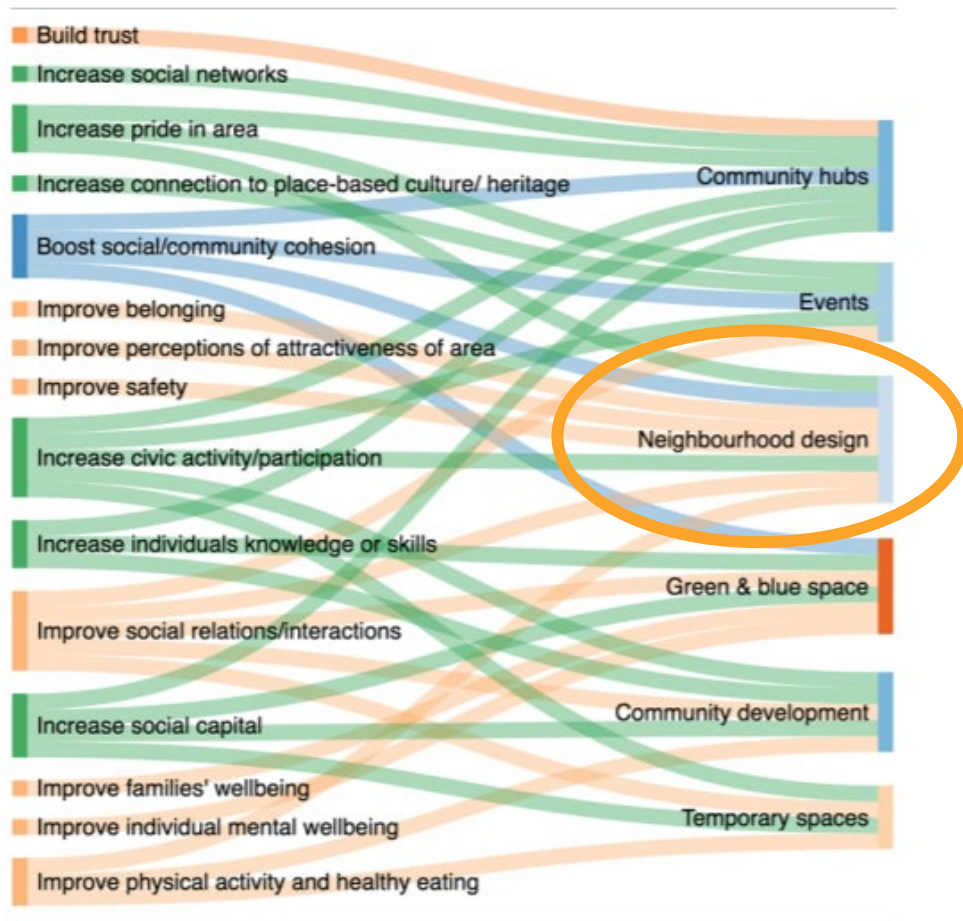
"...you're part of something larger than just that project, it's a movement, and I think that gives it more credibility and I think it makes you feel like you're more a part of something"

Community reporter about training at a community newspaper!



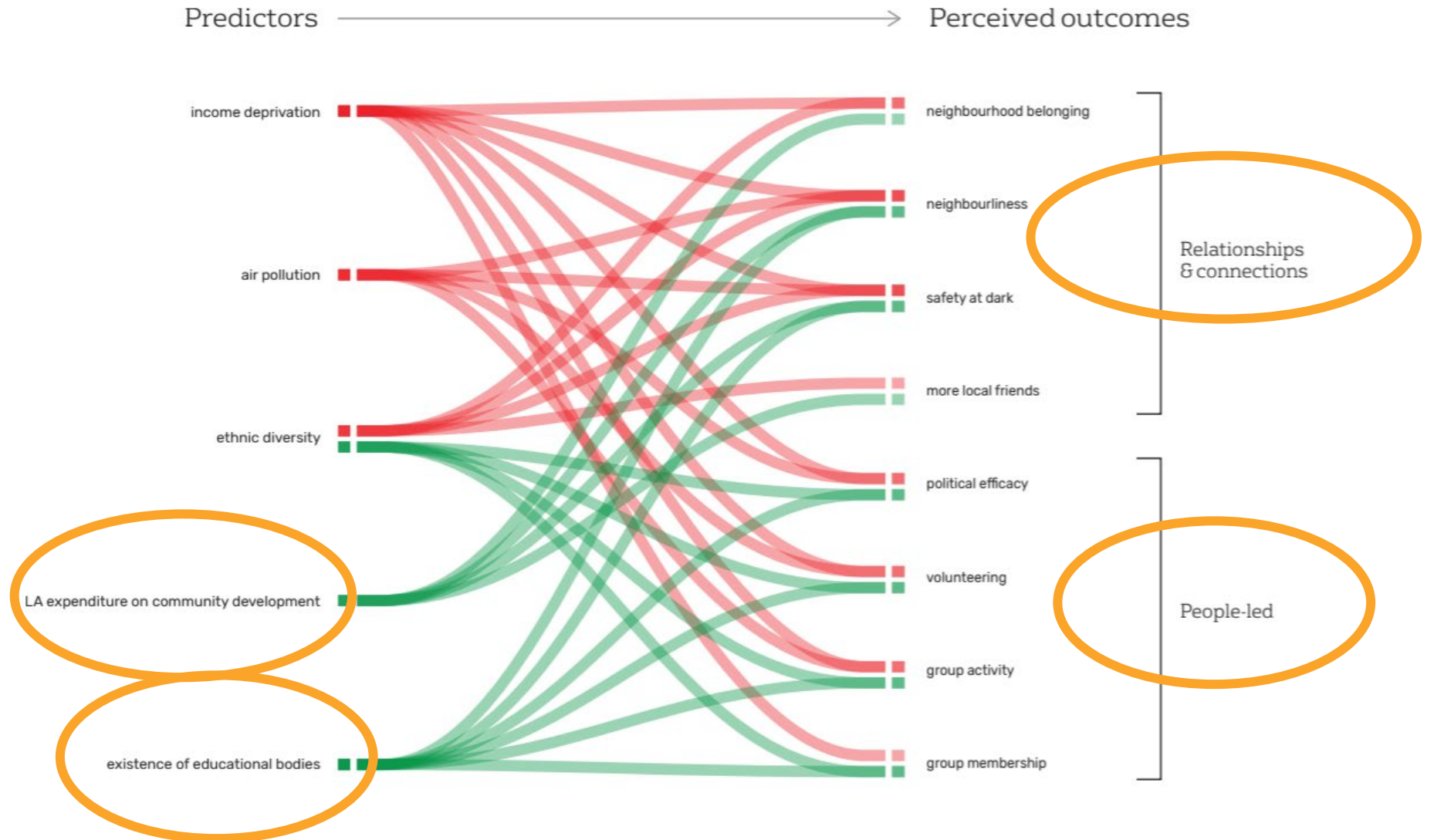


# Cohesive Communities: Places & Spaces: What brings people together?





# Education & Community: Untangling thriving communities





# Economic appraisal and Business Case Development



## THE GREEN BOOK

CENTRAL GOVERNMENT  
GUIDANCE ON APPRAISAL  
AND EVALUATION

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/>



# Levelling Up & Reducing Wellbeing Disparities

“...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

<https://whatworkswellbeing.org/blog/levelling-up-and-measuring-wellbeing/>

## 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



Key  
 Increase  
 Decrease  
 Decrease in anxiety

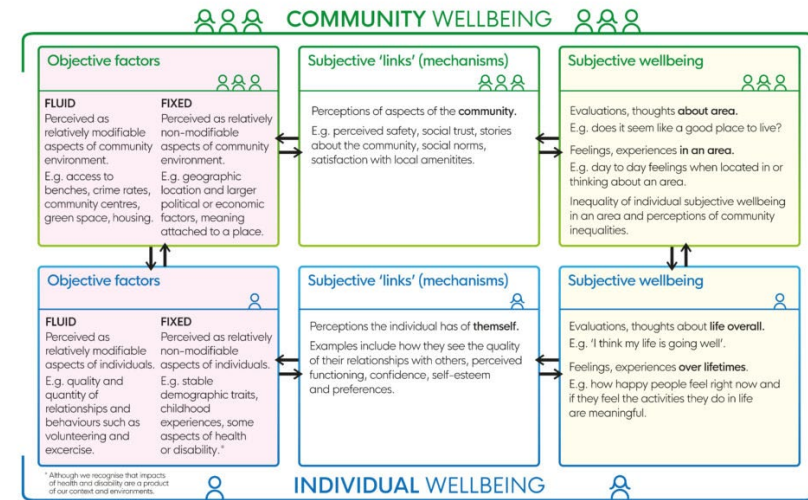
Type of intervention	What happened?	Who was involved?	Before and after change in average ONS4 scores <sup>1</sup>	Evidence strength <sup>2</sup>
SOCIAL PRESCRIBING (2019)	Social prescribing pilot service with three link workers that aimed to help people access local services and activities to support their health and wellbeing.	Data from <b>52 participants</b> referred by GPs, practice nurses, community nursing teams, care navigation staff, social workers, ambulance staff and A&E staff. <b>193 participants in total.</b>	LIFE SAT.  PURPOSE  HAPPINESS  ANXIETY  ONS4 (all) <sup>3</sup> 	MOD.
SOCIAL PRESCRIBING (2014)	Holistic social prescribing wellbeing programme offering 12 weeks of one-to-one support, followed by 12 months of group support around a particular activity.	Data from <b>48 participants</b> who live in a deprived city ward and have been referred by GPs following identification of low level mental health issues. <b>128 participants in total.</b>	LIFE SAT.  PURPOSE  HAPPINESS  ANXIETY 	MOD.
HOUSING/ NEIGHBOURHOOD: energy efficiency (2017)	Government-led free programme to improve the energy performance of hard-to-heat, hard-to-treat homes in low-income areas through measures (eg. external wall insulation, central heating system).	Data from <b>782 participants</b> . Participating households are from communities selected by policymakers to be eligible for the programme on the basis of proxies of fuel poverty (eg. area deprivation and proportion of hard-to-heat homes). <b>1508 participants in total.</b>	ONS4 (all) 	HIGH
PSYCHOLOGICAL INTERVENTIONS (2016)	A brief psychological intervention based on self-affirmation theory that includes a self-affirmation exercise.	Data from <b>44 women participants</b> aged over 45 years old. Recruited door-to-door or via social groups (e.g. choirs). Locations were chosen on the basis of them being in the middle quintile according to the Index of Multiple Deprivation datasets. <b>140 participants in total.</b>	ONS4 (all) 	HIGH

- 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)
- These ratings provide an indication of overall level of confidence in the design, conduct and reporting of the study. 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** (3-6) or **HIGH** (7-10). Scoring system is based on the EIF quality checklist for quantitative evidence of intervention effectiveness, adapted by the What Works Centre for Wellbeing (2019).
- ONS4 (all) signifies the combined scores of the four ONS measures: life satisfaction, happiness, sense of worthwhile (purpose), and anxiety



# 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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