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Citation:

Bagnall, A and Raine, G and Kinsella, K and Southby, K and Spoor, C and South, J and Giuntoli, G (2016) Measuring Well-being Outcomes In Older People Receiving Help From The Age UK 'Together for Health' Initiative: A Social Return on Investment Analysis: Final Report. Project Report. The Centre for Health Promotion Research, Institute for Health and Wellbeing, Leeds Beckett University, Leeds, UK.

Link to Leeds Beckett Repository record:

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Document Version:

Monograph (Supplemental Material)

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### About 'Together for Health'

A new 'social connectedness' service that aimed to reduce levels of loneliness and isolation amongst vulnerable older people, and improve their health and wellbeing.

Worked with secondary care and integrated health and social care teams to identify older people in need of support to link into their community and networks.

*Target population:* People over 50 who are at risk of being lonely or isolated, and have been in hospital in the last 12 months and/ or they are a 'frequent flyer' at their GP or A&E.

Used LEAF (a validated outcomes assessment tool) to help older people assess their own needs, identify the changes they need to make to take control of their lives and their own health and wellbeing.

Working with 4 local Age UK charities in Barnsley, Bradford, Knaresborough and Wakefield

Statistically significant improvements in all 8 domains of LEAF (n=420) at 6 week and 12 week (n=122) follow-up.

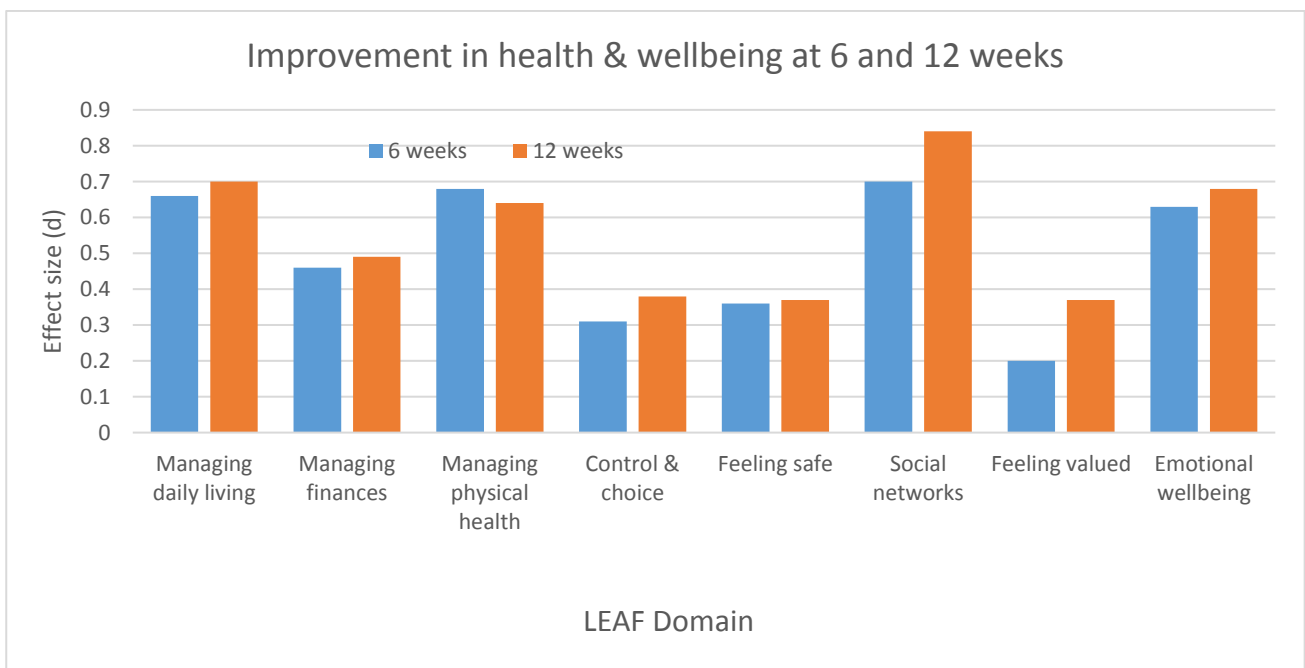
Largest effect size seen in "social networks".

Medium effect sizes in physical health", "emotional wellbeing", "managing daily living"

Small effect sizes in "feeling safe", "control" and choice", "feeling valued" and "managing finances"

**Small, statistically significant decrease in loneliness (n=177, -0.14, SD=0.90, p<0.05).**

Resilience (n=174): no statistically significant change (+0.24, SD=1.66,p=0.056).





Social Return On Investment analysis found that for every £1 invested in Together for Health, the social return on investment is at least **£4.84**

*“They supported me with nearly everything really, you know what I mean. Now I mean I feel more settled. I wasn’t before; I was a nervous and everything.”*

## What people told us

We interviewed 23 older people and 17 Age UK managers and staff, across 4 areas and at 3 time points.

Older people reported social, financial and practical benefits of the initiative, including increased support confidence building, and appreciated the range, flexibility, trustworthiness and friendliness of the service.

Staff and managers reported benefits to client’s family members as well as the clients themselves, and improved collaborative working with statutory services.

*“We got stuck in a rut you see, we never get out anywhere but since Age UK come to our house we’ve been getting out a lot more and meeting more people ... we’ve been happy since we started coming.”*

## Acknowledgements

This project was commissioned by Age UK Support Services (Yorkshire & Humber) to evaluate the ‘Together for Health’ project. We would like to thank Joanne Volpe and Richard Hindley, and all the Age UK staff and clients for their contributions to the evaluation. The evaluation was designed by Gianfranco Giuntoli and Jane South and carried out by Gianfranco Giuntoli, Anne-Marie Bagnall, Gary Raine, Kris Southby, Karina Kinsella and Chris Spoor. Together for Health was funded by the Department of Health’s IESD fund.

## About the evaluation

The evaluation was carried out by the Centre for Health Promotion Research at Leeds Beckett University. Using a theory of change approach to determine impacts on older people’s health and wellbeing, and the social return on investment, the following data were collected:

- Stakeholder-led Theory of Change workshop
- Qualitative interviews
- Health service use data
- Social return on investment analysis
- Validated questionnaires
  - LEAF
  - UCLA 3 item loneliness scale
  - 6 item Brief Resilience Scale

Full report: Bagnall AM, Raine G, Kinsella K, Southby K, Spoor C, South J, Giuntoli G (2016) Measuring well-being outcomes in older people receiving help from the Age UK ‘Together for Health’ initiative: A Social Return on Investment Analysis.

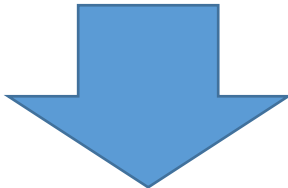
Final Report. Leeds: Leeds Beckett University.

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# Together for Health: evaluation of a social connectedness intervention for vulnerable older people



Identification of vulnerable older people from health or social care



Value  
**£4.84**  
for every £1 invested

**Together for Health intervention: Clients referred and agree to take part**

**Mechanism for change**  
• Holistic assessment process

**Mechanism for change**  
• 'Social connectedness' intervention in communities

**Intermediate Outcomes**  
• Increased social contacts  
• Reduced feelings of loneliness, increased wellbeing

**Long term Outcomes**  
• Reduced need for health and care services  
• Added value to mainstream provision

