



# BigLife Centres

Impact report 2015

# Introduction

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Big Life Centres is a charity made up of five health and community centres and wellbeing services across Greater Manchester.

- **Health and community centres:** five centres across Manchester and Salford, supporting people to improve their lives.
- **Being Well Salford:** a coach-led healthy lifestyle service for people wanting to change two or more aspects of their health and wellbeing, such as alcohol, smoking, weight, exercise or low mood.
- **Living Well Rochdale:** a health and wellbeing service, which helps people to make changes to their lifestyle through services including oral health, stop smoking, weight management, sexual health and physical activity. It also has Health Trainers and Living Well coaches.
- **Pathways:** a confidential, personalised drugs and alcohol service designed to help people on their journey from substance misuse to recovery.

**72%** of people felt they had an improvement in their quality of life since using a service.

We held **43** wellbeing programmes and activities and **14** self help groups, which **1,559** people attended.

**157** people volunteered their time with us over the last year, with **20** people going on to paid employment, and **15** moving on into training.



Our five centres were visited  
**156,821** times this year.

# Energise and Willow Tree centres

The two centres support people in Salford to find a way to improve their lives. This is done through a programme of wellbeing groups and activities, and self help groups. The two centres were visited **90,730** times this year.

Wellbeing programmes and activities include bereavement workshops, anger management workshops, fruit bags and a toothbrush project.

Self help groups held regularly include Fibromyalgia group, Friendship group, Creative writing group, Creativity group, Depression and Anxiety group and Sleep Support group.



**100%** of people taking part in these groups said their quality of life had improved as a result.

The two centres held a programme of health promotion campaigns, which attracted **1,348** visitors, and hosted **30** services, including the Health Improvement Team, IT courses and complementary therapies.

We have **21** volunteers who contributed more than **1,300** hours of their time.



*I cared for my husband for 19 years, until he sadly died in 2011. Before becoming his carer, I was outgoing, confident and sociable; I ran my own business and always had friends and a crowd around me.*

*I lost my husband, my sister and my brother in the space of six months, which badly affected my health. I was suffering from shock and anxiety. In 2013, I had a stroke, which further knocked my confidence. I took it really badly, I felt lonely, and I couldn't go out or face anybody.*

*I was referred to a health trainer, who told me about the Friendship Group at the Energise Centre for over 50s. My health trainer brought me along to the sessions. When I first came to the group I was frightened, with the stroke I felt as though I couldn't talk.*

*The group has given me hope; it's really friendly, we are all in the same boat, I see a little bit of me in all of them.*

*It has taken a while but I can now make my own way to the group. I still feel very anxious at times but I am more able to cope, I have gained confidence and I now sleep much better. The group has helped me talk to people again and laugh again.*

# The Zion and Kath Locke Centres

The two centres, in Hulme and Moss Side, offer opportunities for people to improve their lives. They were visited **58,820** times this year.

The Zion and Kath Locke Centres are home to statutory and voluntary health and wellbeing services; alongside which we deliver a range of wellbeing programmes and self-help groups covering topics such as men's health, diabetes and Narcotics Anonymous.

**485** people took part in these groups and **86%** of these people stated they had an improvement in their quality of life as a result.

We ran **13** health promotion campaigns, including allergies awareness week, Stoptober, Dry January and Senior Citizens Day, and these events brought in **1,048** people to the centres.

A total of **41** volunteers contributed **3,079** hours to helping run groups and activities.

*I am a Welfare Reform Community Contact volunteer, and I have been volunteering in this role for 12 months. I now deliver a two hour a week drop-in service from the Zion Centre to support people from different areas and different ethnic groups.*

*It has changed from me signposting people to me helping complete benefit forms, making claims and speaking to agencies on people's behalf. A lot of people I help have mental health or literacy problems.*

*I feel fulfilled and very happy to be able to offer this service to the community.*





## The Cheetwood Centre

The centre has been a hub for community and sports activity since 2008. This year this included:

- Roller discos
- Football coaching with FC United
- Four week summer play scheme

Over the last year, the Cheetwood Centre held 8 events, which 594 people attended. 179 local children benefited from a funded play project this year, aimed at 6 to 13 year olds.

We hosted 17 volunteers, and 7 have now gone into employment and 1 into training.



Cheetwood Centre staff at the Pride of Manchester Awards

# Being Well Salford

Being Well Salford helps people to make changes to two or more aspects of their life – smoking, alcohol, weight, exercise and low mood. A team of coaches use tools such as motivational interviewing to help individuals set their own realistic goals.

Last year we had **1,560** referrals, with **87%** of those referrals coming from agencies. These resulted in **1,085** assessments, and **5,899** sessions delivered.

Of people signing up to Being Well Salford:

- **60%** were from the **20%** most deprived areas in the country
- **48%** smoke
- **70%** do less than the recommended amount of exercise
- **95%** of those who gave us their weight had an unhealthy BMI

After using the service:

- **48%** less people smoked 11 or more cigarettes a day
- **44%** reported weight loss
- **58%** felt they were increasing their physical activity
- **66%** said their mood had improved.







*At my first session I felt confused and upset, I felt I was at rock bottom. The coaches helped organise my thoughts into what was most important. I realised I had a lot of issues I hadn't dealt with.*

*With help, I began to set my own goals to get me through each day. We used simple reflections and affirmations to help me feel more confident about dealing with problems.*

*At this time I went through significant life changes, becoming homeless and breaking up with my husband. I dealt with these issues in a more positive way because of my better mental state.*

*I can already see massive improvements, I have stopped drinking and am more active, which helps me cope with the anxiety and depression.*

Being Well Salford is a partnership managed by The Big Life group, with seven other third sector providers; Langworthy Cornerstone, Salford Community Leisure, Salford Health Matters, Salford Unemployed and Community Resource Centre, Social Adventures, Unlimited Potential, and YMCA, who help to deliver the service and Salford University, People's Voice Media and Pennine Care NHS Foundation Trust who support the delivery through training, evaluation and clinical supervision.

# Living Well Rochdale

Living Well Rochdale brings together services including: stop smoking; healthy weight; food and nutrition advice; physical activity; oral health; sexual health; mental health and wellbeing; and reducing the risk of alcohol and drugs.

Our services are based in more than **200** community buildings.

Over the past year we have worked with **5,432** people

- **23%** live in areas with the highest rates of early deaths
- **33%** are of BME ethnicity
- **61%** working with us to stop smoking, stopped after 4 weeks.
- **41%** of people felt they were at lower risk of drinking.

**1,034** people used one of our physical activity groups, including **600** walks attended by **117** individuals. **1292** people accessed our food and nutrition activities.

**90%** of people exceeded their health and lifestyles goals, and **86%** of people reported their wellbeing had improved.



*Last summer, I was at least three stone overweight. I met one of Living Well Rochdale's exercise referral officers, and I was sceptical at first but love it now. I did a programme at the gym regularly and actually really enjoy it! I've got a lot more energy and want to keep going.*

*I lost just under two stone, and I am no longer at risk from Type-2 diabetes.*

# Pathways

Pathways is an alcohol and drugs service, tailored to the individual to support them through their journey to recovery. It works through one-to-one interventions, structured groups, drop-in groups and eTherapy.

1294

This year, we have had **1294** new referrals, with **729** people telling us about an alcohol issues, and **570** with drugs misuse.

We have had **71** people attending our various groups, and **804** people referred to our wrap around service, receiving support from recovery and reintegration, mental health, housing support and harm minimisation services.

71

**73** Of the people who have used our service and left, **22** accessed training, **15** became volunteers and **73** gained employment.

25

We have also had **25** people volunteer for us, with **7** finding employment.

*I recently left a youth offender's institute for possessing cannabis. I had no confidence, and felt I had let my parents down, I was anxious about the future.*

*I had one-to-one sessions with Pathways where I discussed reasons for cannabis use. I broke off contact with some people and maintained a reduction plan.*

*I wanted to build up trust with my parents and was helped to set goals with this, I wanted to start college and pathways referred me to two colleges to discuss my options.*

*I started college and a part-time job, and because of my hard work I have regained the respect of my parents, my father said he was proud of me.*



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