Introduction to Nesta’s work on People-Powered Health: social action and peer support

16 June, 2016

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Agenda

Introduction to Nesta and the Health Lab

Social Action
- Introduction to the Centre for Social Action
- Case study: Helping in Hospitals

Peer support
- Introduction to Realising the Value
- Case study: Positively UK

Questions and discussion
Nesta

A £340m endowment with a mission to help people and organisations bring great ideas to life.

<table>
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<th>Investments</th>
<th>Research</th>
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<td>in early stage companies, social enterprises and social venture intermediaries</td>
<td>On how innovation happens and the impacts</td>
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<th>Skills</th>
<th>Programmes</th>
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<td>Supporting innovation in all sectors, from design, finance, evidence and scale</td>
<td>Backing and supporting innovations governments, local authorities and challenge areas such as health</td>
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Nesta examples
What makes us unique?

Multi-sector

Multi-discipline

Combining the evidence-based approach of charities and philanthropic initiatives…

…with the hands-on approach and focus on sustainability of financial investors

Always trying to influence wider system

Always seeking ways to maximise impact
Introduction

Nesta Health Lab’s work is based on a People Powered Health vision – a health system for people, by people and with people.

Our work focuses on the potential of social and digital innovations to improve health through:

• empowering citizens and staff,
• harnessing knowledge more effectively; and
• building networks that reduce demand and create social value.
People Powered Health
Video: http://www.nesta.org.uk/health-lab
In 2011, to exploit this potential, we launched the People Powered Health programme; six teams across England were supported to create bold and impactful examples of community driven approaches to healthcare. Several have gone on to become nationally respected exemplars, including the Newcastle Ways to Wellness Social Impact Bond, Stockport’s model of People Powered Health and Lambeth’s Living Well Collaborative.

1 In 2009 we published our first piece of research advocating a transfer of power to patients and communities – the Human Factor – and have published several other thought leadership and research reports since.

2 In 2013, we published a series of practical guides based on People Powered Health, including the award-winning Business Case for People Powered Health, to promote and disseminate this body of knowledge.
In 2014, with the Cabinet Office, we invested £5.8m in scaling a range of people powered health innovations, including peer networks, hospital-based volunteering, volunteer lead crisis response services etc.

Recently we have been consciously focusing on helping people powered innovations reach the mainstream.

In 2015, as part of Realising the Value with NHS England, we are developing tools, resources and networks to support the spread and increase the impact of key person and community-centred approaches.

In 2014, the Coalition for Collaborative Care was launched with NHS England and other founding partners including Nesta, to build a national alliance on person-centred care which now has +40 members.

In 2014, recognising that system change is also critical for the adoption of new ways of doing things, we started to develop our People Powered Results approach to create local system change.

Centre for Social Action Innovation Fund
£5.8m invested to scale 17 people powered health and ageing projects, principally voluntary sector and social enterprises.
Social Action

Whether we call it formal or informal volunteering, giving, social action or simply "people helping people", spending some of your time in the service of others is a deeply ingrained part of our culture.
Centre for Social Action Innovation Fund

- £14m fund invested to support the growth of innovations that mobilise people’s energy and talents to help each other, working alongside public services.

- **6 Themes**
  - Helping older people to live well
  - Helping people with long-term health conditions to live well
  - Using “impact volunteering” to support and improve public services
  - Using digital technology to get people involved in social action
  - Helping unemployed people improve their skills and get back to work
  - Supporting young people to succeed and find employment

- Of this £5.8 million invested on 17 people powered health and ageing projects, principally voluntary sector and social enterprises.
Helping Older People Live well

North London Cares/South London Cares
Using digital technology to get people involved in social action

London Ambulance Service/GoodSAM
Centre for Social Action Innovation Fund

Using “impact volunteering” to support and improve public services

Helping in Hospitals
Centre for Social Action Innovation Fund

Helping People with long term health conditions
to live well

The British Lung Foundation
Peer support
Our commitment
to peer support
Why peer support?

“Peer support has the potential to improve a range of wellbeing outcomes, including patient activation, physical functioning, quality of life and social functioning.”

At the Heart of Health, 2016
Our commitment to peer support
A partnership programme

Nesta and the Health Foundation jointly lead a broad consortium funded by NHS England.
Overarching aims

Making the Case
Person- and community-centred approaches
Aligning the system
Evaluating impact
Behaviour & culture change

Overarching aims
Why now?

“One of the great strengths of this country is that we have an NHS that - at its best - is ‘of the people, by the people and for the people’.

Yet sometimes the health service has been prone to operating a ‘factory’ model of care and repair, with limited engagement with the wider community, a short-sighted approach to partnerships, and underdeveloped advocacy and action on the broader influencers of health and wellbeing.

As a result we have not fully harnessed the renewable energy represented by patients and communities (...)”

*NHS Five Year Forward View, 2014*
What have we done to date?

Focusing on **five areas of practice** and working with **five local partner sites** since December 2015

**Three reports** published
Peer support

Realising the Value case study: Positively UK
Kelli

Born in Kampala, Uganda in 1989, I was a great shock to my mother and my family members. Mum had been so excited about having her second child [me] but was taken by surprise when the doctors had told her that I had pneumonia and was HIV positive.

I was disclosed to at the age of 12 and it completely threw me off. I instantly believed that that was it for me; I was going to die! I had no real knowledge about HIV (I mean, it’s never really taught in schools is it?) and thought I was extremely ill and had no chance in living (it seems silly now, looking back on it). My doctors explained it to me over and over again, however, I chose to block out all of the positive facts they were telling me and was stuck in “doom” mode. I took this as a learning curb, and decided to research more, gain knowledge and figure out what this ‘thing’ is.

Over the years I was asked if I wanted to join support groups with other kids my age going through the same things I may be going through. And every time I was asked, I refused! I wanted to do it on my own; I didn’t want anyone to be let in. (...) The stigma that surrounds HIV can be daunting, unbearable and harsh. Then I was introduced to CHIVA (Children’s HIV Association) where I met the most AMAZING and lifelong friends a person could ask for, I was taught so many different skills, gained new and exciting knowledge on living with HIV and was able to find myself. I finally realised that I am NOT the only one who puts on a hard exterior and holds things in (due to fear).. I was able to off load, I was able to advise, I was able to share and explore the many wonders of life in the eyes of a HIV positive young person. I went on to holding summer camps and speaking at world-wide conferences for other young people who were in the exact same position as me. Children who were full of fear, doubt and confusion. They looked up to me and wondered where I got my strength, courage and knowledge from? It all drew from the help and support of my peers, Doctors and family members.
Benefits

People accessing peer support

95% improved overall well-being

90% better understand and adhere to treatments

90% better able to manage stigma and talk to others about HIV

‘I am a living testimony; because of their services one feels valued, respected and they value confidentiality’
Benefits

Healthcare Practitioners

100% say the approach supports well-being
(60% very significantly ; 40% significantly)

100% say it complements clinical care
(60%-extremely complementary, 20%-very complementary and
20%-quite complementary)

100% say it increases understanding and management of HIV
(60% significantly ; 40% considerably)

“Peer support gently helps people to link in with appropriate services that can help them to move on with their lives and feel less isolated and alone”
Questions?
Q&A

1. What are your thoughts on People Powered Health?

1. Do you have any experience of volunteering or giving / receiving peer support? If so, what was your experience?

1. What do you think needs to happen for these types of approaches to have greater impact?
Thank you

www.nesta.org.uk/health-lab

www.nesta.org.uk/project/centre-social-action-innovation-fund

www.nesta.org.uk/project/realising-value

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