
health lab

Powered by **Nesta**...

***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

Nesta...

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

Investments

in early stage companies, social enterprises and social venture intermediaries

Research

On how innovation happens and the impacts

Skills

Supporting innovation in all sectors, from design, finance, evidence and scale

Programmes

Backing and supporting innovations governments, local authorities and challenge areas such as health

Citizen engagement in public services



Digital arts and media



Future thinking



Government innovation



Health and ageing



Impact investment



Nesta examples

Innovation policy



New models for inclusive economic growth



Opportunities for young people



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

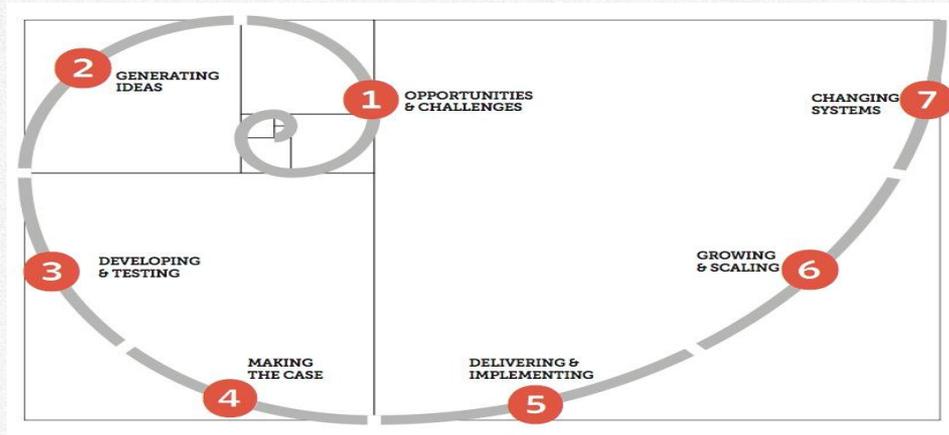
health lab

Powered by **Nesta**...

Nesta Health Lab's work based is 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.



The logo for 'health lab' features the word 'health' in a dark red color and 'lab' in a yellow-to-orange gradient. A thin horizontal line is positioned below the text.

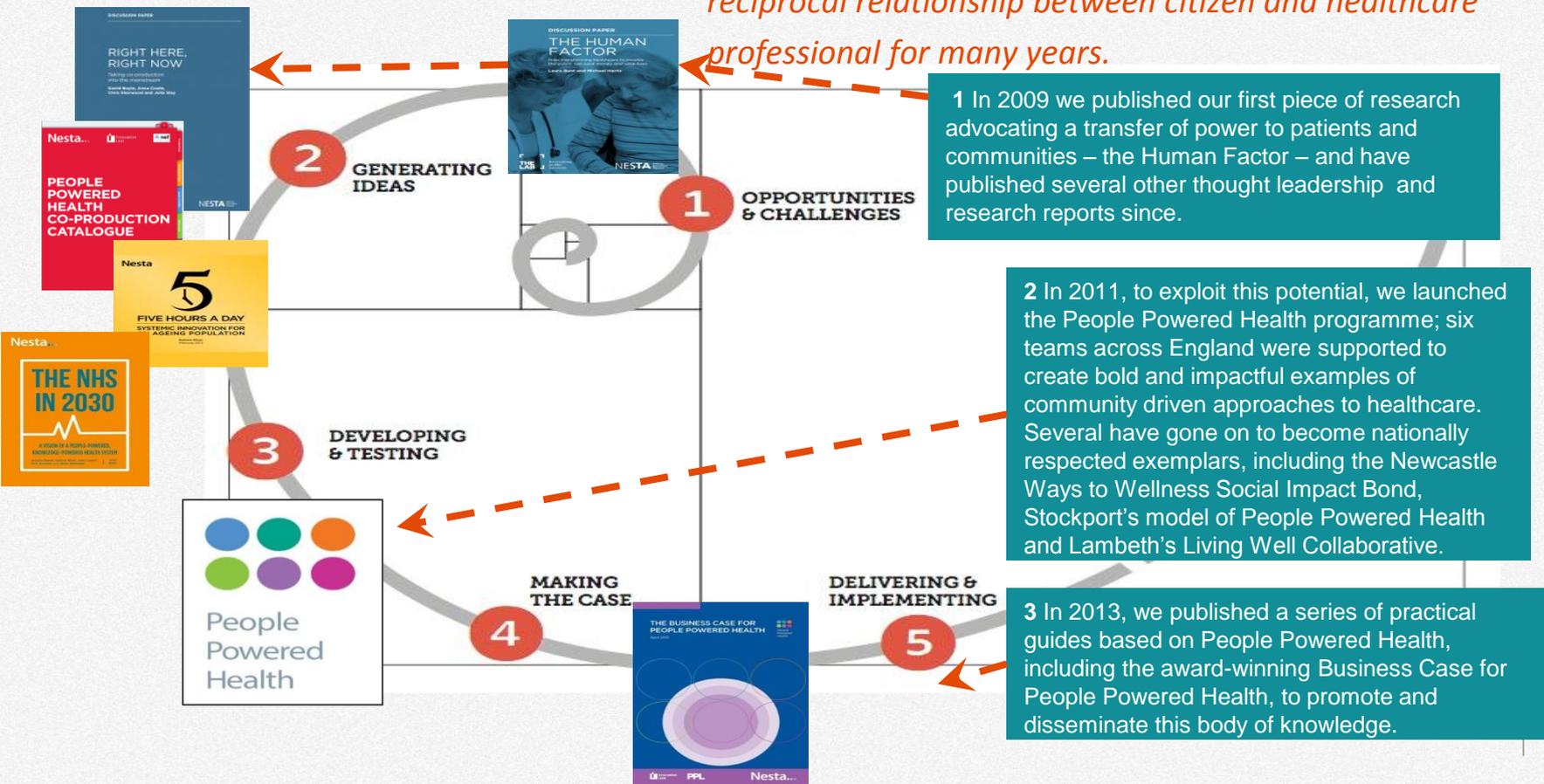
Powered by **Nesta**...

People Powered Health

Video: <http://www.nesta.org.uk/health-lab>

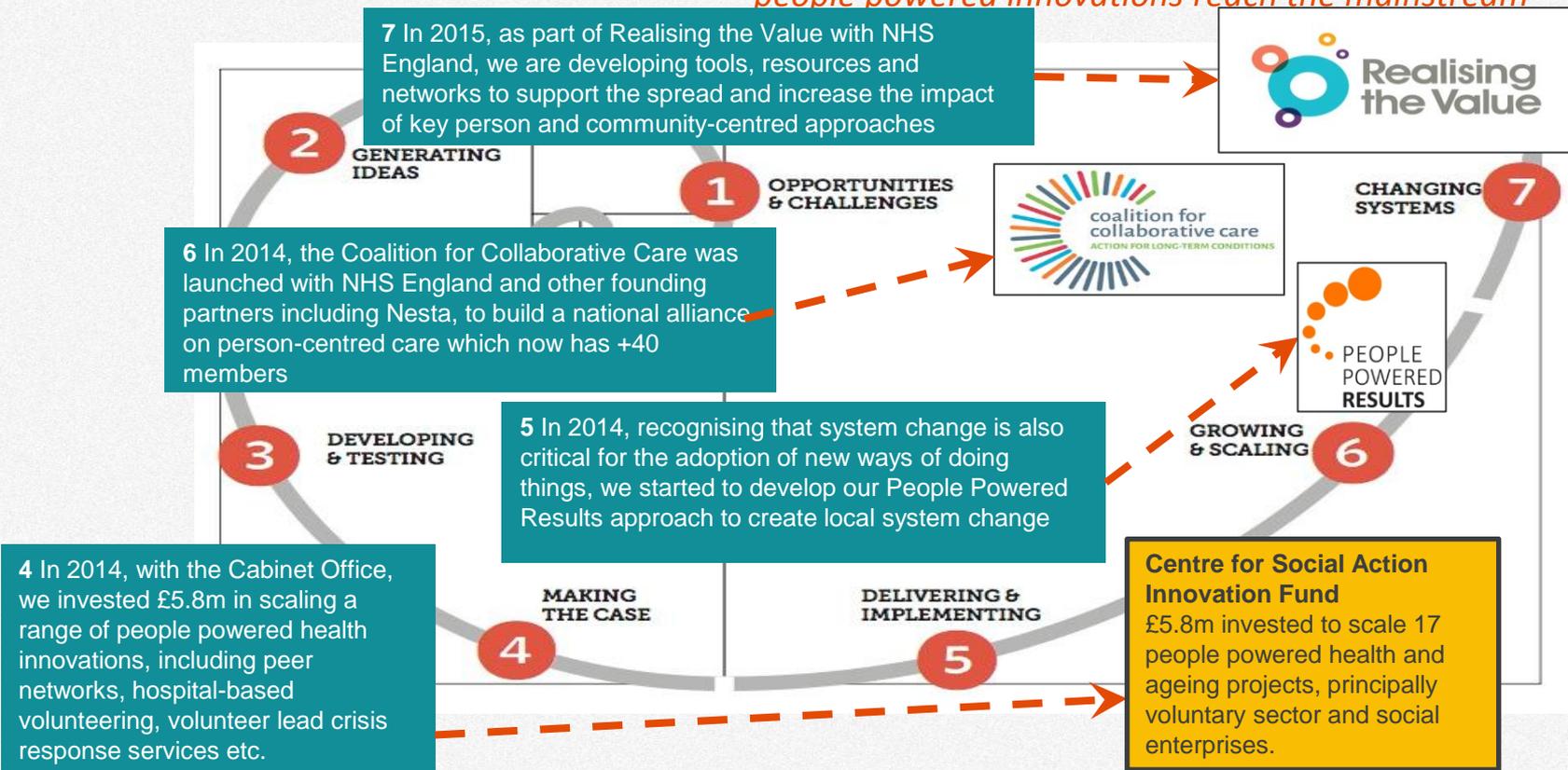
Health Lab

We have been working towards a more engaged and reciprocal relationship between citizen and healthcare professional for many years.



Health Lab

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



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



NORTH LONDON CARES

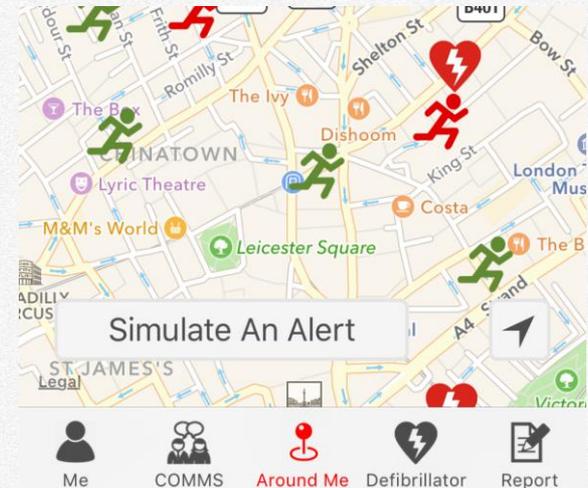


SOUTH LONDON CARES



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

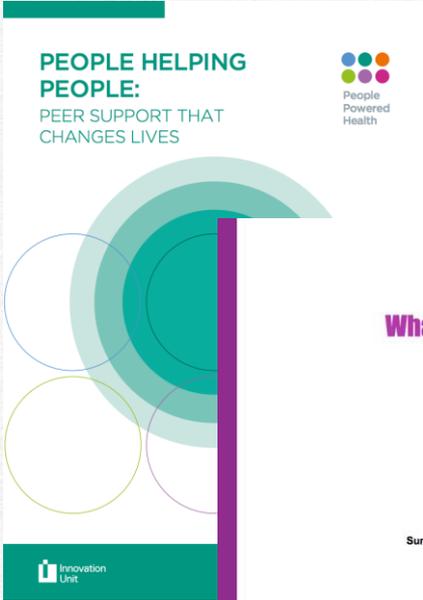
The British Lung Foundation



Peer support



Our commitment to peer support



PEOPLE HELPING PEOPLE:
PEER SUPPORT THAT CHANGES LIVES

People Powered Health

Innovation Unit

**Peer support:
What is it and does it work?**



Summarising evidence from more than 1000 studies

Nesta

National Voices
People shaping health and social care



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Boosting citizen participation and volunteering in health

The NHS is facing huge challenges. The great improvements in life expectancy in recent decades present us with fundamental questions about the way we organise public services. An estimated one in four people live with a long-term condition, and loneliness and social isolation are increasingly common problems for older people. Public service delivery models have yet to adapt to the pressing need for care and support options beyond institutional settings and traditional approaches.

Part of the answer must be to make better use of community resources and get greater levels of co-production in services. This will pave the way for the design of a greater range of options, offering choice, flexibility and the chance to respond to complex needs in a more sophisticated and patient-centred way.

Our recommendations:

1. Set up a 'Civic Institute' for people powered health to research and promote the social determinants of health; patient self-management and peer support, volunteering, family involvement and environmental and behavioural influences.
2. Launch 'People for Health' - a national volunteering programme for the NHS - creating a national body of volunteers empowered to make real impact and offering rewarding and varied roles and structured skills development opportunities.
3. Launch a Million Peer Initiative to kick-start a pledge to give everyone with a long-term health condition access to peer support.
4. Create a Digital Health Innovation Fund to find new techniques for matching people looking for support with peer support groups, matching people looking for support with peer support groups, matching people looking for support with peer support groups.

[DOWNLOAD FULL RECOMMENDATIONS](#)



Allie's Story

it associations collect and build up 'collective intelligence'

LYNDHURST ROAD TRAFFIC CALMING CAMPAIGN
[CLICK TO SIGN](#)

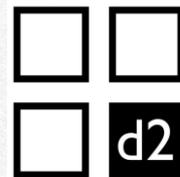
Stephen Collins

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.



Led by:



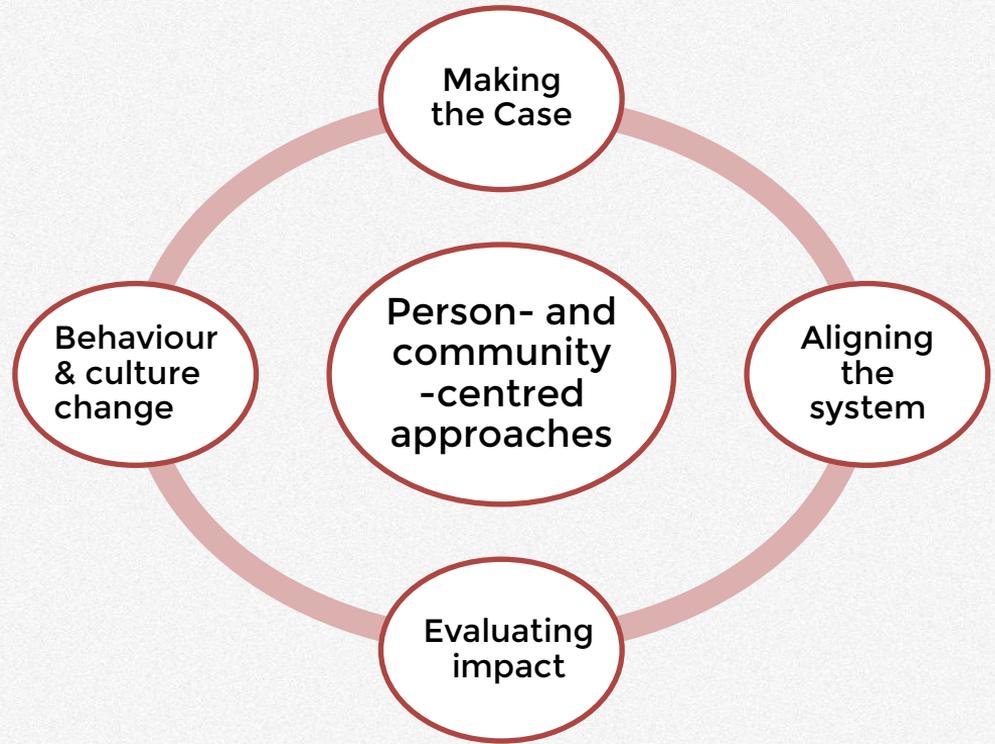
Funded by:



In partnership with:



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 a 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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