

The Life Rooms

A social model of health



**Gary Thorpe | Service Lead and Head of Integration. St Helens & Knowsley,
Warrington & Halton.**

Social Mission



Community is the starting point for all Life Rooms activity. The Life Rooms approach supports opportunities for collaborative working with communities to inform service design.

Life Rooms Activity



Life Rooms Activity

April 2020 to March 2022

11,022



visits to Life Rooms sites since reopening for face to face learning and pathways appointments in October 2021

11,395

CONTACTS took place with pathways advisors, which led to...

13,103 SOCIAL PRESCRIPTIONS



1,105

ZOOM sessions delivered



4,006

PEOPLE ATTENDED

728 face-to-face learning sessions in Sefton

2,141

PEOPLE ATTENDED

316 face-to-face learning sessions in Liverpool

3,789



successful proactive contacts were made with Mersey Care service users by the Wellbeing Support Team

30,440

VIEWES on The Life Rooms online learning videos since March 2020.



862

people signed up to The Life Rooms online learning platform (launched October 2020)



As soon as I started accessing groups, life started getting a lot better... **Life is a lot better than it was** because of The Life Rooms

I will definitely **recommend this service** to others in the future

Impact & Measurement

Health and care system

- Early evaluation work indicates potential reduction in clinical cost.
- Population Health & Data Linkage
- Releasing Clinical Capacity - Integration with Clinical Information Systems

The person, their carers and families

- Life Rooms *people* and *environment* are felt to be positive influences
- The Life Rooms are felt as *non-judgemental* and a *safe space* to *share experiences*
- *Self-development* and *self-awareness* are identified as significant outcomes for users of the Life Rooms
- *Social inclusion* offers positive impact on the lives of individuals; the Life Rooms are seen as places to facilitate this.
- *Development of personal goals* is identified as a positive outcome of the Life Rooms on individuals
- SWEMWBS analysis indicates a medium effect in the context of improved wellbeing for Life Rooms users

The community

- Over 100 community partnerships

Knowsley Life Rooms Pilot

- Mersey Care investment in a 12 month Pilot Programme operating from Kirkby, Huyton, Stockbridge, Prescott and Halewood Libraries.
- The service will focus predominantly on supporting Mersey Care service users accessing Kirkby Community Mental Health Teams, Early Interventions & Crisis Resolution Home Treatment Services.
- For the last 5 years, The Life Rooms has utilised the 'Elemental' digital social prescribing platform to connect people with community assets and evaluate both the impact of our partner organisations and also our own internal Life Rooms provision. In partnership with Elemental, Mersey Care becomes the first Trust in the country to provide Elemental inter-operability with our RiO clinical information system.
- This level of interoperability provides clinical teams with the ability to address social support needs identified and provide them with the ability to monitor any support delivered by The Life Rooms and its community partners. It also has the potential to free up valuable clinical time for higher acuity need. Crucially, the integration also offers voluntary and community sector organisations the opportunity to participate safely within a wider ecosystem of health and wellbeing as well measure their impact.

The Life Rooms RiO/Elemental Interoperability



GARY THORPE | Mid Mersey Service Lead, Head of Integration

THE DIFFERENT ROLES WITHIN SOCIAL PRESCRIBING

REFERRAL AGENTS

Consultant/ Nurse/ Social Worker (CMHT's/Recovery Team, EIT, CRHT)

Any clinical team member can have their Elemental social prescribing functionality in RiO activated through The Life Rooms. This will mean rapid, effective referrals can be generated in seconds to a number of hubs across Mersey Cares footprint.

REFERRAL HANDLERS

Pathways Advisors

The Life Rooms Pathways Advisor Service will receive referrals through Elemental from clinical teams and arrange to meet face to face or virtually at any of its hubs across the region. We have over 20 locations.

PROVIDERS

The Life Rooms or VCSE

An activity may be identified from within the Life Rooms Learning Offer to support wellbeing or alternatively selected and screened credible partners will be connected to the service user

Service User

Any Service User supported by the clinical Teams and services with the RiO and Elemental connectivity.



MEET OLIVER



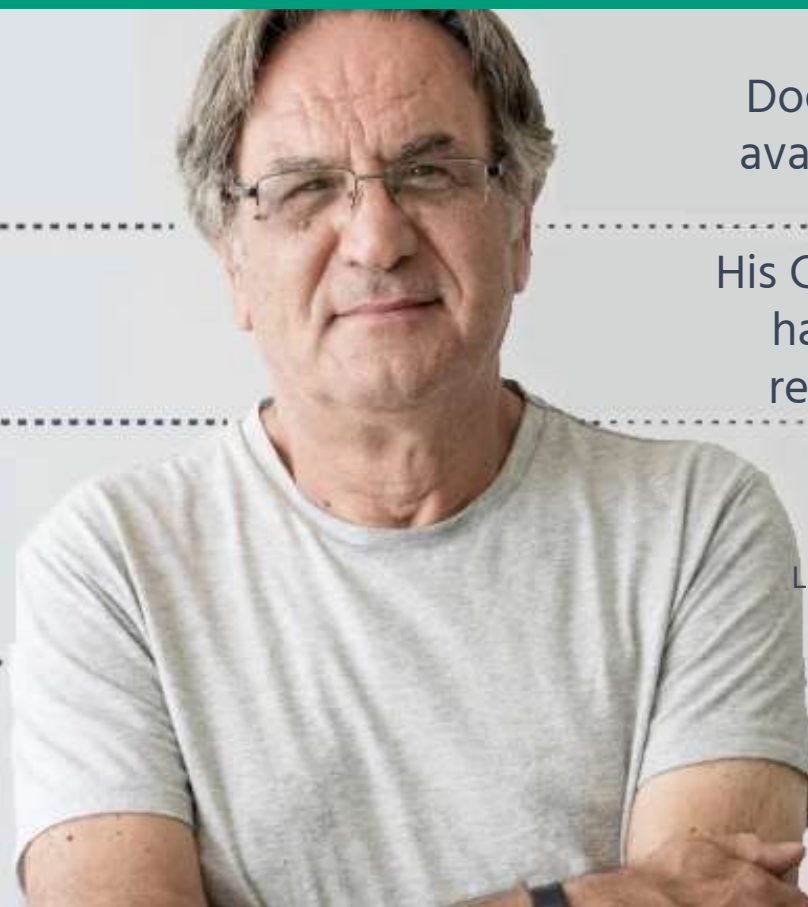
48 years old. Being supported by CMHT

Socially isolated and struggling to rebuild his life following

illness

Needs help with motivation to find suitable

accommodation and occupy his time



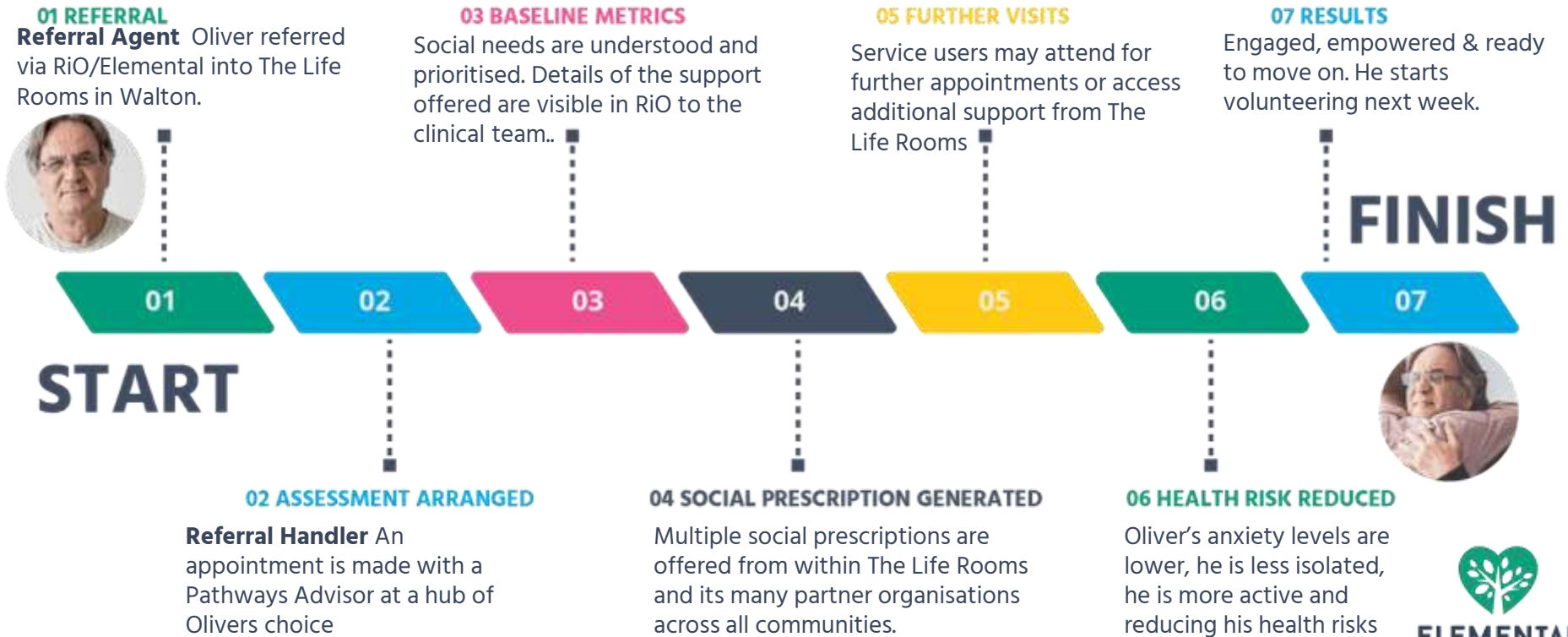
Doesn't know what's available to support him to move on.

His Care Co-ordinator has tried but she is really busy and has clinical duties to

attend to.

Low confidence and self-esteem. Increased anxiety. Little or no hope for his future. Social needs unmet.

HOW IT WORKS - OLIVER'S JOURNEY



RiO Elemental Connectivity Highlights

There are significant benefits to both our clinical teams and service users:

- The 'switch on' was easy.
- Any RiO user will then have access to Elemental services connected to The Life Rooms Social Prescribing service at the click of a button.
- Clinical staff will be able to immediately address and social support they identify when meeting service users.
- Through RiO they will be able to monitor the social support received from The Life Rooms and it's many partners.
- Baseline wellbeing measures can be taken pre and post social interventions to demonstrate impact on wellbeing.
- Freeing up clinical time. Leaving clinicians to work on clinical issues but assured that social support is being met through another Mersey Care Service.
- Patient Safety – accurate record of social support offered and accessed.
- Higher standard of data around our know service users.
- We are the first Trust in the country to have this interoperability.
- 356 RiO users connected to Elemental.
- 500 + referrals since 23rd September.
- Roll-out to all community based teams.



ELEMENTAL
The social prescribing people