

# The impact of Live Well Kent towards health-related outcomes and promoting self-management

## An evaluation by the University of Kent

Live Well Kent supports people's mental health alongside other aspects of their health, rather addressing it in isolation.

Launched in April 2016, the service brings together a network of local resources and services to help people address their mental, physical and social needs together.

We work in Kent's most deprived communities, connecting the hardest to reach, most vulnerable people with the help, information and skills they need to build healthy, independent lives.

Live Well Kent is delivered on behalf of Kent County Council and the NHS by two charities, Porchlight and Shaw Trust.

### Live Well Kent model of support

- **Primary prevention**  
Community conditions and factors such as social networks, housing, deprivation, community assets; strengthening communities to improve wellbeing and mental health.
- **Secondary prevention**  
Early intervention services.
- **Tertiary prevention**  
Focused support to enable the best chance of sustainable recovery.

### The aim of the evaluation

Porchlight funded an evaluation of the past three years to explore what works, for whom and in what circumstances to enable maximum impact on health and social care-related outcomes and use of health care.



### How was it done?

The University of Kent's Centre for Health Services Studies gathered data and interviewed clients, paid staff (employees across all Live Well services and network delivery partners) and wider stakeholders (GPs and commissioners, and voluntary organisations).

**7638** people accessed support between April 2016 and September 2019.

### Social return on investment

Our analysis found that **every £1** spent returned at least **£4** in social value. This is an estimated figure and we expect the actual return value to be higher.

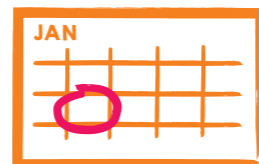


## What the evaluation found

**71.9%** of people who accessed the service said their mental health and wellbeing had improved

**95%** of people were contacted within two working days.

**70%** started with the service within one week.



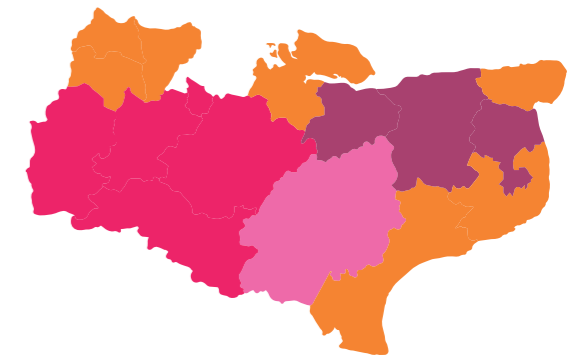
### Targeting support

Support is targeted where it's needed most. We have consistently supported more people than commissioned over the three year period and the number of clients with severe and enduring mental health issues continues to be much higher than the anticipated numbers set for the service.



We funded **34** different organisations, building civil society capacity and strengthening local communities.

**"In DGS and Swale there are 16 funded services, but they network with over 100 voluntary sector organisations. There's nothing else like that."**



### Employment approach

Live Well Kent provides a specific employment approach for people with a severe mental illness.

Over one third of the people we worked with went on to work more than 16 hours per week.



**Live Well Kent over time can act as a preventative service, supporting individuals and averting escalation of problems that impact on mental health and wellbeing.**

We target our support in the poorest communities because of the prevalence of mental health issues and social disadvantage.

**78% of clients** were from the most socially and economically deprived areas of Kent.

