



“connecting  
people2people, people2places”

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On behalf of the H2H team



# Overview



- H2H
- How it related to wellbeing research
- Evaluation
- Next steps...

# What is



students and staff volunteers from health and social care and the creative industries link with people of all ages and with diverse needs to jointly plan challenging events at heritage sites

# Our focus

- work with people who are, or perceive themselves to be excluded because of age, disability or the demands of caring.
- those who are socially isolated

Almost 1 in 3 people (15.4 m) in England suffer with a long term condition

1 in 5 people have a disability (*ODPM 2003*)

40% of individuals over 60, report having a limiting long-term illness (LLTI) (*Census 2001*)

# What is a challenge event ?

The historic and natural environment is used as a **creative space** to enable participants to design a shared challenge, either physical, creative or social.

**Participants work together** in groups to develop and share the challenge and support each other





- Physical challenge  
e.g. climbing the  
Tor, crossing a  
river ( 3 mile river  
walk, foot ferry)

- Art challenge – creating an art piece to link people to spaces, to depict the journey e.g. Anansi the spider



# Social challenge

- Connecting with people with diverse skills and abilities
- Working in a new 'group' – fun !
- Cross generations/class/culture



# Challenge events



- recognise and celebrate achievements, not limitations
- empower people to reach a new goal and develop skills
- create a 'shared learning' experience
- disregard traditional barriers between people
- evaluate the experience and give feedback

# Link with Wellbeing

- Beautiful spaces
- Social bonds
- Active participation
- Mutual understanding
- Building resilience – facing a challenge
- Therapeutic value of creative activities



# What are the benefits?



Evaluation is ongoing demonstrated a range of benefits for individual participants:

- Gained **deeper understanding**
- Loosening **traditional boundaries**
- **Challenging stereotypes**
- **Support for carers**
- Development of **new skills**
- **Introduction to to new 'worlds'**- the health/social care, creative industry and heritage/countryside - in a non threatening environment
- **Increased motivation to visit the natural environment and heritage**
- **Increased motivation to take part in activity** within the limits of individuals' health conditions increased

# Sense of achievement

- *“It was well worth it..I didn’t ever think I could do it (climb the Tor) ...but we took it a stage at a time everyone was so encouraging, I couldn’t have done it without all the help ..the chairs and sticks... and those two nice young men... the view was unbelievable!”  
(84 year old, 2007)*

*“ the whole emotional aspect that goes with having a child with a disability. A.. was just enjoying the moment (having just climbed the Tor) I never thought he’d do it !”*

(mother of 10 year old child with Downs Syndrome)

*“ As each person made it everyone cheered them...it was united “*

(climbing the Tor)



- *“..except going to the day centre, he has been trapped at home for seven years, and we would not have dreamt of going out for this kind of activity”*

(wife whose husband had experienced a stroke in 2001)

# Social bonds

*“Thoroughly enjoyed meeting all different people, young and older...lovely that everyone so friendly...”*

*Mother (aged 70) with two adult children with complex needs*

*“It was good to make new friends”*

*“I definitely like to go again ...and am looking forward to our get together”*

# Youth Volunteers 14 - 16

*“ We were treated like adults ...I didn't expect to be able to do so much”*

*“We were accepted by people who normally wouldn't give us a chance”*

*“I was made so welcome”*

*“ I would like to take my neighbour next time, she never gets to go out since her husband died, there is no one to take her”*

# Student Volunteers

- *“ It was fun to meet new people” “ I now know when to offer help and when not to”*
- *“It was good to see the problems that needed to be overcome,. to gain more understanding, to gain understanding of someone's life ...”*

# Student Volunteer

*“ As a volunteer I was there to help anyone who needed general help, holding a hand, luggage, to chat to and to listen to their lives...brilliant really....enjoyed interacting with people of all ages and making new friends... developing my communication skills, **to listen and to talk to people as human beings...** really good family atmosphere.... As a student you can get quite insular... nice to be around different types of people...”*

# Student volunteer

- *“During the preparation process I gained knowledge from every aspect of the planning, coordination and implementation stages ..... to be a part of the team who has helped to make the day such an enjoyable and memorable one. One participant, a 55 year old lady told me how happy she was because, she has never had the opportunity to be on a boat all her life”*

# Beautiful spaces

*“Its fantastic countryside...you couldn't want for more..”*

*“The best bit is being outside.”*

(Ham House and Marble Hill 2008)

# Heritage feedback

- Increased access
- Assisted review of facilities
- Enhanced understanding
- Assisted interpretation



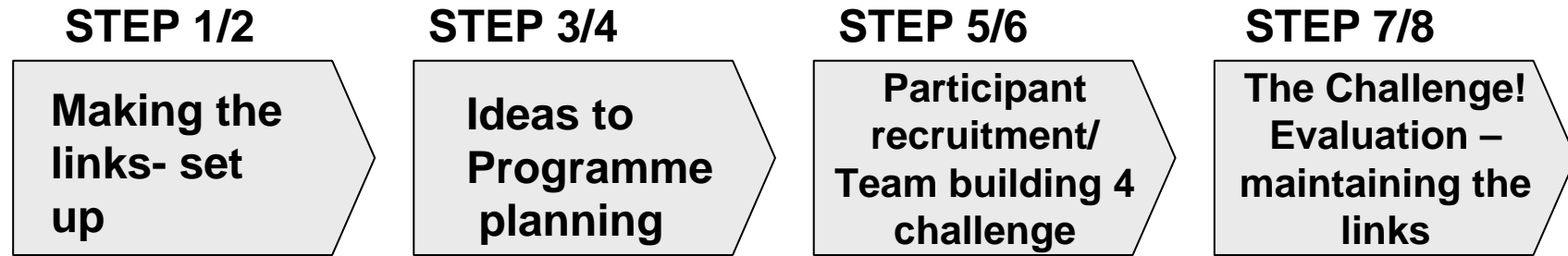
“ It was Fantastic” – ( property manager 2008)

*“a **learning experience for our staff** in preparing them for diversity .....aided communication skills development with people with a range of disabilities, particularly for those with learning disabilities – learning “in action”.*

*“Enabled us **to reflect on our facilities** and maybe enabling more ‘touch’ objects, also the interpretation of the property for people with variant disabilities”*

*“Assisted a range of people to access the property who wouldn’t normally – **helping us to meet our inclusion objectives**”*

Heritage staff gave no negative feedback concerning the event.



What is the  package?

- Facilitated access to sites
- Training in philosophy and Approaches
- Planning *resource* and support materials
- Support through process/evaluation
- Membership to network and use of brand
- Sustainable link – vouchers /volunteering



**CHANNELS**

**INTERACTIVE WEBSITE**

**NETWORKS**  
Face-to-Face /  
Telephone Contact

# We now have *Prototype resources*

- **Publicity material** :event flyer, **DVD**, Draft pitch( students/staff)
- **Sample programmes** :planning event , meet and greet event, challenge event
- **Templates** :budget , booking forms, sample confirmation letter, medical forms,
- **Risk Assessment**,
- **Funding**; exemplars sponsorship letter,
- **Evaluation**; forms and ideas, certificate
- Stories as exemplars

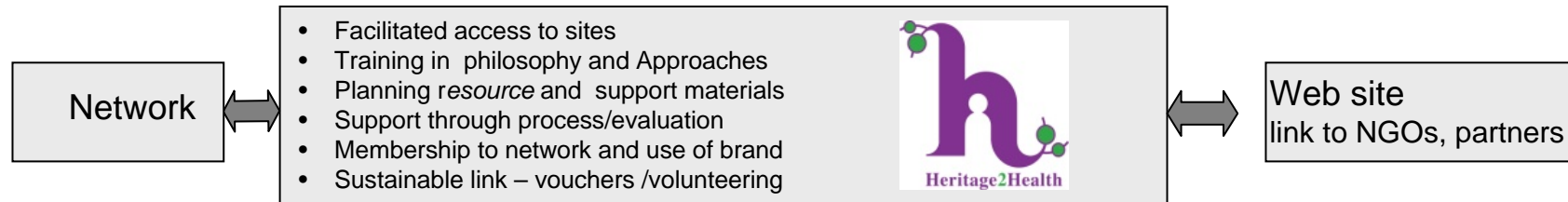
- We would like  to reflect/ stand for a ‘high quality partnership’ so that all sectors understand what involvement means.
- Members would be ‘signing up’ to the philosophy: the approach; be conversant with how  works ; agree to feedback evaluations and be part of the network.

# Next steps .....

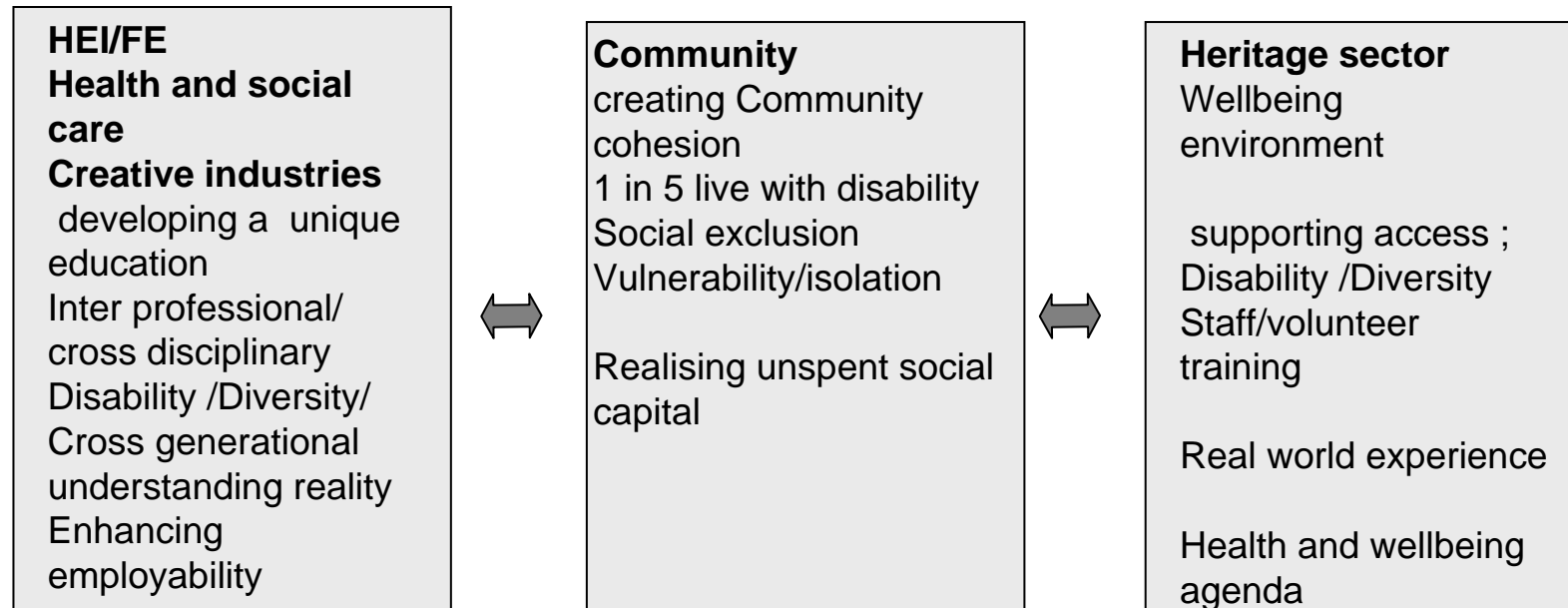


- Selecting sites/partnerships to test the approach, training, support, resources and methods of sustainability
- Launching a new membership/network organisation to deploy the h2h package

***H2H is a uniquely creative and flexible response and solution to sector issues, through realising unspent social capital in communities***



Challenge events: an approach and model to link three sectors for mutual benefit – realising capabilities through participation



Health and wellbeing ; DH policy; building resilience; participation