

Health and Wellbeing Event

17th October 2017

Evaluation Report

This report will look at the outcomes of a collaborative Health and Wellbeing (HWB) Event between University Hospitals of Morecambe Bay and Lancashire Teaching Hospitals. The decision was taken to hold a collaborative event to allow us to test a more sustainable approach to HWB events. Based on feedback from service representatives who currently attend on average one HWB event per month across Lancashire and South Cumbria, a collaborative event puts less demand on their time but still enables them reach the same number of people.

The area of Garstang, Preston was selected as the location for this collaborative event as it is halfway between Preston (Lancashire Teaching Hospitals) and Lancaster (University Hospitals of Morecambe Bay). This also enabled us to reach a population of people that would otherwise be required to travel a large distance to attend an event.

When trying to identify an appropriate venue a thorough options appraisal was carried out against a range of venues in the area. The questions within the appraisal were carefully selected and a weighted scoring system was applied against the answers. The venue with the highest score was Garstang Country Hotel and Golf Club and so the afternoon of 17th October 2017 was chosen as the appropriate date and time.

Invitation letters were sent out to people who had completed treatment within the previous 3 - 12 months and the specialist nurses promoted the event in their clinics. Posters were placed in hospital oncology waiting areas, in the Macmillan Cancer Information and Support Centres, sent out to the local GP practices in Garstang as well as being placed on notice boards in a range of public places in Garstang. Local cancer charities promoted the event as well and it was advertised on the social media of Macmillan Cancer Support in the North West and Lancashire Teaching Hospitals.

On the day of the event 56 people living with and beyond cancer attended the event as well as 35 carers, family members and friends, making a total of 91 people in attendance. There were also representatives from 29 services and support groups from across Lancashire and South Cumbria.

Upon arrival, everybody signed in and received an information pack containing a guide about the support services, Macmillan post-treatment information booklets and contact details for the local Macmillan Cancer Information and Support Centre. Everyone then had opportunity to browse the information stands, talk to stall holders and each other, enjoy refreshments, network and listen to presentations.

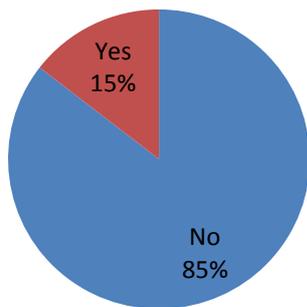
The decision was made to invite evaluation comments from patients, carers and friends and family. A system was set up whereby in exchange for their completed evaluation forms, people could collect a raffle ticket to be in with a chance to win a 'Wellbeing Hamper'. We had a 68% response rate.

Demographic Data

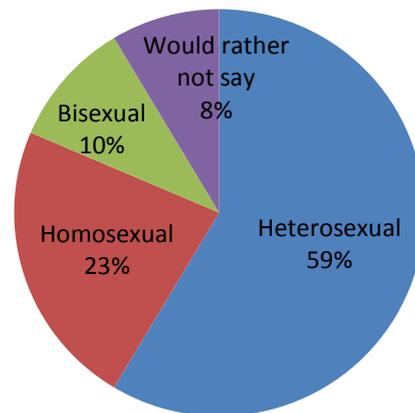
As part of the evaluation data that we collected from patients, carers and family and friends, we collected a number of different demographic data. By collecting this data, we found that of those attended 56% were male and 44% were female. Out of those attended only 5% was from the 20 - 49 year old age category. Therefore 95% of our attendees were 50 – 89 years old. Also 96% of attendees identified themselves as White British, 2% as White Other and 2% would rather not say.

Other demographic data that we collected included:

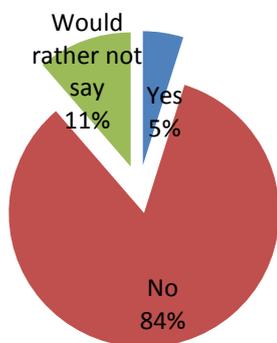
Percentage of those with a disability



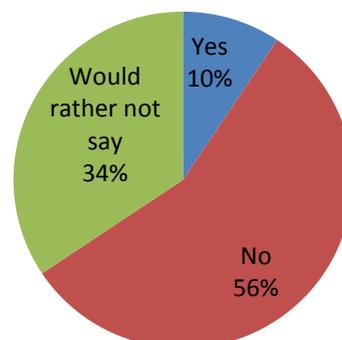
Percentage of Sexual Orientation



Percentage of those whose gender identity is different than the sex assigned at birth

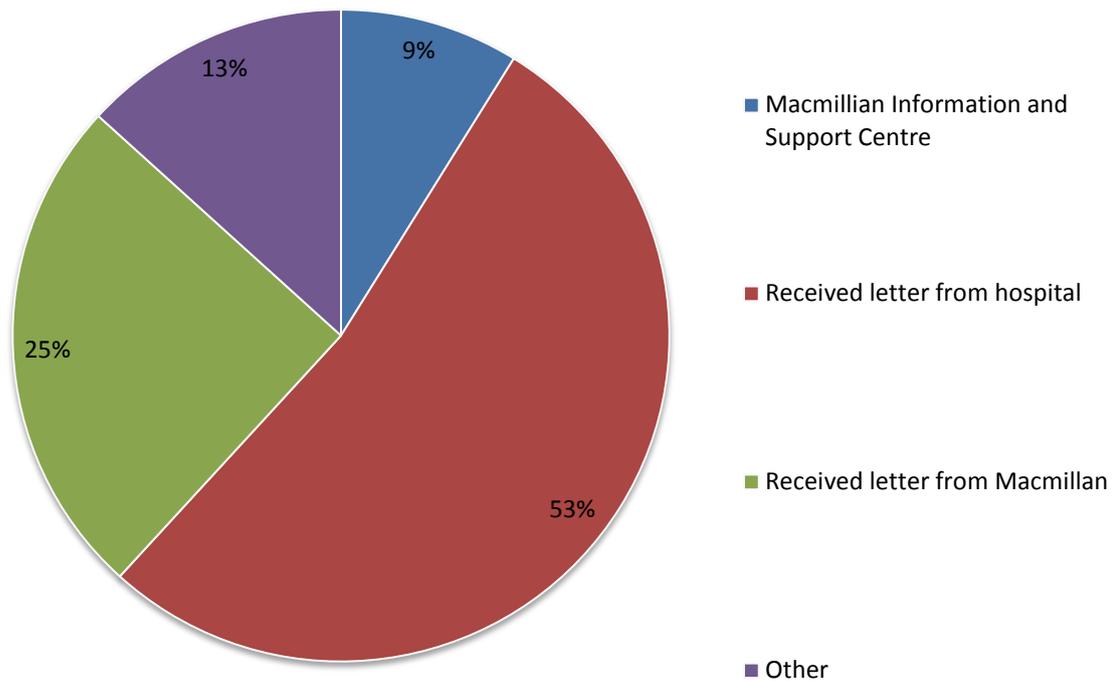


Percentage of those with a Religious Belief



Evaluation questionnaire

How did you hear about the Health and Wellbeing Event?



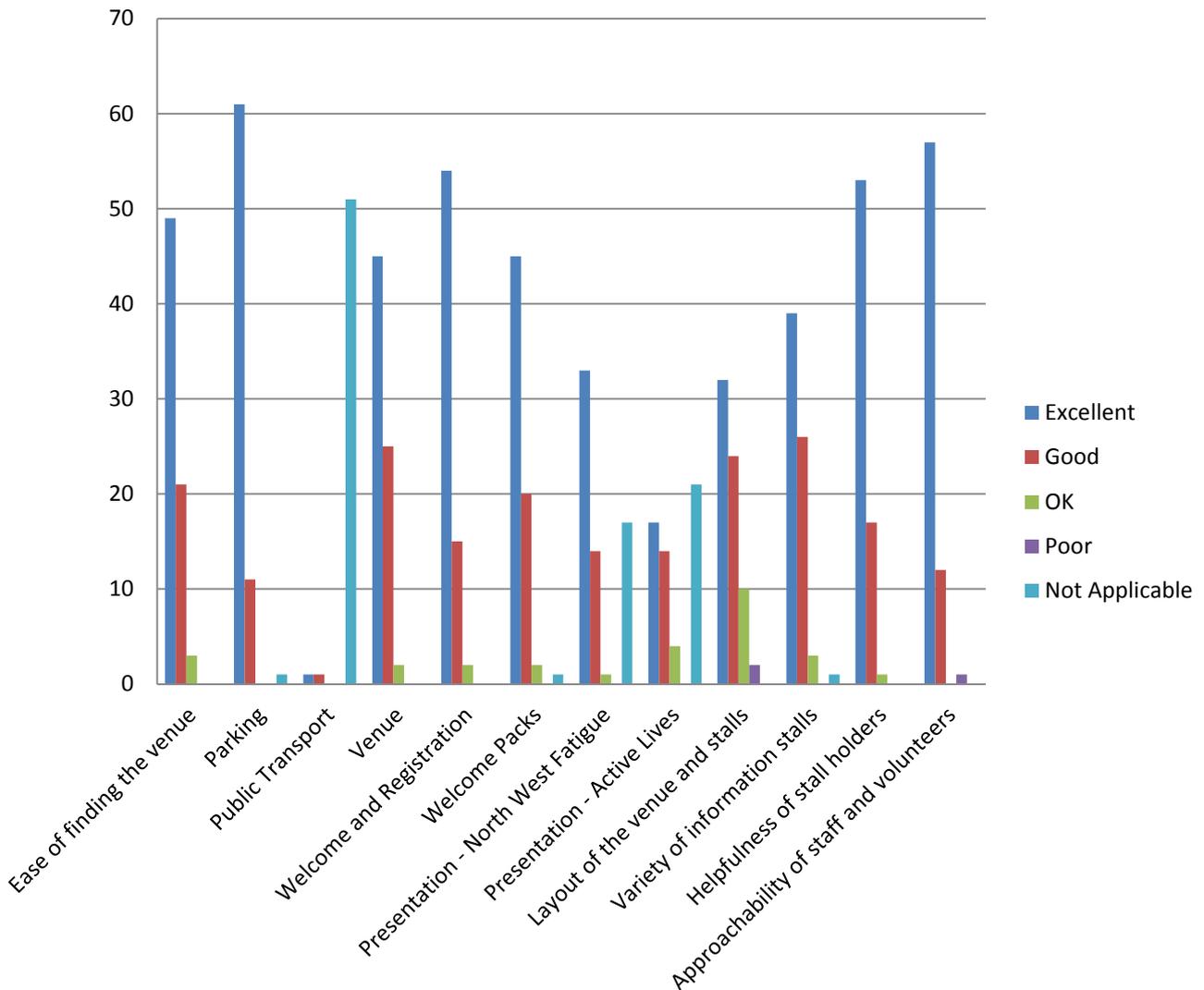
This question was asked to people to try and identify the most effective invite method. The invitation letters that were posted out were branded with the trust logo from the respective locality as well as the Macmillan logo. This means that those who stated that they received a letter from the hospital and those that received a letter from Macmillan actually received the same letter.

Of those that selected 'other', a third of people were made aware of the event from local cancer charities and support groups, a third came with someone who had received a letter and the remainder saw a poster in the Macmillan Information and Support Centre, were informed by their GP or heard from the Living With and Beyond Cancer team.

Therefore, **78 %** of people heard about the HWB event from a letter of invitation.

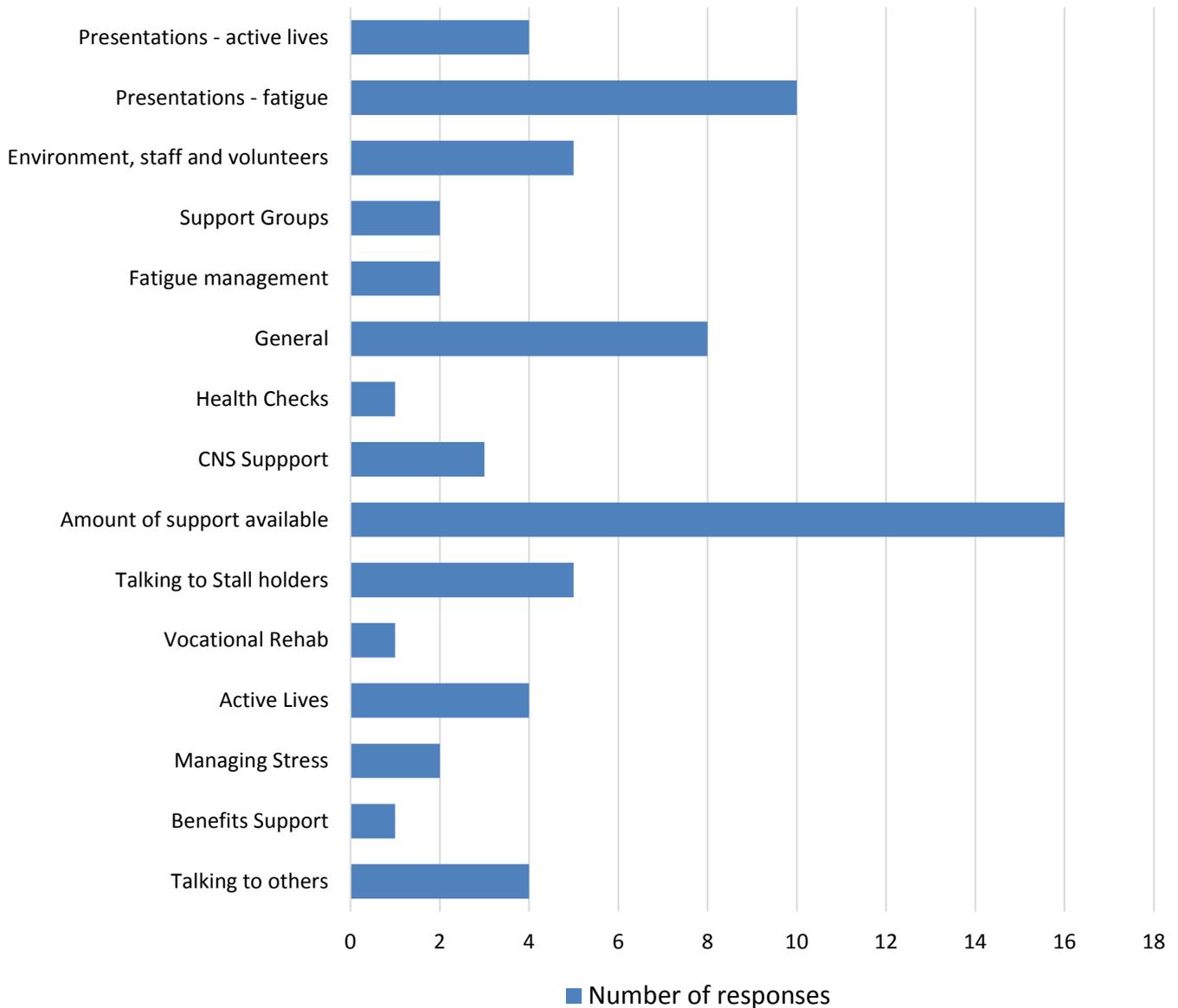
Nobody responded saying they had been signposted to the event from their CNS.

Ratings on various aspects of Health and Wellbeing Event



The attendees rated the Health and Wellbeing Event on various aspects. These included ease of finding the venue, venue itself, welcome and registration, presentations, layout of event, helpfulness of stall holders and approachability of staff and volunteers. The excellent rated excellent in most aspects. 67% rated ease of finding the venue as excellent and 29% as very good. The venue was rated excellent by 63% of attendees and very good by 35%. Welcome and Registration was rated as excellent or very good by 97% of attendees. The presentations by North West Fatigue and Active Lives were rated as excellent or very good by 73% and 55% respectively. The helpfulness of stall holders was rated as excellent by 75% of attendees and very good by 24%. 98% of attendees who completed the evaluation form rated the approachability of staff and volunteers as excellent or very good.

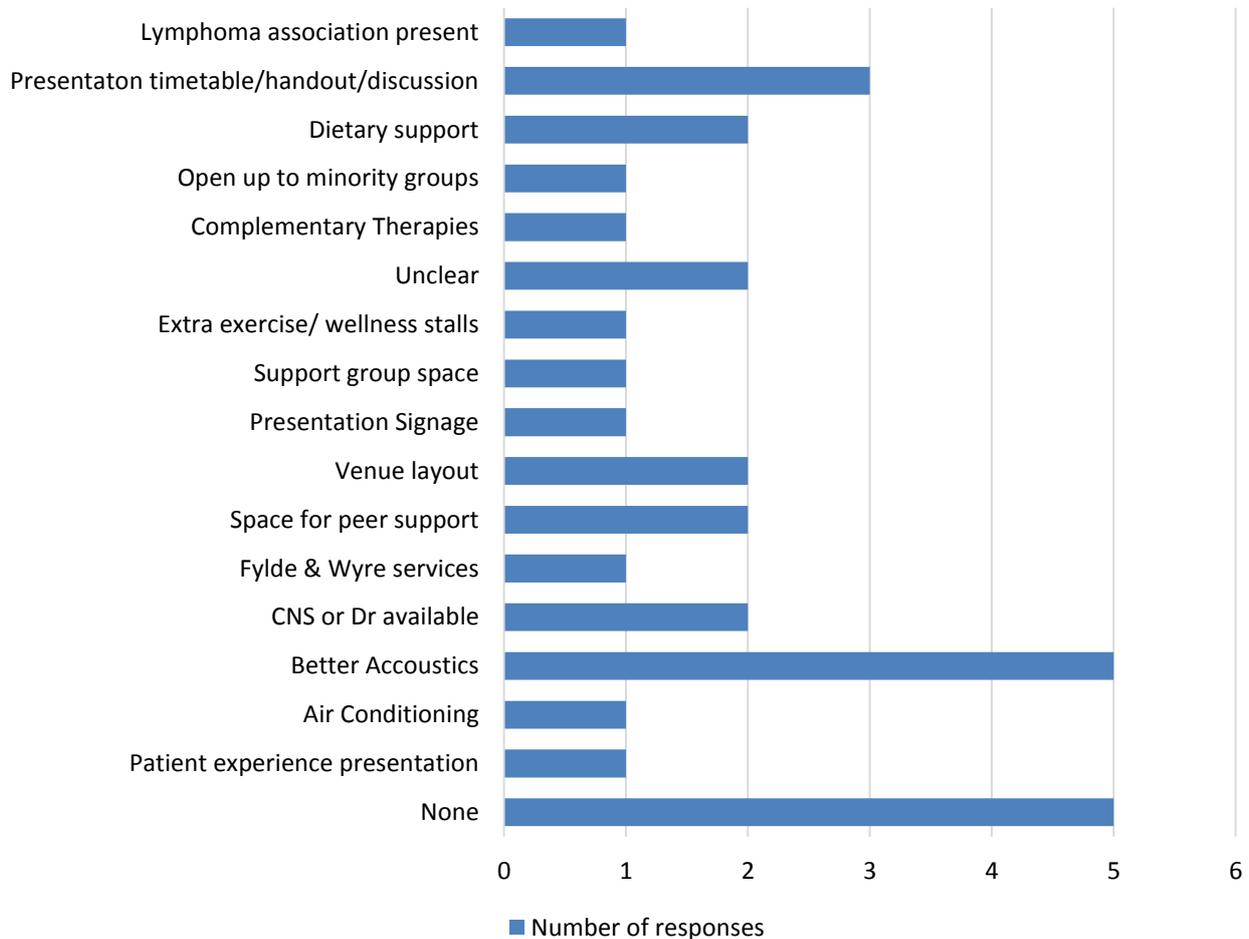
What was the best aspect of the event?



The chart above categorizes the comments made by the attendees for what was the best aspects of the day and the number of responses received from that category. Some comments made by attendees included;

- 'To be able to speak to survival 'patients' in one place was very good'
- 'New comprehensive information re: lymphoedema treatment and referral process. All stalls extremely approachable and helpful'
- 'Everything! I am 8 months post treatment and found all the advice, guidance and support invaluable for keeping me motivated to stay on the right trace of wellness'

What aspect of the event would you improve?



The chart above categorizes the comments made by the attendees for what aspects of the event would they improve and the number of responses received from that category. Some comments made by attendees included;

- 'I honestly cannot think of anything you could add... Maybe a presentation from a cancer patient who has been through treatment. Speak from their experience as reassurance and hope for those that are at different stages'
- 'Break out room for a 'group' session? This may provide an opportunity for individuals to release anxieties'
- 'I saw no members of the Afro-Caribbean/Asian communities - better communication might encourage them to attend in future'