

Health and Wellbeing Event

23rd January 2018

Evaluation Report

This report will look at the outcomes of a Health and Wellbeing (HWB) Event by University Hospitals of Morecambe Bay.

The Globe Arena in Morecambe was selected as the location for the first HWB Event in the Lancaster/Morecambe area. 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 The Globe Arena and so the afternoon of 23rd of January 2018 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, as well as being placed on notice boards in a range of public places in Lancaster and Morecambe. Local cancer charities promoted the event as well and it was advertised on the social media of Macmillan Cancer Support in the North West.

On the day of the event 74 people living with and beyond cancer attended the event as well as 29 carers, family members and friends, making a total of 103 people in attendance. There were also representatives from 15 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 Macmillan helpline. Everyone then had opportunity to browse the information

stands, talk to stall holders and each other, enjoy refreshments, network and listen to presentations.

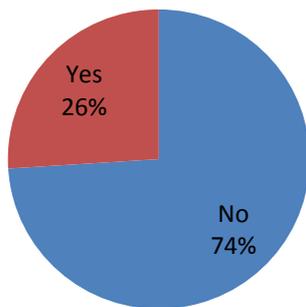
The decision was made to invite evaluation comments from patients, carers and friends and family. We had a 73% response rate.

Demographic Data

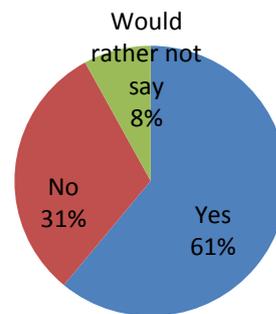
As part of the evaluation data that we collected from patients, carers and family and friends, we collected a number of different demographic data. By collecting this data, we found that of those attended 41% were male and 59% were female. Out of those attended only 17% was from the 20 - 49 year old age category. Therefore 83% of the attendees were 50 – 89 years old. Also 99% of attendees identified themselves as White British and 1% as White and Asian.

Other demographic data that we collected included:

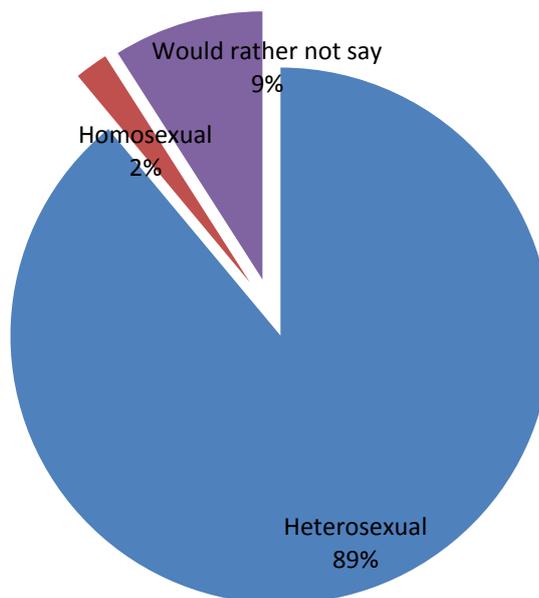
Percentage of those with a Disability



Percentage of those with a Religious Belief

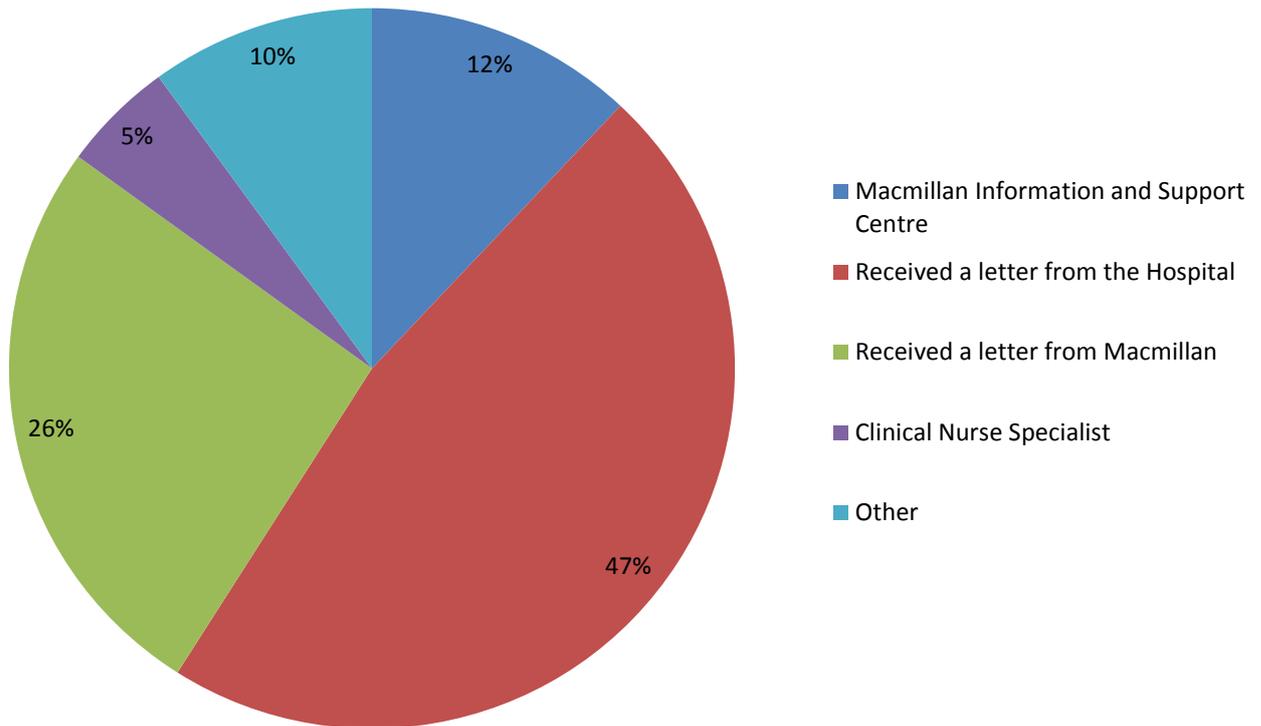


Percentage of Sexual Orientation



Evaluation questionnaire

How did you hear about the Health and Wellbeing Event



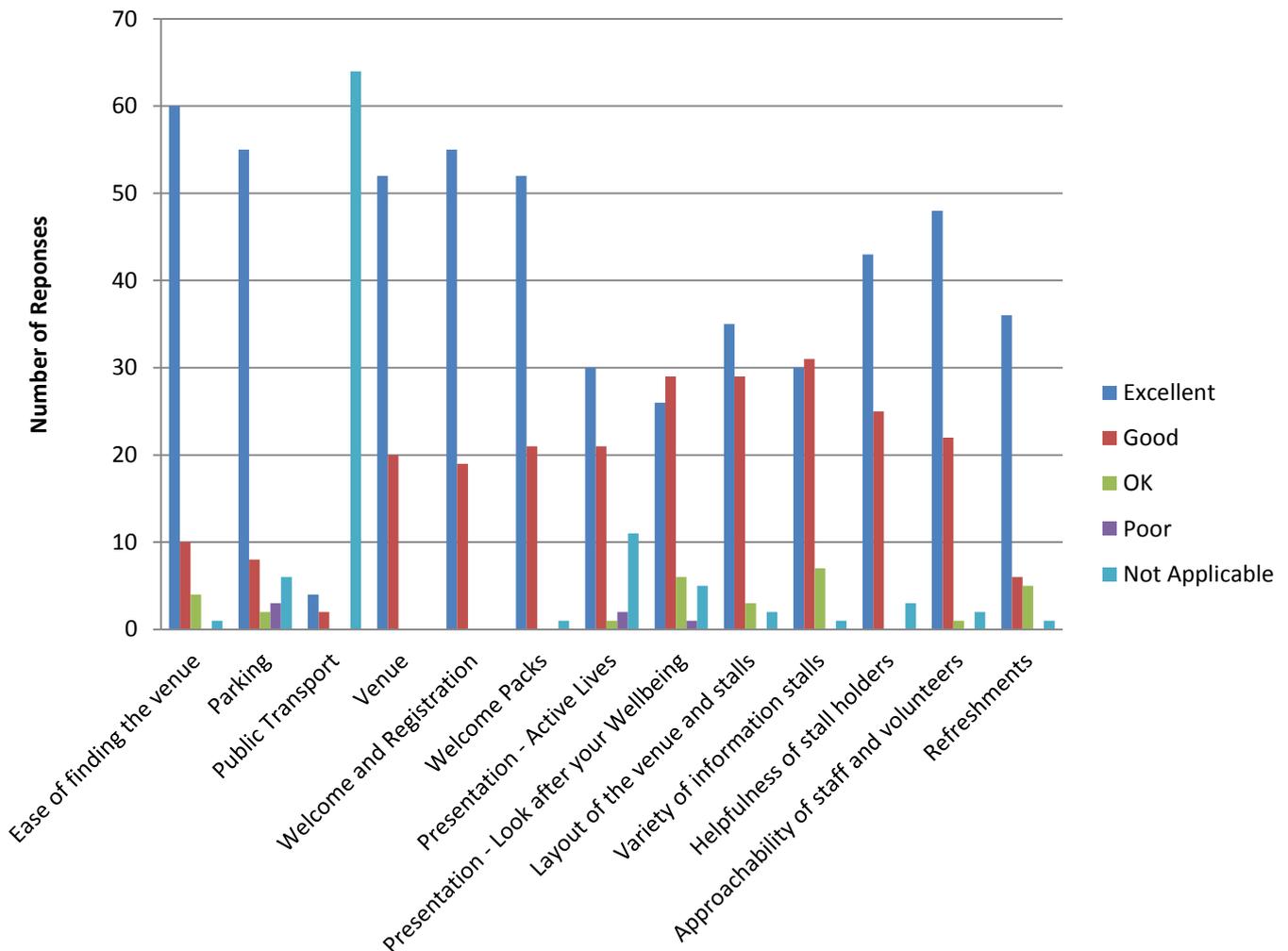
This question was asked to people to try and identify the most effective invite method. The invitation letters that were posted out were branded with the trust logo as well as the Macmillan logo. This means that those who stated that they received a letter from the hospital and those that received a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

Of those that selected 'other', two third of people were made aware of the event from local cancer charities and support groups and a third came with someone who had received a letter.

Therefore, **73 %** of people heard about the HWB event from a letter of invitation.

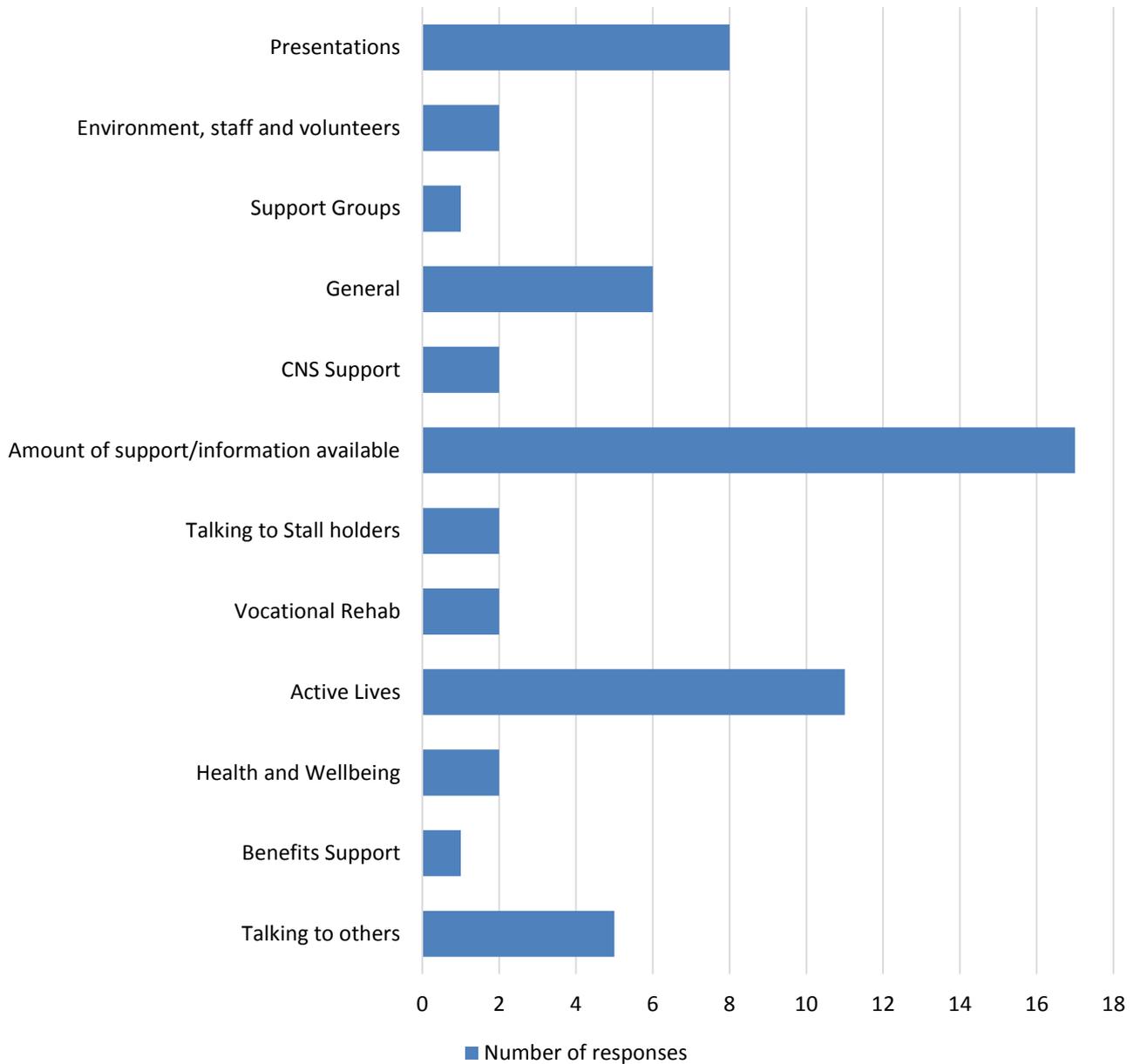
Only 5% responded saying they had been signposted to the event from their CNS.

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 attendees rated the event excellent in most aspects. 80% rated ease of finding the venue as excellent and 13% as very good. The venue was rated excellent by 72% of attendees and very good by 28%. Welcome and Registration was rated as excellent or very good by 100% of attendees. The presentations by Active Lives and Lancashire Wellbeing Service were rated as excellent or very good by 78% and 82% respectively. The helpfulness of stall holders was rated as excellent by 61% of attendees and very good by 35%. 96% of attendees who completed the evaluation form rated the approachability of staff and volunteers as excellent or very good.

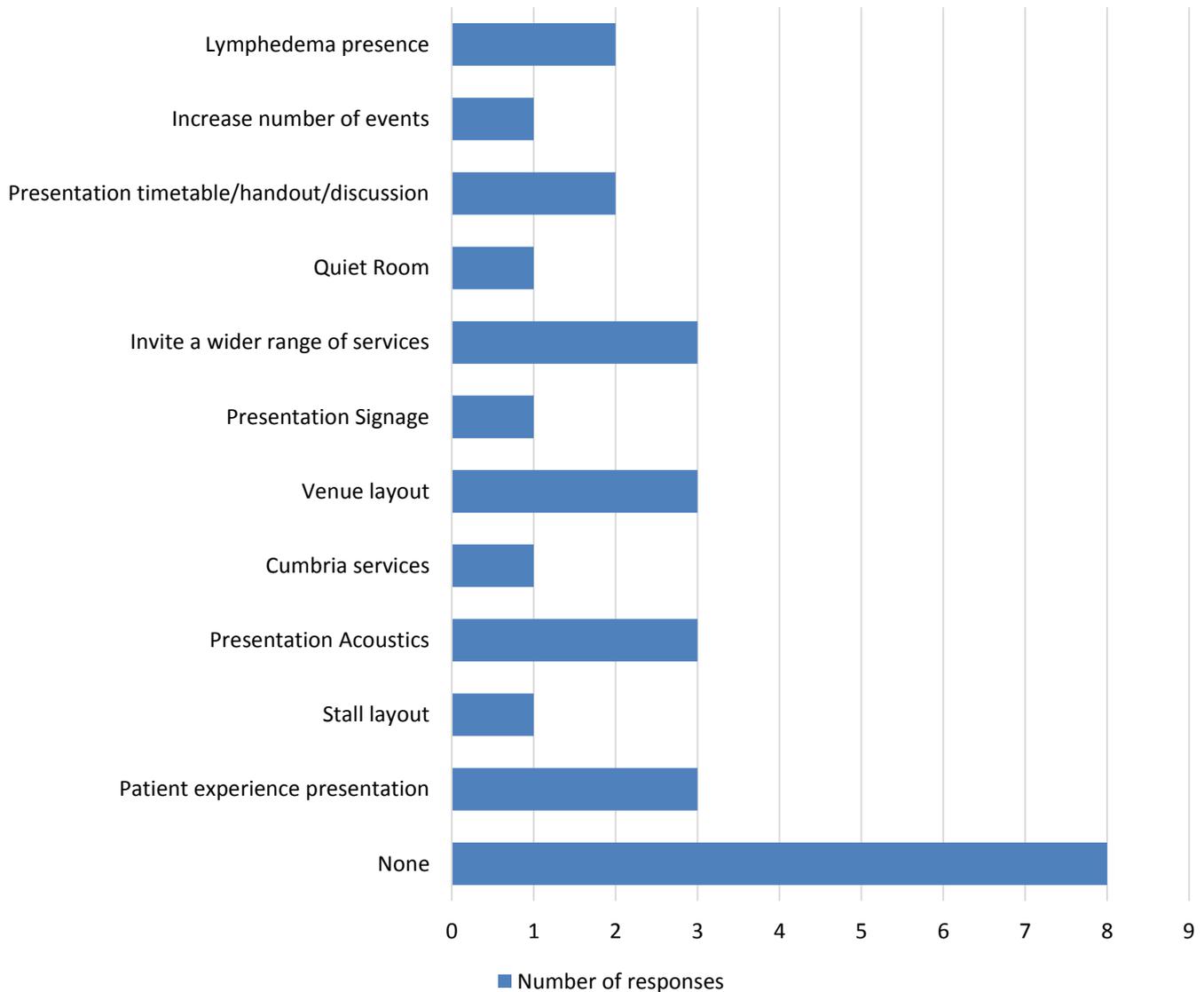
What was the best aspect of the event?



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

- 'Meeting survivors. This was really encouraging.'
- 'I thought the speakers were very informative and was particularly impressed by the enthusiasm of them both and the help available to keep fit.'
- 'It was good to see the event covered a wider scope of wellbeing for people in different situations.'

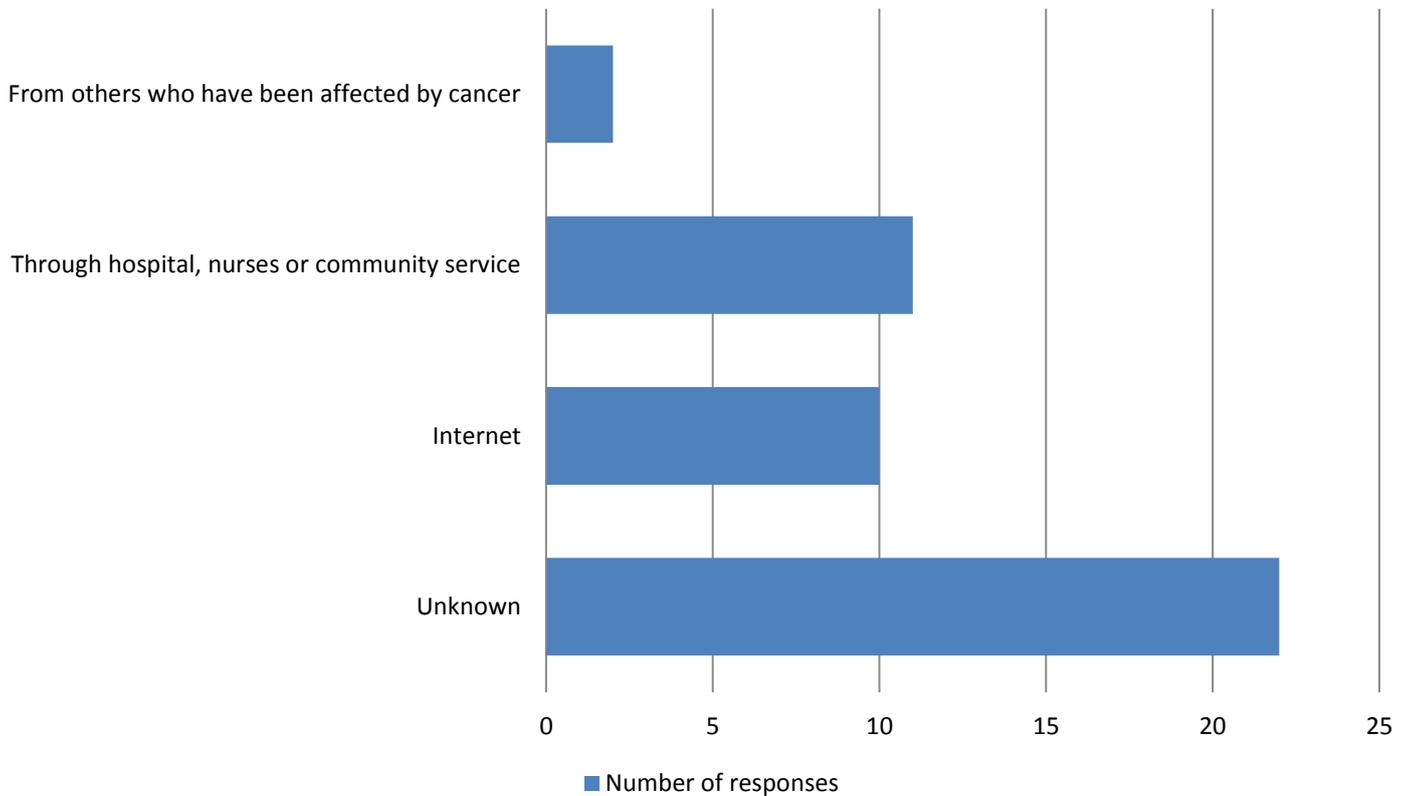
What aspect of the event would you improve?



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;

- 'Put chairs (or a chair) next to stalls, so if someone is suffering from fatigue they can sit while waiting and talking to stall holders.'
- 'Hearing a story about someone being motivated whilst going through cancer treatment.'
- 'Perhaps an opportunity to sit quietly to talk to stall holders rather than across a table.'

How would you have got this information and support if you had not attended this event?



The chart above categorizes the comments made by the attendees for how would they have got this information and support if they had not attended this event and the number of responses received from that category. Some comments made by attendees included;

- 'Would probably not have known about the services.'
- 'I haven't managed to make the links with services and I have struggled for years.'
- 'Do not think I would!'
- 'No idea.'
- 'Internet but good to have face to face.'
- 'Not sure - Facebook?'
- 'Had some information from Macmillan nurses from breast clinic. Also from oncology unit.'
- 'Through doctor or social services.'
- 'Via Macmillan at Lancaster RLI.'
- 'Talking to other patients.'