

A photograph of a chain-link fence with heavy metal chains draped over it, set against a clear blue sky and a building in the background.

Myself in June 2017

# The problem

Job loss really impacts people's mental wellbeing...  
and no specific service from DWP in this space

Depression and anxiety are  
4–10 times more prevalent  
among people who have been  
unemployed for more than  
**12 weeks**

*Royal College of Psychiatrists, 2008*

Research shows that people who are **unemployed** consult their GPs more often than the general population.

# The Solution

Signposting mental health resources  
in a friendly, personal manner to  
those who have just lost a job.

*“Making the DWP more of a friend than a foe.”*

## KPIs to measure performance

- Answers to how are you feeling today? AVG score along a timeline
- Usage increase or decrease of the service after x amount of days → systems of alerts to receive more personalised help (web push notifications)
- Download of apps and active users, web visits – average session duration
- Referrals to other apps (Calm, HeadSpace, FutureLearn) and active users there

## Universal Credit To Do's

Nationality

Housing

Who lives with you?

Work and earnings

Savings and investments

Your Wellbeing App



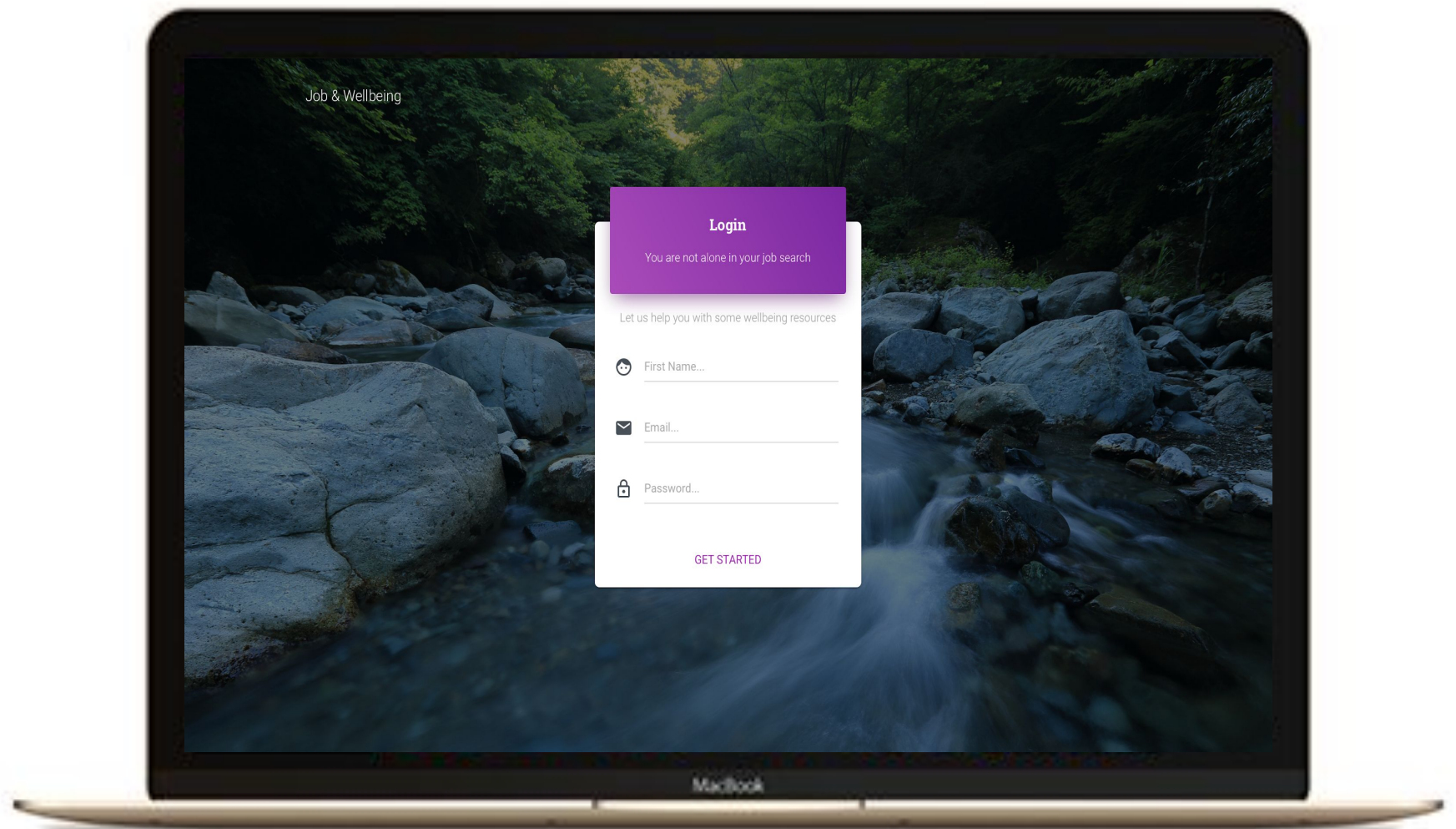
Try the wellbeing app support  
for people newly out of work.

## What happens when the user visits us?



Access to all Privacy policy of the app - under GDPR we are legally

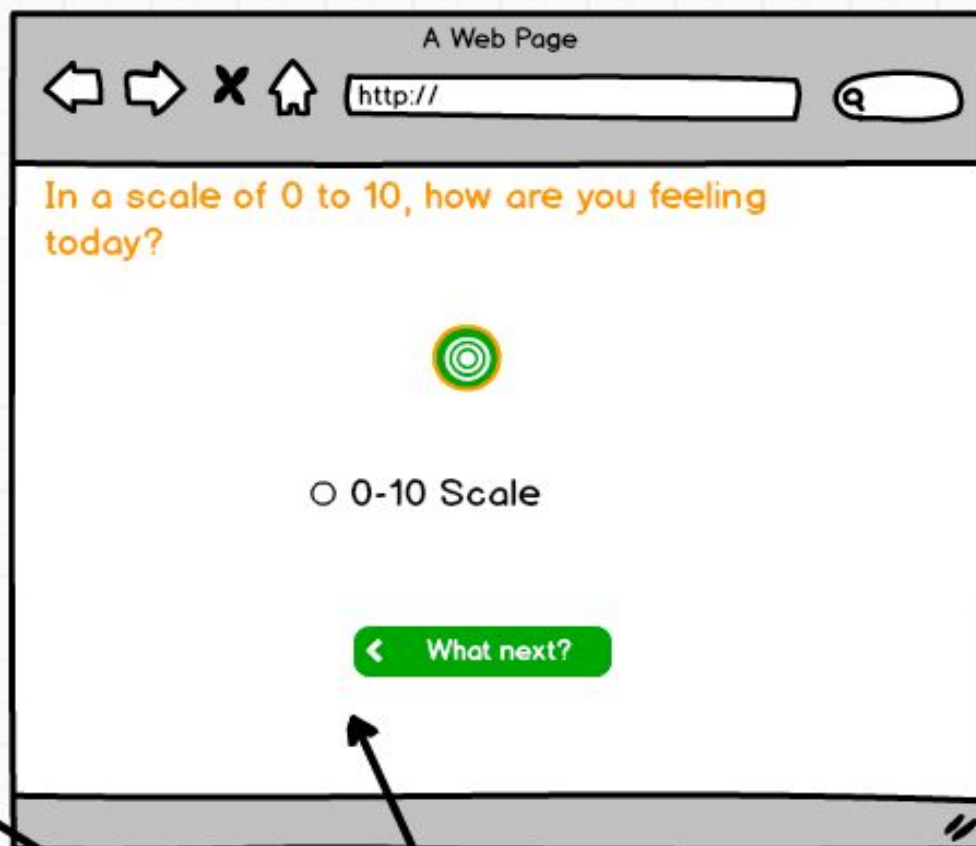




<https://hackthenorth2.github.io>

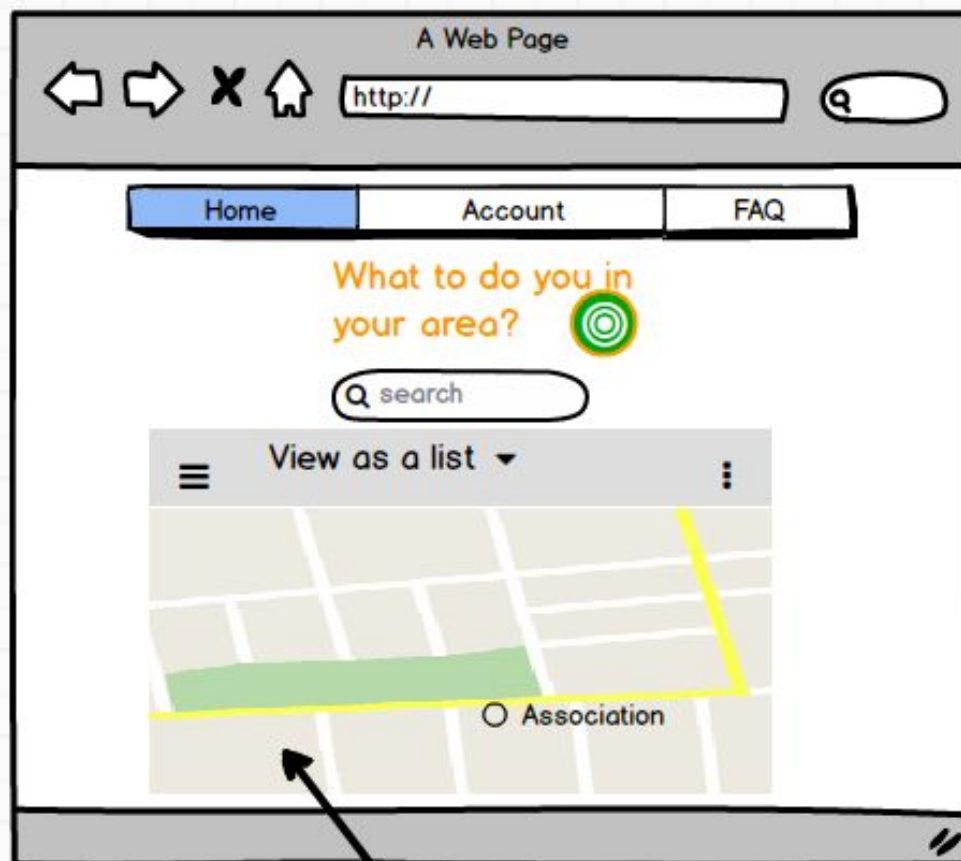
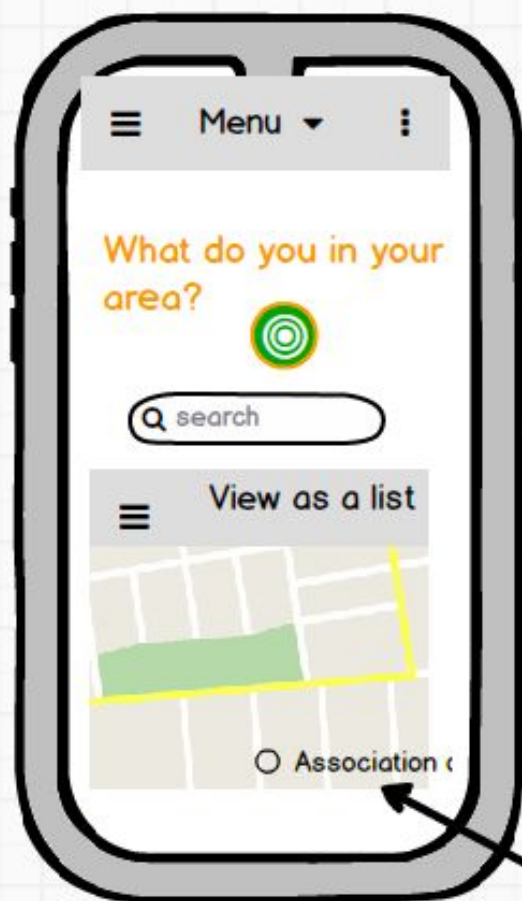


10 = 😊



The rating is important because it is a KPI to know how the user is feeling and map his evolution against a timeline. At a second stage it can be used to provide tailored advice / customised content (with explicit consent)

## What to do in your area?



This could be anonymised and shared with job coaches in given areas



# WELLBEING PRESCRIPTION

## NOTE

Did you know that Alvanley Family Practice Health Champions can offer so much more than you think. Check the list below to see if any of the services or activities may be of interest to YOU. Just put a tick in the box of those you like the look of, complete your name and contact details and pop it in to reception. Alternatively you can email us with your inquiry and details to: [stoccg.healthchampions@nhs.net](mailto:stoccg.healthchampions@nhs.net) or telephone **0161 426 5757**

## PART 1

*I am interested in receiving more information about the following:*

- ☐ **Weekly Walks** - Every Wednesday 12 o'clock from practice
- ☐ **Coffee and Conversation** - Feeling alone, fancy a chat?
- ☐ **Social Events for New Mums** - Don't feel isolated and alone
- ☐ **Pram Pushers Walk** - Bring along junior for a friendly walk
- ☐ **Singing for Health** - Monthly Singalongs with the Champions
- ☐ **Knit and Natter** - Friendly banter with like minds
- ☐ **IT Skills** - Let's get you started with the basics
- ☐ **Telephone Support** - A friendly voice on the end of the line
- ☐ **Practice Allotment** - Growing and much, much more!
- ☐ **"Veg on prescription"** - Grow it, cook it. eat it !!!!
- ☐ **SMILE Sessions** - Armchair Exercise; Walking Football etc.
- ☐ **Feed the Birds** - Our scheme for wildlife and wellbeing
- ☐ **Arc Centre** - A variety of arts for relaxation & wellbeing
- ☐ **Introduction to Volunteering** - Why not get involved?
- ☐ **Community Organising and Listening** - Short course

## PART 2

*I understand that the details I give will be passed to the Alvanley Family Practice Health Champions who will then contact me with the information I have requested*

Name: \_\_\_\_\_

## Second stage

- Interaction with job coaches
- Leaflets at job centres
- Personalised push notification based on activity
- Access with Universal Credits account
- NHS Data sharing
- Coordination with NHS apps (Be Mindful)

Prototype Link:

<http://www.hackthenorth2.github.io>