

Community Wellness: Co-Creating Communities where Humans Thrive



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The Challenges:

- NHS on brink of collapse.
- Widening health and social inequities.
- Stress and burnout epidemics.
- Focus on symptoms and illness, diagnoses and labels.
- Chronic illness and disease rates rising.
- Pandemic of mental ill health.
- Increased reports of disconnection, loneliness and lack of purpose.
- Medical model separates and treats the mind, body systems as different entities.
- Health care staff retention and recruitment crisis.

Community Wellness Model:

- Rebuilding what makes us human.
- Creating places where people can heal and connect in genuine community.
- Human centric, whole person approach.
- Focus on the origins of human distress and illness and addressing unmet human need.
- Inclusive, accessible, non hierarchical and non-judgemental culture.
- Asset based supporting individuals to have agency for their own health.
- Founded in the science of traumatic stress , neuroscience and Human Givens psychology.
- Offering a range of social, creative and nature-based activities and therapeutic interventions.
- **Leadership** -we flip the natural hierarchy supporting participants to become community leaders.

Research

- Bangor University is conducting an evaluation of the services provided by Community Wellness.
- A realist evaluation, identifying not only what works, but the context services work in and why they work, in combination with a social value analysis to provide a holistic evaluation.
- Protocols for the literature reviews of the realist and social elements have been published in academic journals or are currently being reviewed for publication.
- Data collection is ongoing and is informed by literature reviews, observational data and advice from an expert panel.
- Indications are that Community Wellness adds the following to its participants lives:
 1. A unique atmosphere that is both welcoming and therapeutic
 2. A series of activities / services that address the individual in a holistic manner
 3. A proxy relationship function
 4. Respect



Participants:

- Age 2 years to 86 years
- 34% under 18yrs
- 54% on medication at entry point
- 41% employed

Community of Partnerships:



Reimagining Primary Care:

Community Wellness started for the most marginalised , but now people from all walks of life including GPs, counsellors and coaches are asking to be trained and supported as part of this movement.

Enablers:

- An award- winning transformational model that is tried and tested
- Increasing demand for an alternative approach to the biomedical approach by paying and non-paying customers
- A network of health and helping professionals requesting training

Barriers:

- A mismatch between strategy and funding priorities

Operational Model:



Impact:

- 91% of participants report an improvement in wellbeing after attending 1 CW session
- Testimonials confirm reduced medication use, recovery from trauma, reconnection with purpose and even prevention of suicide

"I've tried to kill myself several times, but thanks to this group, I won't try again." Nicola, participant

"Community Wellness saved my life." John, participant

"I've been a GP for 28 years and the Community Wellness Project has been the single most transformational service offered to my patients in all my time in practice." Dr Tanner - GP

Next steps:

- Secure sustainable funding – funding ended Nov 24
- Formalise Associate model
- Commercialise the CW model
- Expand the tried and tested educational and training offers for Primary health care professionals and organisations (currently working with the Depend network of GP practices)
- Roll out of workplace wellbeing offers