

Head 4 Health Evaluation Report



June 2022

The Centre for Sport, Physical Education & Activity Research
(*spear*)

About *spear*

The Centre for Sport, Physical Education & Activity Research (*spear*) is located within the Faculty of Science, Engineering & Social Sciences at Canterbury Christ Church University. *spear* undertakes a range of evidence-led analyses, from critical commentaries and reflections on current policy and practice, to commissioned research, evaluation and consultancy.

The Centre's research is funded by a range of national and international funders such as the International Olympic Committee, World Health Organisation, Terre des Hommes, Department of Health, Department for Education, Youth Sport Trust, Chance to Shine, Premiership Rugby, Sport Birmingham, parkrun UK and Sport England. Recent work has focused on sport, physical activity, health and wellbeing in schools and communities.

Research conducted by *spear* helps guide and inform public policy by contributing to the wider evidence base used by policy makers, providing a rationale for government and commercial investment, and steering programme improvements that enhance the experience of practitioners and participants.

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Head 4 Health evaluation undertaken by *spear* and commissioned by Wolverhampton Wanderers Foundation. Evaluation Report produced by *spear*.

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Context

About Head 4 Health

Head 4 Health is funded by the Premier League, Professional Footballers Association, City of Wolverhampton Council and Wolverhampton CCG. The project has been running since 2018 and aims to improve the mental and physical wellbeing of adults over the age of 18. Head 4 Health uses the power of the club and Premier League brand and the appeal of Molineux stadium to engage people unlikely to access traditional support services.

Head 4 Health gives people the chance to come together and take part in physical activity, education and conversation. It is delivered in a structured, routine way through a six-to-eight-week cohort, with the opportunity for sustained engagement through Extra Time activations. Head 4 Health activities include mental health support, stress management and alcohol awareness workshops; inspirational speakers; physical activity sessions; participant interest activity groups; Extra Time sessions and catch-ups; and Walk and Talk sessions. The project also provides timely access to one-to-one counselling.

Wolverhampton Wanderers Foundation works with a range of organisations to inform, support and deliver Head 4 Health. Partners include representatives from the City of Wolverhampton Council; Service User Involvement Team (SUIT); Samaritans; NHS Healthy Minds; Recovery Near You; MIND; Starfish; and Serenity Counselling.

About *spear*'s evaluation

spear has been commissioned from November 2021 to June 2022 to conduct an independent evaluation of Head 4 Health. The evaluation is designed to evidence impact on key stakeholders, explore challenges faced, showcase effective practice, provide recommendations and develop a framework to support impact capture and Head 4 Health development post-evaluation.

Data informing this report are drawn from 185 Head 4 Health survey returns from 99 participants; three site visits to project sessions; site visit interviews and focus groups with participants and deliverers; and 13 telephone interviews with stakeholders including eight partners and one participant.

The Report is divided into five substantive sections: Engagement, Delivery, Insight, Impact, and Lessons Learnt. Headline Findings, Recommendations, a Feedback Framework and three Case Studies are also presented.

Key Head 4 Health outcomes

- Improvement in well-being and decrease in stress levels.
- Increase in participants' willingness to share experiences, thoughts and feelings.
- Progression of participants into volunteering or paid work or enrolling on a course.
- Increase in knowledge of stress management techniques.

Key research questions

- How has Head 4 Health impacted engagement, wellbeing and progression?
- What have we learnt about engaging, supporting and progressing people in and through Head 4 Health?

Head 4 Health Headline Findings

Across 2019-2022, Head 4 Health engaged 721 participants (627 male, 94 female) and delivered 41 cohorts. Targets for 2022-2025 are to engage 800 participants (600 male, 200 female) and deliver 50 cohorts.



Head 4 Health activities include mental health support, stress management and alcohol awareness workshops; inspirational speakers; physical activity sessions; participant interest activity groups; Extra Time sessions and catch-ups; Walk and Talk sessions; and access to one-to-one counselling.



Head 4 Health partners include representatives from the City of Wolverhampton Council; Service User Involvement Team (SUIT); Samaritans; NHS Healthy Minds; Recovery Near You; MIND; Starfish; and Serenity Counselling.



Partners see the unique value of Head 4 Health for the people of Wolverhampton and the city as a whole. Head 4 Health is seen as a trusted model that supports partners' priorities and ambitions and provides a tangible opportunity for collaboration that increases organisational exposure, reach, remit and sustainability.



Participants joined Head 4 Health with low levels of wellbeing and moderate to high levels of stress. After taking part in Head 4 Health, WEMWBS, PSS and CORE-OM scores show a 17% increase in wellbeing, a 17% decrease in stress and a 49% decrease in psychological distress. Participants say their mental wellbeing (61%) and quality of life (63%) is better, they feel more motivated (73%) and they enjoyed taking part (91%).



Head 4 Health is seen to raise participants' aspirations, motivating them to pursue further education, volunteering or paid employment. These developmental opportunities have the potential to support positive, sustained progression in participants' mental health, wellbeing and quality of life.



The breadth and depth of Head 4 Health support, effective partnerships, sense of community, welcoming environment, and club and Premier League brand and assets are seen by participants and partners as key to the impacts observed.



Reported challenges for Head for Health include participant attendance, the association with football for some people, and the pandemic and restrictions on face-to-face delivery.



Partners would like to see greater reach and representation (organisations and underrepresented groups), and participant volunteers co-producing Head 4 Health delivery.



Head 4 Health recommendations include encouraging cohort completers to volunteer for Head 4 Health; providing ongoing support beyond the cohorts; initiating cross-sector partnerships; taking the Head 4 Health offer to targeted communities; collecting, reflecting on and sharing evidence; and building support and advocacy across the spectrum.



Engagement

2022 output targets for Head 4 Health are to:

- Deliver 10 sessions per week
- Engage 40 participants per week through cohort engagement
- Engage 30 participants per week through Extra Time sessions

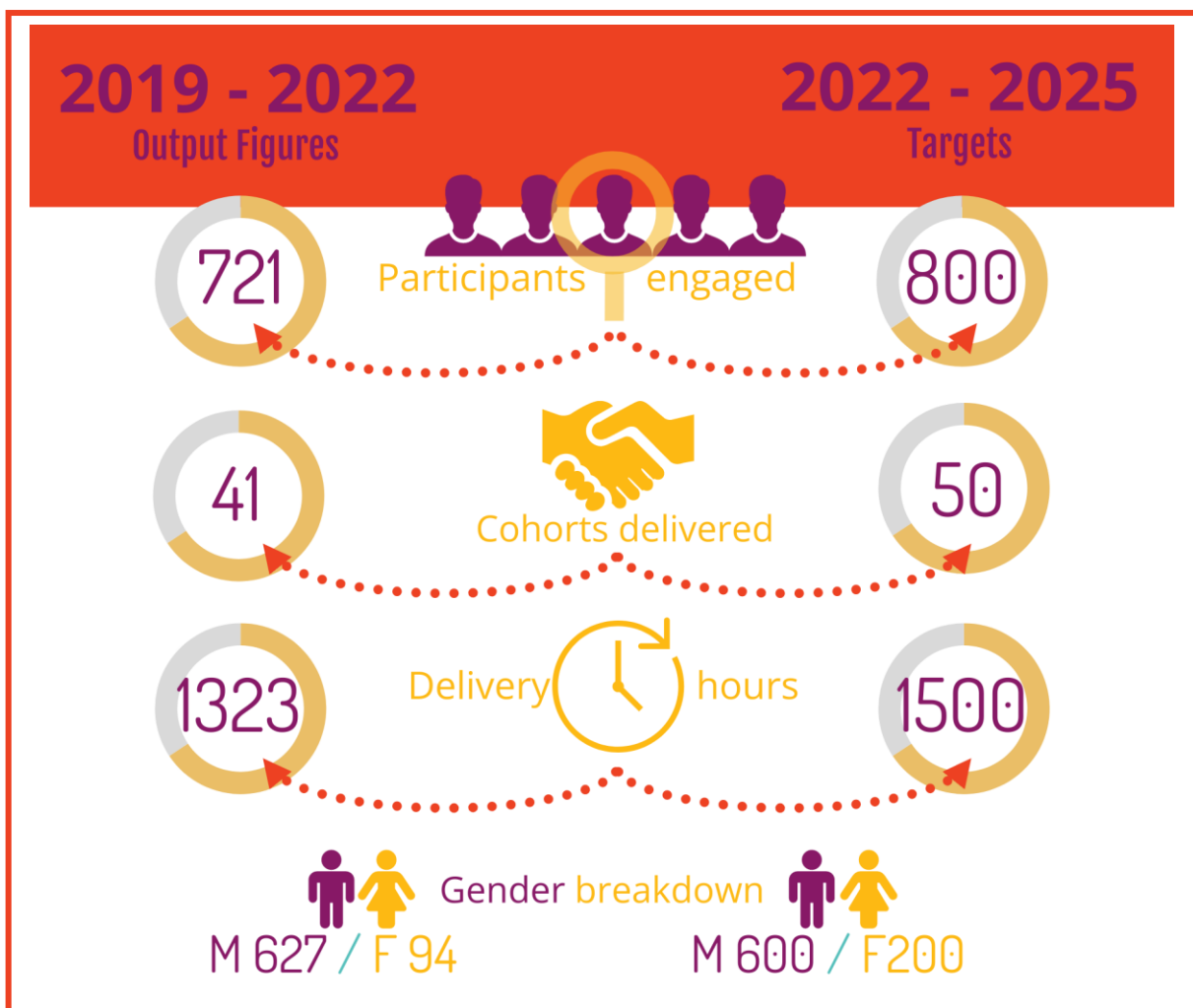
As of June 2022, Wolverhampton Wanderers Foundation are meeting all session delivery and engagement targets for Head 4 Health.

Output figures across the three-year funding cycle from March 2019 to March 2022, and output targets for the new three-year funding cycle from March 2022 to March 2025, are presented below.

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We set the challenge to the Wolves Foundation to engage people facing additional issues in life that mean motivation to become physically active, to talk about mental health, to seek support is probably relatively, understandably, impaired compared to the general population... It was a tough ask because we wanted them to engage with those that typically are going to need mental health and wellbeing support the most, and I think they've done that.

Jamie Annakin, City Council



Delivery

Head 4 Health is delivered in a structured, regular format across six to eight weeks, with Extra Time sessions and catch ups offered for further support. Cohort delivery includes mental health support, stress management and alcohol awareness workshops; inspirational speakers; physical activity sessions; participant interest activity groups; and Walk and Talk sessions. The project also facilitates one-to-one counselling.

Partners supporting Head 4 Health delivery include Jason Spreckley, Development Worker for SUIT; Latasha Burrows, psychological wellbeing practitioner from NHS Healthy Minds; Jilly Shearwood, community worker from the Samaritans; Ruth Ashton and Emma Gregory, social workers from Starfish Community Mental Health Social Hub; and Simon Caulton, an inspirational speaker.

Head 4 Health sessions, workshops and activities are mostly delivered at Molineux Stadium, home of the Premier League football club, Wolverhampton Wanderers. The stadium provides an appealing, accessible venue for Head 4 Health activities and capitalises on the engagement power of the club and Premier League brand.

Head 4 Health has delivered to male cohorts since 2018, and in 2021 a female cohort was introduced. The programme is evaluated iteratively to ensure accessibility, representation and engagement from groups likely to be disproportionately impacted in respect of challenges to their mental, social, emotional and physical health.

People are recruited directly to Head 4 Health or are referred from partner agencies. People may also be referred from Head 4 Health to other services if additional support is required beyond the six-to-eight-week cohort and Extra Time sessions and catch ups. Wolverhampton Wanderers Foundation have partnered with Serenity Counselling and face-to-face counselling is now built into Head 4 Health. This provides timely access to bespoke support and is unanimously viewed as a significant, positive addition to the project.

Activity sessions are an integral part of Head 4 Health's offer. In addition to supporting people's physical health, the activity sessions aim to support engagement, interaction and communication. Creating a relaxed, welcoming environment that encourages easy conversation about difficult issues is a tenet of Head 4 Health delivery.

The scope of support provided through Head 4 Health aims to help people build the 'toolkit' they need to deal positively with challenges to their health and wellbeing. This breadth of provision, alongside the brand power and the commitment of staff and partners is seen as key to the appeal of Head 4 Health and its impact in engaging and supporting the people of Wolverhampton.

“

They have recently joined forces with Serenity Counselling. So for any anyone engaging with Head 4 Health if they need that bit of extra support, they can have the counselling through Serenity, which I think is really, really useful.

Latasha Burrows, NHS Healthy Minds

“

It's a nice ground, a nice place to go, you go in the boxes and look out onto the pitch. And all the teams are really nice, they're really approachable.

Jason Spreckley, SUIT

“

What we are keen to do at the moment is really use the Wolves brand and promote health and wellbeing. Because, as with every local authority in the country, residents don't necessarily put a lot of faith in the things local authorities run. And it's always better if you've got a big commercial name like Wolves against those type of programmes because it attracts people to them.

Jamie Annakin, City Council

“

We refer people on to Head 4 Health and they then refer people back to us if they feel they need ongoing support after the six weeks is up. So we've got a really good open relationship with them.

Emma Gregory, Starfish

Insight

This section explores partners' and participants' perceptions of the value of Head 4 Health and its potential to support individuals and communities. It also provides insight into participants' perceptions of their mental health on joining Head 4 Health. Data informing this section are derived from 13 interviews with eight partners and one participant, and survey responses from 99 participants.

Partners

All partners commented on the unique value of Head 4 Health for the people of Wolverhampton and the city as a whole. The project is seen as a trusted model that supports partners' priorities and ambitions.

For Jamie Annakin, Principal Public Health Specialist for the City of Wolverhampton Council, Head 4 Health aligned to funding priorities for the Levelling Up agenda and Better Mental Health programme. Head 4 Health provided a vehicle to better understand the people of Wolverhampton and what is it about the unique topography of the city that means residents may be at increased risk of mental health problems. It also represented an 'up and running' model that could be utilised at a local level and targeted to improve the health and wellbeing of those hardest to reach within the city.

While Head 4 Health now supports women, the project's bespoke provision for men is valued by partners. Latasha Burrows, Psychological Wellbeing Practitioner for NHS Healthy Minds and Emma Gregory, a social worker from Starfish, note few services cater for men's mental *and* physical health. They believe the physical aspect of Head 4 Health and the sporting Wolves and Premier League brand makes engagement more accessible and appealing to men reluctant to be seen accessing mental health services. They add that once men are engaged in sport and activity, it is easier to open a conversation around mental health.

The active element of Head 4 Health and the power of the brand are also recognised for their potential to address low levels of activity across the city. Andrea Fieldhouse, Principal Public Health Specialist for the City of Wolverhampton Council sees Head 4 Health as playing a unique role in reducing inactivity and supporting the mental, social and emotional health of Wolverhampton's least active and most vulnerable residents.

All partners recognise Head 4 Health's potential to strengthen support networks. The project is seen to provide a tangible opportunity for collaboration that increases organisational exposure, reach, remit and sustainability.

“

The Wolves project has a good reputation across the city as being a programme that actually delivers.

Jamie Annakin, City Council

“

Head 4 Health means we can signpost people in the community, we can say, 'Have you thought of joining this, because this is what they do, and we know it's successful'.

Jilly Shearwood,
Samaritans

“

Sport brings people together. That's why we keep going back to that Wolves brand. Those people might not be doing anything; they might be really struggling. And the one thing they've got in common is the fact that they love the Wolves; it just brings people together.

Andrea Fieldhouse, City Council

“

We're a small charity trying to make a big impact. And that's what the Wolves Foundation are trying to do as well.

Emma Gregory, Starfish

“

I was coming out of my dark place, so I got what they were trying to do.

Simon Caulton,
Inspirational Speaker

Partners are also cognisant of potential impacts on their city. Several are situated in areas of health deprivation, deprivation keenly experienced and impactful on their service users. Head 4 health is seen to provide access to support which may not otherwise be available, and social opportunities to people at risk of social exclusion. Improving opportunities and outcomes for the people of Wolverhampton is recognised for its potential to reduce financial and social burden, benefiting the city as a whole.

Participants

Participants' perceptions of their wellbeing and their experiences of Head 4 Health are collated via the Head 4 Health Survey. The survey is completed in weeks one and eight of cohort engagement, with a follow-up survey completed eight weeks later.

The Head 4 Health Survey includes the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS), Perceived Stress Scale (PSS), questions about participants' activity behaviours and attitudes, and questions about their perceptions and experiences of Head 4 Health. Participants also complete the Clinical Outcomes in Routine Evaluation Outcome Measure (CORE-OM), a validated survey of psychological distress, before and after counselling.

The Head 4 Health Survey was completed by 99 participants on joining the project. Participants were aged between 19 and 73, with an average age of 46 and over three quarters are of White British ethnicity (79%). Half of participants were unemployed, just under a third were employed (30%), a tenth were retired and 4% were volunteers.

On joining Head 4 Health, almost two thirds of participants reported having a mental health condition (60%) and around a tenth reported long-term pain (15%) or a physical impairment (13%). Only a quarter of participants reported to be 'Active' (26%), achieving the Chief Medical Officer's recommended 150+ active minutes per week.

Participants' WEMWBS and PSS scores show participants joined Head 4 Health with low perceived levels of wellbeing and moderate to high perceived levels of stress. The mean WEMWBS score for Head 4 Health participants on engagement with Head 4 Health is 34.7. The mean WEMWBS for the UK population is 51.6.¹ This suggests that on joining Head 4 Health, participants' wellbeing is considerably lower than the UK average.

The WEMWBS has been benchmarked against validated measures of depression. A score of 41 - 44 is indicative of possible/mild depression, while a score less than 41 is indicative of probable clinical depression. Based on these benchmarks, four fifths of participants appear susceptible to or experiencing depression with varying degrees of severity on joining Head 4 Health.

¹ [Health Survey for England 2016: Wellbeing and mental health](#)

On joining Head 4 Health...

The mean WEMWBS score for participants is 34.7 (UK population 51.6)

This suggests participants' wellbeing is considerably lower than the UK average

80%

of participants appear susceptible to or experiencing depression with varying degrees of severity

96%

of participants report moderate to high stress

“

I look forward to coming every week. We have different people come in. We all listen to whatever; everybody says a bit. But everybody's joining in. Everybody's got something to say.

Head 4 Health Participant

“

I think a lot of people they attract turn up quite proudly in their Wolves shirts but some of them turn up controversially in a West Brom shirt. That's all part of the banter, isn't it? They can start by talking about the football. And I think that's why they think they can go to the Molineux... And then it just all builds from there.

Andrea Fieldhouse, City Council

PSS scores range from 0 to 40 with higher scores indicating higher perceived stress. Participants' mean PSS score was 26, ranging from 7 to 39. Almost all participants (96%) join Head 4 Health reporting moderate to high perceived levels of stress.

The relatively small sample of survey respondents precludes statistical analysis of differences in perceived wellbeing and stress between male and female participants. However, preliminary data suggest females join Head 4 Health reporting higher wellbeing than males (WEMWBS score female = 37.3; male = 33.3) and similar levels of stress (PSS score female = 25.6; male = 26.6).

Participants' perceptions of their mental health are reiterated by partners. Partners say that on joining Head 4 Health, participants knew they were struggling and needed support. While some participants were already accessing support, others were reluctant to seek help, and many were noted to be socially isolated.

Participants are seen to be nervous attending their initial Head 4 Health session but going to the Molineux is reported to overcome much of the anxiety associated with accessing mental health support: "They haven't got to say they are going to a mental health session. They can just say, 'Oh, I'm just going to the Molineux'." (Andrea Fieldhouse, City Council).

Delivery partners praise the courage shown by participants attending their initial session. While engagement varies by individual, partners note males are initially quieter and more reticent than females. Males are observed to take longer to 'warm up' and feel comfortable talking about their mental health and the challenges they are experiencing. Females are reported to 'gel' quickly and to be relatively talkative and forthcoming from the outset.

The association with football is broadly seen to enhance the accessibility and appeal of Head 4 Health. Some partners, however, note this association may not be effective in engaging all people. While Wolves work to counter this concern through their media communications, partners feel concerted efforts to highlight the inclusivity, relevance and accessibility of Head 4 Health are required.

Despite these concerns, funding partners believe representation from people with a disability, from minority ethnic communities and from lower super output areas equals or slightly exceeds representative levels within the city. Delivery partners also speak of the diversity within their cohorts. Participants say the chance to learn from people with different stories to share is key to their Head 4 Health experience.

"I said, joking aside, we all know that when we come in that door, it doesn't matter about your race, your culture, the colours you are wearing, and it doesn't. It's about how we feel. It's about how we feel in here [pointing to his head], and how we are feeling in our inside, that's what matters.

Simon Caulton, Inspirational Speaker

“

I didn't realise that I have been carrying all that for all those years until last week. And it has just opened everything up, so I can deal with it now. I wasn't aware of, obviously, the stuff that was being hidden inside my head. So, it has opened everything up.

Head 4 Health Participant

“

There's not really any other service in Wolverhampton that offers such a broad range of support to men. Whereas there's female-specific counselling services, there's not really been the same for men... It just offers such a broad range of different support systems.

Latasha Burrows, NHS Healthy Minds

“

If somebody asks them where they're going, they haven't got to say that they are going to a mental health session. They can just say, 'Oh, I'm just going to the Molineux'

Andrea Fieldhouse, City Council

“

There's a very sort of male, masculine machoistic culture around football, isn't there, and you can understand that, for some individuals, that might be slightly off-putting in respect of their likeliness to engage with the project. So I do think the brand appeals to a specific cohort. But I think Wolves have already begun to counteract that with some of their media. But I think it can probably benefit from further work.

Jamie Annakin, City Council

Impact

Participants

This section describes Head 4 Health impacts on participants and partners. Data are drawn from responses to the Head 4 Health Survey completed by 99 participants, of whom 47 completed surveys at both the start and end of cohort engagement, and from interviews with eight partners and one participant.

Mental, social and emotional health

Participants' mental wellbeing is assessed through the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) included in the Head 4 Health Survey.

Analysis of paired WEMWBS scores at repeated timepoints (weeks 1 and 8) show a significant increase of 6.1 points in the mean wellbeing score (an increase of 17%). Given a difference of 3 points on the WEMWBS represents a 'meaningful change', this finding suggests participants' wellbeing has improved measurably and meaningfully over the course of their engagement in Head 4 Health.

This finding is supported by participants' responses to bespoke questions included in the Head 4 Health Survey and presented in Figure 1. Around three-quarters of participants say they feel more motivated, almost two-thirds say their mental wellbeing and quality of life have improved, and over half say they feel more confident since taking part in Head 4 Health.

Participants' stress is assessed through the Perceived Stress Scale (PSS). Analysis of PSS scores shows a significant decrease in the average stress score of 4.2 points (a 17% decrease) between the start and end of cohort engagement. This suggests participants experienced a tangible reduction in perceived stress through participation in Head 4 Health.

After taking part in Head 4 Health...

61% of participants feel their wellbeing has improved

63% say their quality of life is better

WEMWBS, PSS and CORE-M scores show a...

17% Increase in wellbeing

17% decrease in stress

49% decrease in psychological distress

“

Enjoyed sessions; came out of every week feeling like I can cope with the day. Thank you for giving me the opportunity to improve my wellbeing.

Head 4 Health Participant

Since taking part in head 4 Health I...



Figure 1. Participant perceptions and experiences of Head 4 Health ('true' and 'very true'; week 8 n=33)

Participants accessing counselling complete the Clinical Outcomes in Routine Evaluation Outcome Measure (CORE-OM), a validated survey of psychological distress. Analysis of data from 16 participants completing the CORE-OM before and after counselling show a significant decrease of 32.1 points (a 49% decrease). While the sample is small, these preliminary data suggest counselling facilitated through Head 4 Health supports marked reductions in participants' psychological distress.

Interview data from delivery partners and participants provide insight into the findings presented above. While engagement varies by individual and cohort, new participants were at times described as being disengaged, lacking in confidence and unwilling or unable to participate in discussions. 'Shy', 'quiet' and 'introverted' were words used by delivery partners.

By the end of the cohort, participants are reported to be more confident, willing to share their feelings and to communicate with peers. Head 4 Health is seen to have reduced the stigma around mental health and given participants the courage to admit openly and publicly they have mental health issues.



Participants were offered the chance to take part in production of a video and song about Head 4 Health. Given participants' reported lack of confidence on engagement and

their inexperience being filmed, this task was seen by delivery partners to be challenging. Participants, however, are reported to have performed bravely and demonstrated poise, self-assurance and courage in front of the camera, a testimony to the positive changes elicited by Head 4 Health.

Some participants reported that, before joining Head 4 Health, they were not aware they had pre-existing mental health issues. Attending Head to Health sessions is seen to have given them this awareness: it has allowed latent or suppressed issues to be surfaced, acknowledged, and dealt with. This is recognised by participants as an important step in the process of healing and helping them learn to manage their mental health and related issues in constructive ways.

Head 4 Health is also seen to enhance participants' social wellbeing through peer-to-peer support and the sense of camaraderie within cohorts. New friendships have been formed, expanding support networks and reducing social isolation. Participants' increased sense of belonging and acceptance is seen to give them confidence to access the support they need, with delivery partners noting participants are more willing to access community support services after the project.

“

When we made the recording in the film... I saw these guys right at the beginning. And some of them were in a real bad way... And the change, how brave they were, and the confidence in them. One even did a rap at the end...he is standing there, doing a rap on the football field. Says it all.

Jilly Shearwood, Samaritans

“

They are telling people that they've got mental health problems, and they're very loud about it. They are not hiding away in the shadows.

Andrea Fieldhouse, City Council

“

Head 4 Health is really good for people to engage with or be signposted to because it's given them that sense of, you know, less isolation, they're doing things that are meaningful... It's also given them confidence to meet and speak with others that may be going through similar things.

Latasha Burrows, NHS Healthy Minds

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I think the support they've given the people involved have been really good building blocks for them to be able to manage their own mental health in the future. And that's the single most important thing, isn't it? They've been given building blocks to get them through and sustain the behaviours that they've hopefully changed as part of the programme.

Andrea Fieldhouse, City Council

Physical health

No changes are evident in the activity levels of the small sample of participants (16) who provided activity data at both start, and end, of cohort engagement. However, almost half of participants say their activity levels have increased (48%) and over a third say they feel fitter (40%). Delivery partners also feel some participants are now leading more active lives.

To date, survey data show little evidence of the physical activity element of Head 4 Health on participants' physical activity behaviours. However, partners and participants alike believe the physical activities help engage, relax and bond participants, provide a starter for conversation, and facilitate communication around the more challenging subject of mental health.

Impacts on males and females

The sample of survey respondents precludes statistical sub-analysis of differences in impacts between the male and female cohorts. However, data collated to date suggest similar patterns of activity behaviours and similar trends in wellbeing and stress levels across the project.

Several delivery partners state Head 4 Health appears more beneficial for, and more impactful on, male cohorts. While no quantitative data is available to support this belief, delivery partners observed the most notable, positive changes in the male cohorts. Males are reported to be more reticent on engaging with Head 4 Health and find it harder to talk about mental health or personal issues. However, it is noted that while females are seen to be communicative and forthcoming from the outset, this does not equate to better mental health or a reduced need for support.

Partners also commented on the imbalance in mental health provision for males and females, noting a scarcity of provision for males. Access to Head 4 Health's male-specific support is therefore seen to fill an important gap in service provision.

Sustained impact

Interviews with partners suggest potential longer-term impacts from Head 4 Health. The breadth and depth of support provided through Head 4 Health is perceived to have enhanced participants' self-belief and resilience and to have taught them useful skills to self-manage their health and wellbeing. Participants are seen to be applying the learning beyond the lifespan of the cohort and to revisit lessons learnt when new challenges arise in their lives.

Head 4 Health is also observed to raise participants' aspirations, motivating them to pursue further education, a volunteering role or paid employment. These developmental opportunities have the potential to support positive, sustained progression in participants' mental health, wellbeing and quality of life.

“

I really enjoyed my time on the course and it's helped me be more motivated in activities and daily routines.

Head 4 Health Participant

“

I have had a great time with Head 4 Health, made new friends and had lots of fun. The mental health therapy has been most helpful.

Head 4 Health Participant

“

I feel extremely lucky to be receiving counselling by Serenity as a result of Head 4 Health. I feel I am beginning to make some progress. I also attend walking football, which is also a massive help to me.

Head 4 Health Participant

“

I enjoyed all of the sessions because it was an eye-opener on some sessions, and you realise things you have got you can take advantage of.

Head 4 Health Participant

“

If I didn't feel up to the experience, I was supported and happy to try another time.

Head 4 Health Participant

“

I would give Head 4 Health 100% recommendation. Just wished it would go on forever.

Head 4 Health Participant

Partners

Personal Impacts

Delivery partners report a number of personal benefits from their involvement in Head 4 Health. Simon Caulton, inspirational speaker, described the personal growth he has experienced delivering talks. His confidence has grown, and his story-telling technique has improved. In the process of sharing his story with different cohorts, he reports finding a measure of healing; the burden of his trauma “feels lighter”.

Before Head 4 Health, Simon reports having embodied the masculine stereotype of the silently and stoically suffering individual, of being ‘a man’. After joining the project, he feels he has gradually distanced himself from this stereotype and is able to speak more freely about his painful experiences. Describing the catharsis and growth he has experienced through his involvement in Head 4 Health, Simon says “I have grown in doing this, what I do. I have grown to love it”.

Delivery partners report finding their work highly rewarding. Head 4 Health participants are described as being responsive and willing to give feedback, and this lets deliverers know if they are doing a good job or whether something needs to be changed. This feedback makes deliverers feel more motivated: it also keeps them ‘on their toes’.

“As soon as you walk in the room, within five minutes I'll be like, I think I can't do that one with this group, we'll do something else... We just stopped delivering what we normally deliver and we went into their mode of thinking and answered the questions they wanted answering, and we thoroughly enjoyed it because it made us think on our feet.”

Jilly Shearwood, Samaritans

Delivery partners note they are sometimes presented with difficult situations quite unexpectedly, for example, participants experiencing a crisis, being upset, revealing signs of self-harm or admitting to suicidal thoughts. These unforeseen events are reported to be a common occurrence and to demand an immediate response.

The variability and unpredictability of situations presented requires deliverers to be flexible and agile, and to adapt their delivery to the needs of participants and the mood and the dynamics of the group. Delivery partners acknowledge this makes the role challenging – they have to think on their feet and be willing to depart from the script - but they also admit to enjoying this challenge.

Delivery partners say their attempts to empathise with participants and share their own feelings and experiences has changed the way they view their role; some deliverers describe their experience as ‘therapeutic’. Consequently, delivery partners express a strong sense of commitment to the project.

“

When we went into the ladies' group, we felt this is gonna be so different to the men's group. But it went so well. The women took it over really, and their agendas came out and we worked around their agendas. And it was just so good. It was therapeutic for them, but it was therapeutic for me and Nina.

Jilly Shearwood, Samaritans

“

As much as it's still very hard to talk about my story, it helps me with my own healing...The more you talk about it, the freer you feel. My relationship with my partner is better now, from a communication point of view, than it has ever been. Because I was that man; I didn't want to talk about anything.

Simon Caulton, Inspirational Speaker

“

It does make us think on our feet.

Jilly Shearwood, Samaritans

“

I've grown in these projects, I have grown as a person. It's given me confidence in myself, my storytelling has got better, it's healed me better.

Simon Caulton, Inspirational Speaker

Wider impacts

In addition to direct impacts on participants and partners, Head 4 Health is seen to support wider impacts on organisations, service providers and city-wide provision.

Delivery partners spoke about the value of being able to refer their service users to Head 4 Health and receiving referrals from Head 4 Health. By cross-referring service users, Head 4 Health and partner organisations can leverage each other's strengths, emphasize prevention, create smoother transitions and pathways for service users, and make the gains for service users more sustainable. This is also seen as a way in which Head 4 Health and partner organisations can promote each other's service.

Partners affirm the value of the project, asserting there is a strong need for a project like Head 4 Health in the city of Wolverhampton. Head 4 Health is seen to fill an important gap in existing provision and help counter the long waiting lists to receive professional mental health support.

"The biggest thing is that there is no help out there for them. They are on the list for six months, a year, two years. The help, it is not funded, it is not there. It is certainly the biggest thing in Wolverhampton, lack of help, professional help for them."

Jilly Shearwood, Samaritans

Delivery partners accept the demands on NHS mental health services mean there is often a long waiting period before receiving treatment. Head 4 Health allows participants who might otherwise have to wait without any support to receive timely help in the interim. Thus, Head 4 Health is seen to meet an important need and help prevent participants' condition from worsening while they wait for treatment.

Latasha Burrows, a Wellbeing Practitioner from NHS Healthy Minds, cites an example of an individual who was struggling during their initial clinical assessment but had been able to access support from Head 4 Health while they waited to be seen by the NHS. As a result, this individual began engaging in physical activity and attending stress workshops before entering formal therapy. This individual is reported to have experienced significant improvements in their mental health and has attributed these improvements to the timely support provided by Head 4 Health.

By bridging the gap between clinical assessment and receipt of formal therapy, Head 4 Health is reported to both prevent people's mental health from deteriorating and help speed recovery. This vital service rendered by Head 4 Health in bridging some of the gaps in statutory provision is acknowledged and valued by partners.

“

They've been able to put them in touch with these people [Serenity] and get an interview within a week. So instead of having to wait eight weeks with the problem, they've got their first interview within a week.

Head 4 Health Participant

“

With support services, like ourselves and Head 4 Health, we really focus on the individual and help them get their own toolkit to be able to tackle whatever. And to equip them to be able to face whatever life throws at them.

Emma Gregory, Starfish

“

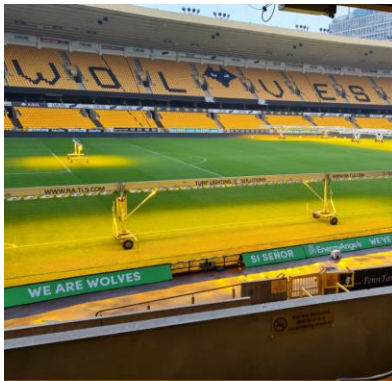
So we'll assess people who are referred into the service, and then offer them CBT sessions or signpost on to different services, if needed. We have had quite a few people who've engaged with Head 4 Health, who have been with our service as well, or vice versa, like if we think that Head 4 Health is going to be something that would be useful for people who we've assessed, we will then refer over to Head 4 Health as well.

Latasha Burrows, NHS Healthy Minds

“

And I genuinely hope it continues. Because, regardless of funding stream and things, I think it's a provision that we definitely need, especially within the city.

Emma Gregory, Starfish



Head 4 Health Extra Time Session Case Study

Peer-to-Peer Support & A Sense of Purpose

Participant perceptions of Head 4 Health

"I have had a great time with H4H made new friends and had lots of fun. The mental health therapy has been most helpful. Thankyou."

AL

"Thank you Matt and the rest of the team I really enjoyed my time on the course and it's helped me be more motivated in activities and daily routines many thanks"

JS

"I found that in a group sharing thoughts was beneficial to all"

JN

Extra Time: These sessions are additional drop-in sessions for Head 4 Health participants who have completed the 6-8 week cohort. Extra Time sessions are less structured than cohort sessions, offering extra time for participants to talk. They provide an exit route from cohort sessions and a way of providing ongoing support to those who wish to access it.

The Extra Time session observed was led by Steven Maiden, Health Officer, and Andy Butler, Project Support Lead.



New Head 4 Health participants are usually put into an 8-week cohort. For people waiting for the next cohort to start, Extra Time sessions also present a chance to engage straightaway and receive timely support.

The Extra Time session observed featured a new participant to Head 4 Health (Ben) along with two graduates from earlier cohorts (Paul and Jack). A clear difference in confidence between the cohort completers and the new participant was evident. Head 4 Health has had a positive impact on Paul and Jack. Both were open and confident in talking about personal situations and appeared at ease with the staff and the situation. First time participant Ben, however, was introverted and visibly distressed.

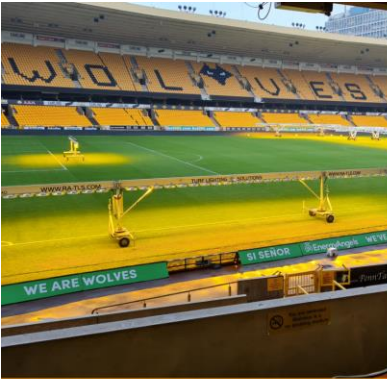
New 8-week cohorts commence with a taster session followed by weekly meetups. Cohort participants progress through Head 4 Health with support from staff and support from one another.

Peer Support:

"Through the programme the guys make connections... one of the earlier cohorts, we took them golfing at 3 Hammers, a couple of guys really enjoyed it so now they arrange once a fortnight or so to meet up there and hit a few balls and have a chat." (Andy Butler, Project Support Lead)



Considering a new cohort may have people in the same vulnerable state as Ben, it is worth considering pairing up new participants with a cohort graduate before they attend their first session. This may encourage new participants to turn up, and also make their first entry into a room full of people they don't know, that bit easier.



Head 4 Health Extra Time Session Case Study

Peer-to-Peer Support & A Sense of Purpose

"See you again, it's one of the best things you can do, to come along, it really is"
(Jack, Head 4 Health Participant)

Peer Support: When leaving the Extra Time session one of the graduates said to the newcomer that coming to Head 4 Health sessions is one of the best things you can do and that they would see them again. This suggests there is a willingness from graduates to help support newcomers.

Sense Of Purpose: One of the participants reflected on how he feels like he needs a sense of purpose but that he struggles to get employment. He explained how this is impacting his situation in terms of the type of accommodation he can live in with his young family and that this adds to his stress.

"I need to be doing something... I always used to have decent jobs but now I can't get one and there's no funding to get on any courses" (Paul, Head 4 Health Participant)

Top Tips:

**Utilise
Graduates**



Use graduates in a buddy system with new starters to Head 4 Health. This will help give graduates a sense of purpose and make transition into Head 4 Health easier for new starters.

**Support
Personal
Development**



Seek out organisations that can help participants with educational skills or development opportunities that will help get them into paid employment. This will give them a focus and structure along with the opportunity to experience success upon completion.

**Explore
Outreach &
Volunteering**



Explore local volunteering projects to identify progressive opportunities for participants. Community outreach has the potential to increase Head 4 Health exposure while also providing participants with a sense of purpose and a stepping stone into paid work. Community outreach could also act as taster sessions, giving staff an opportunity for one-to-one communication with new starters and the chance to implement a buddy up peer support scheme.

Project Ideas



- Gardening on Council Grounds
- Clearing an unused piece of land in the borough
- Litter Picks
- Football Pitch maintenance on local recreation ground

Lessons Learnt

This section explores how the impact of Head 4 Health has been achieved. It highlights aspects of Head 4 Health seen as useful to delivery, successful in engaging participants and effective in achieving outcomes. It also reflects on some of the challenges experienced and potential next steps for Head 4 Health, partners and participants. Data informing this section are drawn from 34 participant survey responses and interviews with eight partners and one participant.

What works

Breadth and depth of support

Participants and partners alike see the breadth and depth of support provided through Head for Health as key to the impacts observed. Given the multiplicity of challenges experienced by participants, the range of educational sessions and opportunities to socialise and be active are seen to support participants' physical, mental, social and emotional needs and give them a flexible set of tools to independently manage their health.

Head 4 Health sessions are valued highly by participants, with 97% rating the variety of sessions as 'good' or 'very good'. The majority of session deliverers are rated 'good' or 'very good' by over two-thirds of participants, and Head 4 Health staff are rated highly by all participants. Partners applaud the passion and commitment shown by Head 4 Health staff, along with their caring attitude, flexibility and responsiveness to individual need. The depth of support provided by Head 4 Health staff is seen to engender trust and give participants the confidence they need to access, engage with and receive the support they need.

Effective partnerships

Working in close partnership with local services in Wolverhampton is reported by partners as fundamental to Head 4 Health's success. These links have aided recruitment and enabled Head 4 Health staff to refer participants to appropriate services where additional support is required. Through Head 4 Health, participants are seen to have acquired the knowledge, skills and confidence to reach out to services they had not considered before.

Partners praise Head 4 Health's collaborative approach and commitment to work with other services and strategic local partners. Phase 2 delivery has seen new partners joining from the sport and physical activity, mental health and public health sectors, and this is seen to re-energise and add value to the steering group.

“

I think it has got a lot more men talking about mental health. I think it's a really good steppingstone; people who have access to Head 4 Health would have potentially never even considered accessing therapy, or even identifying that there's, you know, potentially an issue.

Latasha Burrows, NHS Healthy Minds

“

One of the biggest things is, when they ring to ask about Head 4 Health, their questions are answered immediately, or somebody rings them back immediately. All the men say the same thing. They've never had that before. Somebody cared enough to ring them back the same day.

Jilly Shearwood, Samaritans

“

It's lovely to see the friendship they form with team Head 4 Health as well.

Latasha Burrows, NHS Healthy Minds

“

We do ask the question 'Have any of you ever used the Samaritans?' and some will put their hands up, but at the end we always say 'Would you use the Samaritans now?' And they almost all put their hands up.

Jilly Shearwood, Samaritans

A sense of community

The sense of community fostered by Head 4 Health is praised by participants and partners alike. Partners observed *“It makes people feel part of something bigger”* (Emma Gregory, Starfish) and *“It is big, this idea of community... I have seen how it helps people, how it builds people’s confidence, just knowing that the support system is there”* (Ruth Ashton, Starfish). By promoting a sense of community, Head 4 Health is seen to help combat the isolation and loneliness reported by many participants.

Welcoming environment

The environment created by Head 4 Health staff is viewed as key to the project’s success. Participants and partners note staff create a relaxed, non-judgmental and unpressured environment which helps participants feel comfortable, safe and secure. The acceptance shown by staff is seen to help people speak candidly about the issues in their lives, enabling staff to assist them in overcoming their challenges and getting, and staying, well.

Partners praise staff members’ willingness to engage with challenging cohorts and be flexible in modifying their model to do so, for example, by offering taster sessions for people to sample the project without having to commit to cohort engagement. A partner described Head 4 Health as *“a real example of innovation that’s helped reach groups that possibly we wouldn’t have the same degree of access to that we have found through this programme”* (Jamie Annakin, City Council).

Club and Premier League brand and assets

Partners broadly agree hosting sessions at The Molineux, Wolves’ football stadium, enhances the appeal and accessibility of Head 4 Health. They see the setting as creating a conducive atmosphere for socialisation and conversation. It is also seen to counter some of the negative perceptions and reservations people may have about accessing, and being seen to access, mental health support.

The association with football and the Wolves and Premier League brand is seen as a unique strength of Head 4 Health. While some partners voice concerns that this association may be off-putting to some people, delivery partners note people’s love of football and support for their clubs provides a natural focal point for conversation.

Challenges

Participants and partners were asked to comment on challenges they experienced delivering or participating in Head 4 Health. Few challenges were reported, but those that were centre around pandemic restrictions on face-to-face delivery, session attendance and Head 4 Health’s association with football.

“

It gave me a glimpse into people’s lives and mindsets - refreshing for my perceptions.

Head 4 Health Participant

“

They meet at the Wolves ground. To meet somewhere like that, it’s a real big lift... Normally, the room is looking over the ground - what a scenery, what a place to be sat as a man, or woman, to be looking over the Wolves football ground, having a cup of tea, just having a chat. So already, you’ve got this kind of, ‘it is alright, this is. I feel a bit at home with this’.

Simon Caulton, Inspirational Speaker

“

That model of flexing what they do, understanding not everybody’s going to be hyper-confident, and just give them a bit of a taster, give people a chance to come out of their comfort zone and try something new and see where that leads...that is a really welcome way of going about delivering this project.

Jamie Annakin, City Council

“

The thing that’s really valuable is it gives them that sense of community. The fact that they can see it’s not just me who may be struggling. You’ve got that shared experience with other people.

Latasha Burrows, NHS Healthy Minds

Delivery partners state for many participants, regular attendance is a challenge. Participants are reported to experience a multiplicity of issues, for example, depression, addiction and isolation. These challenges are recognised by partners to result in participants feeling anxious, overwhelmed and unable to attend sessions. Perceived stigma associated with accessing mental health or substance abuse services is also seen to impact engagement. The welcoming environment, social support and sense of community and solidarity created by Head 4 Health staff, partners and participants helps mitigate these challenges. However, given the lived experiences of participants, regular attendance is seen to be an enduring challenge.

Head 4 Health's association with football, while largely viewed as positive, is seen by partners as potentially deterring engagement from some individuals and groups. Wolves are working to counter this in their media and communications but partners feel further work is required for Head 4 Health to be seen as relevant, accessible and inclusive by all sectors of the community.

Delivery partners state engagement is higher for workshops delivered face-to-face, and both partners and participants say virtual delivery is a barrier to engagement. Delivery partners also note participants are less attentive and less engaged with sessions delivered remotely. While the pandemic and associated restrictions necessitated virtual delivery, face-to-face delivery is viewed as most accessible, engaging and impactful.

Next Steps

Moving forward, partners are keen to see Head 4 Health reach more underrepresented groups. Marketing, recruitment and delivery efforts are underway to increase Head 4 Health's appeal to females, LGBT+ and minority ethnic communities. Increasing cooperation with local organisations and involving a greater breadth of partners in shaping Head 4 Health is expected to enhance reach, impact and sustainability.

Partners also see potential in participant volunteers. This is seen as a valuable developmental opportunity and a chance to build representative champions and advocates for Head 4 Health. Enabling participant volunteers to co-produce and steer service delivery is anticipated to increase accessibility and relevance, ease pressure on staff and delivery partners, and help create a legacy for Head 4 Health.

"The Wolves project...is a programme that attains real significant improvements for people's mental health and wellbeing. You can't help but be hooked in by how the programme has impacted upon people's lives... It hit all the key notes for us."

Jamie Annakin, City Council

“

I was thinking to myself, maybe volunteering is something I could do... I could volunteer and maybe help other people moving forwards. I think that would be good for me as well because it is getting me out and doing stuff as well.

Head 4 Health Participant

“

I think it's getting people to trust that they'll be welcome within the Head 4 Health community. Somebody who's not a football fan, knowing that, actually, it is an inclusive group. That's one of the challenges we have, which is why when we have our group sessions, we talk openly about the inclusivity of it.

Emma Gregory, Starfish

“

It'll be interesting when they play up and play down the badge. At the moment, it is very much marketing led by the power of the badge, which works for certain people, but possibly, with their targets around women, they might need to soften that and put that in the background.

Hayley Jarvis, MIND

“

Mental health issues - anxiety, depression, addiction - don't wanna leave the house. Coming to Head 4 Health, [they are] going to be scared, intimidated, probably not sure what to expect. There is just too much going on in people's lives. And they might miss a couple of sessions.

Jason Spreckley, SUIT

Recommendations

Realising the Potential of Head 4 Health

Empower



Encourage cohort completers to volunteer for Head 4 Health. Let them inform provision, share their stories, peer mentor others and become advocates. Volunteering develops transferable skills and fosters a sense of empowerment. It allows participants to support a culture of positive change; starting conversations, challenging misconceptions and changing attitudes around mental health.

Refresh



Provide ongoing support beyond the lifespan of the Head 4 Health cohorts. Strategies and skills learnt may be forgotten over time or be challenged by new experiences. Offer top-ups or refreshers to help participants revisit newly acquired skills and reinforce behaviour change. Support the community built during Head 4 Health to continue and care for its members.

Collaborate



Initiate cross-sector partnerships. Develop new relationships with groups and organisations that serve target populations and are invested in building healthier communities. These organisations can help connect you with hard-to-reach groups and increase representation. They can also help promote, and importantly, validate your offer to members.

Inform



Take your offer to them. People interact and engage with support services in different ways and may be unlikely to come to you. Go to their community and cultural spaces and to the organisations that deliver services to these communities. Find out where and how to disseminate information and be resourceful in your communications.

Reflect



Evidence-based decision-making is critical for effective development of Head 4 Health. Look for ways to evidence impact and find out what works, what doesn't, and why. Share this evidence as widely as possible to inform policy and investment and support provision and practice.

Build



Build support and advocacy across the board, from policymakers at the top to practitioners on the ground. Show policymakers how Head 4 Health maps to public health priorities and demonstrate to funders how it achieves its goals. Show practitioners how it improves practice and tell end users about the difference it makes to their lives.

Head 4 Health Feedback Framework

A Guide For Capturing Impact & Learning From Head 4 Health



What approach should we take?

- * Light touch to minimise burden
- * Beneficiary-focused to value and engage stakeholders
- * Sufficient to produce robust, timely and accessible evidence



What do we need to know? Key Questions

- Has Head 4 Health impacted on participants'
- * Mental, social, emotional and physical health?
 - * Willingness to share experiences, thoughts and feelings?
 - * Knowledge and use of stress management techniques?
 - * Progression into education, volunteering or paid work?
 - * Quality of life?



Why evaluate?

- * Demonstrate impact and value for money
- * Show alignment with key policy priorities
- * Assess effectiveness of delivery to better meet stakeholders' needs
- * Support Head 4 Health development and sustainability



What do we need to know? Secondary Questions

- * Are there differences in preferences, perceptions and impact between different cohorts?
- * What is the role of stakeholders, including families, communities and organisations and how could their role and representation be enhanced?
- * How effective are aspects of our approach, communication and delivery in engaging stakeholders and sustaining engagement and outcomes?



What data should we collect?

Monitor outputs

- * Cohorts and sessions delivered
- * Participants engaged
- * Engagement and representation of hard-to-reach groups (LTBTQ+, ethnic minorities etc.)
- * Progression into volunteering, paid work or training

Evaluate process and impact

Use both quantitative and qualitative methods to provide the timely, robust and accessible evidence necessary to demonstrate impact and inform and support Head 4 Health development

Consider:

- Surveys
- Interviews
- Focus groups
- Observation
- Graffiti walls
- Diary rooms
- Participant researchers



How will we share our findings?

Varying formats and levels of complexity depending on the audience

- Written report
- Infographics
- Slide deck
- Case studies
- Profiles
- Video snapshots

Things To Consider

In Capturing Impact and Learning



- Use questions or surveys that allow comparability with current national population norms (e.g. ONS wellbeing questions used in 'Active Lives').
- Move to online surveys to ease participant completion, reduce staff workload and input errors, and generate instant analysis, providing timely feedback for reporting and Head 4 Health development.



- Build survey sample to enable analysis of impact by cohort/subgroup.
- Invest resource in maintaining contact with cohort completers to build the survey sample at follow up necessary to demonstrate sustained impact.
- Seek external expertise (advice, guidance, evaluation or quality assurance) where necessary.

Appendix A

Methodological note

Head 4 Health participant survey design

The Head 4 Health Survey was designed to assess key outcome indicators including changes in mental wellbeing (WEMWBS), self-reported stress levels (PSS), and levels of psychological distress (CORE-OM). Additional items in the Head 4 Health survey asked participants to report on the impact on their wellbeing and physical activity.

The WEMWBS and PSS were administered at Week 1, Week 8, and follow-up. Responses were matched ('paired') for each respondent at each time point. As survey completions at follow-up are currently small (8), follow-up data is not included in analyses. The CORE-OM was completed before and after receipt of counselling.

All surveys were administered by Head 4 Health staff. Attrition in survey responses is noted at Week 8 and follow-up. It is recognised some attrition may be attributed to the pandemic.

Head 4 Health participant survey sample & MME

The sample of survey returns for WEMWBS and PSS at the start and end of cohort engagement are as follows: Week 1 n = 90; Week 8 n = 47; Paired n = 47. For CORE-OM, sample sizes before and after counselling are 32 and 16 respectively, with 16 paired responses. At present, the relatively small sample of survey returns suggests a MME $> \pm 5\%$. Increasing the sample size over time will reduce the MME and result in more robust observations.

Data analyses

Throughout this report, data presented from the Head 4 Health Survey represent the responses of all participants unless otherwise specified.

Demographic data was captured at all time points. Sub-group analyses by gender, age, ethnicity, disability and employment status were not feasible due to the small sample sizes for the sub-categories. As a result, demographic data is only presented descriptively. It is expected that as the project widens its reach and engages more participants, it will be possible to conduct these sub-group analyses in the future.

Stakeholder and participant interviews and focus groups

Virtual interviews were conducted with eight partners and one participant. Focus groups and interviews were also conducted during three site visits. Data from all interviews and focus groups were analysed thematically.

Maximum Margin of Error (MME)

The MME shows the level of accuracy the participant sample has; the smaller the MME, the greater the accuracy. It is calculated at the standard 95% confidence level so we can be 95% confident that the sample results reflect the population results to within the MME. For example, if the survey sample has a MME of $\pm 5\%$ and 50% of participants say they 'enjoy being active', if the survey were conducted 100 times, the percentage who state they 'enjoy being active' would range between 45% and 55% most (95%) of the time.

Statistical significance

Throughout this report, where changes in participants' responses are reported, they are significant at $p < .05$. This means there is a less than a 5% chance that the changes reported are not real changes that might be expected in the wider population beyond the sample.

Appendix B

Head 4 Health participant survey data: all participants

Age (n=94)

18 and under	0%
19 to 40	33%
41 to 60	47%
61 and over	15%

Ethnicity (n=98)

Asian/Asian British	7%
Black/African/ Caribbean/Black British	7%
Mixed/multiple ethnic groups	4%
White	79%
Other ethnic group	1%

Gender (n=98)

Female	65%
Male	35%

Employment status (n=95)

Unemployed	50%
Volunteering	4%
Employed	30%
Retired	9%
Other	7%

Disability (n=96)

Yes	73%
No	24%

Physical Activity Levels (wk 1 n=86, wk 8 n=20)

	Week 1	Week 8
Less than 30 minutes	38%	50%
30 to 149 minutes	36%	40%
150 minutes or more	26%	10%

Venue evaluation (n=34)

	Poor	Can Be Better	Not Sure	Good	Excellent
Wolfie's Den	0%	4%	4%	24%	36%
University of Wolverhampton	4%	0%	4%	30%	30%
The Molineux	0%	0%	3%	15%	82%

Variety of sessions (n=31)

Poor	Can Be Better	Not Sure	Good	Excellent
0%	0%	3%	52%	45%

Perceptions of times and days of sessions (n=31)

Poor	Can Be Better	Not Sure	Good	Excellent
0%	3%	7%	45%	45%

Evaluation of session deliverers (n=32)

	Poor	Can Be Better	Not Sure	Good	Excellent
Wolves Foundation Staff	0%	0%	0%	12%	88%
The Samaritans	0%	0%	14%	38%	41%
SUIT	4%	0%	12%	23%	58%
Recovery Near You	4%	0%	38%	8%	21%
Starfish	4%	0%	11%	21%	39%
Inspirational Speaker	4%	0%	4%	22%	44%

Since starting Head 4 Health, I (n=33)

	Very Untrue	Untrue	Not Sure	True	Very True
Have met new people	0%	3%	6%	21%	67%
Feel more motivated	3%	0%	21%	52%	21%
Feel fitter	7%	10%	40%	23%	17%
Feel my mental wellbeing has improved	6%	0%	30%	36%	24%
Enjoyed taking part	6%	0%	0%	30%	61%
Feel more confident	6%	0%	38%	28%	25%
Increased my activity levels	3%	6%	39%	24%	24%
Believe my quality of life is better	8%	4%	21%	38%	25%

Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) scores

Mean WEMWBS score (Wk 1, n=90)	Mean WEMWBS score (Wk 8, n=47)
34.7	42.2

Perceived Stress Scale (PSS) scores

Mean PSS score (Wk 1, n=90)	Mean PSS score (Wk 8, n=47)
26.3	21.3

Clinical Outcomes in Routine Evaluation Outcome Measure (CORE-OM) scores

Mean Pre-Counselling score (n=32)	Mean Post-Counselling score (n=16)
66.3	33.8