

Towards a Fulfilling Life

Latest findings from a national programme supporting people affected by multiple disadvantage

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National evaluation of Fulfilling Lives carried out by:



The
University
Of
Sheffield.



The Fulfilling Lives programme

- Aims to changes lives, change systems and involve beneficiaries
 - National Lottery Community Fund investment in 12 areas over 8 years
 - Commissioned CFE Research and University of Sheffield to undertake overarching national evaluation
- 

12 Fulfilling Lives partnerships



FULFILLING LIVES
South East Partnership



Fulfilling Lives in Islington & Camden



FULFILLING LIVES
LAMBETH
SOUTHWARK
LEWISHAM



01 Why we need to invest in multiple needs

02 Under- standing multiple needs

03 What makes a difference

04 What has Fulfilling Lives achieved



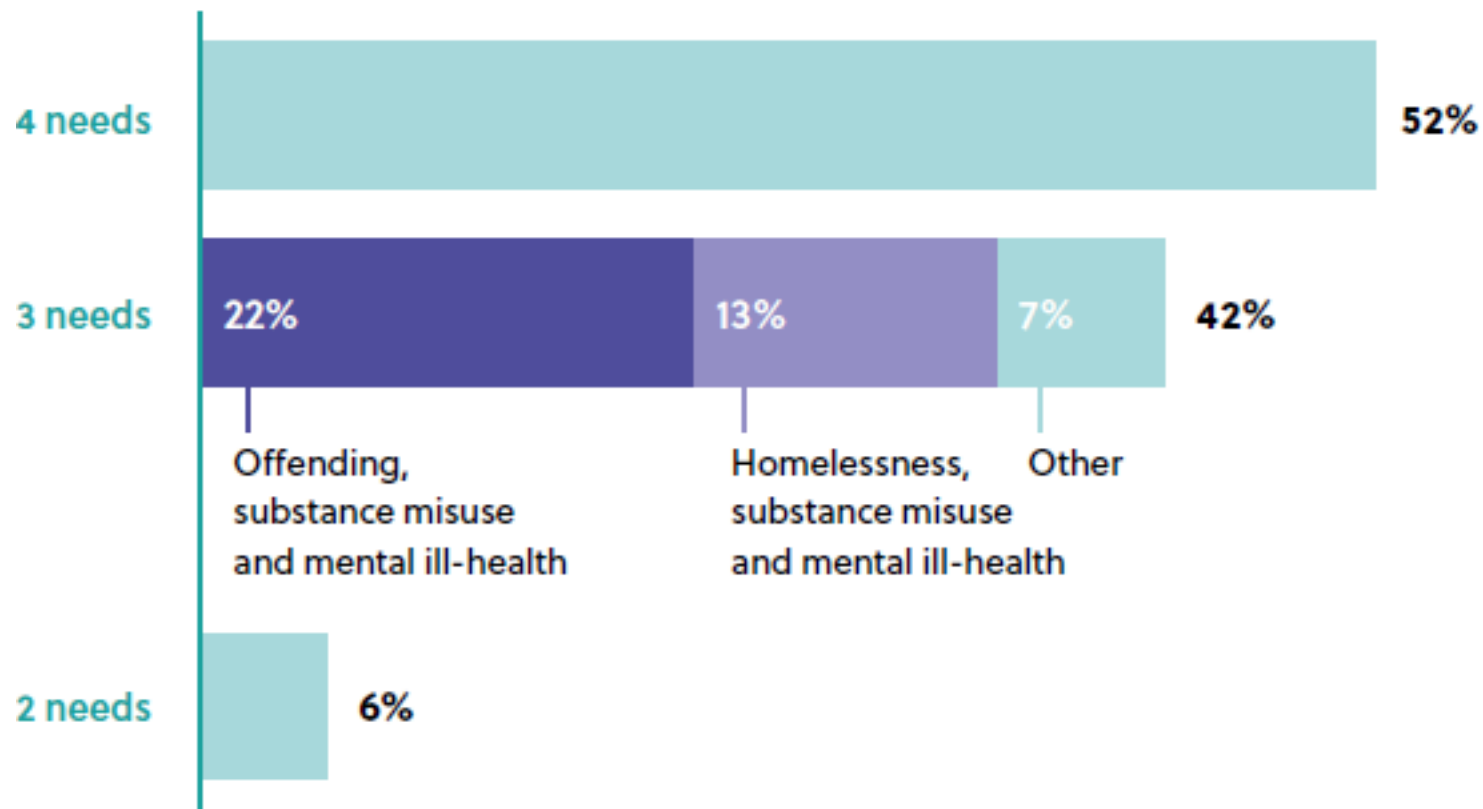
**Evaluation of
Fulfilling Lives:**
Supporting
people with
multiple needs

August 2019
Hayley Lamb
Rachel Moreton
Dr Joanna Welford
Sarah Leonardi
Jennifer O'Donnell
Peter Howe

Multiple disadvantage

Two or more of:

- homelessness
- substance misuse
- offending, and
- mental ill-health



Multiple disadvantage



41 per cent
have disabilities
or long-term
health conditions



33 per cent
of beneficiaries
have problems
with literacy



70 per cent are
unable to work



37 per cent
of beneficiaries
stay in more
than one type of
accommodation

Why invest in multiple disadvantage?

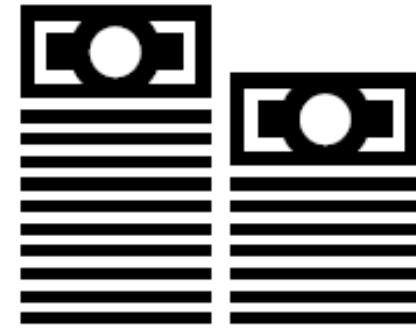
- Disproportionate use of crisis and emergency services



Over 1 in 4
attended A&E
at least once

Why invest in multiple disadvantage?

- Disproportionate use of crisis and emergency services
- Substantial cost to the public purse



Over £25,000
per beneficiary
per year

Why invest in multiple disadvantage?

- Disproportionate use of crisis and emergency services
- Substantial cost to the public purse
- Social and economic costs



**58 per cent of
beneficiaries
were homeless**

Why invest in multiple disadvantage?

- Disproportionate use of crisis and emergency services
- Substantial cost to the public purse
- Social and economic costs



Over 1 in 4
arrested at
least once

Why invest in multiple disadvantage?

- Disproportionate use of crisis and emergency services
- Substantial cost to the public purse
- Social and economic costs
- Tragic waste of human life



Over 1 in 4
arrested at
least once

Since the start of the programme, at least 171 people have died – five per cent of all those who have engaged with the programme

CHILDHOOD ABUSE
IN CARE VICTIM OF FIRE
PHYSICAL INJURIES
TRAUMA
FEAR




PSYCHOSIS SECTIONED
UNABLE TO ACCESS
MENTAL HEALTH
SUPPORT
HOMELESS
DRUG USE



DIED ALONE IN
LATE 30'S



What's different about Fulfilling Lives

- Persistent and ongoing support
 - Long-term approach, free from time limits
 - Navigators to advocate on beneficiaries' behalf
 - Small caseloads
 - Personal relationships based on trust
 - Focus on beneficiaries' priorities
- 

It is possible to work with those with the most complex needs

- Targeted those who are not already getting help
- 94 per cent experience three of the four needs
- 90 per cent have experience of both mental ill-health and substance misuse
- Some evidence that programme is successfully engaging those affected by particularly severe forms of multiple disadvantage

After one year...



Fewer arrests, cautions,
convictions, visits to A&E
and evictions



Homelessness
drops from 57
to 45 per cent
after a year and
to 37 per cent
after two years

But longer term support is needed

- Once superficial and presenting issues are addressed, the journey towards self-reliance and a fulfilling life is a long-term endeavour
- It can take up to four years to achieve positive move on



Those who
leave for positive
reasons stay,
on average, with
the programme
for 14 months


Services should expect rather than punish relapses

- Relapse, drop-out, set-backs are part of the journey
- 32 per cent of beneficiaries have dropped out of the programme – fewer than some other projects working with people with less-complex needs




When people drop-out of Fulfilling Lives, the door remains open

Getting help with substance misuse and therapy are linked to progress

- Beneficiaries who get support for substance misuse in the first nine months of the programme are more likely to improve their wellbeing and self-reliance
 - Those who get therapy or counselling are also more likely to show improvements in their emotional and mental health
- 

'Navigators' can help to connect people to services

- Staff build trusting relationships with beneficiaries, advocate on their behalf and help them to engage with the support they need
 - This is reflected in an increase in people using different support services over their first year
 - But a navigator can only do so much – accessible and appropriate services need to be in place
- 

Specialist support is needed for women



**35 per cent
of beneficiaries
are women**

- Fulfilling Lives has successfully engaged a high proportion of women
- Women's needs are different from men's, but just as complex
- They are more likely to have higher levels of overall need and risk when they join the programme
- Being female is a predictor of leaving with a negative destination

FULL REPORT

Improving access to mental health support for people experiencing multiple disadvantage

Evaluation of Fulfilling Lives:
Supporting people with multiple needs

January 2020
CFE Research and The University of Sheffield,
with the Systems Change Action Network

CASE STUDY #1

VOICES' Care Act Toolkit

Improving access to mental health support for people experiencing multiple disadvantage

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CASE STUDY #2

Fulfilling Lives Newcastle and Gateshead's Respond training

Improving access to mental health support for people experiencing multiple disadvantage

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CASE STUDY #3

Opportunity Nottingham's specialist mental health workers

Improving access to mental health support for people experiencing multiple disadvantage

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Find out more

- Download the latest findings from the national and local evaluations of Fulfilling Lives
www.fulfillinglivesevaluation.org
- Sign up for our newsletter to stay in touch
www.fulfillinglivesevaluation.org/sign-up/
- For more information about the national evaluation contact rachel.moreton@cfe.org.uk
- See the Full Picture - Raising awareness of multiple disadvantage: <https://www.multipledisadvantageday.org/>