**Evidence base**

There is evidence that becoming a peer support champion has health benefits such as better knowledge and awareness, increased self-esteem and confidence, and improved well-being. For some individuals, this will be the start of a journey to other opportunities such as education, volunteering roles or paid employment. (Altogether Better).

The evidence is that there are many benefits associated with health coaching”. (Better Conversations Resource Guide).

Asset Based Community Development (ABCD) is an approach based on the principle of identifying and mobilising individual and community ‘assets’, rather than focusing on problems and needs (i.e. 'deficits'). There is a strong network in the Gloucester area which already draws on these methods which we will be linking up with and building on.

**References:**

* Nesta, 2016. The power of peer support. <https://www.nesta.org.uk/report/the-power-of-peer-support/> and Realising the Value <https://www.nesta.org.uk/project/realising-value/>
* Mind, 2018. <https://www.mind.org.uk/news-campaigns/news/40-per-cent-of-all-gp-appointments-about-mental-health/> and <https://www.mind.org.uk/media/23823420/letter-to-hee-final.pdf>
* RCGP, 2018. <http://www.rcgp.org.uk/about-us/news/2018/may/national-campaign-needed-to-tackle-loneliness-epidemic-says-rcgp.aspx>
* Fingertips, <https://fingertips.phe.org.uk/profile/general-practice>
* Local Insight Profile <https://inform.gloucestershire.gov.uk/get/ShowResourceFile.aspx?ResourceID=1011>
* GP patient survey 2017. <https://www.gp-patient.co.uk/PatientExperiences?practicecode=L84047>
* NHS England <https://www.england.nhs.uk/south/wp-content/uploads/sites/6/2015/12/examples-innovation-gp.pdf>
* Better Conversations Resource Guide <http://www.betterconversation.co.uk/images/A_Better_Conversation_Resource_Guide.pdf>
* Greater Manchester Public Health Network. Developing Asset Based approach to primary care best practice guide (2016). <https://www.innovationunit.org/wp-content/uploads/2017/05/Greater-Manchester-Guide-090516.pdf>
* Making Every Contact Count. <https://www.gov.uk/government/publications/making-every-contact-count-mecc-practical-resources>
* Health Education England Health Coaching training programme <https://eoeleadership.hee.nhs.uk/Health_Coaching_Training_Programmes>
* King’s Fund. Supporting people to manage their health. <https://www.kingsfund.org.uk/publications/supporting-people-manage-their-health>
* Case study: using PAM in NHS Somerset <https://www.england.nhs.uk/wp-content/uploads/2016/12/pa-somerset-ccg.pdf>
* Wiktor Kulik and Amar Shah. Role of peer support workers in improving patient experience in Tower Hamlets Specialist Addiction Unit. <http://bmjopenquality.bmj.com/content/5/1/u205967.w2458>
* Altogether Better Asset Based Community Development <http://www.altogetherbetter.org.uk/Data/Sites/1/5-assetbasedcommunitydevelopment.pdf>
* Hopkins and Foot. A glass half full: how an asset based approach can improve community health and wellbeing <http://www.assetbasedconsulting.net/uploads/publications/A%20glass%20half%20full.pdf>
* AGE UK age friendly places <https://www.ageuk.org.uk/our-impact/politics-and-government/age-friendly-places/>
* The Marmot Review: Fair Society Healthy Lives. The Strategic Review of Health Inequalities in England post 2010.
* Coalition for Collaborative care <http://coalitionforcollaborativecare.org.uk>
* Dr Ollie Hart quadrant model <http://coalitionforcollaborativecare.org.uk/uncategorized/a-new-model-to-encourage-person-centred-approaches-to-long-term-condition-management-in-primary-care/>

In the pilot described by Hart patients are invited for review in their birthday month for an HCA appointment. The outcome of the tests is then triaged by a GP into one of four quadrants:

In the pilot for patients with diabetes: 24% were self-managing, 38% in the practice group, 20% in wider support group and 18% in the prevention group.

Of the 38% offered: 76% accepted community support, 24% declined. Those who declined in the wider support group were then offered an appointment with a clinician.

**Exemplar sites:**

* Compassionate Frome <http://www.swscn.org.uk/wp/wp-content/uploads/2015/07/Community-development-in-Frome-the-GP-perspective-Dr-Helen-Kingston.pdf>
* Health Connections Mendip <https://healthconnectionsmendip.org/>
* Lambeth GP Food Co-Op <http://lambeth.gpfoodcoop.org.uk/>
* Altogether Better Community Champions <http://www.altogetherbetter.org.uk/>
* Bromley by Bow Centre <http://www.bbbc.org.uk/>

Ideas / existing community assets

* The Butterfly Garden, Cheltenham <http://www.thebutterflygarden.org> part of Thrive <https://www.thrive.org.uk> (horticultural therapy charity)
* Down to Earth Stroud <http://www.downtoearthstroud.co.uk/growing-together/vale-community-hospital-allotment-scheme/>
* BS3 community <https://bs3community.org.uk>
* Gloucester Rugby Walking Club <http://www.gloucesterrugbycommunitycharity.co.uk/programme/gloucester-rugby-walking-rugby-club/>
* Incredible Edible Bristol <http://ediblebristol.org.uk/story/>
* Men’s Sheds <https://menssheds.org.uk>
* Dementia Friends <https://www.dementiafriends.org.uk/WEBArticle?page=dementia-friendly-communities> and Dementia Friendly Gloucester Forum <https://www.dementiaaction.org.uk/local_alliances/19025_dementia_friendly_gloucester_forum>
* Live Better to Feel Better <https://www.glos-care.nhs.uk/lbfb> self-management course in Gloucestershire — options for considering cross-over include delivering modules of the course alongside other communities activities, the community coach being rtained by the LBFB team to deliver elements of the SM programme, and LBFB adding to the start-up effort to support the principles of self-management and launch the local community capacity building effort.
* Social Sofas <https://www.socialsofa.com>
* The Posh Club <http://theposhclub.co.uk>
* <http://www.thebevy.co.uk/bevy-blog/4590919186/Can-Pubs-Cure-Loneliness/11265627>
* <https://www.theguardian.com/voluntary-sector-network/2018/may/16/loneliness-charities-voluntary-organisations-communities?CMP=Share_iOSApp_Other>
* Dog Dates <https://uk.pedigree.com/dogdates/>
* The Marmalade Trust <https://marmaladetrust.org/>