

Edge Hill University and Everton in the Community: Working in Partnership to Address Educational and Mental Health Vulnerability

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(Everton in the Community)

Three cornerstones of the EHU-EitC partnership: a decade in the making



Education

Undergraduate courses
MSc Sport, Physical Activity and MH
PhD, MSc, UG research
Volunteering, Internships



Research

Monitoring and evaluation
Funding and evidence
Developing insight
Impact analysis
Knowledge exchange



Training

Sport, art and education
Mental Health First Aid
CPD and mentoring
Workforce development
Conferences, workshops

Vulnerability Indicators: CORE20PLUS5 (NHSE, 2023)

REDUCING HEALTHCARE INEQUALITIES FOR CHILDREN AND YOUNG PEOPLE



CORE20
The most deprived 20% of the national population as identified by the Index of Multiple Deprivation



The Core20PLUS5 approach is designed to support Integrated Care Systems to drive targeted action in healthcare inequalities improvement

PLUS
ICS-chosen population groups experiencing poorer-than-average health access, experience and/or outcomes, who may not be captured within the Core20 alone and would benefit from a tailored healthcare approach e.g. inclusion health groups



Target population

CORE20 PLUS 5

Key clinical areas of health inequalities

1



ASTHMA
Address over reliance on reliever medications and decrease the number of asthma attacks



2

DIABETES
Increase access to Real-time Continuous Glucose Monitors and insulin pumps in the most deprived quintiles and from ethnic minority backgrounds & increase proportion of children and young people with Type 2 diabetes receiving annual health checks



3

EPILEPSY
Increase access to epilepsy specialist nurses and ensure access in the first year of care for those with a learning disability or autism



4

ORAL HEALTH
Address the backlog for tooth extractions in hospital for under 10s

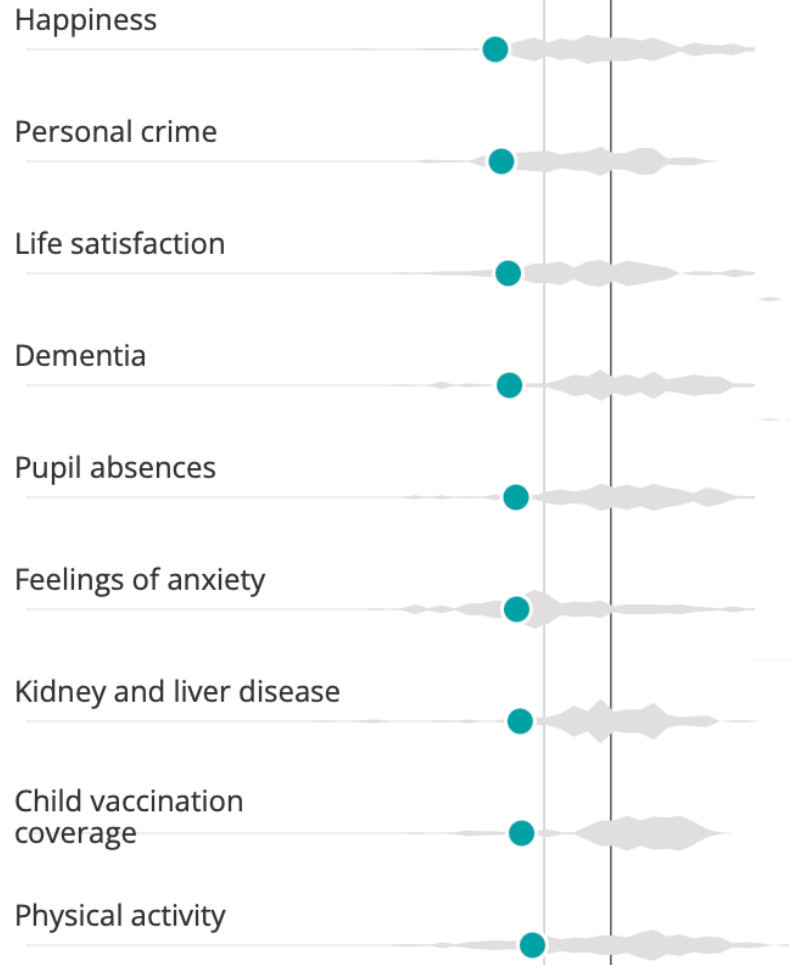
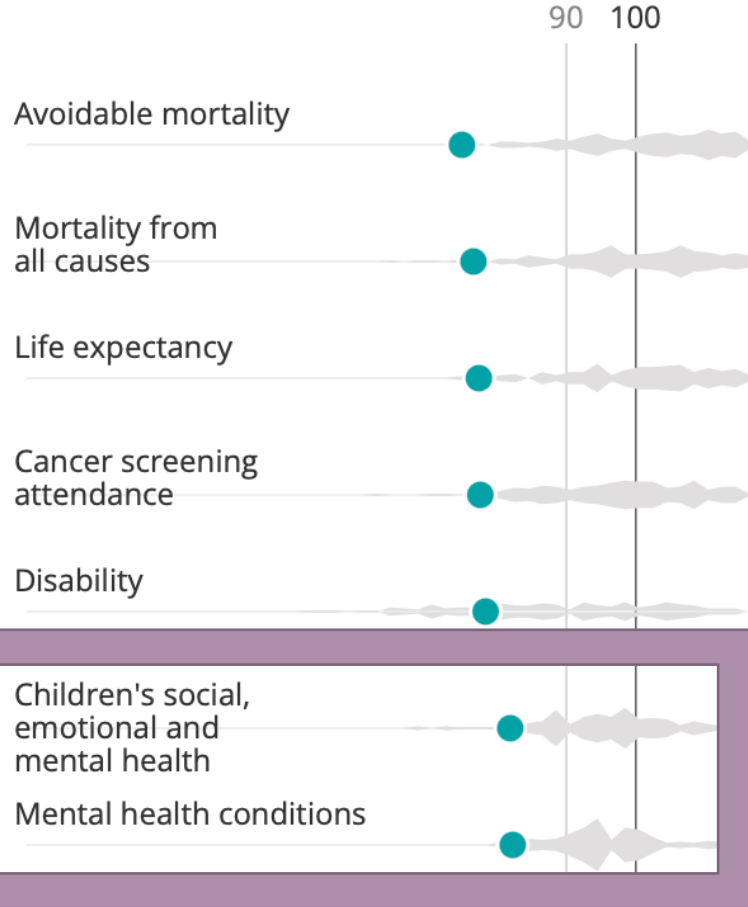
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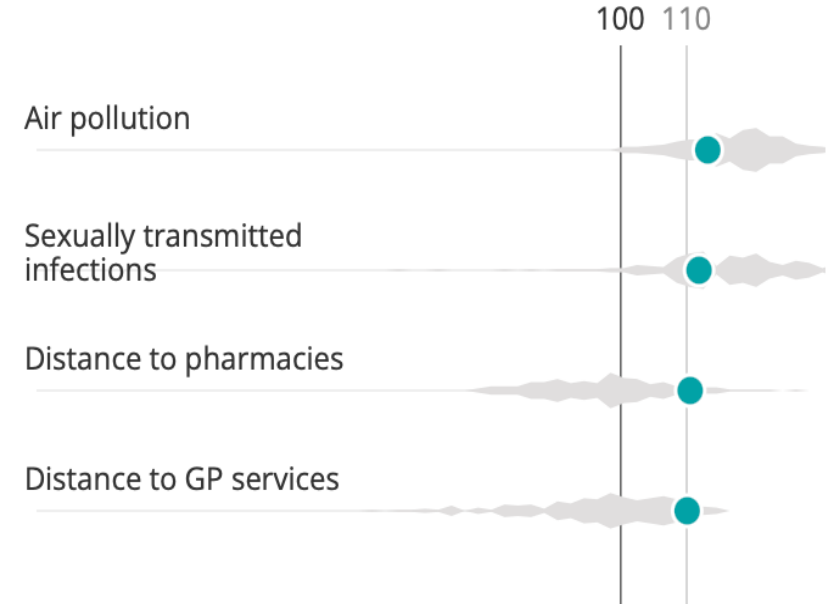
MENTAL HEALTH
Improve access rates to children and young people's mental health services for 0-17 year olds, for certain ethnic groups, age, gender and deprivation

Indicators of Vulnerability (ONS, 2023)

Indicators below 90



Indicators above 110

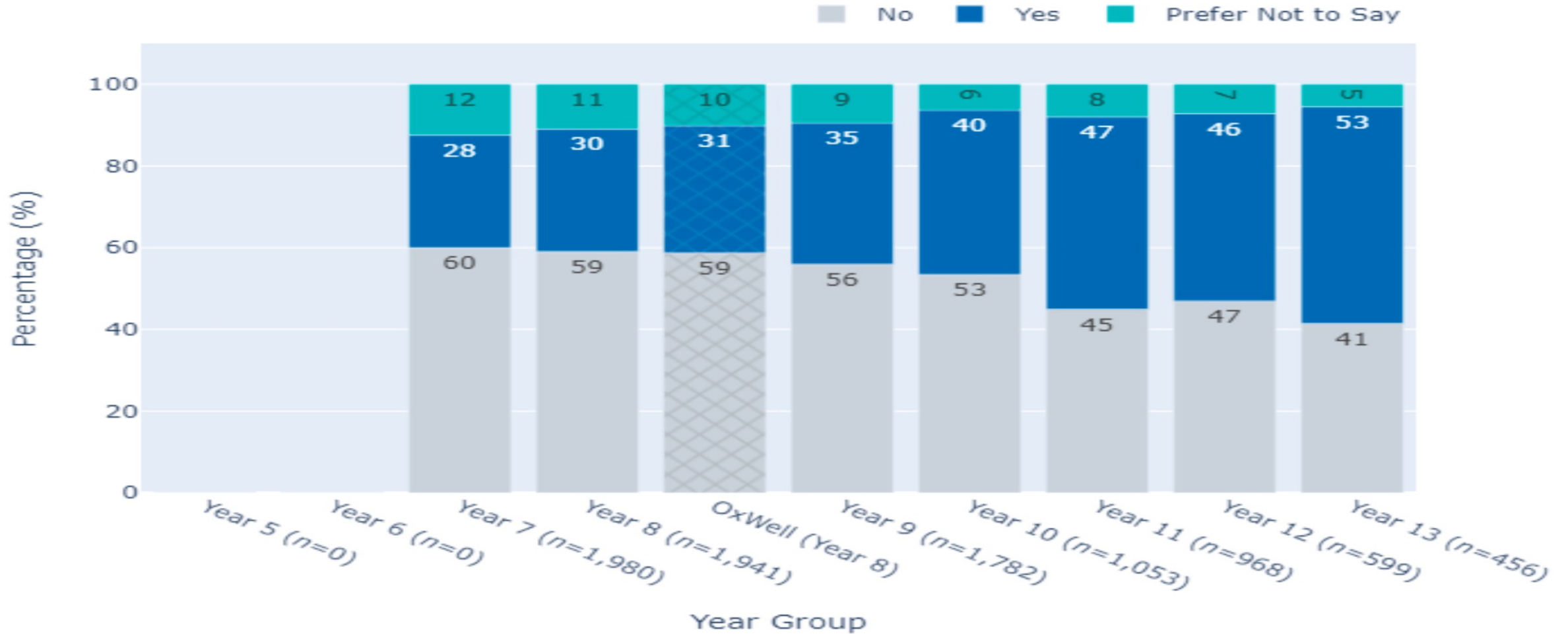


79.9

Liverpool: bottom 10% of local authorities in England (ONS, 2023)

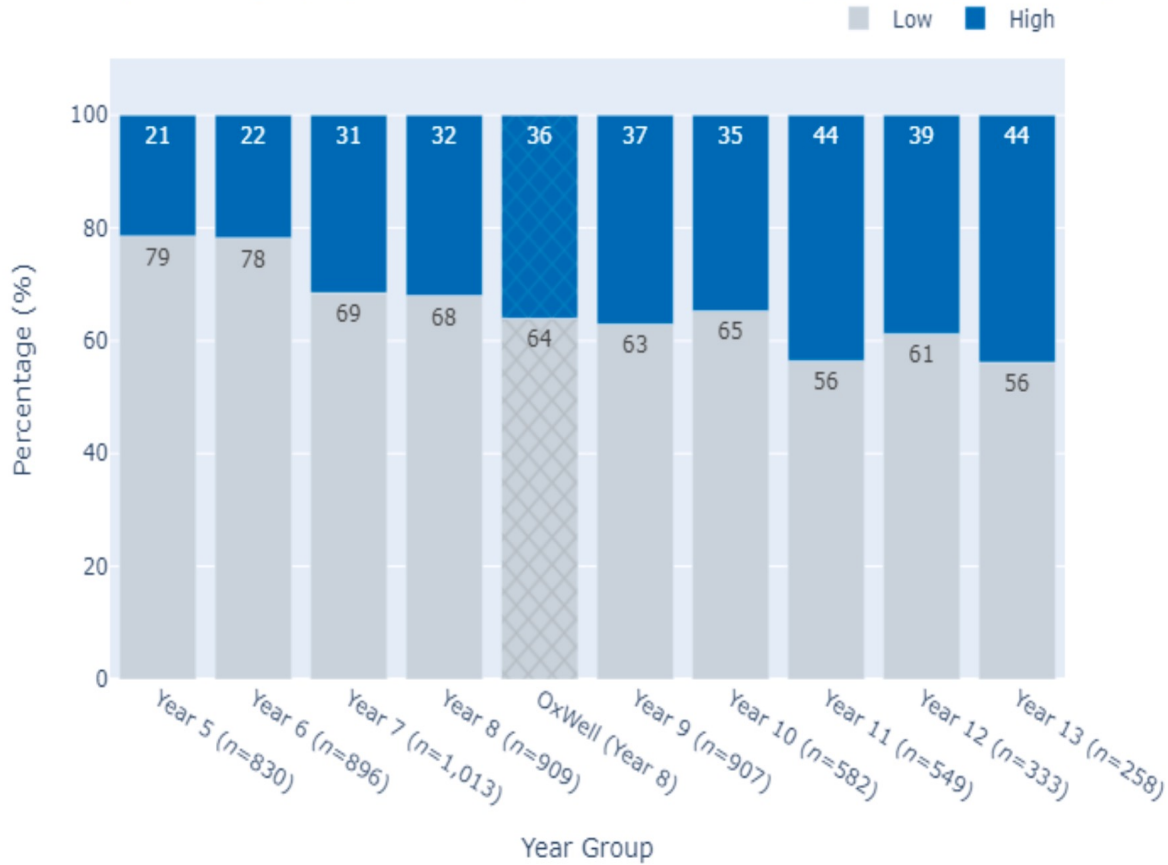
Mental Health Vulnerability

Have A Mental Health Problem Affecting Daily Life (n=8,779)

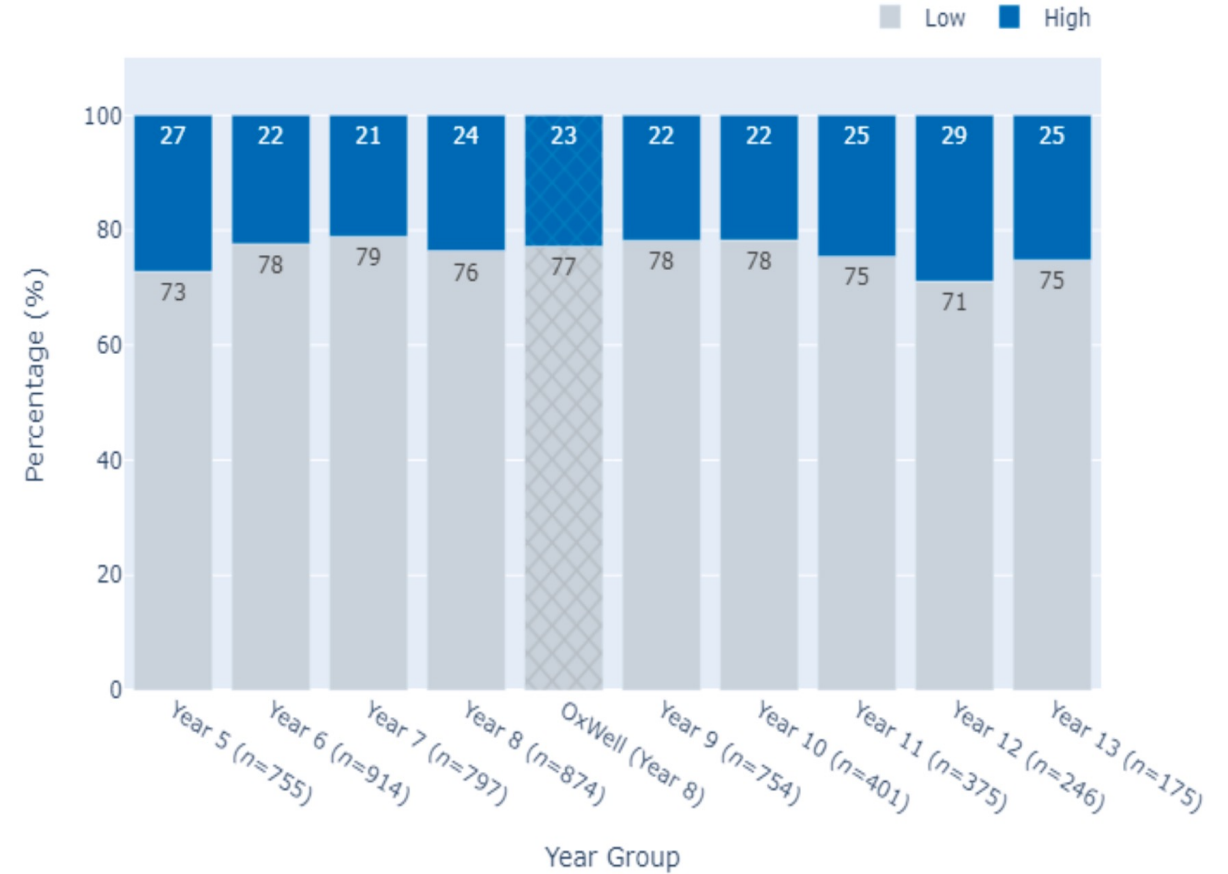


Mental Health Vulnerability

Experiencing Symptoms of Depression and Anxiety [Female] (n=6277)



Experiencing Symptoms of Depression and Anxiety [Male] (n=5,291)

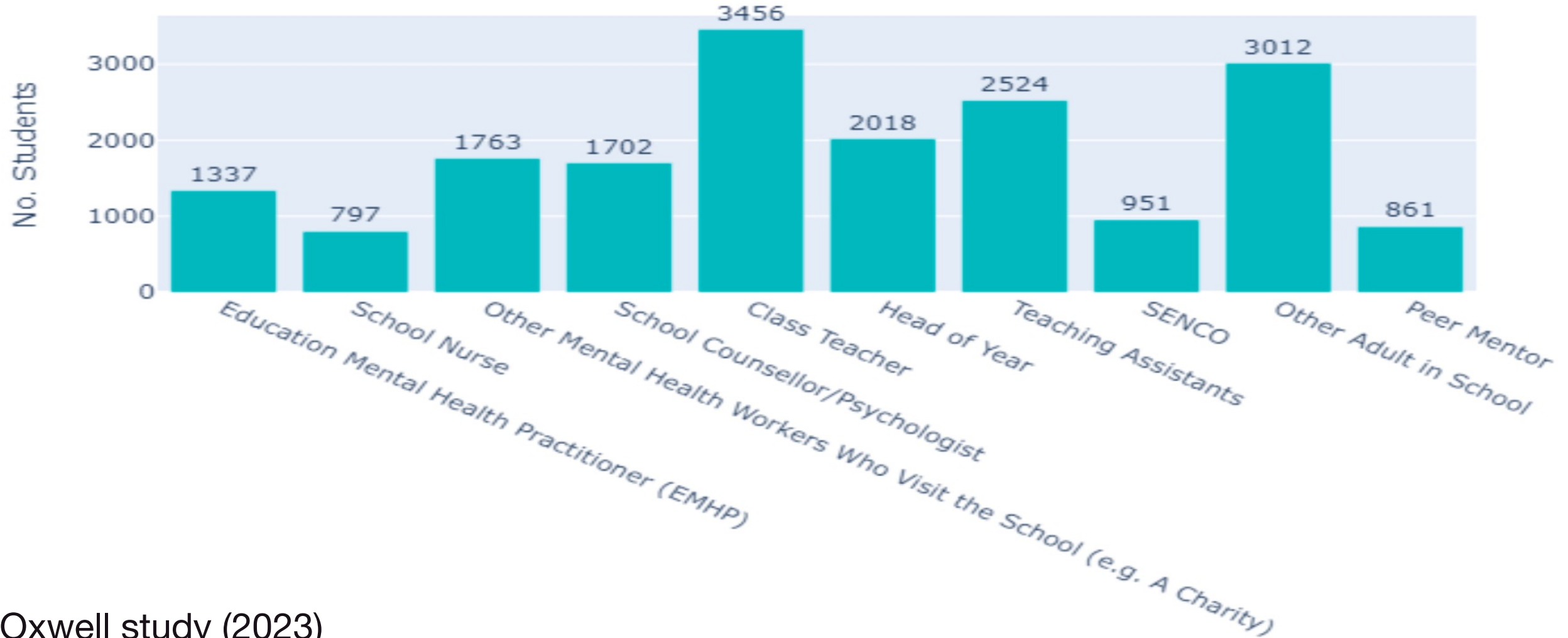


Educational Vulnerability

Indicator	Liverpool	Everton East	Everton West	Everton North
English as additional language	19.3%	34.6%	36.0%	24.0%
Free School Meals	33.3%	45.5%	52.2%	44.3%
Persistent absence (10%)	24.9%	24.8%	25.5%	26.9%
SEN	21.2%	24.7%	25.7%	25.7%

Intersections of Mental Health and Educational Vulnerability

Who Provides Mental Health Support





SPORT

Disability

Premier League Kicks

Walking Football



EDUCATION

Primary School Provision

High School Provision

Employability

NCS

Social Action

Apprenticeships

E-STEAM



HEALTH

Mental Health Provision

Veterans Provision

Diabetes Prevention

Girls On Side

Welcome Through
Football

'Kick Cancer'
Rehabilitation Project

Imagine Your Goals

The People's Place



SUPPORT

Blue Family

Local Neighbourhood
Support

Older Persons Support

41 Goodison

Home Is Where The
Heart Is

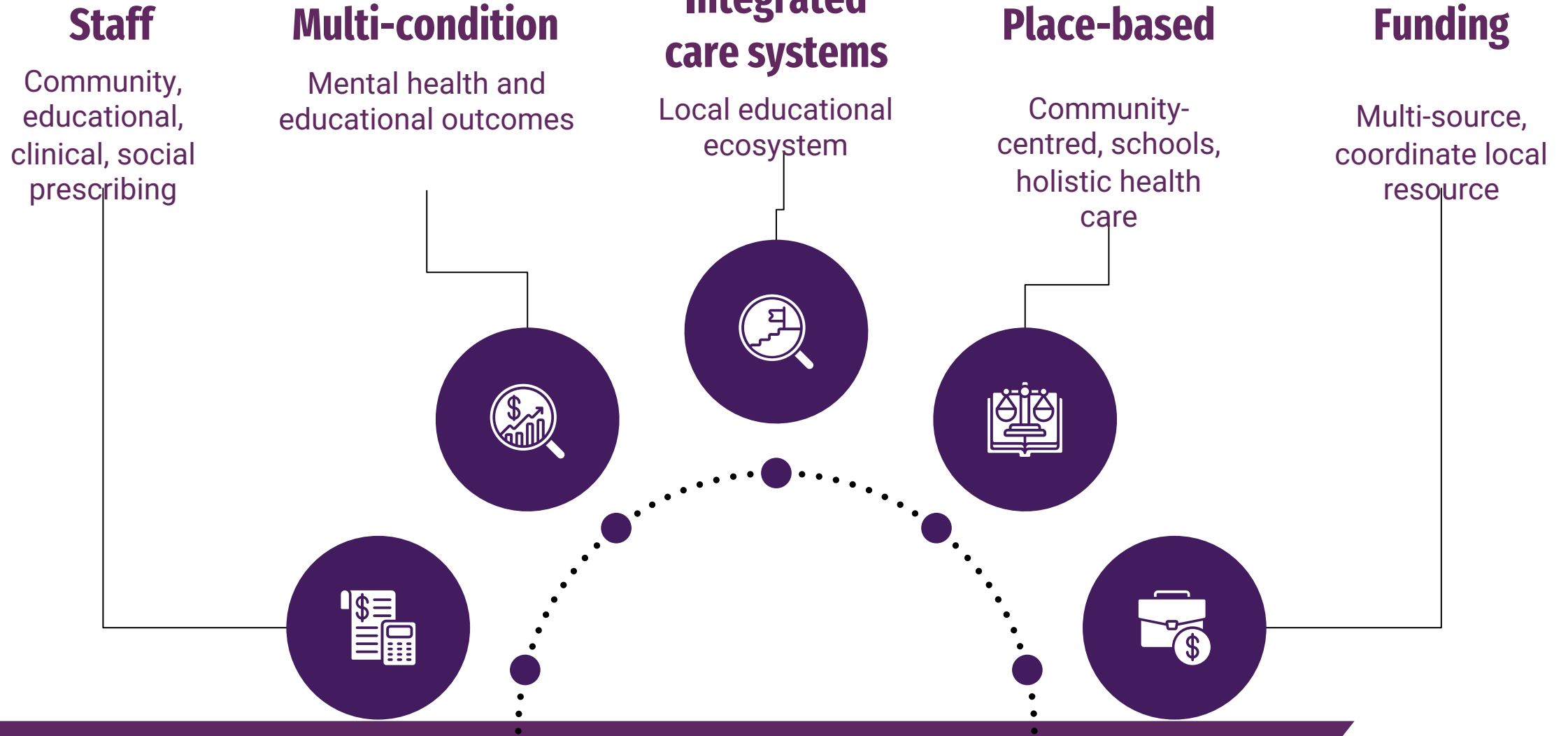
Tackling the Blues: Children and Young People's Mental Health



The People's Place: Place-Based Community Mental Health and Wellbeing Hub



The People's Place: Place-Based Community Mental Health and Wellbeing Hub



Thank You

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**Edge Hill
University**

Centre for
Mental Health, Sport and
Physical Activity Research



**Edge Hill
University**

Department of
Sport and
Physical Activity

MAKING A DIFFERENCE



ALL PREMIER LEAGUE CLUBS ARE INVOLVED IN COMMUNITY WORK, BUT FEW DO IT AS WELL AS EVERTON.

HENRY WINTER, THE TELEGRAPH

147
DELIVERY
LOCATIONS

130
DEDICATED
STAFF

40+
PROJECT &
PROGRAMMES

146k
PEOPLE ENGAGED
IN 2019



HEALTH AND WELLBEING



YOUTH ENGAGEMENT



SPORT DEVELOPMENT



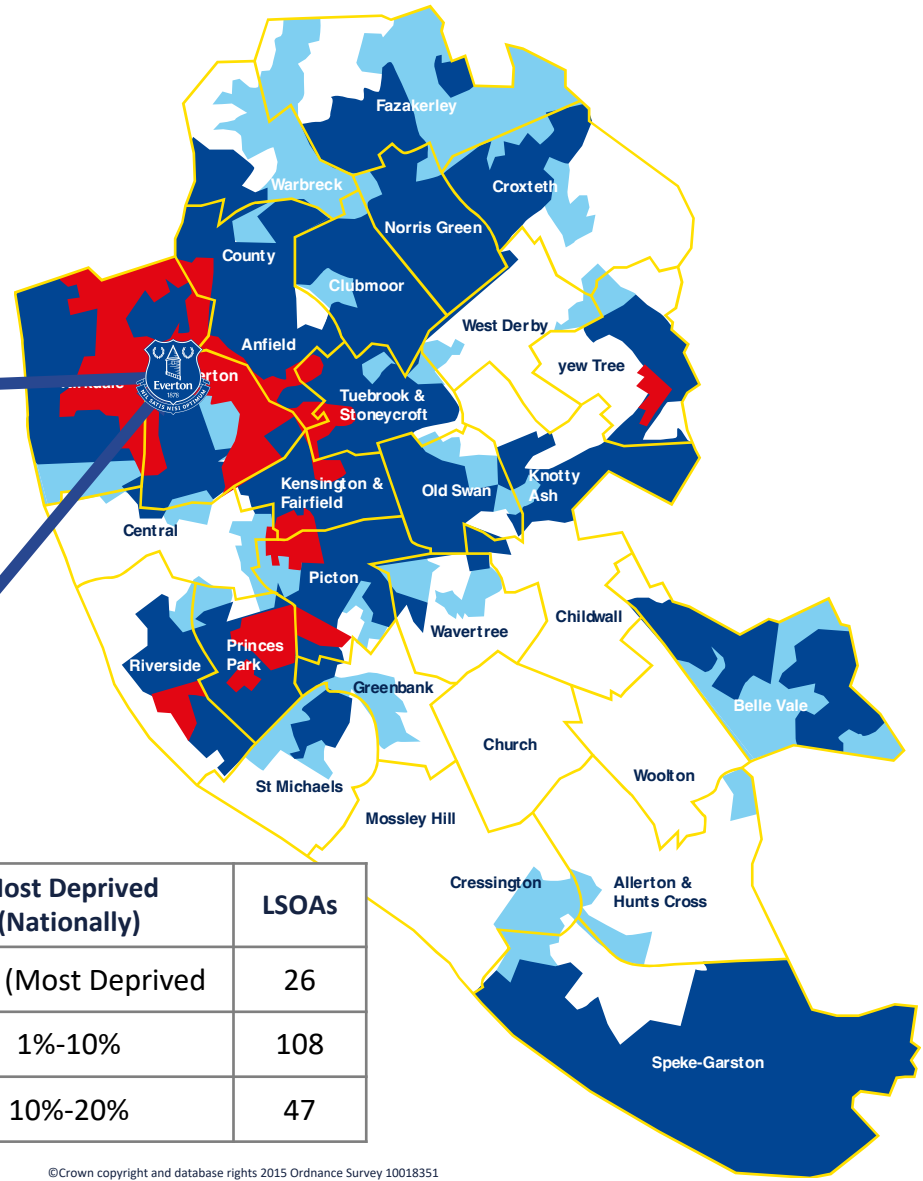
COMMUNITY AND
BUSINESS DEVELOPMENT



EMPLOYEE ENGAGEMENT



EQUALITY AND DIVERSITY



Key	Most Deprived (Nationally)	LSOAs
■	0-1% (Most Deprived)	26
■	1%-10%	108
■	10%-20%	47

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£29.86



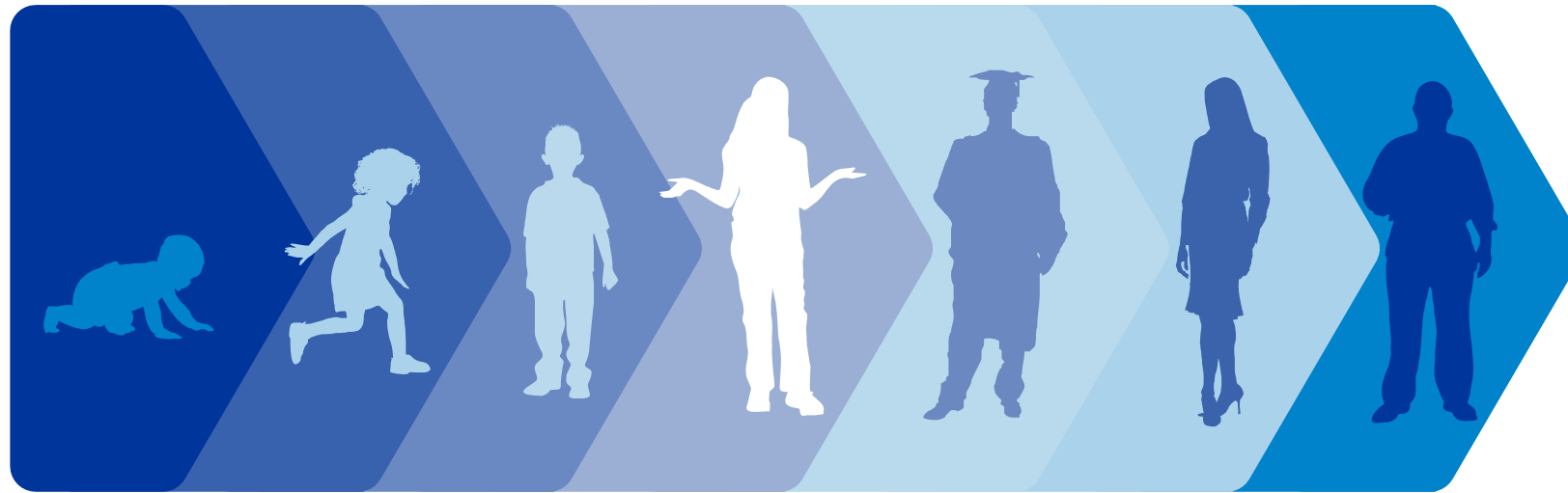
GENERATED

IN SOCIETAL VALUE FOR EVERY £1

Health and Wellbeing Programme

Tackling health inequalities

Life-course provision with a focus on:



Starting Well

Living Well

Ageing Well

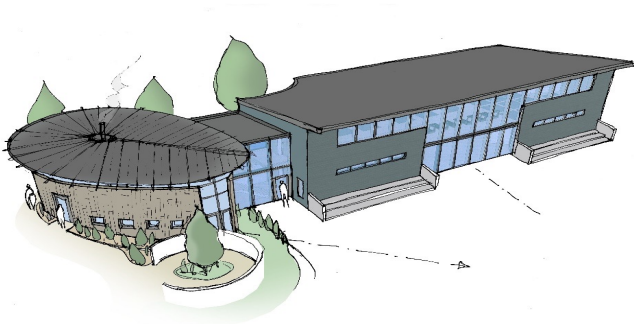
LONG-TERM
CONDITIONS

MENTAL
HEALTH
CONDITIONS

AGE-RELATED
CONDITIONS

The People's Place

- A pioneering purpose-built hub, providing an overarching service to anyone, regardless of age, gender, location or football allegiance, promoting positive mental health and suicide prevention
- Co-produced with participants, the community and health organisations/services
- First of its kind project aligned to a Premier League Football Club.
- Develop innovative provision that can have a large-scale impact – e.g. Breathlessness Hub/ADHD screening.



People at risk of, or experiencing, poor mental health

Triage support system

EitC GP / Trainee Clinical Psychologists / Citizens Advice/ YPAS

Children

Tackling the Blues

ADHD Screening

Everton Dad's

Alfie's Squad

Blue Family

Adults

Food Pantry

Healthy Blues

Imagine Your Goals

Girls on Side

Active Blues

Everton Dad's

LTHC Screening

Suicide Prevention

Diabetes Prevention

Blue Family

Veterans Hub

Refugee Football

Older Adults

Stand Together

Pass on the Memories

Hang up our Boots

Aged Veterans

Food Pantry

Improved mental health and quality of life



Male
39 years old
Lived locally
Expectant father

- Poor mental health, build up of anxiety
- Not accessing any mental health supports
- Housing and financial stresses.
- Sleeping on bus and travelling around Liverpool waiting for his work shift to start
- Suicidal - Was going to take his life in work – didn't want to impact younger colleagues
- Left work to go into Liverpool
- Built up courage to walk into Peoples Place



How we supported:

- Immediate conversation and support
- Non-stigmatising environment
- Support speaking to mental health crisis team
- Internal referral for psychological support
- Follow up support for triage/access to EitC programmes
- Immediate access to Citizens Advice
- Finance and housing support received
- Suicidal risk de-escalated within supportive network



Place-based approaches to community health and wellbeing

- Accessible programmes and support in the community
- Range of support accessible through one programme, or 'one front door'
- Integrated care – mental and physical health
- Embedded within regional health network



GOODISON PARK

LEGACY PROJECT





QUALITY HOUSING

EDUCATION ZONE

LANDSCAPING

RETAIL & LEISURE

HEALTH ZONE

YOUTH ENTERPRISE ZONE

QUALITY HOUSING