

Liverpool RISE Up Social Value Report

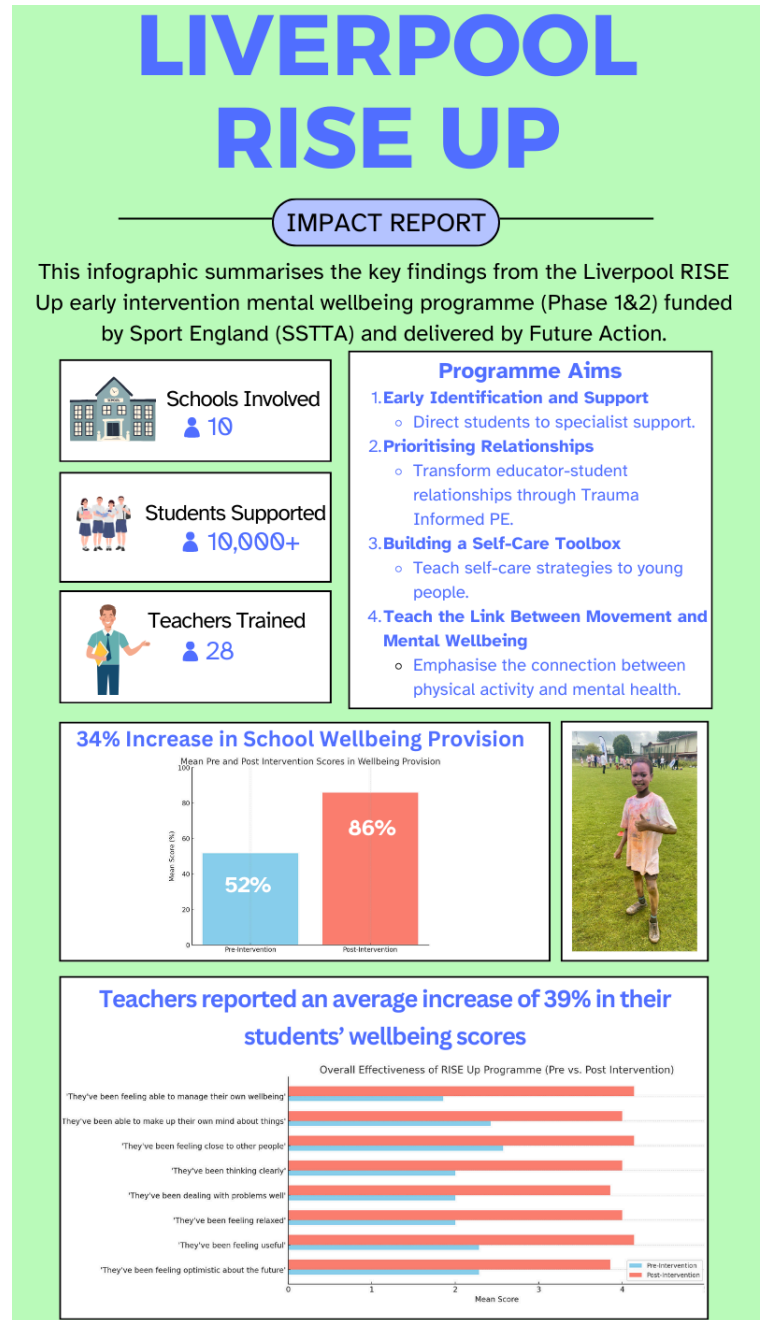
Demonstrating the Social Value and Financial Impact of Early Intervention for Student Mental Wellbeing

Headline Figures (Liverpool RISE Up Programme)

- **£82.63 million in total social value generated** by the Liverpool RISE Up programme.
- **£2,381 return in social value for every £1 invested** during the pilot phase.
- **£910,000 in public service savings**, including reductions in mental health service usage, GP visits, and absenteeism.
- **10,000+ students supported across 15 schools** in the Liverpool region.
- **39% improvement in student mental wellbeing** for targeted groups (15-20 students per school).
- **34% increase in overall school wellbeing provision** across participating schools.
- **28 teachers trained** in trauma-informed PE and early wellbeing interventions.

1. National Context: The Social Value of Sport and Physical Activity

Recent research from Sport England reveals that **community sport and physical activity generate £107.2 billion in annual social value** across the UK. This figure includes **£96.7 billion in wellbeing value** for people of all ages who engage in sports, as well as **£10.5 billion in health and social care savings**.





These cost savings are achieved by preventing illness, reducing mental health service demand, lowering GP visits, and minimising the need for informal care.

The Liverpool RISE Up Programme has harnessed this approach to quantify its own social value. By applying Sport England's methodology, we have measured the significant impact of the programme on the wellbeing of Liverpool students and the associated public service savings. For further information on the methodology, please visit Sport England's research page: [Sport and physical activity generates over £100 billion in social value](#).

2. Introduction: Evidence-Based Intervention for Student Wellbeing

The *Liverpool RISE Up Programme* is a pioneering early intervention mental wellbeing initiative, enhancing student wellbeing while reducing demand on public services. The programme integrates physical activity, self-care, and trauma-informed practices, fostering a holistic approach to mental wellbeing in schools. This report details the social and financial impact of the Liverpool RISE Up Programme using industry-standard methodologies, ensuring the credibility and comparability of findings.

3. Programme Structure and Cost Breakdown

The Liverpool pilot was delivered with **£34,700 in total funding**, sourced as follows:

- **£20,500** from the Sport England Secondary School Teacher Training Alliance Programme via the Youth Sport Trust.
- **£12,000** from Virtual School Liverpool.
- **£1,200** from individual school contributions.

This funding was used to train 28 educators in trauma-informed PE, develop student self-care toolkits, and implement physical activity sessions, directly reaching over 10,000 students and delivering targeted support to 15-20 students per school.

4. Proven Return on Investment (ROI) Using Industry Standards

The Liverpool RISE Up Programme generated **£82.63 million** in total social value, achieving a **return on investment (ROI)** of:

- **ROI = £82,631,125 ÷ £34,700 ≈ £2,381 per £1 invested**



For every £1 invested, the programme returned **£2,381 in social value**. This reflects not only a direct impact on student wellbeing but also broader cost savings for public services.

5. Methodology: Industry-Standard Approaches to Credibility

The Liverpool RISE Up Programme employed industry-standard approaches to calculate social value, leveraging frameworks from **Sport England**, the **HMT Green Book**, and other reputable sources for measurement credibility.

5.1 Wellbeing Adjusted Life Year (WELLBY)

The **Wellbeing Adjusted Life Year (WELLBY)** method was central to assessing the programme's social value. This methodology, endorsed by Sport England, assigns a monetary value to life satisfaction improvements.

- **1 WELLBY** represents a 1-point increase on a 0-10 life satisfaction scale sustained for one year.
- **Monetary Value:** £15,300 per WELLBY, based on Sport England's latest guidance.

5.2 Calculating Social Value: Primary and Secondary Benefits

Using standardised methods, the Liverpool RISE Up Programme's impact was quantified across both **Primary and Secondary Social Value** categories.

- **Primary Social Value:** Increased student wellbeing.
 - **Targeted Group Impact:** 39% improvement in wellbeing scores for 15-20 students per school.
 - Example: For 175 students (targeted group across 10 schools), a 3.9-point increase in wellbeing scores resulted in:
 - **3.9 WELLBYs/student x 175 students = 682.5 WELLBYs**
 - **Total Value:** $682.5 \times £15,300/2 = £5,221,125$ (for six months of impact).
 - **Ripple Effect:** A 1-point improvement across the broader student body (10,000 students).
 - **10,000 WELLBYs x £15,300/2 = £76,500,000.**
 - **Total Primary Social Value:** **£5,221,125 + £76,500,000 = £81,721,125**
 - **Secondary Social Value:** Estimated savings to public services, reducing the strain on mental health services and absenteeism.
 - **Mental Health Service Savings:** £750,000
 - **GP Visit Savings:** £60,000
 - **Absenteeism Savings:** £100,000
 - **Total Secondary Social Value:** **£910,000**
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6. Detailed Social Value Breakdown

The Liverpool RISE Up Programme generated an impressive social value:

- **Total Primary Social Value:** £81,721,125
 - **Total Secondary Social Value:** £910,000
 - **Total Social Value:** £82,631,125
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7. Benefits of Investing in the RISE Up Programme

The Liverpool RISE Up Programme demonstrates that targeted wellbeing initiatives provide substantial social and financial returns. Funders can expect the following benefits:

- **Expanding Reach:** Enable more schools to adopt the programme, reaching a wider student base.
 - **Building Capacity:** Equip teachers with trauma-informed training for lasting impact.
 - **Reducing Long-Term Costs:** Improve student wellbeing, lowering future mental health service demand and absenteeism rates.
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8. Conclusion and Call to Action

The Liverpool RISE Up Programme exemplifies the high-impact potential of early intervention in mental wellbeing. We invite educational stakeholders, public health bodies, and regional funders to collaborate in scaling this programme. By supporting RISE Up, funders can contribute to lasting social value, securing mental health and wellbeing benefits for young people across regions.

For more information on expanding the RISE Up Programme and accessing detailed methodologies, visit

www.futureaction.co.uk or contact info@futureaction.co.uk.

TEACHER QUOTES:

The Liverpool RISE Up programme has been a game-changer". James Porter, Head of PE, Childwall Sports & Science Academy

"We feel like we have taken a big step forward in improving our wellbeing provision to support our brilliant young people."
Dan Burns, Head of PE, Banks View School

"There was a dramatic shift in the mind set of pupil over the course, first of all during the sessions, then each Thursday as they looked forward to it, but progressively this started to form a habit and bred into an upturn in general wellbeing"
Matt Darkins, Head of PE, Hope School

"I have noticed that our children are beginning to have the tools and the confidence to select strategies to help them in different situations."
Katie O'Callaghan, PE Lead, St. Patrick's Catholic Primary School