

# SOCIAL RETURN ON INVESTMENT EVALUATION

## THE BODY HOTEL MOVING SELF-COMPASSION PROGRAMME

### NHS Wales movement, health & wellbeing for staff

#### Programme Description

The Body Hotel CIC offered a series of therapeutic movement sessions in flexible formats to foster staff resilience, prevent burnout and support workers transitioning back from leave.

#### Offerings

April - October 2023

**38**  
Sessions

- 12 Evening online workshops
- 5 Intensive, in-person workshops
- 20 Lunchtime online tasters (Gwella)
- 3 Wellbeing events
- 6 Wellbeing videos commissions
- 1 short film documentary (link)

#### Highlights

**Wellbeing Events** reimagining hospital libraries @ Prince Charles & Morriston Hospitals

Sessions with **ICU nurses** @ The Grange University Hospital

**Occupational Therapy Team** @ St. David's Children Hospital

Workshop intensives open to NHS + arts in health community

#### Participants



NHS Wales Staff from All Health Boards Staff teams

**83**

Core participants

64 NHS staff

19 Non-NHS

**150**

Participants via sector events

**8**

sample of participants in SROI evaluation

#### Evaluation Focus

Determining social value and benefits of dance/movement for staff retention and sustainability of movement-based self-care practices



#### Benefits Named



Improvement of overall wellbeing



Flexibility of offerings/length/formats suited varying needs



Positive relationships built amongst staff teams



Increased confidence and peer support



Unique offering distinct from other services



Developing tools for relaxation and stress reduction

#### Mixed-Methods Design

##### Qualitative

Focus groups  
Online questionnaires  
Semi structured interviews

##### Quantitative

Short Warwick-Edinburgh Mental Wellbeing Scale  
General Self Efficacy Scale



**HACT Social Value Calculator** assigns monetary values to mental well-being and self-efficacy outcomes

#### Impact & Results

Results yielded a positive ratio of

**£1.40 - 1.68 : £1**

value of project per £ spent



28.6%

in Mental Well-being



16.7%

in Self-efficacy

#### Funders & Partners

Arts Council of Wales (ACW) & Health Education Improvement Wales (HEIW)  
Cwm Taf Morgannwg University Health Board

Evaluated by: Royal College of Surgeons Ireland + University of South Wales

**“A fantastic, highly valuable programme that has allowed me to connect with my body again. It provided a unique space to release stress, and connect at a different level. - Participant Testimonial”**



More < info

#### Limitations

Only **13%** of the total programme participants completed the post-intervention questionnaire

Time buyout + support from managers essential participants wanted longer programme

People might not be familiar with movement-for-wellbeing or dance/movement therapy

More support needed from occupational health.

#### Recommendations & New Directions

Develop more **short formats for nursing staff** on-site

More support needed from **Occupational Health**

Increase **engagement in evaluation** methods

Integration into staff development initiatives.