

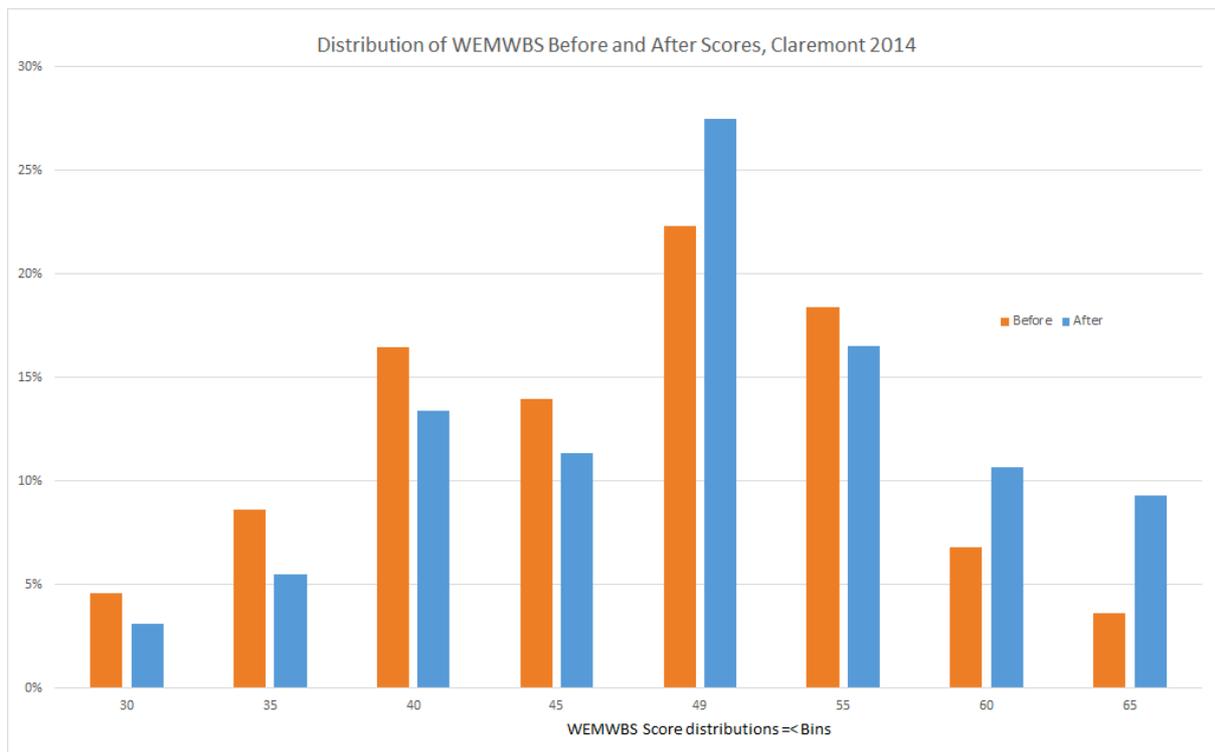
## Summary of Claremont Warwick Edinburgh Mental Well Being Scores, Cumulative through 2014

(Before n=825, After n=291)

These results provide exciting evidence for the impact and efficacy of Claremont's work with older people. There are two especially compelling results in our Mental Well-Being data (see the end of this report) that show:

- inequalities in mental well-being correlated with income largely disappear after 4 months
- inequalities in mental well-being correlated with whether someone lives alone or not, disappear after 4 months

This evidence has potentially enormous consequences for public policy as poor mental well-being is not only a misery for those suffering it but correlates highly with population level morbidity and mortality, with associated high social service, health, and societal costs.



The first chart above shows the distribution of scores for both Before and After questionnaires (Before being collected on joining and After, 4 months after joining Claremont's activities). Both distributions show a fairly classic Normal distribution of results, where most scores tend towards the middle of the distributions. In the above chart, the mid-point is around 48.7. The mean WEMWEBS score in Scotland is consistently 50 (Scottish Government data 2008, 2009, 2010) and many of the Claremont Before scores are well under that average.

One of the most important points to note in the above chart is how the entire “hump” of the Before distribution has shifted to the right in the After distribution. Not only did the mean score increase overall, from 48.7 to 52 (where a 3 point or more increase is widely considered a significant change), but much more interestingly, the whole population of scores moved into higher categories. This is seen more clearly in the table below, which details the percentage shifts in a slightly different bin range (6 values rather than 8).

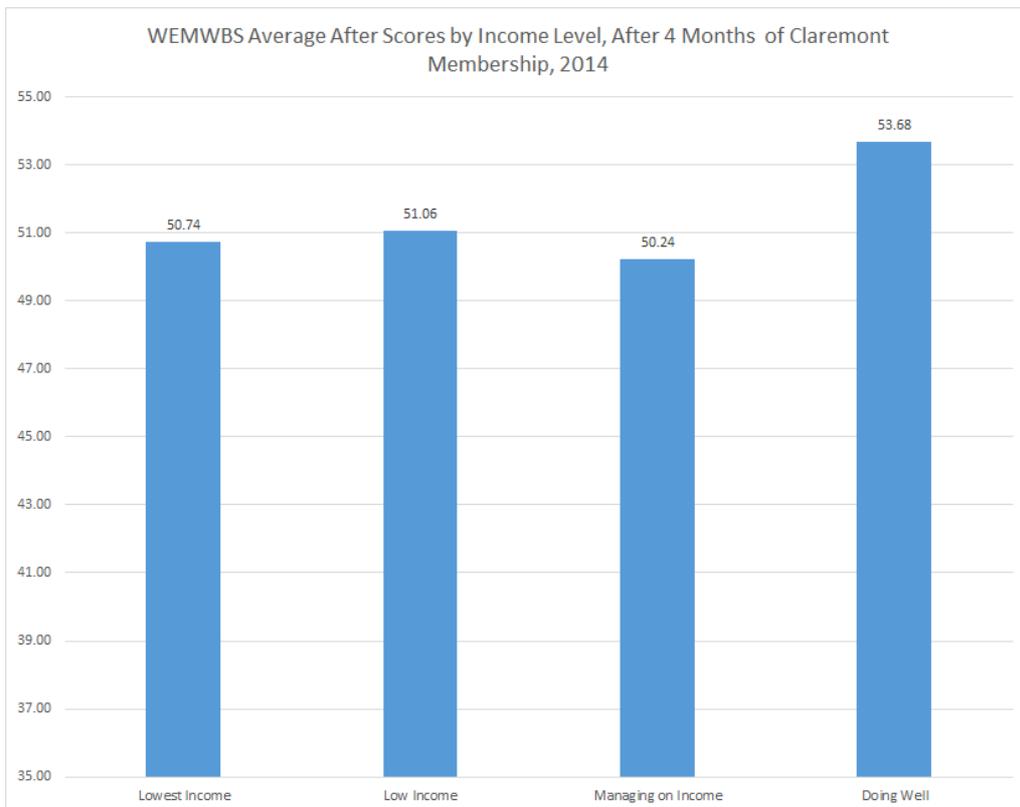
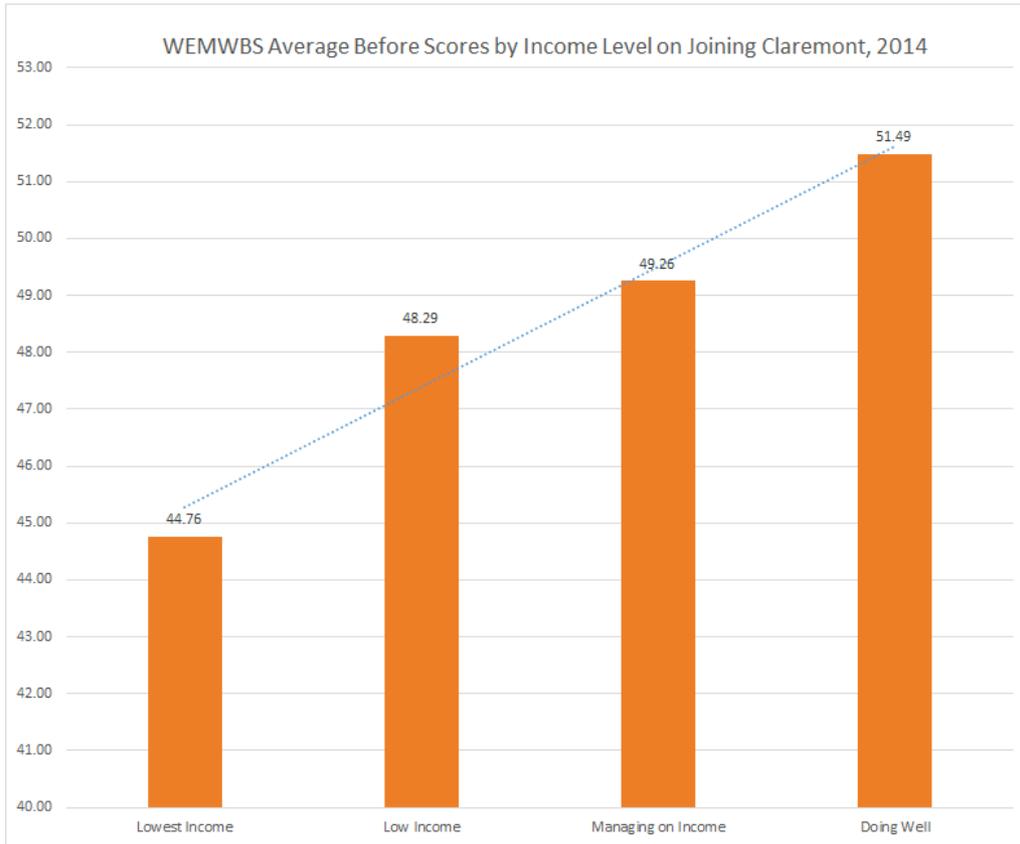
Scores	Before	After	Change
=<45	35%	25%	-29%
=<50	19%	17%	-9%
=<55	18%	22%	24%
=<60	18%	16%	-10%
=<65	7%	11%	57%
=<70	4%	9%	155%

There was an almost **40% decrease in those scoring in the lowest and second lowest ranges**, a **24% increase in scores at or above average**, a small and insignificant drop in the next category, followed by **very large increases in the two highest categories**. These results are after only 4 months of participation at Claremont and are remarkably good. The changes in the lowest scoring results are particularly remarkable given that those scoring in that range are often those with long term well-being issues which are generally very difficult to change.

The next charts are even more remarkable. They show WEMWBS scores in relation to two factors, income/perceived financial health and whether the respondent lives alone or with others.

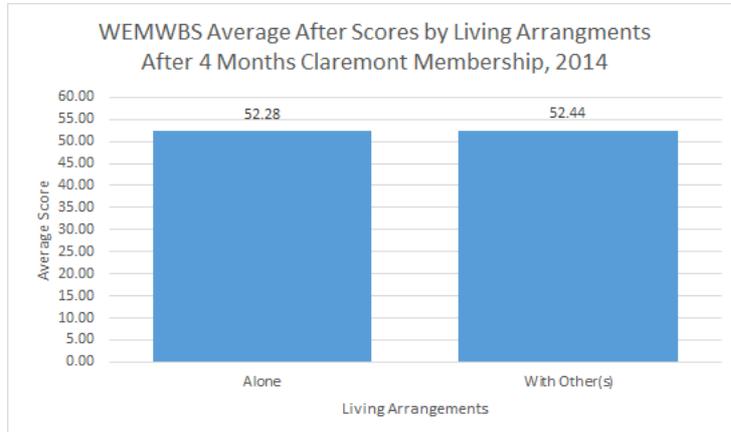
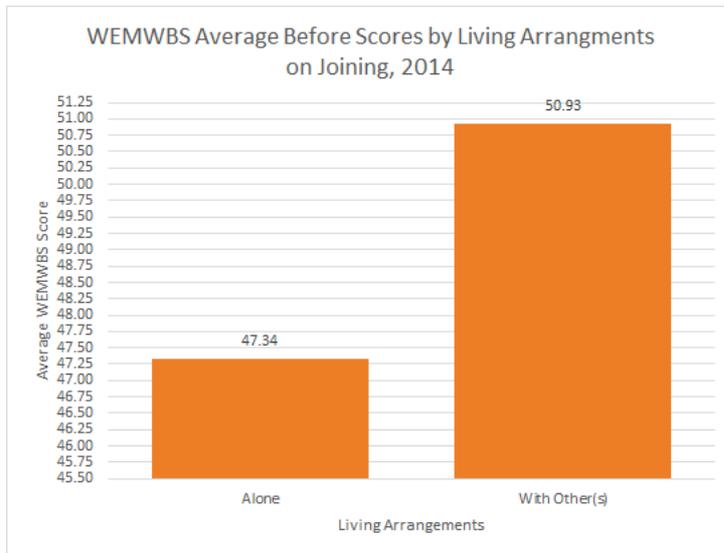
It is very clear from the first chart below that there is a **very high correlation between income and initial WEMWBS scores, with those at the lowest end of income averaging only 44.76, compared to the highest income band scoring 51.49, almost a 6.73 point difference (where 3 points is considered a significant difference)**. The inequality is shocking but perhaps not unexpected.

The amazing thing is that **after 4 months of active Claremont membership, the scores have been significantly equalized**, with even the lowest income scores exceeding the Scottish benchmark “normal” score and all but the top category sitting around the same score of 50/51. The financially flush still maintained a higher score, and added slightly to it, but the difference from this to the lowest income category had been reduced to from 6.73 to 2.94.



The final charts look at living situation and again we can see that **those living alone, who comprise 79% of Claremont membership, start with low well-being scores, a mean of 47.34**. This compares with 50.93 for those living with others, which is above the Scottish average. This is a starting difference of 3.59, above the 3 point Significant Change level.

Remarkably again, **these scores equalise after 4 months to only an insignificant 0.16 difference**. Not only do they equalise but **scores for those living alone have risen 4.94 points to well above the Scottish norm**.



In qualitative research with Claremont's membership, reasons were sought for what made Claremont special, if anything. Responses overwhelmingly clustered around how Claremont has a culture of friendship, from those already here being open to new people of all walks of life, to how the staff and volunteers approach their relationships with members. Claremont believes that its Relationship Based approach to service, as well as having built a critical mass of members, and having a broad and aspirational programme which includes the arts, mental health services, fitness and other kinds of personal development, is core to the outcomes shown above.