

Hampshire & Isle of Wight Social Prescribing Network / Health & Wellbeing Forum

Member & Presenter Case Study Template Quick Start Guide

Thank you for agreeing to take the time to share your experience and impact through a case study.

We know all our members and presenters are balancing busy roles, so we've created this guide to help make the process as quick and straightforward as possible.

Because the online form displays one question at a time, it can be useful to prepare a few notes before you begin. This often reduces repetition and makes it easier to complete the form in one sitting or to save and return later.

Before You Start

You may find it helpful to have the following information ready:

- Organisation name
- Website address
- Main contact name
- Job title
- Email address
- Phone number
- Details of the HWB/HSPN Forum, webinar, event, or network activity connected to your case study

Supporting NHS and ICB Priorities

Our funders, the Hampshire & Isle of Wight Integrated Care Board (ICB), are particularly interested in how local work contributes to the NHS Three Shifts.

There is no expectation to cover all three, but if your work aligns with any of them, please highlight this where relevant throughout your case study.

From Hospital to Community

How has your work supported people closer to home, strengthened community support, or helped reduce reliance on hospital services?

From Analogue to Digital

Has your work used digital tools, online delivery, virtual engagement, shared information, or innovative technology?

From Treatment to Prevention

How has your work supported prevention, early intervention, resilience, wellbeing, or tackled wider determinants of health?

Even a brief example can help us demonstrate the wider value of HWB/HSPN activity to our funders and system partners.

Thinking About Your Case Study

The easiest way to complete the form is to think of your case study as a story told in stages.

1. What Was the Activity?

Overview

Provide a brief summary covering:

- What the activity, project, or development was
- Who it supported
- The need it aimed to address

Think of this as the headline version of your case study.

2. Why Was It Needed?

Context and Need

Explain the background and reasons behind the work.

This might include:

- A health inequality
- A service gap

- Increasing demand
- Community feedback
- Referral trends or waiting lists

Focus on why the work mattered, rather than what was delivered.

3. What Were You Hoping to Achieve?

Aims and Objectives

Outline the goals of the work, such as:

- Improving wellbeing
- Reducing isolation
- Increasing access to support
- Strengthening community connections
- Developing partnership pathways

4. What Did You Do?

Delivery Model / Approach

Describe how the work was delivered, including:

- Activities provided
- Timescales
- Delivery methods
- How involvement with HWB/HSPN forums, webinars, events, or membership supported the work

This is generally where the "what happened" detail belongs.

5. Who Did You Work With?

Partnership Working

Collaboration is often a key part of successful community work.

You may wish to include:

- Partner organisations
- Referral relationships
- Joint initiatives
- Connections made through forums, events, or webinars

6. What Was Delivered?

Outputs

Outputs are the measurable activities completed.

Examples might include:

- Number of people supported
- Sessions delivered
- Partnerships established
- Funding secured
- Resources developed

A useful way to think about this section is: "What did you provide, deliver, or put in place?"

7. What Changed as a Result?

Outcomes and Impact

This is often the most important part of the case study.

Consider the changes that occurred for:

- Individuals
- Improved wellbeing
- Increased confidence
- Better access to support Communities

- Greater connection
- Increased resilience
- Improved engagement

Health and Care Services

- Reduced demand on services
- Better coordination
- Stronger referral pathways

A useful prompt is: "What changed because of the work?"

8. What Evidence Can You Share?

Evidence of Impact

If available, include:

- Feedback or testimonials
- Quotes
- Survey results
- Outcome measures
- Case examples
- Photographs
- Evidence of sustainability or growth

Even a small piece of feedback can help demonstrate impact.

Quick Preparation Checklist

Before opening the form, it may help to note down:

- ☒ A short summary of the activity
- ☒ The need or challenge being addressed
- ☒ The main aim
- ☒ Key activities delivered
- ☒ Partners involved
- ☒ Headline figures or statistics
- ☒ Main outcomes and impact
- ☒ Examples, testimonials, or feedback
- ☒ Future plans or next steps
- ☒ Any links to the NHS Three Shifts (where relevant)

Saving Your Progress

The online form includes a Save and Return option, so you do not need to complete everything in one sitting.

Preparing a few notes beforehand can make the process much quicker and help keep responses focused on the most important aspects of your work.

Most importantly, please don't worry about making your submission perfect. We want to hear the story of your work, the difference it is making, and how HWB/HSPN involvement has supported that journey.

Need Help?

Katy Ovens Health Forums Officer Community First

Healthforums@cfirst.org.uk

If you have any questions about completing your case study please get in touch.