



The Health
Improvement
Commission



2025
ANNUAL REPORT

A healthier life for our islands.

Our mission is to empower, enable and encourage
healthy living in Guernsey and Alderney.



Foreword From Our Chair



Mike Bane – Chairman

I am pleased to present the Commission's 2025 Annual Report. This shows another year of tangible progress improving health across Guernsey and Alderney.

Our dedicated and committed team have continued to deliver practical, evidence based work which focuses on the leading causes of preventable ill health. Highlights from the year include the launch of several new community-based physical activity programmes, strong reach and impact of our nutrition work in early years and schools, and the diversity of substance use projects and campaigns including new efforts to expand the number of smoke and vape free spaces and places locally. We also continue to support the development of local weight management services, recognising the significant opportunities presented by new obesity treatments. These treatments represent an important component of a comprehensive approach to prevention, treatment and long-term weight management, helping to increase access to appropriate and effective support. A significant milestone in 2025 was the embedding of Bailiwick Social Prescribing as a

commissioned service, reflecting its growing role within a more preventative, integrated health system.

A consistent theme across our work is the importance of prevention and early intervention as an investment in population health. This delivers improved prosperity and it increases the sustainability of public services. While the impact of health improvement efforts are often realised over time, the progress shown in this report demonstrates the value of a coordinated and collaborative long term approach. Our partnerships with government, the third sector and the wider community are the foundation of much of what the Commission delivers for the population as a whole.

2025 marked a transition in our Chair of Patrons. We extend our sincere thanks to Sir John Collins for his wise counsel and dedicated support since the Commission was formed, and we warmly welcome Sir Richard Collas. I have no doubt that Sir Richard's extensive experience in public service and the charitable sector will be of great benefit to the Patrons, the Board and the Commission.

Finally, my thanks go to the Commission's staff for their commitment and professionalism, as well as to our CEO Dr Simon Sebire, fellow Directors and Patrons.

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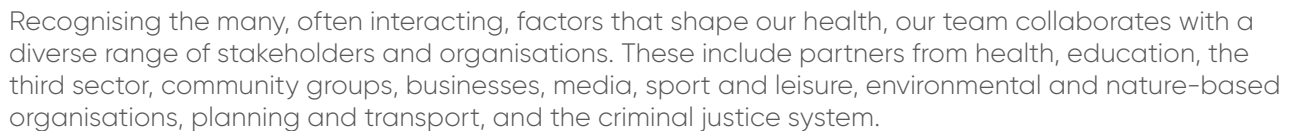
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The Health Improvement Commission for Guernsey and Alderney LBG is a charity (CH601) which was formed in 2018. Since then, we have been delivering health improvement actions and activities with the aim of empowering, enabling and encouraging health and healthy living in the communities we support.

For our islands to be places that support us all to lead a healthier life

To empower, enable and encourage healthy living in Guernsey and Alderney

In driving this change, our work focuses on five areas:



We also collaborate with a range of government teams contributing to strategy, policy, and operational aims. We were very pleased to see Increased Prevention and Early Intervention included as a key outcome of the Sustainable Wellbeing objective of the States Government Workplan.



Our Team and Board

In 2025 our staff team grew to 19 (15.6 FTE), as we welcomed two new staff to our Bailiwick Social Prescribing team. 14 staff are directly employed by the Commission and five are seconded from the States of Guernsey.

Our volunteer Directors are Mike Bane (Chair), Glen Broadhurst, Rachel Copeland BEM, Michelle Le Clerc and Edel Falla. The Director of Public Health, Dr Nicola Brink MBE, joins our meetings as an attendee and States of Guernsey representative and we are grateful for her guidance and support as well as the collaboration of the wider Public Health team.

Our Funding

We are funded primarily through service level agreements with the States of Guernsey. We are very grateful to our commissioning States committees; The Committee for Health and Social Care, The Committee for Education, Sport and Culture and The Committee for the Environment and Infrastructure for their positive engagement, at both political and officer level in 2025.

In addition to our funding from the States, we raised £85,000 in 2025, of which £24,000 was raised jointly with other charities. We also seek out, and benefit from, charity rates provided by a range of local suppliers. We are extremely grateful to all those who supported our work in 2025.



Team L-R: Dr Simon Sebire, Andrea Nightingale, Madeleine Diligent, Caroline Hoar, Trish De Carteret, Evie Hollis, Amy Woollaston, Jo Masterson-Pipet, Jo Hollyer-Hill, Cat Tyrrell, Alex Bowtle, Lucy Cave, Alex Kosmas, Sarah Penney, Alex Costen, Karen Morpeth, Sam Green, Ellie Gould.

Our Funders in 2025



Organisational Development

We made progress in each of our strategic Organisational Enablers; Investing in our team, Financial Sustainability and Governance and Operations.

Investing in our Team

Following Alun Williams's retirement in January, Alex Costen was promoted to lead our Be Active workstream after four years as Active Travel Officer. Amy Wollaston joined us as our new Active Travel Officer.

We also recruited a further Link Worker and a scheme Administrator to the Bailiwick Social Prescribing Team.

In 2025 our team undertook a range of training including:

- Leadership
- Data protection & digital safety
- HR and Safer recruitment
- Artificial Intelligence
- Social media for charities
- Public health & behavioural medicine
- Level 3 Award in Education & Training
- Subject specific topics across our workstreams

Financial Sustainability

2025 marked the first year of sustainable funding for Bailiwick Social Prescribing – we are grateful to Public Health for supporting the scheme.

We were also delighted to secure a further 5 years of funding from the States Active 8 Plan for Sport. This will fund a member of staff to continue a range of impactful initiatives focused on the promotion of physical activity amongst adults.

Governance and Operations

In December 2025 Sir Richard Collas was nominated to succeed Sir John Collins as Chair of the Commission's Patrons. Sir Richard had a distinguished career spanning both the legal profession and public service, most notably as Deputy Bailiff from 2005 and Bailiff in 2012. Sir Richard has also been involved in a wide range of charities including Les Bourgs Hospice, Help a Guernsey Child and as Chair of the Guernsey Community Foundation – we are delighted to welcome him as our Chair of Patrons.

In 2025 we were pleased to continue our commitment to being an inclusive employer by signing up, as a founding member, to the 2nd edition of GET's Employers' Disability Charter.

The commitments include guaranteeing interviews for disabled candidates who meet our minimum criteria, inclusive recruitment practices, offering opportunities for work placements and staff training.





Communications

Community Stories and Impact

In 2025, our communications continued to build awareness of prevention using stories, events, campaigns and digital content to connect with our community.

We increased our reach across all platforms, expanded our use of short-form video, and worked closely with partners, the media and local events to bring our work to life.

Growing Digital Reach and Engagement

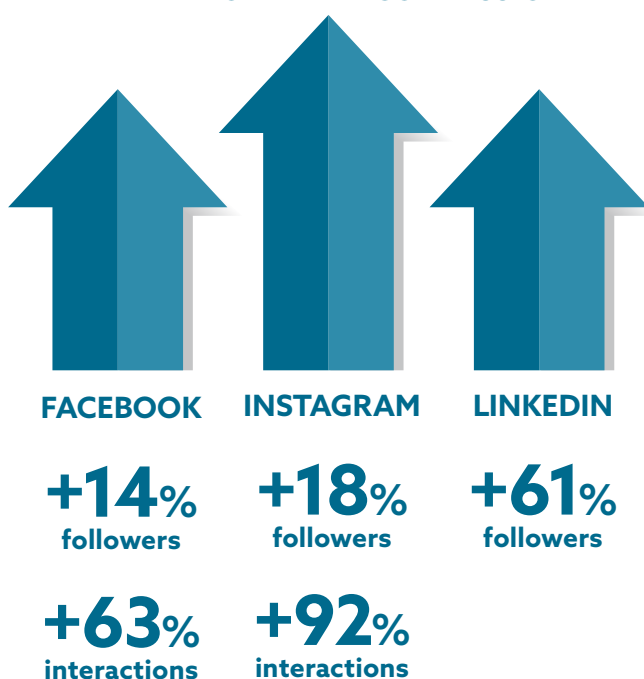
Our online presence strengthened considerably in 2025, with growth in all channels.

Across both the Commission's and Bailiwick Social Prescribing channels, 42 videos and reels generated more than 34,815 views, with a greater focus on short-form, creative content that helped us engage audiences in a more authentic and accessible way.

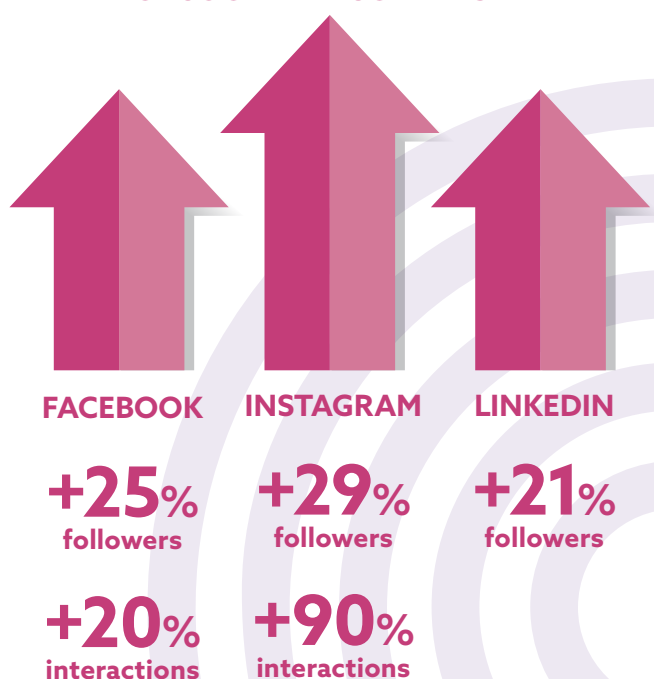
Open Afternoon for Deputies

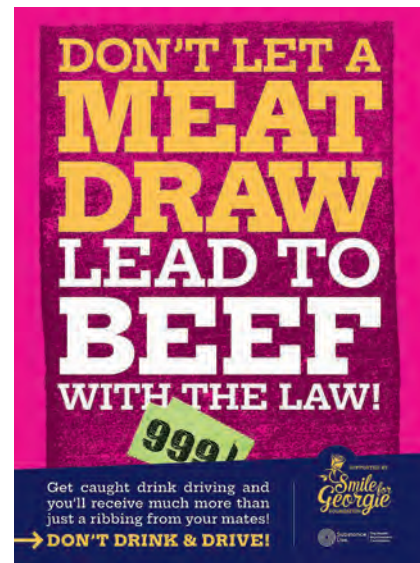
In October we held an open afternoon for Deputies – an opportunity to meet our team and Directors, find out about our work and understand its connections across States committee areas. We were delighted to welcome 15 deputies representing a wide range of political committees and are grateful to them for their interest, positive engagement and support.

HEALTH IMPROVEMENT COMMISSION



BAILIWICK SOCIAL PRESCRIBING





Restriction on duty-free tobacco suggested

by Andy Brown

andybrown@healthimprovement.co.uk

A RESTRICTION on duty-free tobacco was the main policy suggested by the Health Improvement Commission.

The suggestion came out of a survey of 1,000 people, and not from research by the Health Improvement Commission.

Tobacco harm reduction officer Lucy Cave said that while other policy ideas came out of research from other jurisdictions, all drawing duty-free tobacco sales was suggested by and supported by the island's young people.

There is obviously a concern that duty free potentially undermines other pricing control measures in place.

Lucy Cave

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Lucy Cave, tobacco harm reduction officer at the Health Improvement Commission, with the production of the Clearing the Air - a public consultation on tobacco control. (Picture by Sophie Ratley, 34091214)

lacked other sales restrictions on tobacco products, with 61% backing bans on certain point-of-sale and just over half even saying they would even support only a certain number of retailers being allowed to sell cigarettes within a zone area.

Miss Cave said there was also widespread support for more smoke-free spaces and this increased wherever people had no choice but to be in a location, or children might be present.

"This is seen in the support for banning smoking in areas such as bus shelters," she said.

"We also intentionally segregated out restaurants and pubs, places that only ever do alcohol be, and the support for a ban in those areas is much stronger."

Despite the results indicating a strong backing for anti-smoking policies, Miss Cave said smokers were

All proposed policies get 50% backing

All 11 proposed policies suggested by the Health Improvement Commission were backed by more than 50% of respondents.

Banning smoking in children's playgrounds: 80% support, 7% opposed, 13% undecided.

Banning smoking in transit areas, such as covered bus shelters: 71% support, 15% opposed, 14% undecided.

Increasing the legal age from 18 to 21: 73% support, 14% opposed, 13% undecided.

Banning smoking in outdoor areas of sporting venues: 68% support, 20% opposed, 12% undecided.

Banning smoking in the outdoor area of bars and public 50% support, 20% opposed, 30% undecided.

Prohibiting sales of tobacco products at certain establishments: 54% support, 20% opposed, 26% undecided.

Increasing the legal age each year: 64% support, 23% opposed, 13% undecided.

Banning smoking in public parks and gardens: 60% support, 20% opposed, 20% undecided.

Banning smoking on beaches: 63% support, 20% opposed, 17% undecided.

Banning smoking in the outdoor area of bars and public 50% support, 20% opposed, 30% undecided.





Campaigns, Media & Calendar Moments

We continued to use a combination of strategic campaigns, national awareness days and local media to bring prevention into public conversation.



Campaigns

- 🌀 **Eat Them to Defeat Them**, inspiring children to try more vegetables
- 🌀 **Stoptober**, sharing real stories to inspire local people to take steps to quit smoking.
- 🌀 New **Drink Drive** campaign

Press and Media

We featured across print, radio and online media throughout the year, helping spotlight key issues such as healthy eating, active travel, social prescribing, alcohol and health and tobacco control.

Using Key Calendar Moments

We aligned our messaging with national initiatives to broaden reach and relevance, including:

- 🌀 National Link Worker Day
- 🌀 World Bicycle Day
- 🌀 Cycle to School Week
- 🌀 Better Journeys Week

These hooks created natural opportunities to highlight local stories, evidence and practical ways to support health.



Creating the conditions for healthy eating in the Bailiwick

Early Years

Strengthening Early Years Nutrition

In 2025 we were delighted to bring UK nutrition specialists Sean Cowden (London Early Years Foundation) and Dayna Brackley (Bremner & Co) to Guernsey, where they worked closely with chefs, educators and leaders across early years settings. Sean delivered hands-on training to seven chefs from five settings, focusing on healthy menu design and realistic options when time and rising food costs create daily pressure. Both Sean and Dayna also spoke at the States Joyous Childhood Conference, leading sessions exploring the everyday realities of early years nutrition for families and professionals.

Small Changes, Big Impact

Our team has worked with early years leaders and families to develop a range of small, sustainable changes, which add up to important impact over time. One example is the move towards fun, food-free birthday celebrations, which can, in a class of 20 children, reduce the sugar in a child's diet by approximately 600g per year. With approximately 2500 children attending early years settings, this small change can have a big impact.

Five Early Years settings receive Healthy Schools Award

Five early years settings across Guernsey and Alderney achieved the Healthy Schools Award in 2025 and were presented with their awards at a summer reception by Commission Patron Liz Couch.

The award process provides a valuable opportunity for each setting to review and strengthen its food and nutrition approach, create healthier environments and partner with parents. It also recognises strong practice in leadership, emotional wellbeing, oral health and physical activity. We look forward to supporting more settings to work towards the award.

The Growing Gang

In 2025, **27 Early Years** settings took part in The Growing Gang initiative giving children the opportunity to plant, nurture, and taste a variety of vegetables in fun, exploratory ways.

With 107 packets of seeds distributed and enthusiastic participation across settings, the project involved over 1,000 children. We are very grateful to Blue Diamond Group for donating the seeds and compost.

“Several schools have really noticed the children are confident to talk about healthy foods in ways they haven't previously. They know what healthy snacks are too. I think the Eat Well policies are doing their job.”

Early Years Education Officer





Children & Young People

Strengthening School Food Practices

In 2025, the Eat Well team continued to strengthen food and nutrition practices across school settings:

School transition support for families: Working alongside the School Nursing team, we delivered sessions for parents as their children moved from preschool to primary school; helping families to navigate new routines and maintain healthy habits developed in early years.

Accessible lunchbox guidance: Schools were provided with updated print and digital resources for their families. This links with the Coop Lunchbox Heroes campaign developed in collaboration with Jersey Public Health, which highlights healthier in store lunchbox options and features targeted promotions coinciding with children's return to school in September..

Refreshing & Embedding the Food In Guernsey Schools policy: We continue to support school staff, education officers, parents and children to review and improve food within school settings. We conduct regular audits of food provided in secondary schools and The Guernsey Institute – providing feedback to leadership and facilitating the Secondary School Food Contract Group to maintain momentum on shared actions.

100
St Sampsons High
students engaged
in tastings to
develop new dishes

3000
free lunches provided
to secondary school
students who need
additional support
– kindly funded
by the Coop

Eat Them to Defeat Them Into 6th year

In 2025, all **13 States primary schools** across Guernsey and Alderney took part in the Eat Them to Defeat Them campaign – the highest participation yet.

We provided veg boxes to Reception classes and Veg Power resources to all children in Reception and Key Stage 1, increasing repeated exposure to vegetables across multiple years.

Over the five-week campaign, almost **5,000 portions** of vegetables were distributed, with schools running tasting sessions, sensory exploration, cooking and craft activities to build confidence with new foods.

We are grateful to Milton Produce Ltd and Channel Seaways for supporting this project.

“ At Vauvert we know how important it is to have a balanced plate and lunch box to keep us full and energised for a day of learning and activity.

We have taken the opportunity to make ‘Eat Them To Defeat Them’ a school initiative and a fun way of eating veggies!

We hope that pupils become more aware of the benefits of all the different vegetables that we can eat and hopefully see some colourful lunchboxes. ”

Lindsay Sword, Year 4 class teacher
at Vauvert Primary School.



Munchy Lunches at Le Rondin

Building on a successful project that we supported and funded in 2024, Le Rondin Primary School continued to develop its Munchy Lunches initiative throughout 2025, offering pupils daily opportunities to taste and explore vegetables.

The approach began with fortnightly veg box deliveries and tastings and early positive results led the school to expand the programme giving over 100 pupils regular chances to explore and try different vegetables.

Staff, parents and pupils have since reported clear benefits. Children who were previously reluctant to try vegetables are now tasting, and in some cases bringing in, new foods from home. Regular exposure, supported by positive peer influence, has helped pupils build confidence and familiarity with a wider range of vegetables and parents have also noted improvements in children's willingness to try vegetables at home.

We're delighted that Munchy Lunches has become a valued part of Le Rondin's day.



“ We’ve seen a benefit really quickly. Having that exposure every single day I think has been much more beneficial for them than having it just once a week. There’s been a couple of children who have been quite reluctant to try and now we’re seeing them come in with pots full of cucumber and pepper and that has been because they’ve gone home and said, ‘I’ve loved trying this’. ”

Kimberley Carre, LSA at Le Rondin

“ This initiative is absolutely amazing, and it’s been talked about wide and far. Children who have previously gone off trying new foods, are now showing more interest and excitement in trying the vegetable of the week.

Very few children are now not taking anything from the tasting bowl. The children now look forward to it; they’ll come in on a Monday, and they’ll ask what veg they are having, so it generates a conversation as well. As a school we will continue to support this initiative as much as we possibly can. ”

Christine De Kock, Deputy Headteacher at Le Rondin



“ It’s so good because I got different food to taste. These are new vegetables to me. ”

Pupil at Le Rondin

“ My child wouldn’t be exposed to new vegetables if it wasn’t for something like this. She’s increasing the amount of vegetables that she’s trying and I would say that her acceptance of vegetables has also increased at home.

When the children are sat altogether with their peers at school and they’re all doing the same thing, I think initiatives like this are great for increasing the availability of veg and therefore improving the health of our young people. ”

Parent at Le Rondin

Community Conversations to Shape a Healthier Food System



Exploring Our Food System with Islanders



In 2025 we continued the Guernsey Food System Mapping Project, building on the two stakeholder workshops held in 2024 with support from food system specialists at the University of Cambridge's Centre for Diet and Activity Research. A key focus this year was taking the work into the community.

We took a public-friendly version of the food system map to the West and North Shows, where islanders were invited to share their thoughts and ideas. A total of **245 views** were collected through interactive activities, with particularly strong engagement from parents and carers. Suggestions included covering what schools, shops, restaurants, government and other settings could do to make it easier to access healthy nutrition. These insights will help shape the development of new initiatives across the food system.

Eat Well Champions

Building on this, in 2025 we launched our Eat Well Champions group – recruiting a diverse group of 10 parents and carer volunteers who will share their lived experiences and help shape practical solutions to make healthy eating easier for families. The group first met in December, and will help to inform new initiatives, test ideas, and advocate for improving our local food environment. Thank you to our Eat Well Champions!



More people,
more active,
more often



Active Adults

Physical activity is a cornerstone of healthy adulthood and ageing. The Commission's Adult Physical Activity Officer aims to create environments where physical activity is part of everyday life through community settings, healthcare and workplaces.

Active Ageing

Building on our work in 2024 to promote active ageing, in 2025 we prepared for the launch of REACT (REtirement in ACTion), an evidence-based programme designed to help older adults stay active, independent and confident. Developed by leading UK universities, REACT has been shown to prevent mobility decline and improve physical function in older adults.

Thanks to funding from the Guernsey Community Foundation, REACT will begin in Guernsey in 2026 and will offer a free, year long programme of group exercise sessions tailored for an initial group of 30 people aged 65+. Seven instructors have been trained to deliver REACT. Sessions combine strength, balance and mobility training with social connection and education on healthy ageing.

“Physical activity is one of the most powerful tools we have to support healthy ageing. REACT is a fantastic opportunity for older adults to improve mobility, stay independent, and connect with others in a supportive environment.”

Sam Green, Adult Physical Activity Officer

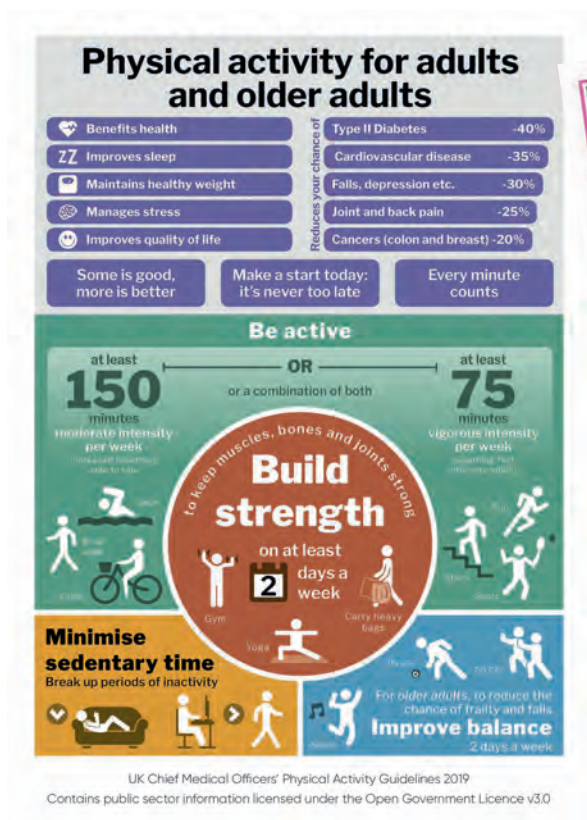
Active Spectators – It's Your Time to Move

Responding to local evidence that lack of leisure time is the biggest barrier to activity for adults, we launched Active Spectators in 2025, creating simple, convenient ways for parents to be active whilst their children take part in sports or activities. The initiative began with two static bikes at Beau Sejour for parents of children in swim school, which were used more than 100 times in the first month.

Building on early interest and engagement with parents we introduced a Sunday-morning bootcamp at Footes Lane for parents of children attending hockey and rugby. The aim is to extend opportunities across more venues, supporting busy parents to fit movement into the margins of their day.







Healthcare

In 2025 we established a Physical Activity Special Interest Group with representatives from all primary care surgeries, secondary care and MSG to strengthen how physical activity is embedded in clinical care.

One of its first outputs was the creation of new Physical Activity Prescription Cards, designed to help healthcare professionals start focused conversations about moving more with their patients. Two versions were produced – one for personalised activity goals and one with simple conversation prompts for professionals alongside physical activity guidelines and a QR code linking to free online resources.

A total of 1,600 cards were distributed in 2025, giving GPs a quick, practical way to 'prescribe' physical activity and support patients to build achievable habits.

Workplaces

We delivered interactive workshops to five more businesses in 2025 to discuss the benefits of moving more and strategies to help leaders create more active workplaces.

Our team were also delighted to present several sessions at the 2025 Guernsey Occupational Health and Safety Association conference to employers about creating healthier workplaces.



Active Travel

Schools

Following internal promotions, a new Active Travel Officer joined the Be Active team in 2025, bringing experience of working as a Bikeability officer in schools.

This work has continued with support provided to all primary schools to identify and implement active travel projects, including planning new infrastructure and sharing good practice, promotional campaigns and providing funding.

We work closely with the States Traffic and Highways team when supporting schools with new infrastructure and are delighted that La Houguette's School Street was made permanent and two secondary schools decided to trial the scheme. Castel Primary is the latest school to announce plans for a School Street, including a contraflow for cyclists and more parent/carer bike parking.

Encouragingly the biannual school travel audit continues to show more children choosing active travel. There was a **10% increase in levels of active travel in primary schools** in October 2025 compared to the same time in 2024, from 48% to 58%. An increase was also seen in secondary schools from 37% to 43% over the same period.

East Coast 'Runway'

To encourage people to consider active travel, or some lunchtime or after work activity, in June and in partnership and with funding from CMC Wellbeing, we enhanced the east coast commuter route by introducing new "blue circle" distance markers every 500 metres.

The markers make the route more interactive and informative for walkers, runners and cyclists to track their progress along the 2.5km stretch between Town and Richmond Corner.



“This is really helpful for me – I can finish work and run there and back and know I've done 5k. I can even keep track of my pace between each 2.5k marker.”

Cycling Skills, Confidence and Accessibility

Availability of adult cycle confidence sessions increased in 2025, running alongside the accessible cycling charity Wheels for You. With support from Bikeability instructors and funding from Traffic and Highway Services, 37 adults who lacked the confidence to cycle on the roads received cycle training. We also began a new learn to cycle after school club for La Mare de Carteret Primary School and extended cycle training to St Annes School in Alderney – training 12 of their pupils.

“A significant life event recently nudged me towards active travel, prompting me to dust off my bike after it had been sitting in the garage for eight long years. Reaching out to Amy turned out to be a transformative decision. Through her guidance and patience, I gradually re-learned my cycling skills and started regaining my confidence. With Amy's unwavering support, I bravely took to the roads for the first time in ages, and the experience was incredibly uplifting.”

Cycle Confidence session participant

Following the successful launch in 2024, the Breeze women's cycling programme continued in 2025 with **51 new riders** taking part in regular group rides, learning new cycling techniques, building confidence and keeping active.

In 2025 we partnered with the Guernsey Employment Trust (GET) to support a new e-bike scheme that helps disabled and neurodivergent islanders travel independently to and from work. Three e-bikes were provided through a collaboration between GET, the John Ramplin Charitable Trust, Cycle World and our Be Active





workstream, reflecting our commitment to inclusive, sustainable travel. Clients reported gaining confidence, independence and easier access to employment opportunities as a result of the scheme, supported by cycle confidence sessions delivered with Wheels for You.

“The eBike Scheme has been fantastic for our clients. It has increased independence, reduced financial pressures, and encouraged healthier, more active lifestyles. Most importantly, it has removed a significant barrier to employment, opening up opportunities that were previously out of reach.”

Nikki Ioannou-Drousiotis, Chief Executive
- Guernsey Employment Trust

The Health Improvement Commission

Follow us
@ i n

Bikeability

Building Skills for Life

Am I ready to ride?
Heads, shoulders, knees and toes...
Helmet, high viz, close fitting legwear and trainers.

Is my bike ready to ride?
ABCD + Q
Check before you ride!

1 bikeability
2 bikeability
3 bikeability

Be Active.

healthimprovement.gg



Active Early Years, Schools & Young People

Early Years – Active and Outside

The Be Active team continued to work closely with early years settings in 2025, encouraging and enabling early years settings to integrate more physical activity into their daily routines and focusing on building an enjoyment of movement and development of fundamental movement skills.

Playing outdoors is a great way for young people to be active. Our 'Go Wild' sessions saw **300 children** and their practitioners from 17 early years settings attend a morning of physical activity in nature at KGV.

The Commission also provided grants to several settings for improvements to their playgrounds or new equipment, and the Healthy Schools Award was presented to five settings in 2025, recognising their efforts in helping young children grow up happy, healthy and active.

Schools – A Whole School Approach

Our engagement with all primary schools continued in 2025 through a review of Education's Physical Activity, Physical Education and School Sport Directive, audits of each primary school and support to progress their implementation of the Be Active School framework. The framework helps schools to integrate activity into all aspects of school life (a whole school approach) in ways that suits them, from adopting an active school ethos and using active ways of learning (such as our Brain Balls scheme), to using wearable activity trackers, active travel projects and improvements

to the environment including paths for a Daily Mile, playground markings and active equipment.

In 2025 we built on our engagement with secondary schools, specifically aiming to address the lower levels of physical activity seen amongst girls as they age.

With co-development as a core principle, we started a series of focus groups with girls to capture their voices, experiences, motivations and barriers to being active and will use these to develop a long-term campaign for launch in 2026.

Young People – From Beach Boxes to Balance Bikes

Another new initiative to launch in 2025 was the location of two 'bike boxes', one at Sausmarez Park and one at Beau Sejour, giving families with young children free access to balance bikes and helmets so that they can learn to ride and have fun in a safe environment.

Access to the bikes is supported by short films providing parents and carers with tips for teaching young children to ride which can be accessed via a QR code. Over the 8-week trial there were **510 recorded uses of the bikes**, showing the popularity of this scheme.

We also trialled a community Beach Box at Vazon over the summer. It contained donated or second-hand sports equipment, with the aim of encouraging families and older children to enjoy being active on the beach. It received good publicity and extensive use.



Supporting people to
achieve and maintain
a healthier weight



Support for Families & Children

New Pathways To Antenatal Weight Management Service

The proportion of pregnant women in Guernsey living with obesity has continued to rise over time, increasing from 20% in 2017 to 29% in 2023. During this period, referral to and engagement with the local antenatal weight management service has remained low, suggesting that some women may be experiencing barriers to accessing support. In 2025, the service received 45 referrals, with nine women choosing to participate.

Following recent updates to national guidance, Dietetics led a review of the service in 2025. As a result, referral criteria have been brought in line with recommendations and midwives can now offer pregnant women living with obesity signposting to tools that can support them with eating well and incorporating physical activity throughout pregnancy.

Work to strengthen communication of these messages will take place in 2026, alongside improved pathways to weight management support before and after pregnancy, helping ensure women can access the right support at the right time.

More Venues Become Breastfeeding Friendly

The Breastfeeding Welcome Scheme, introduced across hospitality venues in 2024, continued to grow in 2025, with **33 businesses** across Guernsey and Herm now part of the scheme that helps to create welcoming spaces for breastfeeding families. Participating businesses display a pink window sticker to signal their commitment to providing a supportive environment.

A simplified registration process has made it easier for venues to take part, and this



work will continue into 2026 as we expand the scheme further and support the normalisation of breastfeeding in public spaces across the community.

“Breastfeeding is a natural and important part of life, and we are proud to be part of a scheme that promotes this essential practice. By joining the Breastfeeding Welcome scheme, we hope to create a more inclusive and supportive environment for all families.”

Crepe Maison and Renoir Tea Garden Managing Director Natalia Silvester.



Thank you to our Breastfeeding Welcome partners!

Join Oviva to lose weight and create healthier habits today

“The Oviva app has helped me to keep track and create healthier habits.”

Oviva Tier 2 Weight Management is a free service to help people in your area lose weight, through personalised support over 12 weeks.

As a 100% remote service, you can take part in the programme from the comfort of your own home and receive support at a time that suits you. You will be offered personalised support from a team of healthcare professionals.

The programme can help you to:

- ✓ Lose weight
- ✓ Improve the quality of your diet
- ✓ Increase your confidence
- ✓ Build habits to lead a healthier, happier lifestyle

To sign up to the programme, visit www.oviva.com/uk/en/guernsey, or scan the QR code. For more information, call 0330 808 7884.

Oviva

Individual and Group Support For Families

The HENRY (Healthy Exercise and Nutrition in the Really Young) programme supports families to build positive routines related to parenting, emotional wellbeing, nutrition and physical activity. In 2025, the Commission funded five members of HSC staff to complete the universal HENRY core training, strengthening their confidence to use the approach in their everyday work with families.

A further two staff undertook facilitator training, enabling them to deliver the structured HENRY group programme.

Between October 2024 and September 2025, three HENRY groups were delivered at the Kindred Centre, involving 12 parents and carers. The eight week programme offers more intensive, personalised support, providing weekly sessions for small groups to explore family habits, emotional wellbeing and practical strategies for change.

Although recruitment remains a challenge, families who do engage with the programme report positive shifts, including increased fruit and vegetable intake and more physical activity among children.

Support for Adults

Tier 2 Digital Oviva Weight Management Programme

The Oviva digital weight management programme was introduced in December 2024 to provide a new flexible and accessible Tier 2 option for adults seeking support with weight management. The free, self-referral programme is delivered via an app or telephone, depending on client preference, and offers structured guidance from trained health coaches.

Between December 2024 and January 2026, the service received **225 referrals**, with 141 people enrolling (63%) and 130 (58%) engaging with a health coach. Among those who worked with a coach, the average weight change at 12 weeks was -2.62% (-2.5 kg), which is in line with expectations for a behavioural programme of this type and duration.

Plans are in place to extend the referral period into 2026, with further communication to raise awareness of the programme. The pilot will be reviewed, and its outcomes will inform future decisions about the commissioning of adult weight management services across the Bailiwick.

Dietetic Adult Weight Management Service (Face-to-face service)

Staffing constraints within Dietetics meant that the face-to-face Adult Weight Management Service operated at reduced capacity for much of 2025.

During this period, referrals were signposted to the Oviva digital pilot to ensure people could still access evidence based Tier 2 support. The service received 88 referrals, with 39 signposted to Oviva, and 34 further individuals taking up support with a dietitian (81% uptake among those eligible) when staffing was restored in Q4 2025.

The service was relaunched to Primary and Secondary Healthcare referrers in December, marking a return to usual operations. Promotion and communication of available support will continue throughout 2026 to maintain awareness among referrers and the community.

Counterweight Plus

The Commission continued to fund the Counterweight Plus programme throughout 2025. In the absence of local Tier 3 and Tier 4 adult weight management services, Counterweight Plus provides an intensive, dietitian-led option for people who require greater weight loss for management of their health. Delivered free of charge, the programme offers a clinically effective pathway for improving health outcomes.

Among those who have completed Counterweight Plus locally, the average

weight loss at 12 months is -10.7 kg, with many participants experiencing important associated health improvements. These have included remission of type 2 diabetes, meeting pre surgical or treatment weight targets, improvements in respiratory function, reduced intracranial pressure, reduced musculoskeletal pain and remission of sleep apnoea. The programme will be reviewed at the end of 2026 alongside other developments in local weight management services.

The NHS Path to Type 2 Diabetes Remission Programme utilises the Counterweight Plus (and other similar) programmes and is rolled out across England. In 2025, three dietitians completed training to be able to deliver this programme in addition to continued one-to-one delivery in clinics.

Tier 3 Adult Weight Management Service Development

During 2025, collaborative work between Public Health Services, the Commission and local Health Care Professionals continued to develop and design a digitally-delivered Tier 3 adult weight management service including the prescribing of GLP-1 medication where appropriate. We continue to support the development of local weight management services, recognising the significant opportunities presented by new obesity treatments. These treatments represent an important component of a comprehensive approach to prevention, treatment and long-term weight management, helping to increase access to appropriate and effective support for people living with obesity in the Bailiwick.





Reducing harms associated with substance use and increasing the chances of sustained recovery

Substance Use Services in the Community

We commission the provision of six community-based substance use services through agreements with Independence, Action for Children, and the Community Drug and Alcohol Team. These organisations play a vital role in delivering high quality, trauma informed support for individuals affected by substance use and we are grateful to all of these services, their staff and their directors for their collaboration.

Independence provide:

- Advice, information, support and therapy for people affected by substance use, including affected family members
- The Criminal Justice Substance Service
- The Needle Exchange

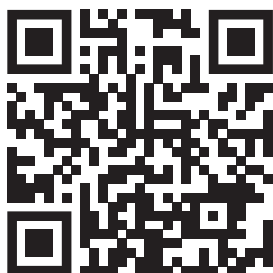
Action for Children provide:

- The Guernsey Youth Housing project (with integrated substance use support)
- Substance Use Education in Schools

Community Drug and Alcohol Team:

- The Prison Substance Use Service

The annual reports for each of these services can be found here



Throughout 2025 we hosted quarterly substance use Action Group meetings, a multiagency forum to share local insight, operational developments and best practice. We also provided access to free training and development opportunities for commissioned providers and the wider local substance use workforce including:

- Three ADFAM sessions on substance use amongst parents
- The Drug and Substance Misuse Conference (attended by 10 services)
- Alcohol and LGBTQIA+ Communities
- Minimum Unit Pricing (MUP)
- Level 3 Training and Education Award

Young People & Schools

Substance Use Education

In 2025 Action for Children once again provided the well-established substance use education programme in all local schools in Guernsey and Alderney. In total **749 hours of education** were delivered in the 2024/25 academic year within the PSHE curriculum. Age-appropriate sessions from Year 5 through to Year 12 are taught, with more frequent alcohol lessons in Year 8 and two lessons on tobacco and vaping per year from years 7 to 10. In 2025 all lessons were reviewed and revised to keep them up to date and relevant to young people's needs.

Teacher evaluations demonstrate consistently strong outcomes, with lessons scoring well for enhancing knowledge (4.6/5), strengthening confidence to resist substance use (4.8/5) and supporting healthier social norms (4.7/5).

In addition to this, to support early identification



and prevention of emerging substance use risks among young people our Tobacco Harm Reduction Officer provided training to all PSHE leads on nicotine pouches.

New Targeted Early Intervention Programme

In 2025 we began a pilot of Risk Avert. The Action for Children team were trained to deliver the programme which provides structured early intervention sessions for students identified as potentially vulnerable to risk taking. The programme was delivered in one secondary school in the autumn term, with learning from this first phase informing plans for wider implementation alongside the universal education programme.

Last Orders Production for Bailiwick Pupils

In 2025, the Commission again brought the Last Orders production to the Bailiwick. The alcohol education performance and workshop delivered by Solomon Theatre Productions, involved all Year 9 students across the Bailiwick including pupils from Alderney who joined the event in person in Guernsey. The production explores issues including substance use harm, social pressures and safer decision making and helps them build the skills to respond confidently to peer pressure about alcohol and related risky behaviours.

Students shown hard-hitting alcohol awareness drama

JK theatre company performs Last Orders, tackling serious issues affecting young people

by George Roubrey

CONSEQUENCES of sex, drugs and alcohol abuse have been made to film for local teenagers through drama in schools across the island.

The UK-based Solomon Theatre Company have been on a tour of the Bailiwick performing their award-winning alcohol awareness production called Last Orders in both Guernsey and Alderney. The company is known for making serious issues affecting young people through music and relatable drama.

Their approach aims to promote healthy choices, safer schools, and positive lifestyles by tackling important conversations among teenagers.

Last Orders has been running since the autumn for 20 years. It features a hard-hitting story, used on four events that follows a group of teenagers through an 'eight out'.

The show is followed by an interactive workshop where teenagers are encouraged to speak to adults where concerns may be raised.

Company said they found the show being watched by teenagers.

Another pupil said: "It made me think I've been to those who you trust really easily."



UK-based Solomon Theatre Company has been touring local schools with the play Last Orders. Left to right, Nathan Hicks, Zara Redmond-Gifford, Naomi McGuire and Samantha Trench.

(Picture by Peter Frankland, 24/7/2019)

messages that complement alcohol education delivered through PSHE lessons.

"It's much better to be proactive about this from a young age," said Blanchelle Ellis, Blanchelande's PSHE coordinator.

"To get them understanding, so it sticks them early."

"By doing it through drama, I think it makes it more real – they make this could be them in a couple of years."

Health Improvement Commission, the initiative has been running on the island for several years and is also welcomed pupils from St Anne's school in Alderney this year.

"It's a real opportunity for the kids to come once" said Beth Kirkland, senior leadership team member at St Anne's.

"It's been nice to be part of the wider circle of education. There were some really powerful messages presented."

The island's authorities support a day of education and activities, supported by the Guernsey Youth Commission, before joining the audience at Blanchelande for Last Orders.

The initiative is a powerful way to help young people build resilience and during the show, to resist peer pressure and make informed decisions around alcohol," said Sophie Wright, public relations and local at HEC.

“It’s much better to be proactive about this from a young age – to get them understanding so it stops them early. By doing it through drama, I think it

makes it more real – they realise this could be them in a couple of years.”

Madeleine Ellert, Subject Lead for PSHE at Blanchelande College

Public Awareness Campaigns

Drink Driving

We refreshed our drink drive campaign and re-launched in November, highlighting the serious and often life changing consequences of driving over the limit. With new campaign designs from Two Degrees North and support from Stagecoach, Lambourne Taxis and the Smile for Georgie Foundation, the campaign uses a series of visual messages that connect directly to recognisable local places, routines and behaviours.

“We are pleased to support this important campaign and help raise awareness of the dangers associated with drink driving. If our involvement encourages even one person to make a safer choice, then it will have been worthwhile.”

Jenny Le Prevost, Smile for Georgie Foundation

Stoptober

The 2025 Stoptober campaign aligned with the national strategy and creative briefing to ensure consistent, evidence-based messaging.

Locally we implemented this in a range of settings including island-wide banners, targeted door drops, digital screens, bus posters, GP surgeries, community centres, Island FM advertising, and coverage from BBC Guernsey and the Guernsey Press. We also promoted Quitline drop-ins and delivered more than 40 tailored social media posts.

The campaign achieved strong visibility and engagement.

Supporting a Shift Toward Lower Risk Drinking



We continued to promote the low risk drinking guidelines, with refreshed public messaging at venues including the airport, harbour and Beau Sejour, radio adverts, regular digital content using infographics and short videos to help islanders visualise what 14 units look like in practice, and visual stories highlighting the benefits of reducing intake by small amounts, such as saving money and improved wellbeing. We linked this work to Dry January 2025 and Alcohol Awareness Week.

We also delivered a series of community events to build on encouraging trends in local data, which show more people choosing to abstain from alcohol and more drinking at lower risk levels.

A well attended NoLo tasting session at the Cock & Bull introduced attendees to a wide range



SOBER SUPPER CLUB

An Initiative set up by Guernsey's Health Improvement Commission. Amanda Eulenkamp went along to find out more about this sociable event

Past Dry January, it can be a hard task for many people to give up (or reduce) alcohol.

But thanks to the Health Improvement Commission's Count 14 campaign, there is help at hand.

Count 14 – which gets its name from the UK's low risk drinking guidelines (no more than 14 units per week, spread across three or more days) – encourages people to think differently about their alcohol consumption and feel more in control of their choices, more aware of their habits, and more supported to make changes that work for them. Even small shifts can make a big difference to sleep, energy, mood and overall health and wellbeing.

On the back of this, last year the Health Improvement Commission held its first Sober Supper Club, to show that socialising doesn't have to revolve around alcohol. It's a relaxed, welcoming space to enjoy great food, good company and meaningful conversation without the pressure to drink.

For some people, it's a chance to cut back, for others, it's about trying something new and for many, it's simply about connecting differently.

Speakers at the first event of 2024, held at Nutmeg, were mother and daughter, Jill Chadwick and Emily Chadwick-Vint, in a festive chat with Health Improvement Commission's Mandy. Dilettante about their journeys towards healthier living.

"It was in 2020 when the world went a bit crazy," said Emily. "I was living in London but decided to return to Guernsey and bunker down with Mum throughout lockdown."

"Mum was about to turn 65 – anyone who knows her, knows that she is a powerhouse, a feisty one. But she was not feeling her best and not looking her best. Emotionally, physically, spiritually, she wasn't in a good place."

Philly trainer Emily was teaching barre classes online at this point, so Jill joined in. Emily suggested that they do four workouts a week, plus give up alcohol and refined sugar. "They were conscious choices, and initially we said we'd do it for one month," she said.

She took a photo of Jill each month, seeing changes in the way she stood taller and how her skin glowed. "I saw Mum come back," she said.



Jill took up the story, saying that her relationship with exercise wasn't good. In the 1980s, she saw exercise as a punishment – we didn't exercise because we enjoyed it or we felt connected with it – we did it to look a certain way.

"But I followed Emily's programme, and it was contagious – I wanted to do more."

Jill admitted that at the point, she hadn't given up alcohol completely. That came later.

"In lockdown, I think a lot of us drank regularly – most days there was an excuse to have a glass of wine with your meal. The turning point came in 2023, when Emily and her partner, Jon, challenged Jill to do Dry January. As a joke, they suggested doing Dry 2023, and Jill rose to the challenge, even attending weddings and not drinking alcohol."

Both admit that they are naturally quite strong characters, but going on this

journey together and being supported by friends and family was key. With more Sober Supper Clubs planned, there is an open invitation to come along and embrace a healthier lifestyle.

“With more Sober Supper Clubs planned, there is an open invitation to come along and embrace a healthier lifestyle.**”**

of non-alcohol alternative options in a relaxed community setting. Our final Sober Supper Club of the year, held at Nutmeg in November, brought people together for inspiring talks, conversations about our relationship with alcohol, and the chance to try a variety of alcohol free alternatives.

Shaping Healthier Policy, Places and Spaces

Clearing the Air Report

In March 2025 we published Clearing the Air, a consultation capturing community views on the future of tobacco control in Guernsey.

The survey, completed by more than 900 adults,





showed strong public backing for all 11 proposed measures, with majority support for actions ranging from expanding smoke free public spaces to increasing the age of sale.

The report generated significant media interest and stimulated wide public discussion. We are delighted that its findings are shaping policy and strategy, directly informing proposals in the newly published Combined Substance Use Strategy for Guernsey and Alderney 2027–2032.

These proposals include an age-related sales ban and new restrictions on smoking in selected outdoor public areas – clear examples of how community insight can guide evidence-based policy development.

Smoke and Vape Free Outside Dining Scheme

This new scheme was launched in 2025 and supports hospitality venues to adopt smoke and vape free outside dining areas – contributing to reductions in passive smoking, and more smoke-free spaces for families and children.

By the end of the launch year, nine venues had signed up and were displaying their branded table toppers, designed and made by Guernsey Prison, clearly communicating their smoke and vape free status.

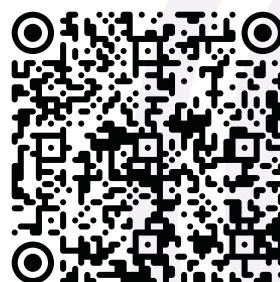
Further expansion of the scheme is planned for 2026.

St Martins Community Centre – Supporting Healthy Living

In 2025 we were pleased to be invited to collaborate with St Martin's Community Centre to help them create an environment that supports healthier living for all who use their facilities and address health inequalities.

This included implementing a smoke and vape free policy, as well as enhancing their active travel options through improved bike parking and mapped walking routes, wellbeing-focused community activities and greater access to on-site green space. A short film about the centre's focus on well-being can be seen using the QR code below.

Rebecca Silk, Operations Manager, noted that the work has helped the Centre take practical steps toward becoming a place where people feel welcome, supported, and inspired to look after their wellbeing.



BAILIWICK SOCIAL PRESCRIBING

Linking people to non-medical support, helping to improve health and wellbeing



Bailiwick Social Prescribing (BSP) is a social prescribing scheme that links people to activities, groups, and services in the community to meet the practical, social and emotional needs that affect their health and wellbeing. People can be referred by their GP, Primary Care Allied Health Professionals, Healthy Minds practitioners, and by Probation Officers or Offender Management Unit staff.

Our Link Workers provide people with personalised support to understand the non-medical factors impacting their health and then access social and community groups, voluntary organisations, and statutory services.

This includes a range of options from physical activity and art to singing and green volunteering, as well as support to find help with issues such as housing, financial worries and bereavement.

Scheme Development

Funding Security for Social Prescribing

2025 marked a significant milestone for BSP. Following the successful evaluation of the scheme in 2024, the Commission were delighted to secure funding from the States of Guernsey (Health & Social Care, Public Health) for it to continue beyond its third-sector funded pilot phase. This secures the future of BSP as an established, commissioned, programme embedded in the Bailiwick's efforts towards prevention and early intervention.

Secure funding has provided stability for the staff team and clients alike and allowed us to build on strong foundations, plan for growth, strengthen partnerships, and continue delivering





support to those who need it most. We are very grateful to Health and Social Care and Public Health.

In 2025, funding raised for BSP in addition to States funding totalled £15,533. The majority was from donations from community class participants with additional funding from the private sector. We are very grateful for this support, which helps us sustain and grow the scheme.

Team Expansion to Meet Demand

With secure funding in place, we strengthened our capacity in 2025 to meet strong demand for social prescribing.

The team expanded with the addition of a scheme Administrator and a further Link Worker.

Steering Group

Reflecting BSP's transition from a developmental pilot to an established programme, we diversified the membership of the scheme's Steering Group to include further expertise in volunteering, nature and the environment, physical activity, and community activity sectors.

These areas are central to the next phase of BSP, helping us to identify and develop new community-based opportunities that have great potential to improve clients' wellbeing.

New Referral Routes

Increasing the ways in which people can be referred to BSP, in 2025 we were pleased to partner with Guernsey Chest and Heart LBG. Chest and Heart nurses can now refer their clients directly to BSP, enabling a timely pathway from free cardiovascular risk screening to practical, community-based support for the non-medical factors that may be contributing to people's ill health.

We also opened a new referral route with Health and Social Care which enables health professionals to refer suitable patients directly into the scheme and we are identifying appropriate clinical areas whose patients may benefit most from social prescribing. We completed training with and started to accept referrals from the Community Learning Disability and Autism team and prison healthcare during the year and are looking to expand to areas including the pain clinic and dietetics. We also hope to open referral pathways with Alderney during 2026.

We are also working towards referral routes from some third sector organisations; initially the Guernsey Employment Trust and Guernsey Mind. In terms of referral options for Link Workers, we were delighted to welcome At Home in Guernsey as a quality assured partner in 2025. This charity has helped us to support clients who are homeless or at risk of homelessness to get on the path to secure accommodation.



Supporting Clients

We received **301 referrals** to BSP in 2025; on average 25 referrals per month. Referrals are received mainly from Guernsey's three primary care groups as well as Healthy Minds and from Guernsey prison (supporting people on release). BSP has now received more than 1200 referrals since its launch in 2021.

Consistent with previous years, approximately two thirds of referrals were female. People referred ranged in age from under 20 to over 90. The average age was 48 years which is marginally lower than previous years and caused by an increase in the number of referrals of people aged 40-49 in 2025.

The five most common reasons people seek support from BSP for are:

- 🌀 Mental wellbeing, anxiety, stress and low mood
- 🌀 Social isolation and loneliness
- 🌀 Physical activity, nutrition, sleep and healthy living
- 🌀 Work, employment and training
- 🌀 Managing a long-term condition

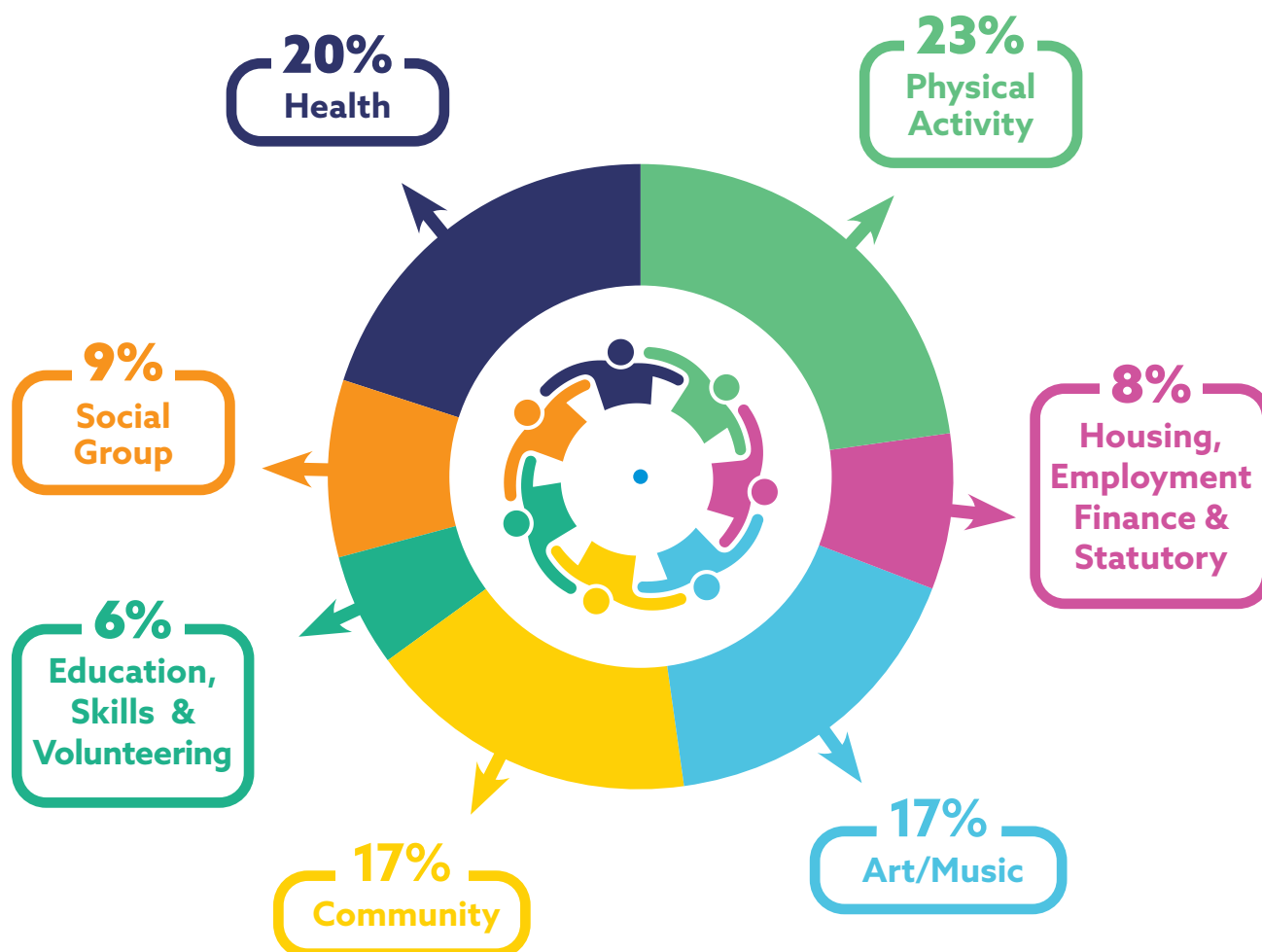
At the end of 2025, with greater Link Worker capacity in place, the maximum time from when an individual engages with BSP to seeing a Link Worker had reduced to 12 weeks, with most people on the waiting list having been on it for fewer than 7 weeks as at 31 December 2025. This is a significant reduction on previous years. We also introduced a "Waiting Well" system, where all clients who wish to engage with BSP receive general information and well-being signposting advice before they see a Link Worker.

Link Workers made **1064 social prescribing referrals** to a wide range of quality-assured partners. The most common referral areas were physical activity, health groups, community groups and art & music.

Our commissioned community classes which run at Styx Centre and KGV continue to be an important referral option for our clients.

In 2025, **183 Art, Tai Chi / Qi Gong and Singing for Health community classes** were delivered. We are fortunate to have a strong partnership with the facilitators of our groups and Styx Centre, who understand the importance of inclusivity and support to our clients.

Referral Routes 2025



“Once again, a huge thank you for your help, even my children have noticed an improvement in my energy and state of mind. Bailiwick Social Prescribing is an amazing service and I hope that it goes on to help lots of people as it has me.”

BSP client

The Impact of Social Prescribing

People seek support from BSP for a wide range of areas and have a diverse range of needs that are impacting their health. BSP clients also receive an equally varied range of social prescriptions, signposting and link worker support.

To paint a picture of the varied impact of BSP on the people who engage with the scheme we use a combination of well-being questionnaires, client feedback forms, testimonials, and case studies. Below are a range of indicators:

86%

of client's who completed their support from BSP in 2025 met their stated goals

Client wellbeing questionnaires show that, on average, people experience improvements in the two main concerns they identify at the start of their engagement with BSP, such as loneliness or low physical activity. The questionnaires also indicate positive trends in anxiety, happiness and life satisfaction.

Client feedback forms in 2025 highlighted benefits of BSP including:

- 🌀 Having someone to talk to
- 🌀 Getting out, joining groups/activities and meeting people
- 🌀 Motivation, encouragement and moving forwards
- 🌀 New and meaningful social connections
- 🌀 Being more active
- 🌀 Greater mobility

“ I have a fuller calendar and found ‘family’ with [new physical activity]. I’m talking more and I’m more active. I’m not walking with stick or walker now. ”

BSP client

“ My BSP Link Worker helped me to access support and activities with care. They encouraged me and supported me by attending [activities] with me when needed. ”

BSP client

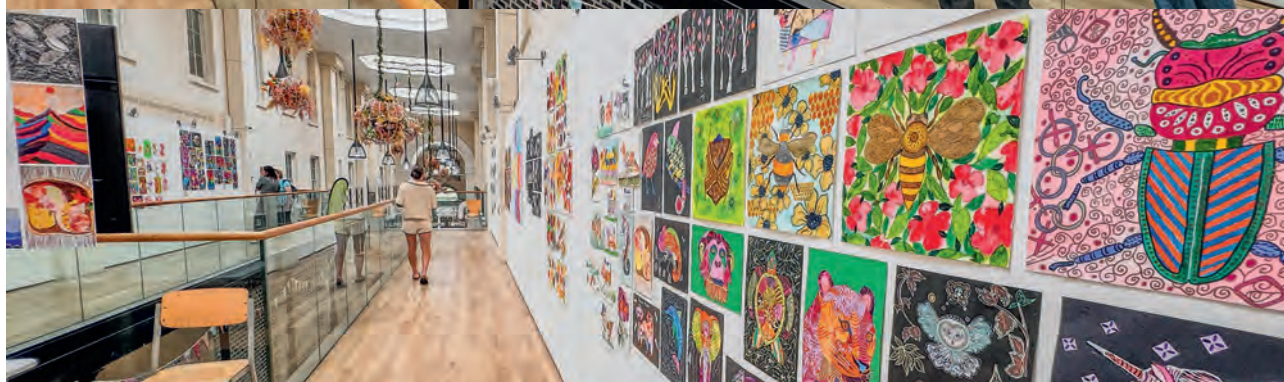
“ Friday afternoon is one of my favourite days!! Doing art really enriches my life, I don’t know what I would do without it. I feel safe and encouraged and I love the social aspect of it too. Many thanks to Social Prescribing. ”

Paint and Create participant





The Power of Art on Prescription



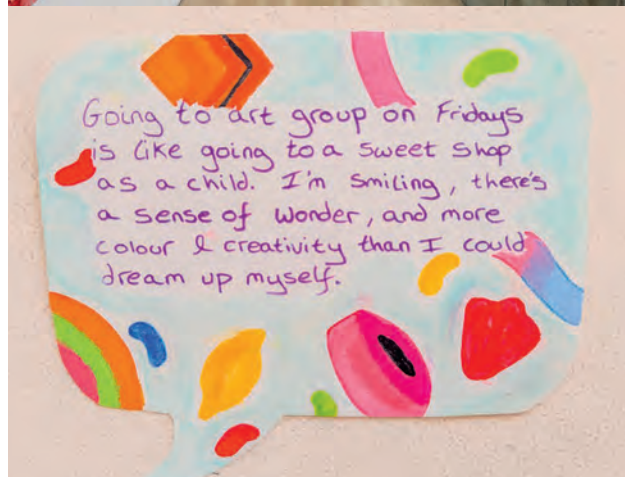
For the past four years, acknowledging the health and social benefits of art, Bailiwick Social Prescribing has offered weekly 'Paint and Create' art classes that provide a welcoming space for creativity and self-expression.

“I can't praise the Social Prescribing initiative enough... Having recently lost two family members to cancer and dementia, being encouraged to return to my love of art has been the best therapy.”

BSP client

In 2025, with support from Guernsey Arts, we proudly hosted our first community art exhibition at the George Crossan Gallery. Running throughout August, the exhibition celebrated the incredible work created at the Paint and Create sessions, led by local artist Olympia McEwan.

These classes, offered on a donation basis, have become a highlight of the week for many participants; fostering friendships, confidence, shared purpose, and both new and rediscovered creative skills. The photos in this section were taken by a BSP client.



Plans for 2026

Here's a snapshot of some of the work we will be focusing on in 2026:

Eat Well

- Co-design initiatives with the input of our Eat Well Champions
- Seek funding for a fruit and vegetable scheme to benefit children from low-income families
- Support the inclusion of healthy catering in The Guernsey Institute development

Healthier Weight

- Achieve the milestone of 50 establishments enrolled on the Breastfeeding Welcome Scheme
- Partner with Public Health on the launch of a Tier 3 Adult Weight Management Service
- Increase public communications on healthier weight topics, including root causes and stigma

Substance Use

- Provide new smoking cessation support during pregnancy
- Scope a new creative arts project in collaboration with the HSC Art and Health programme to support people in recovery and the criminal justice system
- Complete the commissioning of community-based substance use services to commence in 2027.

Be Active

- Co-design a long-term physical activity campaign with girls, to address inequalities
- Launch the REACT programme for older adults
- Collaborate with the Guernsey Housing Association to build physical activity into existing and new developments

Bailiwick Social Prescribing

- Continue to expand referral pathways in to and out of BSP
- Set up BSP 'community drop in' sessions where people can find out about BSP
- Scope opportunities to expand BSP to Alderney



Improving health relies on the work of a wide range of sectors, organisations and individuals.

The Commission Team, Directors and Patrons are very grateful to everyone who works with us to empower, enable and encourage healthy living in Guernsey and Alderney.





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