



Rock Pool's ACEs Recovery Toolkit in Action

Evaluation of the South Sefton Primary Care Network ACEs Programme - Key Findings Summary

An independent evaluation by Liverpool John Moores University (LJMU) found significant benefits for participants and primary care services following implementation of the South Sefton Primary Care Network ACEs Programme. The programme incorporates the Rock Pool ACEs Recovery Toolkit.
Evaluation of delivery between November 2022 and December 2024

About the programme

Developed by Rock Pool, the ACEs Recovery Toolkit (now PAACES Toolkit) uses a trauma-informed, psycho-educational approach to help adults understand the impact of adverse childhood experiences (ACEs) and build the resilience, confidence and strategies to move forward.

In South Sefton, the programme is integral to an early intervention pathway in primary care

Delivery Snapshot



729

referrals received



560

people enrolled



340

completed programme



46

groups delivered



He said he was suicidal before the group started and in 10 weeks, he said he couldn't be any further from that now"

Stakeholder FG1

Impact on participants



Improved mental health and emotional wellbeing



Increased confidence, self-esteem and self-worth



Greater resilience and coping strategies



Healthier relationships and boundaries



Better self-awareness and understanding



Improved physical health and healthier behaviours



Returning to work, education and volunteering



Some participants described the programme as **"life changing"** and a **"lifeline"**.



Impact on services



Improved trust in healthcare services and the wider NHS



Increased engagement with health checks and support



Better early intervention opportunities before crisis point



Improved access to appropriate services and therapies



Stronger partnership working across the PCN and local services



Helped reduce pressure on primary care services



Frees GPs up to do the things they know how to do properly..."

Stakeholder FG3



Even though it's a non-medical service, it improved trust in general practice and the wider NHS."

Stakeholder FG5



Evaluation conclusion

"By prioritising early intervention and holistic support, the South Sefton ACEs programme can contribute to the overall wellbeing of the community and serve as a model for similar initiatives in other regions."



Report Recommendations

- ✓ continued investment
- ✓ wider rollout
- ✓ expansion to younger age groups



Rock Pool's TIPI model

Rock Pool's Trauma Informed Primary Intervention (TIPI) model builds on the learning from South Sefton and aligns with the ambitions of the NHS 10 Year Health Plan: Fit for the Future.

TIPI helps primary care services identify, respond to and support people affected by trauma earlier and more effectively, strengthening prevention, reducing pressure on services and improving outcomes for patients.



Next steps

Get in touch to discuss how Rock Pool's TIPI and Recovery Toolkits can support your primary care transformation.



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