



Impact Report

December 2024



Help transform lives with GIVE

givesurrey.org

givesurrey@gmail.com

Executive Summary

GIVE is a mental health and wellbeing charity based in Surrey, dedicated to improving the lives of individuals through various community-driven initiatives. This report highlights the impact of two key projects, the Art Project and the Walking Group, and outlines our plans for expansion and volunteer recruitment.



Introduction

GIVE aims to enhance **mental wellbeing** and foster a sense of community through creative and physical activities. Our projects are designed to provide support, build connections and improve the quality of life for participants and their carers, if any.



Purpose of the Impact Report

To show long term impact by offering opportunities to residents where they can improve their mental health, physical wellbeing, forge **connections** and make friendships in a positive environment. The objective is always secondary to the outcome.

Project One

Art Project



Objective

To enhance mental wellbeing through creative expression and community engagement.

Case Study

An anonymous resident, who we will call Alex, attended one of our pilot Art projects. Initially, Alex was hesitant but soon found joy and a **sense of purpose** in the creative process. Encouraged by the positive experience, Alex volunteered for the next art project. We discovered Alex's previous art experience and skills, and invited them to sit in on the interview panel for the next art teacher, providing valuable input into shaping the offering. Interviewing was a new experience for Alex and they enjoyed the challenge and provided valuable input in recruiting the next art teacher based on their knowledge of the pilot project. Codesign, community voice, constant learning is extremely important in developing our projects and this helped us achieve that.

IMPACT

Mental Wellbeing

Alex reported a significant improvement in their mental health, feeling more **connected** and **less isolated**, and made friends.

Skill Utilisation

By leveraging Alex's art skills, we ensured a more inclusive and participatory process for selecting the next art teacher.

Community Engagement

Alex's involvement in the project and subsequent volunteering role fostered a sense of **belonging** and purpose.



Expansion Plan

We plan to expand our art groups and offer them on a regular basis, starting each session with a 10-minute reset meditation. This new approach has already attracted repeat participants who enjoyed the previous experience, bonded and made new friends. The positive feedback and increased demand highlight the need for more art groups focussed on isolated individuals to cater to our community's needs.

24

Participants

90%

of participants reported feeling happier and more connected

21%

of participants volunteered for subsequent projects



Feedback

I have enjoyed meeting new people and being involved in a joint project.

I loved the meditation / relaxation before painting to clear my head of thought and helping me feel relaxed before we started.

I have learnt that my ideas are valid.

I enjoyed being creative and sharing knowledge of art.

I have enjoyed the friendliness of staff and participants.

I have looked forward to weekly sessions, meeting new people, having a natter and giggle.

I enjoyed meeting a lovely group of very creative people and doing something I have never done before.

I have learnt patience.

Mandala a circular figure, representing the universe in Hindu and Buddhist symbolism. It is as a symbol in a dream, representing the dreamers search for completeness and self-unity.

Project Two

Walking Groups

Objective

To improve the quality of life for participants through regular walks and social interaction.

Case Study

Our walking group is open to all, providing an opportunity for community members to engage in physical activity and social interaction. One participant, who we will call Sam, and their carer greatly benefited from these walks. Sam, who has dementia, reported feeling very happy after their walks, while the carer appreciated the respite time. Both experienced **improved wellbeing** and a sense of community.

'Most definitely, Sam has been more relaxed and happy when he comes home, it **lifts his spirit** and mood', Sams carer said.

IMPACT

Participant Wellbeing

Individuals like Sam experienced improved physical health and enjoyed the social aspect of the walks.

Community Support

The walking group fostered a sense of community and mutual support among participants and volunteers.

Carer Wellbeing

Carer reported feeling more rested and **less overwhelmed**, improving their overall wellbeing.



Expansion Plan

We aim to expand the number of walking groups, providing more opportunities for individuals to participate. To achieve this, we seek funding for a coordinator to manage and oversee the walking groups, recruit walk leaders, ensuring they run smoothly and effectively. This expansion will allow us to reach more people and provide greater support to our community. We are also exploring paid walk leader opportunities to ensure more residents have the opportunity to exercise and make connections and create friendships while they do so.

287

Walkers in 2024

81

Organised walks in a year

100%

of new participants reported feeling happier

40%

of participants formed new friendships



Feedback

Really encouraging and fosters a sense of community.

Encouraging people to get outside, walking for exercise and meet new people and combat loneliness.

Communication and getting people walking.

Although planned for an hour, the walks are adapted to the ability of the walking group so can take longer.

6000+ steps with great company and good weather. What's not to like?

Walking is really good for my mental health.

Walks are beneficial to my mental wellbeing.

The walks provide a social environment with some healthy exercise and fresh air.

It's made me get my fitness levels up and I am enjoying nature.

Volunteer recruitment and support



Objective

To recruit more volunteers and provide easy 'micro volunteering' opportunities that enhance wellbeing and skill development.



Key Indicators

Number of volunteers recruited: 6 in 2024 (totalling 9 volunteers)

Improvement in volunteer wellbeing: 80 % of volunteers reported feeling more connected and fulfilled

Increased community involvement: 14% of volunteers participated in multiple projects

Volunteer Opportunities

We encourage people from the community to volunteer and provide suitable opportunities for them to get involved. Volunteering not only helps our charity and the residents, but also improves the wellbeing of the volunteers by giving them a sense of purpose and community. It also helps them develop new skills and gain valuable experience.

One-to-One support



We are exploring one-to-one support sessions as we continue receiving referrals, the support available is volunteer-dependent, and we need specialised support to provide this. These sessions will provide personalised support to individuals in need, further enhancing our impact on the community.

Impact

Volunteer Wellbeing: Volunteers report feeling more **connected** and **fulfilled**, improving their overall mental health.

Skill Development: Volunteers gain new skills and experiences, enhancing their personal and professional growth.

Community Engagement: Increased volunteer participation fosters a stronger sense of community and mutual support.



Conclusion

GIVE's initiatives have made a significant impact on the mental wellbeing and quality of life for participants, volunteers and people who have caring needs. By focusing on expanding our walking groups and art projects, and recruiting more volunteers, we can further enhance our community's wellbeing and foster a more inclusive and supportive environment. With the support of funders, we can continue to grow and make a lasting difference in the lives of those we serve and work towards a safe and supportive community that combats loneliness and social isolation by providing opportunities for people to interact in different settings.

Thank you for your *generous support*



We would like to extend our heartfelt thanks to our funders, volunteers and supporters for their invaluable contributions. Your support enables us to continue our mission and make a positive impact on the community.

GIVE Surrey is grateful to be funded by:



If you would like to support our work, please get in touch to learn more about volunteering.

