

WELLBEING IMPACT REPORT 2024-2025



WELLBEING CAMPAIGNS

- 10 nationwide campaigns were highlighted; raising awareness, starting conversations and sharing information.

MENTAL HEALTH TRAINING

- Mental Health First Aid completed by 8 staff.
- MHFA refresher course achieved by 4.
- 19% completed Mental Health in the Workplace L1, 2 or 3.
- 32% of staff completed Suicide Awareness training.
- 4% achieved Mind's 'Mental Health Tool Kit' training.

WELLBEING POD VISITS

- 10 people on average visited the pod during the course of a week. The duration of visit averaged at 20 minutes.

WELLNESS ACTION PLANS

- 9 staff now have a WAP in place.

REIKI

- 90 Reiki sessions took place.
- 25% of staff engaged in the service.



PILATES

- 98 Pilates group sessions took place.
- 7 people on average attended.
- Made possible by a Sport England grant.

BREATHWORK

- 5 staff attended 2 group sessions.

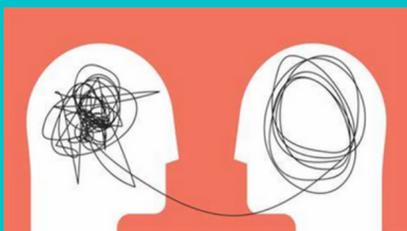


MASSAGE

- 23 massages were provided.

REFLEXOLOGY

- 16% of staff utilised the on-site reflexology service.



COUNSELLING

- 102 Counselling sessions were provided.
- 13% of staff/volunteers engaged in the counselling service.

MEDITATION

- 6 small group meditation sessions took place.
- On average 3.5 people attended.
- 12% of staff attended at least 1 meditation session.



NHS HEALTH CHECKS

- 10 staff received the NHS Health Checks delivered on-site through Working Well Provide.

ACCREDITATION

We are successfully maintaining our Working Well Level 3 Accreditation, demonstrating our continued commitment to staff and volunteer wellbeing.



WHAT'S NEW?



- Our 3 Year **Wellbeing Strategy** was finalised.
- We introduced the **Wellbeing Drive** providing wide-ranging resources.
- We now have **16 MHFAs** ready to support their colleagues.
- The **Little Library** initiative was launched to inspire, motivate, educate and transform staff wellbeing.



FUN FACTS!



- **12 GALLONS** of Mediterranean White Bean Soup was created and enjoyed during National Homemade Soup Day!
- Summer Fun Day saw **60+** attendees devouring **£218.50's** worth of ice-cream!



FUNDING & FEEDBACK 2024-2025



FORTUNATE FUNDING

During the 2024-2025 period we were incredibly fortunate to receive a number of grants to help cover our wellbeing services, following a successful application process.

- **Sport England** grant **£5,670** covered our Pilates and Massage services.
- **Public Health Accelerator Bids (PHAB)** grant of **£7,115.22**. £906.42 of which covered the cost of the outdoor Wellbeing 'Little Library'. The rest afforded wellbeing sessions across the year.
- **Tendring Community Fund** enabled **£1440** the introduction of our well received Reiki provision.

FANTASTIC FREEBIES

- **Mind** kindly covered the cost of 2 staff to attend their Mental Health - Essential Needs - Tool Kit Session.
- All staff and volunteers have had **FREE** access to **Working Well** training and guest speaker sessions.
- The **FREE** NHS Health Checks were generously provided on-site by Working Well, **Provide**.

FRUITFUL FEEDBACK (REIKI, MEDITATION, BREATHWORK)

"It is amazing that staff are given the opportunity to be part of such fantastic wellbeing opportunities."

"It helped me deal with some past trauma"

"A wonderful session."

"MORE OPTIMISTIC"

"More positive and feel lighter. Not carrying so much weight on my shoulders."

"My sleep has improved a great deal and mind uncluttered. Physically very relaxed. Mentally calm and clear. Emotionally a little tired but very grounded."

"Just thank you.! I enjoyed the session and was impressed at the insight you were able to gain and advice you gave."

"Physically relaxed, tension much reduced and less stressed. Mentally well, in a good place. Emotionally calm, I felt like my old self."

"Incredibly relaxed and free of stress."

DELIGHTFUL DONATIONS

We were very grateful to receive donations toward our wellbeing service enabling it's development.

- A generous donation of **£2000** further supported our Reiki & Meditation provision.
- A kind donation of **£500** specifically to support staff wellbeing covered the Ice Cream Van on Summer Fun Day and other offerings.

FURTHER FABULOUS FEEDBACK (MASSAGE, PILATES)

"I GENERALLY FEEL MUCH FITTER AND IT HELPS TO DE-STRESS."

"I feel like I'm floating. That was amazing."

"Fantastic service."
"I feel better in myself. Very good. I hope it keeps going."

"I REALLY ENJOY THIS SESSION. IT'S FRIENDLY AND HAS IMPROVED MY HEALTH PHYSICALLY AND MENTALLY."

"Very nice experience. Relaxing and helpful."

"My shoulder and back pain has improved. I enjoy the class, meeting people and getting out."

"My joints are more flexible and over all fitness is better."

"I think it's really good for the residents too with many coming regularly."

"I found it very beneficial. Will highly recommend."

"Reduced my stress levels and helps me sleep better."

"More aware of how stressed I had been feeling without actually realising the real impact it was having on me."

"It helped me with my headaches. I have only had one in several months as opposed to several every week!"



*Please note consent has been sought to share feedback.

Acorn Village

