

# 2021-22 End of Year Report



**3908** people received 1 to 1 support with practical, social and emotional needs



**1747** people received social prescribing courses and activities



**16** Community wellbeing projects funded

This year we supported

**4698**

people in Halton, Knowsley, St Helens, Warrington and Wigan



“Things were really tough for a while, but I’m getting back on me feet now thanks to you”

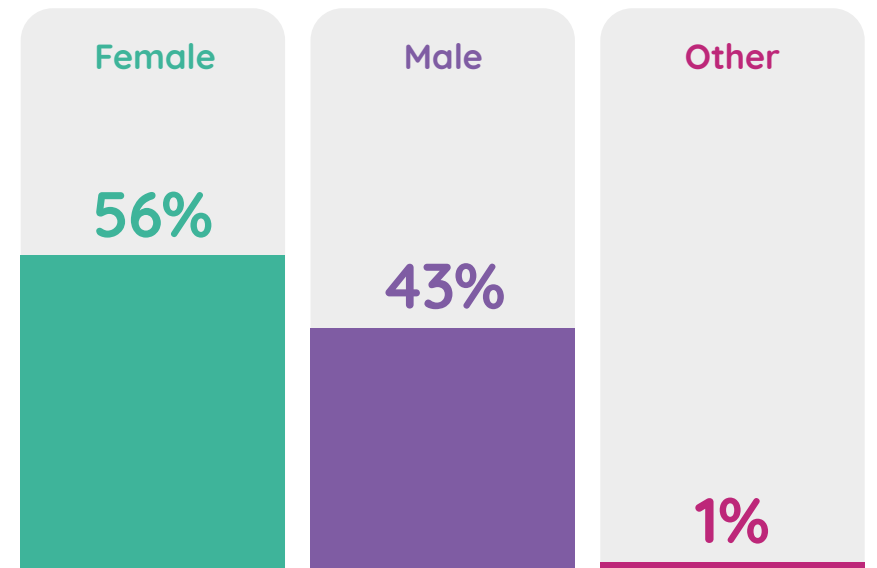


“The course was fantastic. I’ve learnt some good skills to help me manage my mental health better”

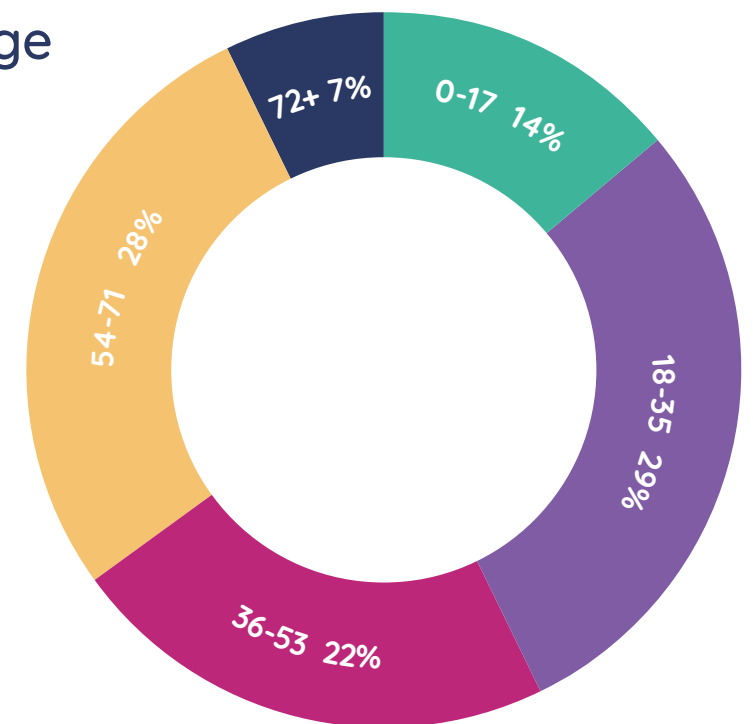


“The support is amazing. Nothing is ever to much trouble. Thank you”

## Gender



## Age



## Employment status



**112** social prescribing courses and activities delivered

Drumming

Hula hooping

Local history talks

Yoga

Wellbeing walks

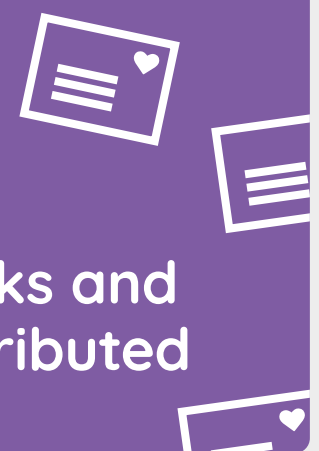
Mental health boosting webinars



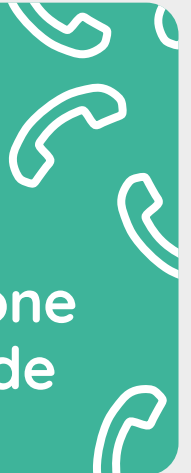
**3368** bibliotherapy books distributed



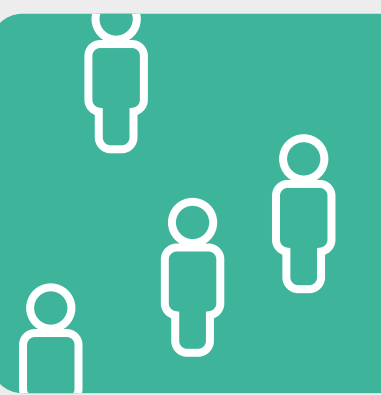
**1412** Wellbeing packs and resources distributed



**6547** wellbeing telephone support calls made



**3** Wellbeing workshops in the community delivered



**16** Community wellbeing projects funded

Carers day trip

Community garden project

Dog walking club

Pensioners film club

Ukulele group

Workplace wellbeing sessions



**2** Children's sports teams sponsored



**61%**

improvement in wellbeing scores

**57%**

reduction in anxiety scores