

# Project Feel Good Now in City and Hackney



Percentage of attendees who were from global majority background, 95% of who had never experienced self-care treatments and 80% who had never accessed social prescribing via their GP.

Average attendance per event was 12, and a third went on to access social prescribing services.

100% of attendees rated the events 5/5 and felt "immediate benefit" from the sessions

I'm a parent of a child with SEND and I never have time for myself or know about local activities so this has been great

As a social prescriber this session has made me think my employer values me

One person arrived with a walking aid and felt so good afterwards they did not have to use it to get home

Attendees reported increased feelings of self-esteem after the session and said "I feel cared about".

Attendees said they were "likely" or "very likely" to use the self care techniques shown in the workshop at home



88%

Of SPLW felt stressed "most of the time" at work before the event



62%

Of SPLW felt stressed most of the time one week after the event



70%

Of SPLW felt miserable or unhappy before the event



100%

SSPLW reported feeling ongoing positive wellbeing effects 1 week later



This series of community events with a focus on promoting social prescribing to underrepresented communities and also studying the effect of wellbeing events on social prescriber stress has unmeasured benefits in cash terms, but has potential for not only improving access to social prescribing by meeting people in their neighbourhoods but also improving the wellbeing of SPLW themselves