

# WCPCN WELLBEING PARTNERSHIP in Waltham Forest

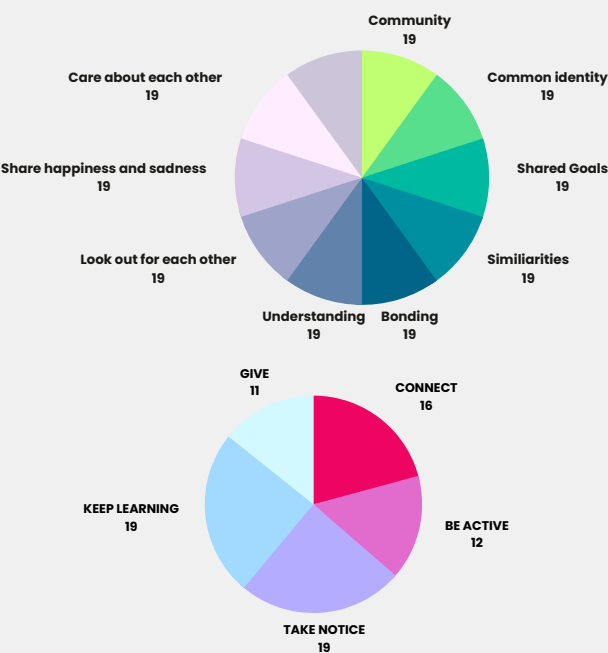
## Impact of the Wellbeing Cafe:

- Enhanced sense of community
- Tailored resources and support
- Improved mental health
- Increased happiness
- Life-changing experiences
- Holistic approach to wellbeing
- Served as a successful model

## Why it needs to continue ? :

- Continuity and sustainability
- Ongoing support for mental health
- Foster community resilience
- Seek funding and partnerships
- Strengthen community bonds
- Promote a supportive and inclusive society

After 10 weeks in the Wellbeing Cafe, all 19 participants experienced a 100% improvement in these areas.



- Community
- Common identity
- Shared goals
- Similarities
- Bonding
- Understanding
- Looking out for each other
- Sharing happiness & sadness
- Caring for each other
- Supporting with poverty, health, care, cost of living

Participants improved an all aspects of their wellbeing:

- **Connect:** Social events, support groups
- **Be active:** Exercise classes, workshops
- **Take notice:** Mindfulness, meditation
- **Keep learning:** Seminars, personal growth
- **Give:** Volunteering, community service

The emphasis on community and social support is what sets the Wellbeing Cafe apart. It provides a space where individuals can come together and support each other, which is essential for building resilience and improving mental health outcomes.

Sajid Patel Social Prescribing Link Worker South Leytonstone Primary Care Network

I truly believe that this Cafe will benefit many people who are struggling at the moment, providing a lifeline for vulnerable individuals. I was one of those people.

Participant

Having something to look forward to can also give us a sense of much needed hope or optimism about the future. The trip was like that and made me feel happy.

Participant

Participants in the Wellbeing Cafe reported significant positive impacts on their mental health and wellbeing, including:

- Social support
- Connectedness
- Resilience
- Reduced anxiety
- Increased self-esteem
- Confidence
- Mental health awareness
- Reduced stigma
- Motivation
- Purpose

Participants also felt:

- Less loneliness
- Higher self-esteem
- Knowledge growth
- Stigma reduction
- Awareness promotion
- Motivation boost
- Goal pursuit
- Community strength



19 Participants



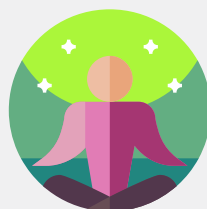
68% of Participants identified as Female



32% of participants identified as male



84% of participants identified within minority ethnic groups



100%



Of participants told us they had improved mental wellbeing from the start point



100%



Of participants reported improvements in their life satisfaction

## WHAT A DAY TRIP CAN ACHIEVE

GREENWICH AND THE CHRISTMAS LIGHTS - MONDAY 19TH DECEMBER 2022

Feelings before



Feelings after



How satisfied have you been with the trip?



How did you feel before the trip?



How did you feel during the trip?



How do you feel now?

