

# SAVS



## Supported by:

- BBC Children in Need
- Early Years Alliance
- NHS England
- Southend City Council
- Southend CCG
- The National Lottery Community Fund
- Mid & South Essex Integrated Care Board

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# A year of challenges and opportunities.

Where to start? This year has been one of unprecedented change, across many arenas, from organisational restructure to system transformation to political change (three PM's in one year - enough said). We witnessed change not seen for generations, the passing of Queen Elizabeth II and coronation of King Charles III. With a more local focus Southend begun growing into City status and one of the most significant changes locally occurred 1st July with Clinical Commission Groups merging to form the Integrated Care Board and Integrated Care System with Alliances providing the place based link into the system. An opportunity for the VCFSE sector to build relationships and influence and shape the system through partnership.

The year saw the VCFSE sector, whilst continuing to support communities through the recovery from Covid, having to shift their response from pandemic natured support to a cost of living crisis escalating at great pace throughout the year. Bringing with it increased utilities, fuel and food prices, impacting on all. Sector organisations and groups faced really difficult decisions on how to respond to not only the community needs, but ensure their very existence is sustained. Significantly, most VCFSE organisations have fixed income through grants with no inflationary uplifts built in and are operating with lower unrestricted reserves due to the pandemic impact.

For SAVS it was a year of opportunity and consolidation, dominated by the opportunity to tender for a new Infrastructure offer provided by Southend City Council. The offer called for existing and new provisions such as the introduction of a Volunteer Hub to be delivered in new ways with improved outcomes, all wrapped up in a long term contract of 5+5 years.

This was an intense time. However, reflecting on this period it proved to be a much shared, enjoyable and bonding process for all involved. SAVS were awarded the contract and now operate with a greater stability attached to our Infrastructure work than ever before with the added value of a clear direction and clarity of support offered for the sector.

As I close, my thoughts turn to SAVS' greatest asset - our people; and the want to acknowledge the immense contribution made by the SAVS staff, volunteers and Trustees to our organisation. On behalf of all, I thank each and every one of you for your commitment to our place and culture, for your willingness, creativeness and passion. All of which make things possible. It is a true gift to lead and be part of such a strong, cohesive and caring culture when faced with uncertainty and an ever changing landscape.

**Anthony Quinn,**  
Chief Executive Officer

# Financial Review

In 2022-23 SAVS income and expenditure was higher than in previous years, with both now exceeding £1 million, being £1,082k and £1,015k respectively. Within the £1,082k income is £77k received which relates to 23-24 but is required to be recognised in 22-23. The aforementioned £77k is within Restricted funds, which as a consequence had higher income than expenditure. In 23-24 it is likely this position will be reversed. Restricted fund balances at year end were £297k, an increase of £20k in the year. Unrestricted funds performed better than expected and income exceeded expenditure by £46k leaving an Unrestricted reserves balance of £257k. The Unrestricted reserves target for 2023/24 is £239k.

Income		£
Grants and Donations - Restricted (Projects)	84.43%	913,154
Grants and Donations - Unrestricted (Strategic)	15.05%	162,729
Bank Interest	0.52%	5,625
<b>Total Income</b>		<b>1,081,508</b>

Expenditure			£
A Better Start Southend	17.31%		175,719
SEE Alliance Communications	0.19%		1,939
Co-Production Champion	2.93%		29,718
Community Builders	7.82%		79,429
Community Connectors	1.85%		18,794
Community Investment Board	3.65%		37,065
HomeSafe Hospital Discharge	3.61%		36,600
Innovation Fund	0.85%		8,597
Small Sparks	0.23%		2,358
Social Prescribing	19.64%		199,391
Southend Emergency Fund	0.54%		5,500
Southend Story Stacks	0.57%		5,783
Triple T's	7.07%		71,752
Triple T's Family	0.39%		4,004
Wellbeing (inc FLU,SV)	21.30%		216,254
Rooms	1.54%		15,640
Core Costs including Governance	10.50%		106,609
<b>Total Expenditure</b>			<b>1,015,152</b>

Information on this page is from the draft accounts which at the time of producing this review are subject to Audit sign off.  
Figures shown are for the period of April 2022 to March 2023

# Infrastructure Support

Our development work involves building the capacity of Voluntary, Community, Faith and Social Enterprise sector (VCFSE) groups to enable them to thrive and support the residents of Southend. We provide one to one guidance and support, with 300 groups directly worked with over 600 support sessions this year. Each group is supported based on their individual needs, including topics such as setting up a charity, governance, fundraising, partnership working and involving volunteers. We directly supported 30 groups with funding applications and shared hundreds of funding opportunities across our channels.

SAVS continues to support and represent VCFSE organisations of all sizes in Southend. This year we have seen a fantastic growth in our digital reach, to over 12,000 individuals, which has enabled us to better promote the sector to the residents of Southend. We have over 2,000 people on our Mailing List and over 400 groups signed up as SAVS Members. This year we held 38 networking events and workshops, which have built relationships, provided up skilling opportunities and raised awareness of the Voluntary Sector in Southend.

As the needs and challenges of the sector change, it's essential that we adapt the support we offer and how we deliver it. This year has been a time for us to assess, adapt and develop our processes. We have implemented digital innovations and system changes to help us modernise and innovate our offer to the sector. This spans across project management, our digital presence, training we provide, and the technology we utilise within the organisation.



A focus of our work has been promoting and celebrating the voluntary sector, ensuring that the amazing work that happens in Southend is shared as widely as possible. By utilising our social media channels, weekly email and website we were able to share around 500 pieces of community generated content each month including; jobs, information, good news stories, events, funding opportunities and requests for help. The organic growth of this content is testament to the value the community sees in sharing with us.

We continue to play a key role in representing the Voluntary and Community Sector within Strategic Partnerships. We have worked in partnership with Southend City Council, South East Essex Alliance, Essex Police, EPUT, Southend NHS Hospital Trust, and many others to ensure the voice of the VCFSE is heard and considered in the delivery and development of services.

## Key Stats:

- Over **400 members of SAVS**.
- A combined **digital reach of over 12,000** people across our social media platforms and mailing list.
- **38 networking events and workshops** held this year.
- **300 groups** supported via **600 support sessions**.
- **30 organisations** supported with funding applications.



# Supported Volunteering

The Supported Volunteering Project, funded by Big Lottery Community Fund, supports people who have experienced mental ill health into volunteering.

The aim of the project is to give volunteers one to one support to increase confidence and reduce isolation, to help identify skills and experience, and match that person to a suitable volunteering role. We offer bitesize volunteering days to people who are not sure or are unable to commit to regular days. It's a great way to figure out if volunteering is right for that person.

Alongside support into volunteering we also offer a monthly coffee group - a safe space to chat, meet new people and share info. We hold regular short workshops to help build up confidence, gain new skills and improve mental wellbeing through being creative. The social interactions with others on the project can really help people be a part of something and feel connected to their community.

## Key Stats:

- **Over 50 people** supported into volunteering and/or signposted to other services
- **12 coffee groups held**
- **4 wellbeing and confidence boosting workshops** - Drama for Confidence, Journaling, Art & Wellbeing and Creative Writing
- **6 Bitesize taster sessions** - litter picking, gardening & catering.

## People who used the service;

- **84% felt volunteering had helped improve their wellbeing**
- **76% felt less isolated**
- **77% said their confidence had increased**
- **41% said they had made new friends**



"Volunteering and being guided by SAVS Supported Volunteering has been very beneficial in helping build up my confidence over time. The signposting they offered to other places has been very helpful too"  
**John - Supported Volunteer**



# Community Investment Board

The Community Investment Board comprises a maximum of 15 dedicated local volunteers. Their mission involves elevating the health and wellbeing of Southend residents through the allocation of funds supplied by Southend on Sea City Council, Southend Education Trust, Active Southend, and other valued partners.

2022-2023 has been a remarkable year of progress and collaboration for the Board. Together, they have propelled positive change that's elevated our community's well-being and growth.

Their vision centres on five fundamental areas of investment, each chosen with care and intention:

**Young People:** By investing in educational programs, skill development, and invigorating recreational activities, they have supported pathways that enable young people to flourish, thereby nurturing their potential and giving them the tools they need to thrive today and in the future.

**Improving Community Spaces:** They have sought to empower local communities by transforming community spaces into secure, inviting environments that evoke pride among our residents. These projects bolster a sense of belonging and unity, ultimately elevating the community's health and wellbeing.

**Reducing Poverty:** Through targeted efforts and collaboration, they are committed to alleviating poverty in our community. Initiatives supported by the CIB have provided crucial assistance to vulnerable communities, ensuring access to basic necessities and opportunities for growth.

**Thriving Voluntary Sector:** The Board recognises our voluntary sector's immense value. This year, they supported local non-profit organisations through resources, training, and networking opportunities. This support has amplified the sector's impact, benefiting our entire community.

**Enriching Arts and Culture:** They have supported public art, cultural festivals, and creative workshops. They are proud of Southend's diverse culture and want to ensure that it continues to flourish and contribute to Southend on Sea's economic vibrancy.

Reflecting on this past year, the Board wish to thank all their partners, stakeholders, and the Southend on Sea community. The collaborative spirit that defines our community is the driving force behind the Board's accomplishments, and they eagerly anticipate another year of progress and positive change.

## Key Stats:

- £458,312.34 invested in Southend on Sea
- £422,874.66 awarded in multi-year grants for future funding
- 90 grants awarded

"As an accomplished Afghan immigrant possessing 21 years of invaluable experience in both national and international NGOs, I was deeply honoured to be invited to serve on the board of CIB. Upon joining, I was immediately struck by the fervent commitment and unwavering dedication of my fellow board members. United by our shared mission, we remain vigilant in allocating our limited resources judiciously, ensuring that funded charities genuinely contribute to the betterment of our community. To be part of such a distinguished team fills me with immense pride, and I am profoundly grateful to SAVS for their generous support in hosting us."

**Hijrat Rahimi, Community Investment Board Member**





# Folk Like Us

The Folk Like Us project provides support and advice to people over the age of 55, living in the City of Southend who are experiencing loneliness and isolation.

The 22/23 year saw us in the middle of three years funding granted to SAVS by the National Lottery Community Fund where Folk Like Us and Supported Volunteering merged to deliver a Well Ready and Together project; enabling us to continue the great work we do. In response to the Cost of Living Crisis, we were fortunate enough to receive some further funding over the winter period to enable us to employ a Community Cook and each Wednesday, our members enjoyed a hearty meal which they could take home and heat later if they preferred.

Referrals into the project came from older people themselves or their family but also Social Prescribing Link Workers, Care Co-ordination Team, Southend Borough Council Social Workers, Complex Care, Essex Police and Essex County Fire & Rescue Service.

“Being around other people in the project reduces my loneliness”.

“It’s so nice to get visits and phone calls. It really does keep me feel connected”.

“What a gem the Hub is - it’s my happy place”.

Folk Like Us Members

Visits to our Central and Shoebury Hubs has rose significantly and we found that more members needed extra support and signposting to additional services. Some of these resulted in a safeguarding referral being made.

The Muddy Hub allotment in Norwich Avenue continued over the growing season and had another bumper harvest. We also took on another plot at the same site which enabled more members get involve and have their very own section to grow vegetables.

Connect events continued as well as IT support, information service shares and active picnics. The Sandy Hub beach hut in Shoebury was enjoyed again by members over the summer months and in addition to all of this, we introduced a number of member led activities to boost wellbeing. A fortnightly feel good choir was born, a monthly walking group and a weekly knitting, crochet and craft group.

## Key Stats:

- There were over **3,500 visits** to the Folk Like Us Hubs.
- **138 referrals** we made into the project.
- **82 new members** were registered.
- **39% live in the most disadvantaged areas.**
- **77% reported a decrease in their isolation.**
- **86% felt an improved sense of wellbeing.**

# Triple Ts

Our Triple Ts Youth Clubs provide weekly sessions in 3 set locations based within Kursaal, Milton and Victoria wards of the City.

The clubs are for children aged 8-13 and are free to all participants. The clubs run throughout the year, including school holidays.

Our club programmes are specifically designed to help build confidence in young people, provide opportunity for community action and improve wellbeing.

Our club programmes include educational visits to the Fire Station, Life Boats and Police. We also hold a number of club sessions to raise awareness around issues such as County Lines/exploitation, drug and alcohol misuse, Internet Safety and much more.

The programmes also offer a range of activities from arts and craft, sports, drama and opportunities for young people to take part in a number of community events such as fundraising, environmental projects etc.

We work with local businesses, organisations and charities that help support the clubs by fundraising, providing transport for outings and supporting the delivery of educational club sessions.

The clubs offer a warm, safe, friendly place for children to learn, grow and just be kids. We support families further by signposting/referring them on to relevant services where there is a need through our Family Support project.

2022 was our 10 year Anniversary of delivering the holiday for Triple T children who would not normally have the opportunity of a holiday. Last year we took 20 children on holiday with us. This would have been our first time back to Derbyshire since 2019 due to COVID.



## Key Stats:

- A total of **107 sessions** were delivered during the year with **73 unique children** benefiting from the project.
- **92% of children** attending the clubs come from **low income households** and are eligible for free school meals.
- **20% of families** are living in **cramped/inadequate housing** or have lived in a hostel/temporary accommodation within the last year.
- **33% of children** attending the clubs are known to be **young carers**.
- **54% of children** have had or are involved in a **Child in Need or Child Protection Plan** or receiving Early Help.
- **28% of children** have witnessed some form of **domestic abuse** in their lives that we are aware of.
- **38% of children** live in a household where 1 or more parent has a **physical disability**, **poor mental health** or a **special educational need**.







# Holiday Activity Food Programme

As well as providing our regular Triple T's programmes across the year, Turning Tides are also very proud to be a delivery partner for Southend's Holiday Activities & Food provision ("HAF").

HAF is funded by the Department for Education ("DFE") and coordinated by Southend Borough Council. The aim is to make sure that children, particularly those on benefit-related free school meals, are helped to be happy and healthy during the school holidays.

Over 92% of children attending our regular youth clubs are accessing benefit-related free school meals. The HAF allows Turning Tides the opportunity to extend the work we are already doing with our Triple T's families. It gives the project the chance to increase its capacity to deliver more positive activities during the school holidays for those who most need it.

For families who experience socio-economic disadvantages, the school holidays can be a particularly challenging time, particularly with the increase in food prices and the rise in the cost of living. With the HAF funding we are able to offer each child a hot nutritious meal during our sessions. We also offer enriching activities which help to build children's confidence, teach them new skills and help boost physical and mental wellbeing.

The funding helps enhance the Programme so that we can offer a variety of activities to keep our HAF fresh and exciting for all who attend.

This year we were able to offer activities from swimming, bike riding, creative workshops, and environmental projects. It also allowed children the chance to learn basic life skills such as First Aid and Cooking or to try their hand at a new sport such as Mini golf, Paddle Tennis and Kangoo.

The programme gave children from low income households the opportunity to have new experiences, such as taking part in an evening bat walk in Belfairs Wood, Bike riding over Hadleigh, a day at Belchamps Activity Centre and a trip to London's O2 to watch Disney on Ice during the Christmas break!

## Key Stats (Easter/Summer and Christmas):

- **75 unique children** participated in our HAF programmes across the year
- **435 attendances** across the delivery of the 3 HAF programmes
- **535 nutritious** meals provided across the 3 HAF programmes



# Further Support for Triple T's Families

We have been able to support many of our Triple T's families further this year through our Family Support Project which runs alongside the Triple T's. Over the year we have seen an influx in families who are experiencing fuel poverty and relying on the support of their local food banks. We have seen families going without essential items such as winter clothing due to the cost of living crisis.

We applied to Southend Emergency Funds (SEF) and were fortunate in receiving funding to help with fuel costs, food vouchers and essential items such as winter clothing, mattresses and warm throws for the children beds.

We were able to encourage and inform families around what services are available to them in Southend made easy by the Cost-of-Living booklets which all our Triple T's families received. This gave families up to date practical support and information for those most in need and who are facing difficult financial choices.

We also supported Southend Council's successful inequalities grant by helping to distribute slow cookers and electric blankets to some of our most vulnerable Triple T's/HAF families.

## Key Stats:

- 32 Triple T's families supported through SEF funding.
- 13 Triple T's families received electric blankets/slow cookers through SBC's Inequalities Grant.
- 47 Triple T's families each received a Festive Food box and craft activity pack created by Turning Tides thanks to the HAF funding.

"Thank you so much for the gifts and hampers, they are genuinely most appreciated and have made Christmas that bit easier. We wish you all a very Merry Christmas and a happy New Year with love and best wishes".

A supported family





# Social Prescribing Link Workers

SAVS supports a growing team of Social Prescribing Link Workers (SPLW) who are based in Southend Victoria, Southend East and West Central Primary Care Networks. Their role is to give non-clinical support to patients who have underlying issues that affect their health but are not medical conditions, such as environmental, financial or social issues. They do this by consulting with the patients, often several times, and providing them referrals or signposts to other organisations who could help them.

In addition to this, the Trussell Trust contacted the SPLWs to give them authorised access to their online referral system whereby any of the team can issue food vouchers. On presenting the voucher at the foodbanks, the patient is offered other support by community services, to try to help them tackle the underlying causes of their crisis situation. The SPLW have issued 190 vouchers.

Thanks to a £25,000 health inequalities grant from the South East Essex Alliance, over 50 slow cookers and 77 electric blankets were purchased and delivered to charitable organisations and voluntary services across the city. The SPLWs were one of the groups tasked with ensuring that these items were given to the people with the greatest need. To date the SPLWs have distributed 13 Slow Cookers and 23 Electric Blankets.

“Thank you for all your support and listening to me about what my problems were and helping me to look at my hobbies and Interests and helping me figure out the right support for the right time. I am now engaged with Trust Links and attending a MH coffee group, which has really helped my wellbeing.”

“I felt better after the first time that I spoke with you as I felt that you gave me the time to talk, you really listened and that was what I required at the time.”

“Just wanted to thank you very much for your phone calls over the past few weeks which I have found very beneficial. As I've said to you, it seems a minefield when first you get involved with the care system and all the information you were able to pass on has made things a lot easier. Also just having your ear to bend and I really bent it on occasions, made me feel supported. As to whether I'll get my mother to all the things you have passed on; time will tell but just knowing they're out there means we know where to start. I've very much enjoyed our chats and thank you for everything! I hope the whole social prescriber set up continues and more people get to find out about it because at a time when you feel so lost and don't know which way to turn, speaking with someone like yourself can be very reassuring.”

## Social Prescribing Patients

### Key Stats:

- **8,152 calls** were completed to support residents.
- The SPLWs had a target of **1352 new referrals** for the year. **They actually made 2753.**
- Patients were given over **5,423 signposts** to around **500 organisations or resources.**
- Patients were given over **2,623 referrals** out to around **210 organisations.**



# Community Builders

Our trio of Community Builders operate in Milton, Victoria and Shoeburyness, helping residents connect with each other and the services available to them and if the service isn't there, they help point the residents to the resources they need to set that service up. They support residents to take action on what matters to them. This can be something as simple as talking to someone in the street about things to do with young children to the Community Builder signposting them to the local services available, through to them being involved in helping organise the Hamlet Court Road in Harmony event.

To help with this, the Small Sparks Fund was launched in October 2022 and provides grants of up to £100 to residents, businesses and community groups who want to make positive change within their communities. So far it has helped people with litter picking equipment to clear up their local area; provided equipment to a community garden project; created a booklet of community poetry; supported groups with providing wellbeing or mental health support and much more.

The conversations that the Community Builders have are anonymously recorded. These are then analysed to identify themes and trends which are then presented to the Council and Health Authorities to help influence decision making.

## Example Small Sparks Project:

An example of a successful Small Sparks project is that the St Vincent de Paul Society applied for Small Sparks Funding for their project of the Hungry Cupboard. They now have hungry cupboards in three different schools. The idea behind this is to educate children in local schools around food need and to take the stigma away from using foodbanks. They also want to educate about homeless people and why they may ended up that way.

They have placed these Hungry Cupboards within schools so there is more access to food for those people who need it and it's easier for people to donate.

## Key Stats:

- **1,633 conversations** completed by the three Community Builders.
- **69%** of conversations had a positive theme.
- **Community Cohesion** was the most talked about topic, followed by Leisure, Arts & Culture.
- **22 applications** were approved by the Small Sparks Fund, awarding **£2,600**.



# A Better Start Southend

This year the team has done this by hosting events ranging in size from; Tinsel Town, Little Furry Paws and a Spring Extravaganza, where we saw around 50 parents and children attend each one, down to our Next Steps sessions supporting parents beyond the programme.

Highlight events of this year have included the project's involvement in the ABSS Festival of Conversations; which saw a Parent Champion lead on creating and hosting two interactive family friendly sessions exploring feelings and wellbeing. Another highlight event was the Young Families Winter Drive which came out of a conversation about the cost of living and how that finding money for extra items like hats, scarfs and gloves can prove to be expensive. The event saw the residents of Southend kindly donating children's winter coats and clothes for families to take what they needed. This then turned into a further conversation with the Folk Like Us knitting group, as well as a couple of local knitters who busily set about knitting and donating handmade children's hats, scarfs, cardigans, jumpers, small blankets. Over the winter months The Engagement Team have been able to continue to get these items out to the families that most need them.

As ever, our Parent Champions have performed amazingly. It is hard at times to reconcile the fact that these are parents of very young children, with all the stresses and strains that parenthood can bring, that they are giving up their time to volunteer. We support them to attend board meetings and have seen them design and deliver events on Home Safety and Making Do and Mending. They really are the Champions of this project.

The culmination of the year was that two of our Parent Champions attended the Children & Young People Now Awards 2022 and saw the project win the Early Years Award and The Partnership Working Award.



“Being a Parent Champion has had a profound impact on my life. It has enabled me to overcome anxiety, enhance my mental well-being, and significantly boost my confidence. Before becoming a Parent Champion, I would never have had the courage to speak in front of a large audience at the Festival of Conversations. However, on that day, I experienced no nervousness because I was speaking about my true passion: helping others.”

## A Parent Champion

### Key Stats:

- We had an average of **35 Parent Champions** this year and **11 Parent Ambassadors** throughout the year.
- **92 parents** attended **34 governance meetings**.
- The team supported parents to deliver **15 Engagement Fund events** with over **200 families attending**.
- Parent Champions have **volunteered over 4000 hours** this year.
- **216 families** joined the project this year.





# South East Essex Alliance Communications & Engagement Network

An exciting partnership between SAVS and the South East Essex Alliance launched this year, continuing the strong relationship that health and the VCFSE have built together. Through this partnership the Alliance has created a first of its kind dual role, recruiting one of our team to dedicate half of their time working on their communications and engagement to localise health messaging across Southend, Rochford and Castle Point.

Since March of this year, SAVS have supported with the co-design and production of a Fall Prevention booklets to help keep our residents steady, strong and able. They were distributed alongside an 'Able like Mabel' resource designed by Active Essex that encourages movement at home. SAVS helped set up distribution points for both of these resources and helped to identify key partners to act as conduits to the community.

Other key pieces of work from this year were a 'Meet the Alliance' event which introduced the new comms and engagement work attended by over 60 people. We have also successfully built a communications and engagement network that consists of 109 members with a reach of half a million. This new network connects organisations from across Southend, Rochford and Castle Point to streamline health campaigns and empower members by supporting the delivery of their messages.

## Key Stats:

- **11,450 co-designed fall-proof booklets** distributed in the community to targeted households.
- **109 members** of the Comms and Engagement Network with a total potential reach of 500,000 people.
- **£10,000 in dedicated funding** for communications and engagement for localised health campaigns





# COPD Community Connectors

The Community Connectors Programme is a volunteering opportunity for people living in Southend who have Chronic Obstructive Pulmonary Disease (COPD) or care for someone with COPD. Community Connectors are people who want to help improve care services and reduce health inequalities so that everyone can live well together.

The programme is designed to gain a deeper understanding of the lived experience of those living with COPD when accessing support and living a healthier life. It is also an opportunity to share what works well. Community Connectors will engage with members of the public, health services and decision-makers to help shape the future of services that are needed within the local community.

Community Connectors have the opportunity to share knowledge and also gain knowledge and new skills through training workshops and coaching support.

The project is delivered in partnership with Southend Association of Voluntary Services and Healthwatch Southend, funded by the Mid and South Essex Integrated Care Board and supported by Southend City Council.

"I attended the Stretch & Breathe class at Shoebury yesterday and just thought you would like to know what a great help I think it is and I think it's a very good idea. I thoroughly enjoyed it, if that's the right words! It was very, very good indeed and extremely helpful for someone like me who has COPD so thank you very much.

Great classes. I hope they continue indefinitely. My health and wellbeing have vastly improved.

I believe anyone who has COPD or similar would benefit from these classes. Every exercise benefits my wellbeing as explained by our trainer, Tina.

I don't feel isolated due to Community Connectors but I also feel encouraged to work at my own pace to exercise, gently and slowly but surely. Before these classes I wouldn't even contemplate exercise. Thank you for providing a programme that I know is helping me and has made me reassess what my future can be - not only physically but mentally too.

It has been an excellent class. Tina is very good instructor, encouraging us all of the time and explaining why these particular exercises will benefit us in our everyday life. It has also given me the confidence to push myself more than I would. So a big thank you to everyone involved."

## Community Connector

### Key Stats:

- 11 Community Connectors.
- 19 Stretch & Breathe Classes with 189 attendances.
- 12 drop-in sessions with 76 attendances.
- 26 Steeing Group Meetings.
- 41 events hosted.
- 36 groups attended.