

Wellbeing Workshop Project – Phase 1: Feb 24 to Sept 24

Funding for the Wellbeing Workshop project was obtained through National lottery funding: Awards for All (award of funding August 23)

We partnered with 4 venues in the Trafford borough and 1 venue in East Clayton to deliver the wellbeing workshop pilot project. This involved the delivery of 8 wellbeing workshops across the 5 venues:

1. **Break the habit: smoking:** Become more aware of how smoking impacts upon the body. Learn about various ways strategies you can put in place to help you quit.
2. **Confidence in communication:** Become more confident in communicating your feelings and needs in your life, improving your relationships and overall quality of life.
3. **5W2WB: 5 Ways to Wellbeing:** Develop simple ways you can put into practice to develop and enhance your health & wellbeing, regarding the 5W2WB.
4. **Health Eating:** Food is fuel for body. Learn more about how the food you eat impacts upon your mental & physical health, & through small changes how this can be improved.
5. **Mindfulness:** Become more mindful in your life on a day-to-day basis, by learning simple tools and techniques, developing a greater sense of wellbeing in your life.
6. **Physical Activity:** Learn more about the importance of physical activity & how you can become more physically active in your life.
7. **Sleep:** Learn the importance of sleep and how it impacts upon the mind and body & find out various hints and tips to improve your quality of sleep.
8. **Stress & Relaxation:** Gain a greater understanding of stress and how it impacts upon your health & wellbeing. Also learn various techniques to help you manage and reduce your level of stress.

The 5 venues we partnered with were:

Trafford:

The Hub, Altrincham: Community Centre, Pownall Road, Altrincham, WA14 2SZ

Sale West Community Centre (Our Sale West Local): Sale West Community Centre, Newbury Ave, Sale, M33 4QH

St John's Centre: St John's Rd, Old Trafford, Manchester, M16 7GX

St Mary's Magdalene Church (Sale West Community Urban Fund): 44 Moss Ln, Sale, Trafford, M33 6GD

East Manchester:

The Resonance Centre: 599 Ashton New Rd, Clayton, Manchester, M11 4SG

The 8 wellbeing workshops were delivered across the 5 venues from February 24 to September 24

These venues were chosen, based on previous partnership/ collaborations but also the specific areas in which they reside in the areas of Trafford and East Manchester.

All workshops were delivered with the agreement and oversight of partner venues at the time of delivery.

Overall findings across all venues & workshops

We said that we would see **60** people, across **5** venues, who would participate in the 8 Wellbeing workshops.

We said that we would aim to demonstrate the following among the individuals who engaged in the wellbeing workshops:

- Reduced isolation and increased connection with community.
- Improvement in knowledge and understanding around their own health and wellbeing
- More able to make a change to their own health and wellbeing
- Development in their levels of emotional resilience

Findings of the total number of potential interest of participants regarding total attendance to all wellbeing workshops was: 384 comparisons to actual total attendance to all wellbeing workshops was: 151. Resulting in an overall attendance rate of across all workshops: 39%

Most attended workshop across all venues was Mindfulness with 28 people. Individuals attending in total, 1 workshop was 54%, 2 to 3 workshops were 26%, 4 or more was 20%

Regarding demographics: Gender: 14% was male and 86% female

Total number of individuals who were claiming benefits was 54%

Ethnicity: 78% white British

Improvement in mental health of individuals who attended the wellbeing workshops was: 54% for WEWEBS & 46% for LMS. This equates to an improvement in knowledge and understanding around their own health and wellbeing. Also demonstrated a reduction isolation and increased connection with community.

Feedback comments from participants also demonstrated that they felt an increased knowledge and understanding around their own health and wellbeing. As well as demonstrating that they felt empowered to make changes to their own health and wellbeing:

- I now know what stress is and how to handle it more effectively
- I am more aware of how to bring healthier foods into my diet
- I learned about the x3 different ways of communication
- I am aware of how to do a body scan and be more aware of myself
- I have learned ways of communicating more clearly by being direct and confident
- I will now create a sleep plan/ sleep routine to improve my quality of sleep
- From next week, I will increase my activity. For example, table tennis
- My confidence has improved and I have better understanding of my own wellbeing
- I have learned more about how to control my emotions better and be more mindful
- Different strategies in coping with addictions/smoking
- How to state my feelings without being aggressive
- How to be more accepting of myself and others more

Future developments

At BMS Well-being, we aim to build upon our successful track record of improving the lives of vulnerable adults in Manchester facing mental health and well-being challenges. Our wellbeing workshops and new Reset It Programme will provide secure, nurturing environments where participants can acquire effective coping strategies, build resilience, and learn to support others in their community.

Our previous series of workshops, completed in August 2024, demonstrated significant impact across five venues:

- Altrincham Hub: 17 attendees
- Sale West Community Centre: 7 attendees
- St Johns Church Resource Centre: 64 attendees
- St Marys Magdalene Church: 25 attendees
- The Resonance Centre: 15 attendees

With a total of 128 participants (exceeding our target of 60), we've proven the community's need and enthusiasm for these workshops.

Building on this success, we propose to continue running our wellbeing workshops across venues in East Manchester & Trafford over the next 12 months. Each 90-minute workshop will accommodate up to 10 participants, covering topics such as Confidence, 5 Ways to Wellbeing, and Stress Management.

Our Wellbeing Workshops programme is aimed further at:

1. Bringing people together to build stronger relationships in and across communities: Our workshops create a supportive environment where participants can connect, share experiences, and build lasting relationships.
2. Helping more people reach their potential by supporting them at the earliest possible stage: We provide valuable tools and resources that empower participants to improve their mental health early in their journey, unlocking their full potential.
3. Supporting people facing more demands and challenges due to the cost-of-living crisis: Our workshops are accessible to those who cannot afford private mental health support, addressing the needs of approximately 620,000 people living in poverty in Greater Manchester

By focusing on these priorities and building upon our proven success, we aim to create a more resilient, supportive community that benefits everyone, especially those most vulnerable to mental health challenges.