



HOLLOWAY NEIGHBOURHOOD GROUP

1ST APRIL - 30TH SEPTEMBER 2024



OUR DATA PROVIDES FEEDBACK ON OUR PROGRESS DURING THE PERIOD 1ST APRIL TO 30 SEPTEMBER 2024.

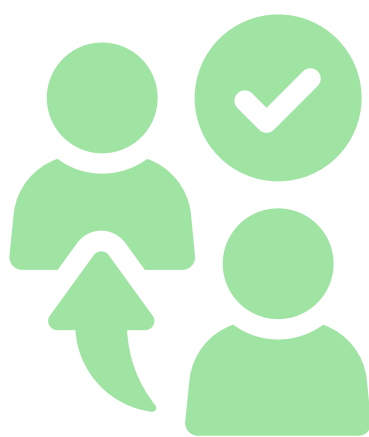
WHAT WE DELIVERED IN 6-MONTHS

SERVICE USERS



In the last 6 months, a total of **200** adults benefitted from our services delivered through The Stress Project.

REFERRALS



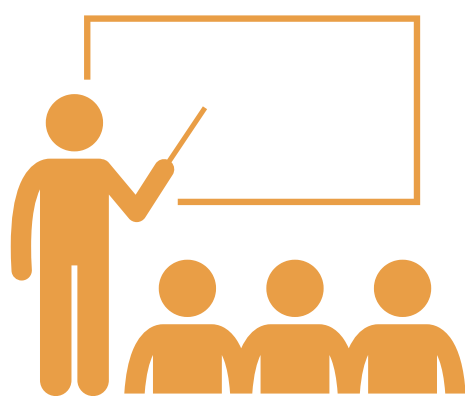
In the last 6 months, we received **107** referrals for counselling, which is **65% more** than for the same period last year.

COUNSELLING SESSIONS



We delivered **953** counselling sessions, benefitting **102** individuals, which is **7% more** than for the same period last year.

MINDFULNESS COURSE



We delivered **21** sessions of mindfulness as part of our 10-week courses, benefitting **25** individuals.

MINDFUL CAFÉ



We delivered **22** mindfulness classes in the form of Mindful Café sessions, benefitting **32** individuals, which is **10% more** than for the same period last year.



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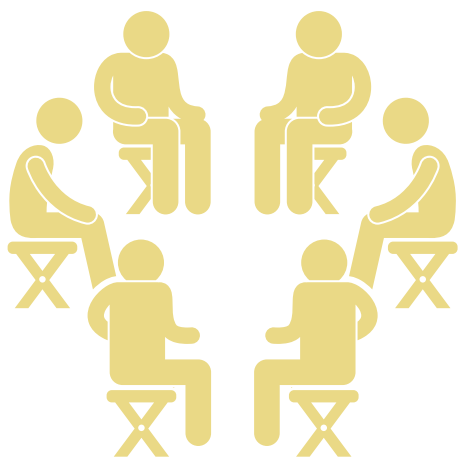
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WELLBEING GROUP



We delivered **25** Wellbeing Group sessions, benefitting **42** individuals. Sessions included ear acupuncture and gardening.

MIND & BODY YOGA



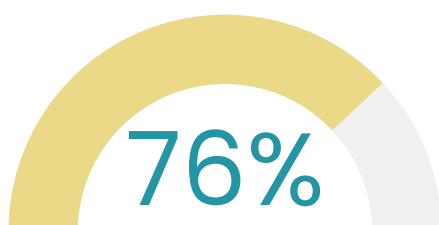
We delivered **12** Mind & Body Yoga sessions, benefitting **16** individuals, which is **300% more** than for the same period last year.

CORE OUTCOMES



We use the CORE Impact Measurement Tool to evaluate the impact of our counselling service on mental health. We ask clients to complete the CORE form before the start of their therapy and at the end of their programme. We analyse CORE data on a six-month and annual basis, and the outcomes below are for the period 1st April to 30 September 2024.

CORE SCORE ABOVE 10



Out of **34** people who engaged with counselling, **26** had a starting CORE score above the clinical cut off of 10, which is **76%**, indicating that almost all the beneficiaries of our counselling service experience high levels of distress.



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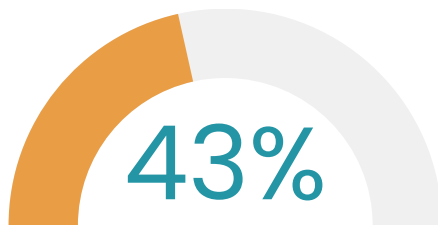
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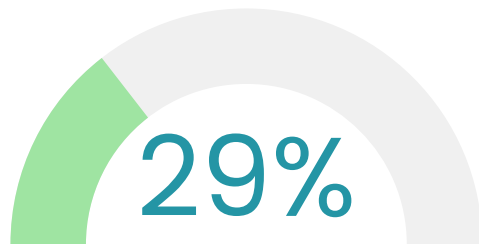
WHAT WE DELIVERED IN 6-MONTHS

RELIABLE CHANGE



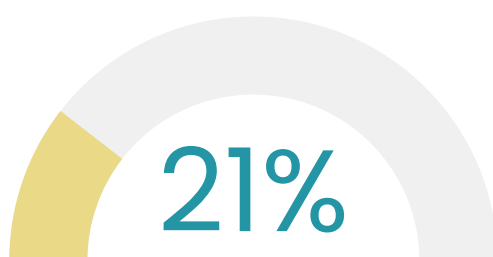
Out of the **7** people who finished counselling that we have before and after CORE scores for, **3** had a reliable change in their score, which is **43%**. It means that the change in score exceeds that which might be expected by chance alone or measurement error.

CLINICALLY SIGNIFICANT CHANGE



Out of the **7** people who finished counselling that we have before and after CORE scores for, **2** had a clinically significant change, which is **29%** (i.e. starting their treatment with a before score of 10 and finishing with a score below 10). It shows a significant reduction in their levels of distress.

BEFORE AND AFTER CORE SCORES



Out of **34** people who finished counselling during the period, **7** had before and after CORE scores, which is **21%**.



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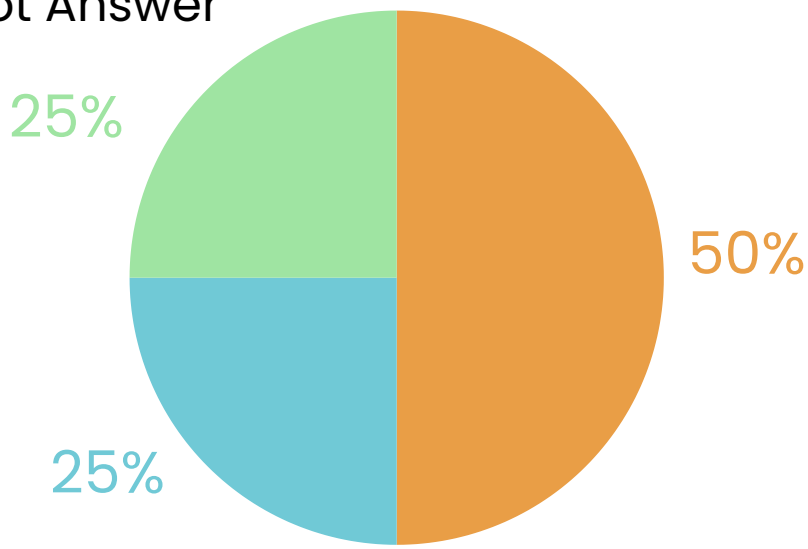


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WHAT WE DELIVERED IN 6-MONTHS

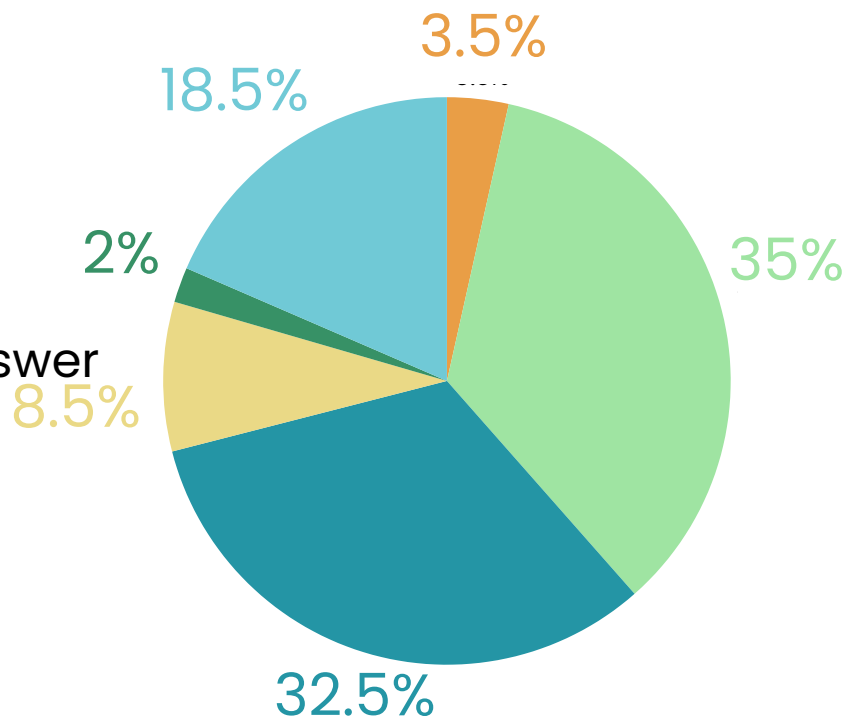
ETHNICITY

- BAME (Black, Asian, and minority ethnic)
- White UK
- Did Not Answer



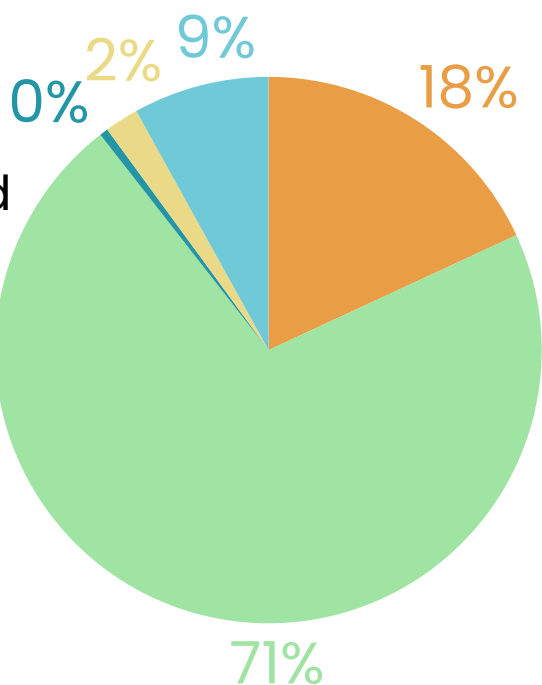
AGE

- 18-24
- 25-44
- 45-64
- 65-75
- 75+
- Did Not Answer



GENDER

- Male
- Female
- Transgender
- Prefer not to say/Not Listed
- Did Not Answer





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COUNSELLING TESTIMONIALS



"I've been massively helped with processing and understanding myself and my experiences, and although there's a lot going on that makes it difficult to feel more positive or hopeful at the moment, I feel like I'm taking a lot with me from it, and I'm very grateful to my therapist for being with me in that process." - Client A

"Overall, I've been pretty happy with the therapy I've received." - Client B

MINDFULNESS COURSE TESTIMONIALS



"I loved the videos and course content. My group was open and honest about life traumas they faced, and the sessions were emotional. I feel positive about life now and look forward to the journey." - Patricia

"I opened up to the group about my experiences and got the support and acceptance I needed to be the best version of myself." - Ashleigh

"My group had interesting people from various backgrounds and a fantastic teacher. I loved the breathing techniques and would 100% recommend the course to everyone." - Magdalena