



Cloudesley

HOLLOWAY NEIGHBOURHOOD GROUP 1ST APRIL 2024 - 31ST MARCH 2025



Holloway
Neighbourhood
Group

OUR DATA PROVIDES FEEDBACK ON OUR PROGRESS DURING THE PERIOD 1ST APRIL 2024 TO 31 MARCH 2025.

WHAT WE DELIVERED IN 12-MONTHS

DEMOGRAPHICS

During the past twelve months, a total of **363** adults benefitted from our services delivered through this project.

Did not answer
23%

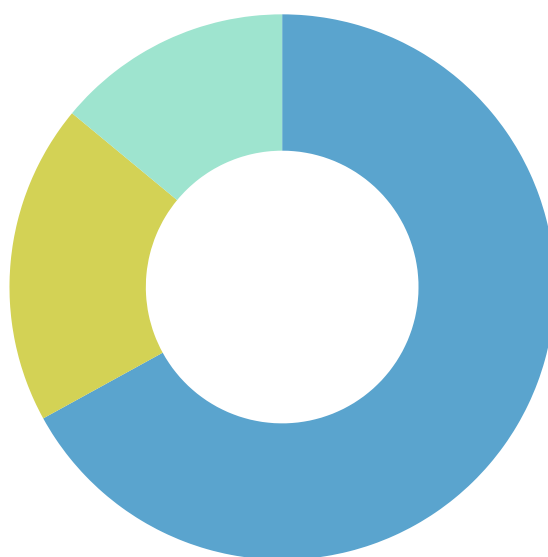


BAME (Black,
Asian
and minority
ethnic)
50%

White UK
27%

Ethnicity

Did not answer
14%

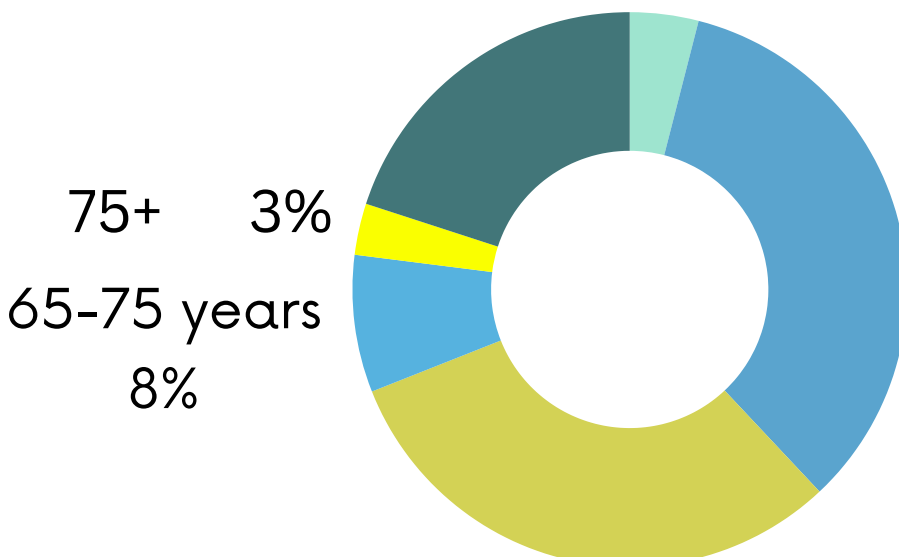


Male
19%

Female
67%

Gender

Did not answer
20%



25-44 years
34%

75+ 3%
65-75 years
8%

45-64 years
31%

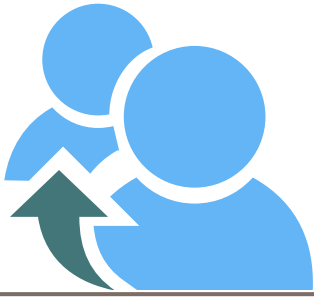
Age

The ethnicity, gender, and age demographics of our service users over the 12 months.

OUR DATA PROVIDES FEEDBACK ON OUR PROGRESS DURING THE PERIOD 1ST APRIL 2024 TO 31 MARCH 2025.

WHAT WE DELIVERED IN 12-MONTHS

REFERRALS



We received **155** referrals for our counselling services.

ASSESSMENTS



We completed **130** assessments for our counselling services.

COUNSELLING



We delivered **2,068** counselling sessions, benefitting **225** individuals.

MINDFULNESS COURSE



We delivered **43** sessions of mindfulness as part of our 8-week courses, benefitting **55** individuals.

MINDFUL CAFÉ



We delivered **45** Mindful Café sessions, benefitting **47** individuals.

COMPLEMENTARY THERAPY



We delivered **5** Massage and **1** Acupuncture session, benefitting **4** individuals.

WELLBEING SESSIONS



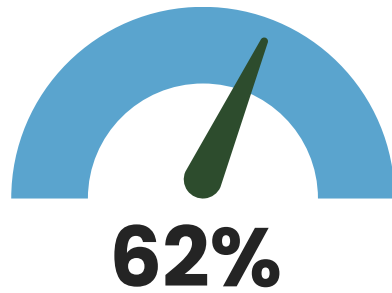
We delivered **49** drop-in wellbeing sessions as part of our weekly Wellbeing Group, benefitting **64** individuals.

OUR DATA PROVIDES FEEDBACK ON OUR PROGRESS DURING THE PERIOD 1ST APRIL 2024 TO 31 MARCH 2025.

WHAT WE DELIVERED IN 12-MONTHS

12-MONTH CORE COUNSELLING

CORE Score above 10



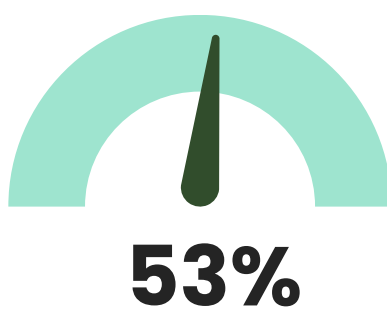
Out of the **129** people who engaged with counselling, **48** had a starting CORE score above the clinical cut off of 10, which is 62%.

Reliable change



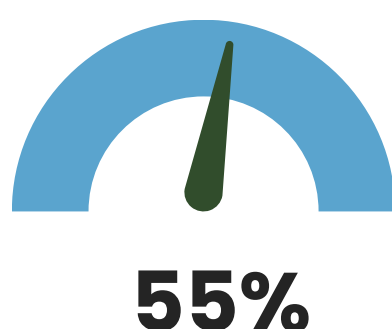
Out of the **43** people who finished counselling that we have before and after scores for, **30** had a reliable change, which is 70%.

Clinically significant change



Out of the **43** people who finished counselling that we have before and after scores for, **23** had a clinically significant change, which is 53%.

Before and after CORE score



Out of the **129** people who finished counselling during the period, **43** had before and after scores, which is 55%.



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HOLLOWAY NEIGHBOURHOOD GROUP 1ST OCTOBER 2024 - 31ST MARCH 2025



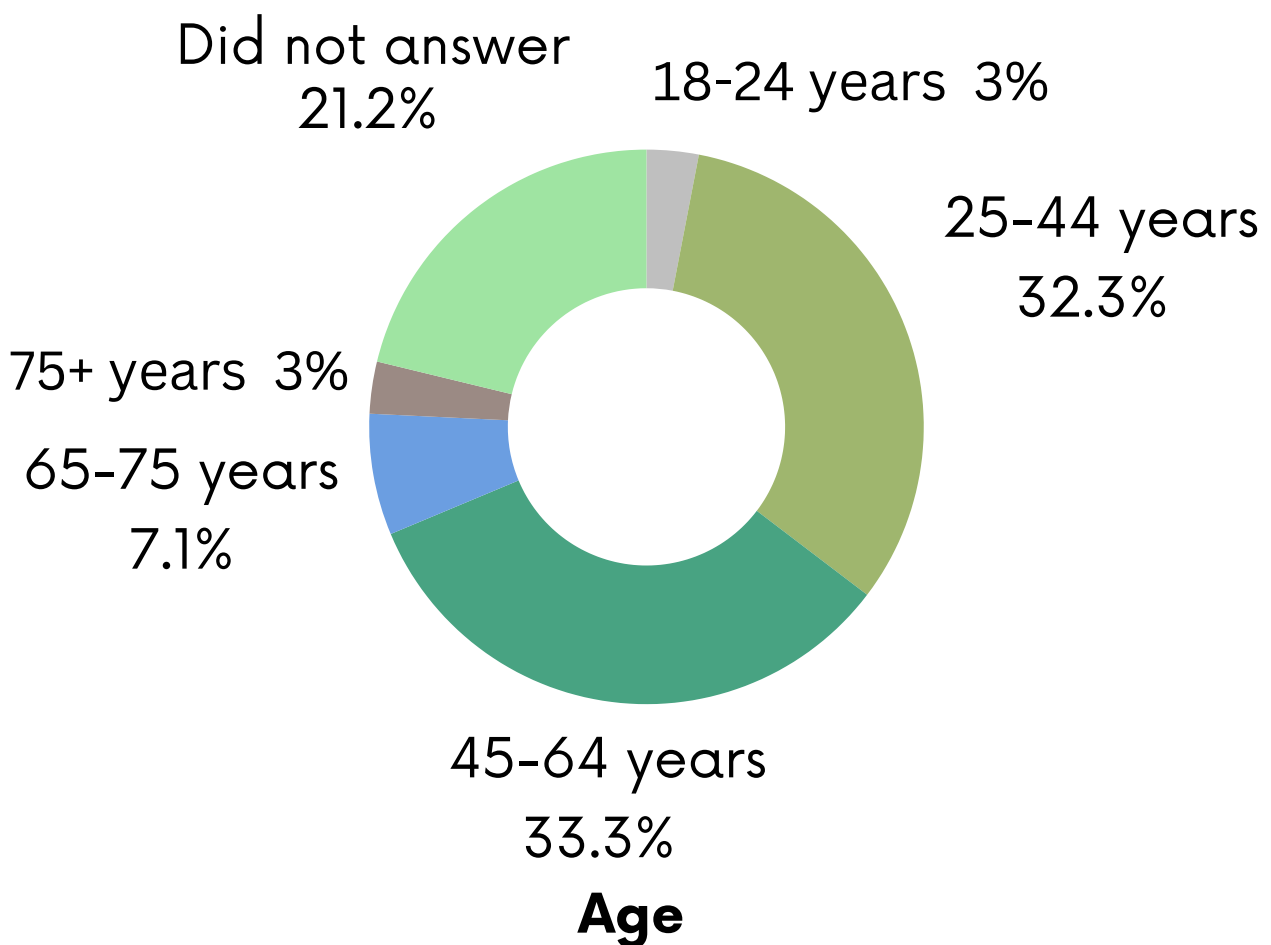
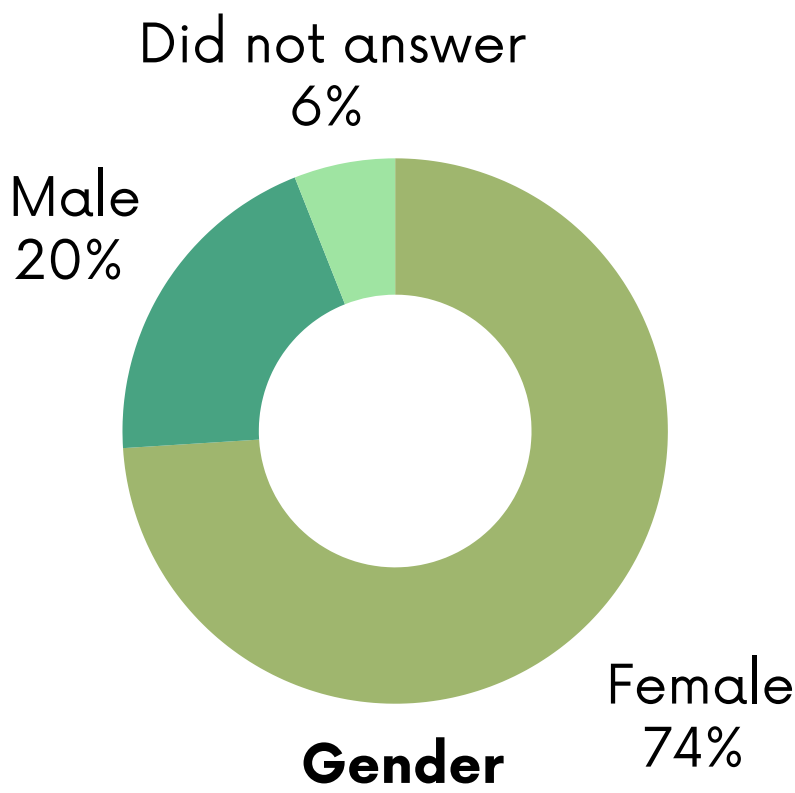
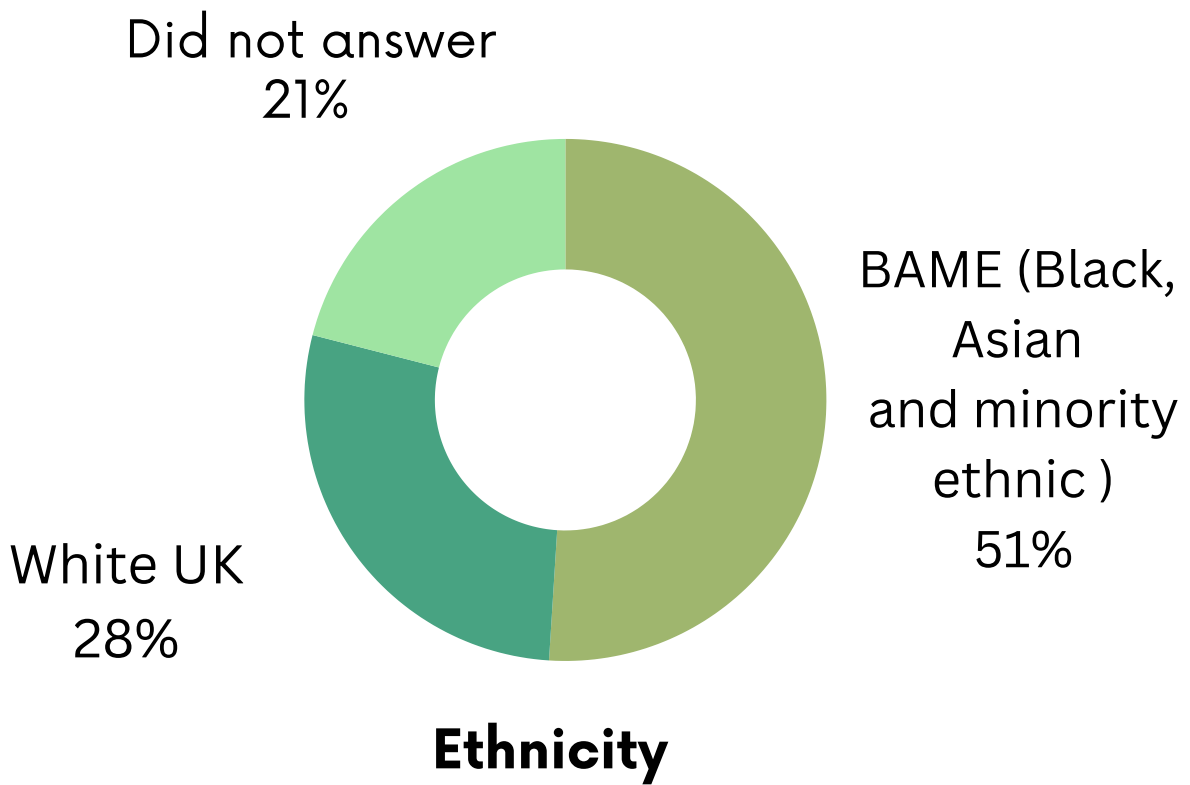
Holloway
Neighbourhood
Group

OUR DATA PROVIDES FEEDBACK ON OUR PROGRESS DURING THE PERIOD 1ST OCTOBER 2024 TO 31 MARCH 2025.

WHAT WE DELIVERED IN 6-MONTHS

DEMOGRAPHICS

During the past six months, a total of **204** adults benefitted from our services delivered through this project.



The ethnicity, gender, and age demographics of our service users over the 6 months.



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HOLLOWAY NEIGHBOURHOOD GROUP 1ST OCTOBER 2024 - 31ST MARCH 2025



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OUR DATA PROVIDES FEEDBACK ON OUR PROGRESS DURING THE PERIOD 1ST OCTOBER 2024 TO 31 MARCH 2025.

WHAT WE DELIVERED IN 6-MONTHS

REFERRALS



We received **77** referrals for our counselling services.

ASSESSMENTS



We completed **71** assessments for our counselling services.

COUNSELLING



We delivered **1,043** counselling sessions, benefitting **95** individuals.

MINDFULNESS COURSE



We delivered **23** sessions of mindfulness as part of our 8-week courses, benefitting **32** individuals.

MINDFUL CAFÉ



We delivered **23** Mindful Café sessions, benefitting **30** individuals.

WELLBEING SESSIONS



We delivered **24** drop-in wellbeing sessions as part of our weekly Wellbeing Group, benefitting **35** individuals.

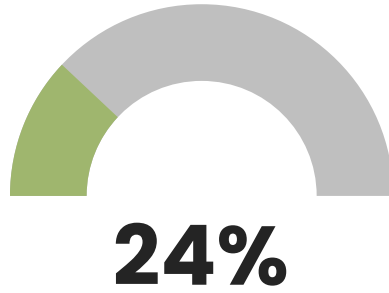


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WHAT WE DELIVERED IN 6-MONTHS

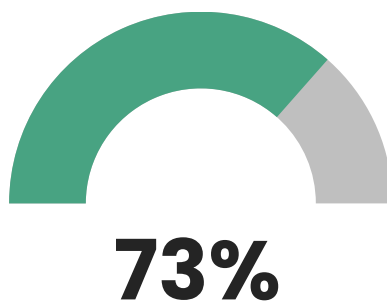
6-MONTH CORE COUNSELLING

CORE Score above 10



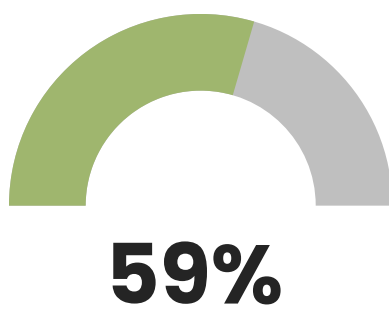
Out of the **91** people who engaged with counselling, **22** had a starting CORE score above the clinical cut off of 10, which is 24%.

Reliable change



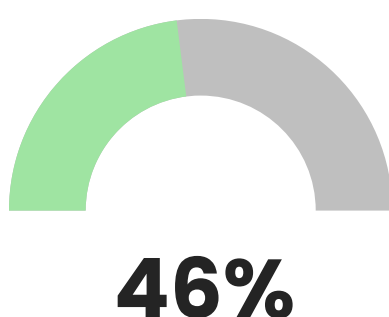
Out of the **22** people who finished counselling that we have before and after scores for, **16** had a reliable change, which is 73%.

Clinically significant change



Out of the **22** people who finished counselling that we have before and after scores for, **13** had a clinically significant change, which is 59%.

Before and after CORE score



Out of the **91** people who finished counselling during the period, **42** had before and after scores, which is 46%.