



1ST APRIL - 30TH SEPTEMBER 2024

LBI Q1-Q2 IMPACT REPORT

Our data provides feedback on our progress during the period 1st April to 30 September 2024.

WHAT WE DELIVERED IN 6-MONTHS

THEMES

At HNG, our activities and services are themed so they remain relatable and engaging to our service users; resonating with their daily life, personal development, and community spirit.



MINDFUL MOMENTS (TAKE NOTICE)

Mindfulness Course, Mindful Café, and Counselling: Discover a calm and focused mind through our "Mindful Moments" sessions. Engage in activities that help you reflect, recharge, and refocus. Whether it's through guided mindfulness practices or individual counselling, our aim is to support your mental well-being and help you find peace amongst the hustle and bustle of life.



MOVE AND GROOVE (BE PHYSICALLY ACTIVE)

Exercise Classes and Complementary Therapies: Join our "Move & Groove" sessions designed to get your heart pumping and your spirits lifted! From Chair Yoga to Egyptian Dance, there's something to fit every fitness level and interest. Embrace the joy of movement and boost your physical health in a fun, supportive setting.



COMMUNITY CONNECTIONS (CONNECT WITH OTHER PEOPLE)

Warm Room, In-Touch Telephone Support, Men's Group, and Wellbeing Group: Our "Community Connections" initiative is all about building relationships and finding support. Share stories and laughter in our Warm Room, engage with various groups, or simply chat with someone who really understands. It's about finding your circle and feeling at home, wherever you are.



SKILL SHARE & LEARN (LEARN NEW SKILLS)

Digital Inclusion, Creative Writing, and Art: Immerse yourself in "Skill Share & Learn", where learning is a new adventure. Whether you're stepping into the digital world, exploring your creativity through writing or art, or simply picking up a new hobby, our workshops offer a welcoming environment to grow at your own pace.



ACTS OF KINDNESS (GIVE TO OTHERS)

Volunteers: Spread joy and make a difference with "Acts of Kindness". Participate in volunteer activities that not only enhance the life of others but enrich your own. Experience the fulfilment that comes from giving back, sharing talents, and contributing to our vibrant community fabric.



MINDFUL MOMENTS (TAKE NOTICE)

	Number of Sessions	Unique Attendees	Total Attendance (Footfall)*	Number of Repeat Attendees
Mindfulness Course	21	25	178	23
Mindful Café	22	32	126	19
Counselling	953	102	993	39



MOVE AND GROOVE (BE PHYSICALLY ACTIVE)

	Number of Sessions	Unique Attendees	Total Attendance (Footfall)*	Number of Repeat Attendees
Men and Women's Elders Exercise	41	82	630	60
Chair Yoga	34	62	423	50
Egyptian Dance	19	28	125	14
Tai Chi	24	35	135	18
Acupuncture	1	1	1	1

*Footfall refers to the count of individuals who enter a specific activity or session within a certain period.



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MOVE AND GROOVE (BE PHYSICALLY ACTIVE)

	Number of Sessions	Unique Attendees	Total Attendance (Footfall)*	Number of Repeat Attendees
 Massage	5	2	5	2
 Sound Healing Group Session for Women	1	8	8	0
 Mind & Body Yoga	12	16	63	10






COMMUNITY CONNECTIONS (CONNECT WITH OTHER PEOPLE)

	Number of Sessions	Unique Attendees	Total Attendance (Footfall)*	Number of Repeat Attendees
 Warm Room	24	70	329	39
 In-Touch	73	24	111	17
 Men's Group	22	23	166	14
 Relaxation Sessions (Wellbeing Group)	25	42	160	26




SKILL SHARE & LEARN (LEARN NEW SKILLS)







	Number of Sessions	Unique Attendees	Total Attendance (Footfall)*	Number of Repeat Attendees
 Digital Inclusion	65	35	162	26
 Creative Writing	10	13	50	9
 Art	11	19	75	10



ACTS OF KINDNESS (GIVE TO OTHERS)

	Number of Volunteers	Total Volunteering Hours
 Volunteers	62	1844.5

Our volunteers are at the heart of what we do. We believe that small actions can create a ripple effect in our community by inspiring others to get involved and fostering a sense of connection. When individuals take simple steps, like volunteering, it encourages their friends, family, and neighbours to participate, building a culture of support and collaboration. Over time, these collective efforts lead to improved resources, stronger relationships, and positive transformations in our community as a whole.

Work Category	No. of Volunteers	Total Volunteering Hours	%
 Activities	19	284	31%
 Administrative	2	24	3%
 Complementary Therapy	4	29.5	6%
 Counselling	32	1334	52%
 Gardening	2	112	3%
 In-Touch Telephone Service	3	61	5%

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"I chose to volunteer at this community centre because I believe in the power of connection and support within our neighbourhood. Seeing the positive impact we can have on each other's lives motivated me to get involved. My best friend was moved by my experience and decided to volunteer as a teaching assistant in a local primary school."

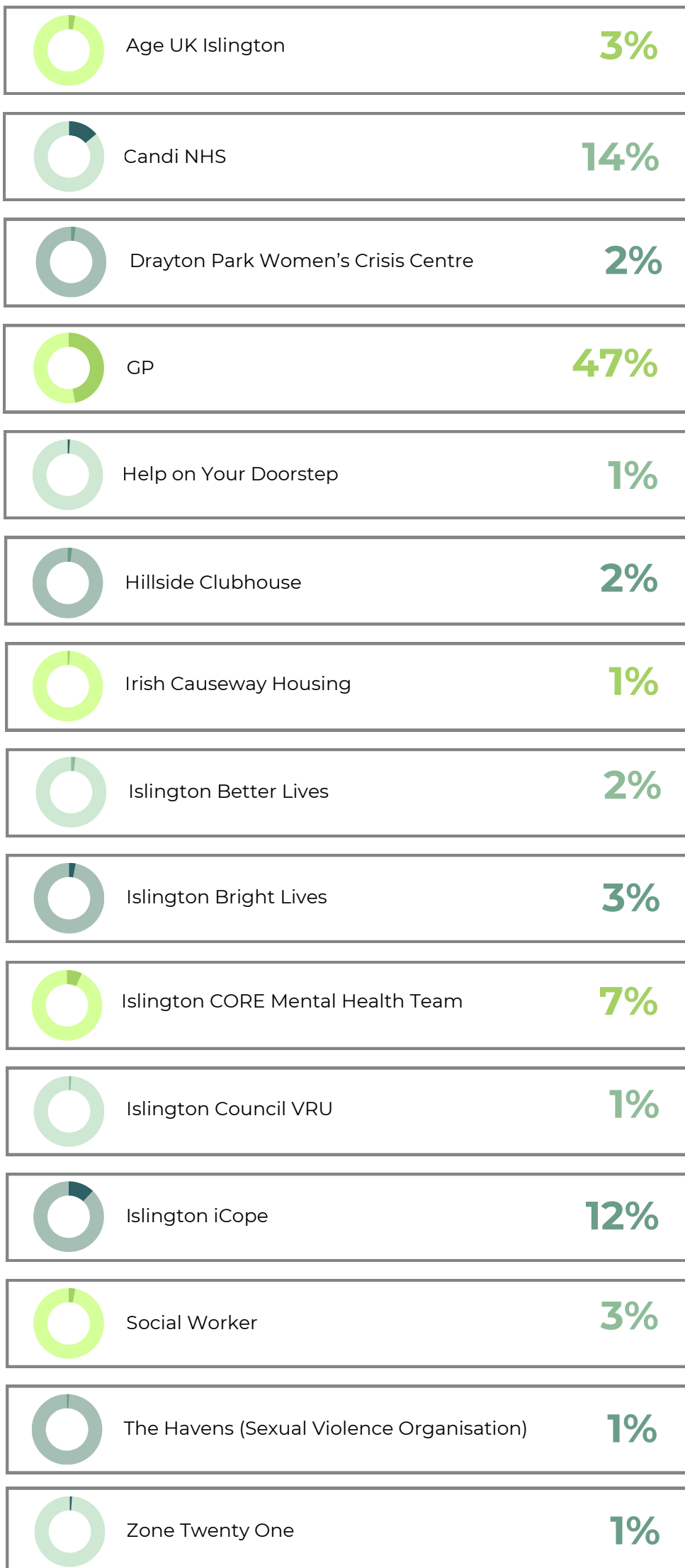


COUNSELLING REFERRALS

We received **107** referrals for counselling, which is **65%** more than for the same period last year.

The percentage (%) breakdown of our referrers by organisation.

REFERRER





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AGE

The percentage (%) breakdown of our clients by age.



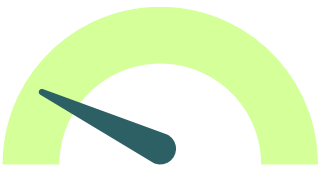
18-24 years 2%



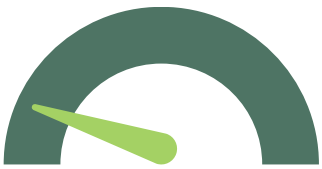
25-44 years 18%



45-64 years 26%



65-75 years 17%



75+ years 13%



Did Not Answer 24%



GENDER

The percentage (%) breakdown of our clients by gender.



Male 17%



Female 65%



Transgender 0%



Prefer not to say/Not listed 1%



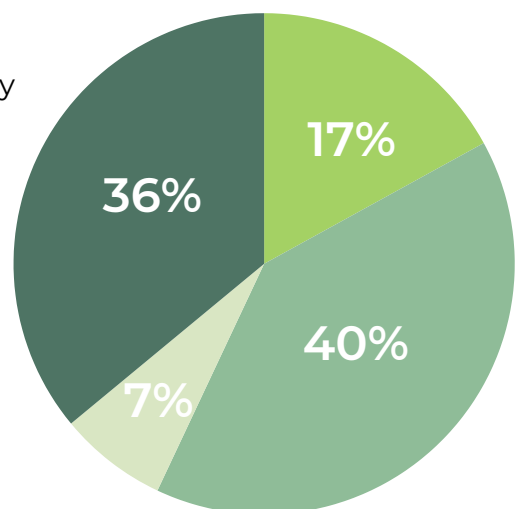
Did Not Answer 17%



DISABILITY

The percentage (%) breakdown of our clients by disability.

- Yes
- No
- Prefer not to say
- Did not answer





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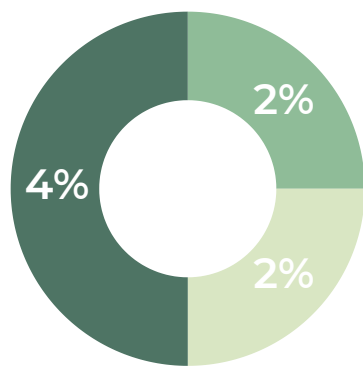
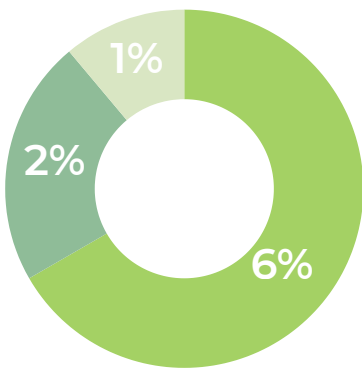
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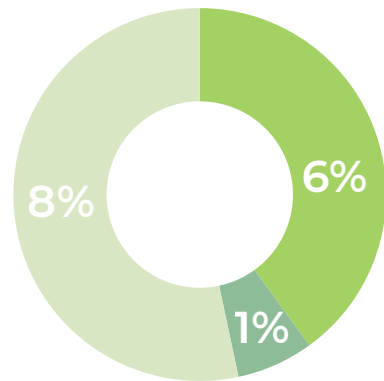
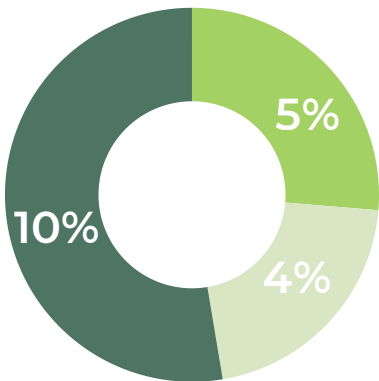
WARD

The percentage (%) breakdown of our clients by Islington Ward.



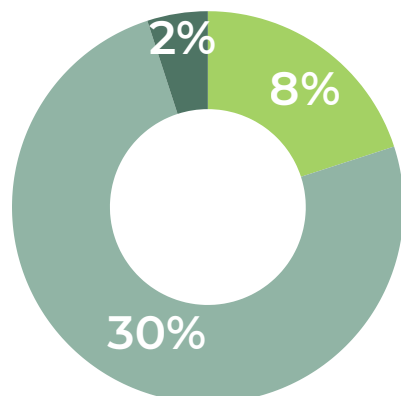
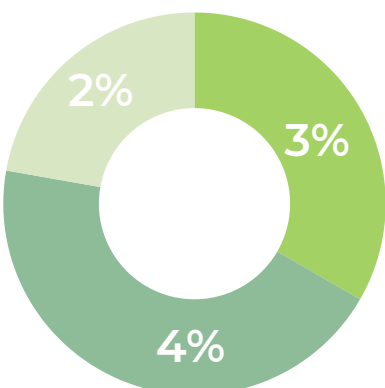
WARD	NO. OF SERVICE USERS	(%)
Arsenal (prev Highbury West)	25	6%
Barnsbury	7	2%
Bunhill	3	1%

WARD	NO. OF SERVICE USERS	(%)
Caledonian	16	4%
Canonbury	11	2%
Clerkenwell	10	2%



WARD	NO. OF SERVICE USERS	(%)
Finsbury Park	47	10%
Highbury (prev Highbury East)	23	5%
Hillrise	20	4%

WARD	NO. OF SERVICE USERS	(%)
Holloway	36	8%
Junction	28	6%
Laycock	5	1%



WARD	NO. OF SERVICE USERS	(%)
Mildmay	10	2%
Tufnell Park (prev St George's)	14	3%
St Mary's & St James'	16	4%

WARD	NO. OF SERVICE USERS	(%)
St Peter's & Canalside	7	2%
Tollington	36	8%
Outside of the Islington Borough	140	30%



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ETHNICITY

The percentage (%) breakdown of our clients by ethnicity.

