



A year focusing on Wellbeing

2022 / 2023






Artwork by a Maternal Journal participant

Our vision

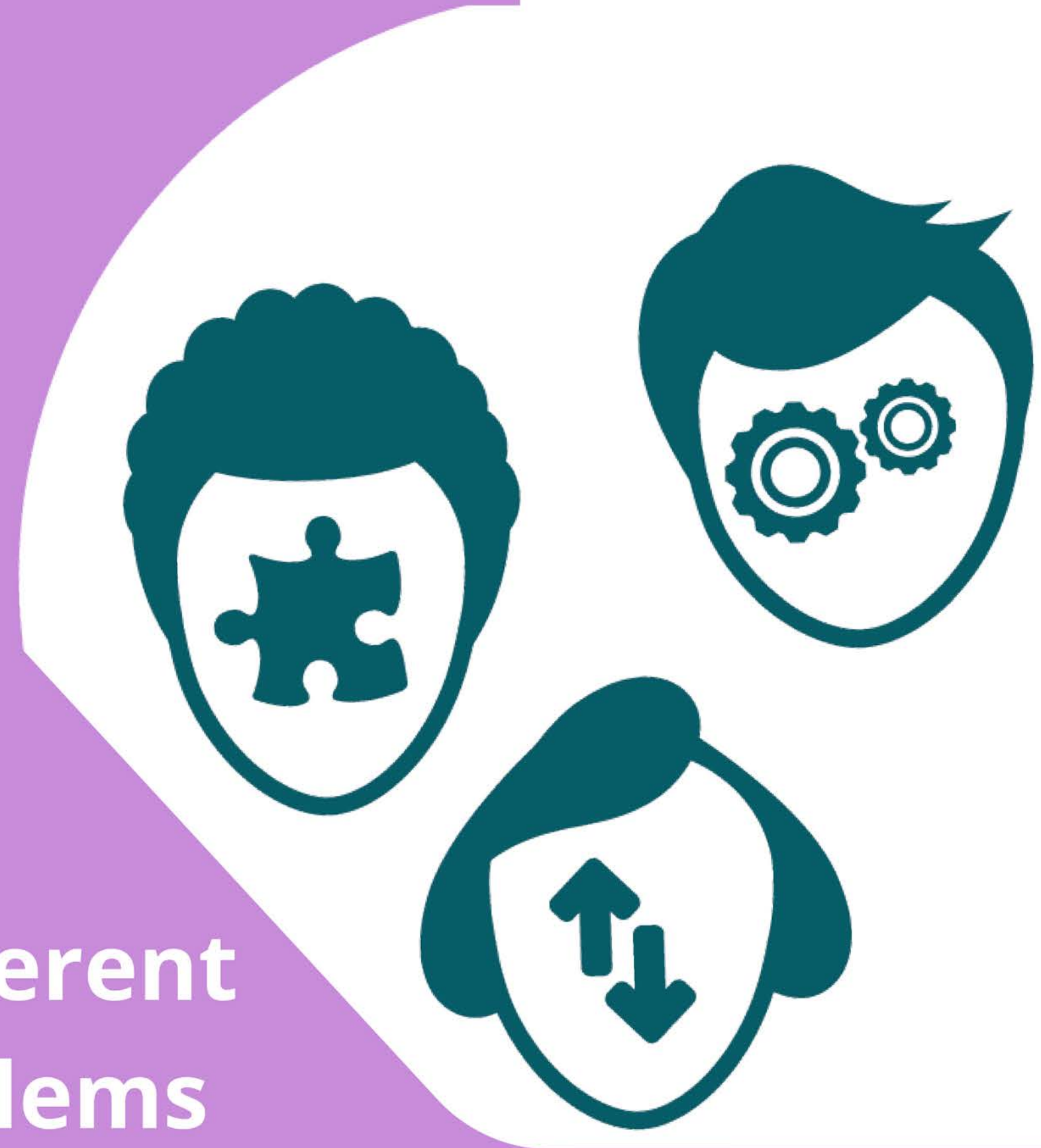
Communities where everyone has access to the support they need to overcome adversity in their lives so they can thrive.

Our values

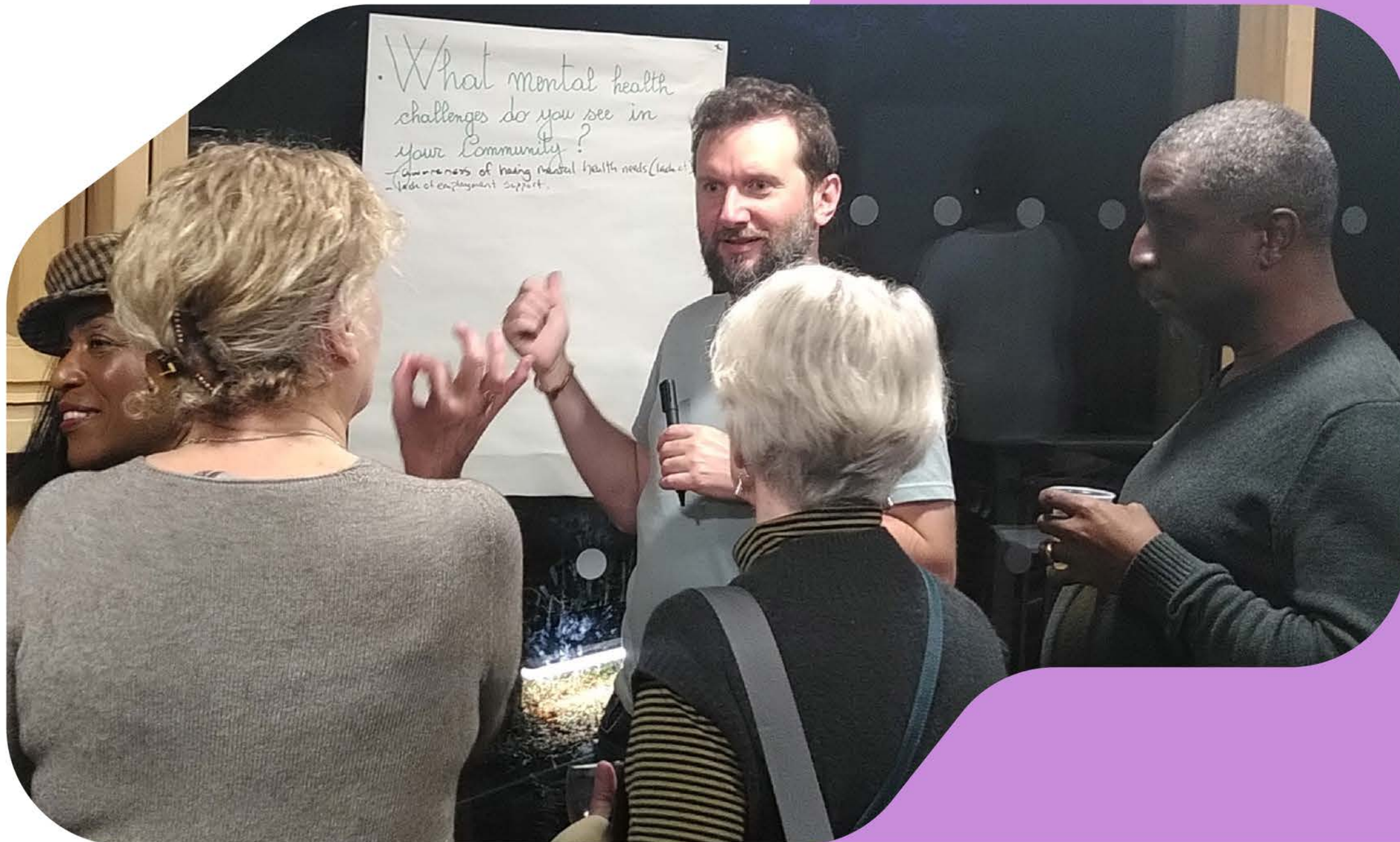
-  **Passionate**
-  **Inclusive**
-  **Responsive**
-  **Community focused**

The pandemic and cost of living crisis have exacerbated...

- Loneliness
- Isolation
- Stress
- and a range of different mental health problems



So we sourced funding & co-created new Wellbeing services



- Drawing on our experience during the pandemic
- Insights from our advice & counselling services
- Helped by local people, service users and volunteers

Launching a new Befriending service



**11 new volunteer
befrienders
trained to offer
one to one
support to local
people referred by
Social Prescribers
and others.**

An illustration on the left side of the page features two stylized women with dark hair, one with a bun and one with a bob. Below them are two purple arrows pointing upwards. The background includes light blue and purple wavy shapes and a small branch with purple leaves in the top left.

“

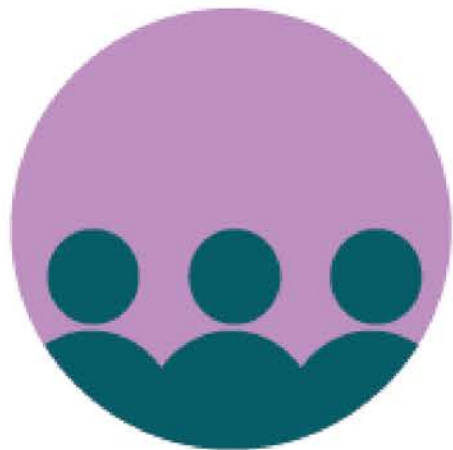
So far it has been great! After speaking with my Befriender, I have been feeling more proactive and even went out for a walk with my neighbour - IN THE DAY TIME! It was so amazing. I know it wasn't much, but it was such a massive step for me.

A Menopause support group



“

It's fantastic to be able to share with other women who are going through the same thing as I am, as this is a very lonely journey and can be quite scary.





I have seen so much Empathy amongst the group. I enjoy the practical advice and suggestions for wellbeing coming from both expert presenters and amongst the group. I have actively made changes e.g. my diet, exercising and emotional wellbeing.

A Maternal Journal group

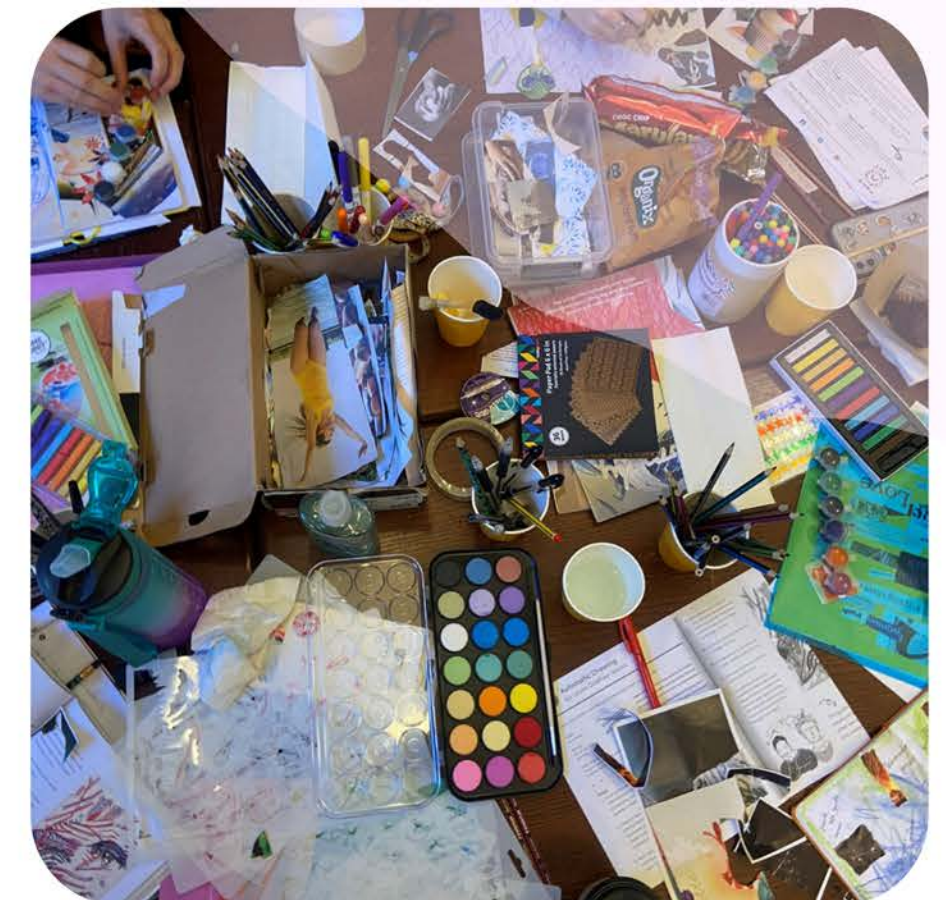


“

I cannot think of another space that exists that supports mothers as people, rather than purely as mothers of babies

“

I really enjoyed trying to express myself through art for the first time in many many years



Bereavement was often mentioned in Counselling & Advice sessions



- So we worked in partnership with St Christopher's
- To launch a Bereavement Help Point
- A space to talk about grief and loss with others who've had similar experiences

We were pleased to secure 3 year funding to continue our
Inspire project

8 peer volunteers delivered information sessions and supported Centre 70 Advice staff and clients.





As Inspire volunteers the positive thing people should know is that we feel included. I have met a whole lot of people, been and done things I wouldn't have done, started classes and done new things in the community.

Our Inspire project also provides holistic support to help clients deal with mental health challenges and build their resilience and confidence.



A focus on wellbeing and care carries through to our Advice work



With a huge increase in demand across all areas we specialise in.

23,721

Advice enquiries

↑ 25% from last year

4,624

Unique clients helped

↑ 19% from last year

1,436

New clients reached

↑ 28% from last year

Debt issues



“

I have been worrying for so long about all of this, and at the same time trying to pretend it's not happening. I am feeling so relieved, I can't thank you enough.

Welfare benefits issues



Centre 70 helped me and made me aware that I am entitled to some benefits which I did not have a clue of. I'm very grateful.

Housing issues



“

Working in partnership with the team has been crucial to our ability to support vulnerably housed women. The expert, timely advice provided has led to a number of successes from evictions avoided to serious disrepair cases resolved.

Influencing decisions for better wellbeing outcomes



A judicial review led to an agreement to carry out Equality Impact Assessments of temporary accommodation provision by a public body.

Student finance issues



I am glad with the help and advice, it has improved my studies a lot. I could pay for a better internet and was less worried about money or my financial circumstances. Having small children and studying is not easy. Financially talking it is so hard, but I could manage.

Our Counselling service

We continue to see an increase in referrals of clients with more complex needs.



45%

Some form
of childhood
trauma or
neglect

43%

Some form
of mental
health
medication

50%

Some form
of physical
or mental
disability

50% of our referrals are now coming via the NHS



118 client assessments



24 experienced volunteer counsellors



128 people accessing counselling

85% of clients said counselling made them feel better about themselves



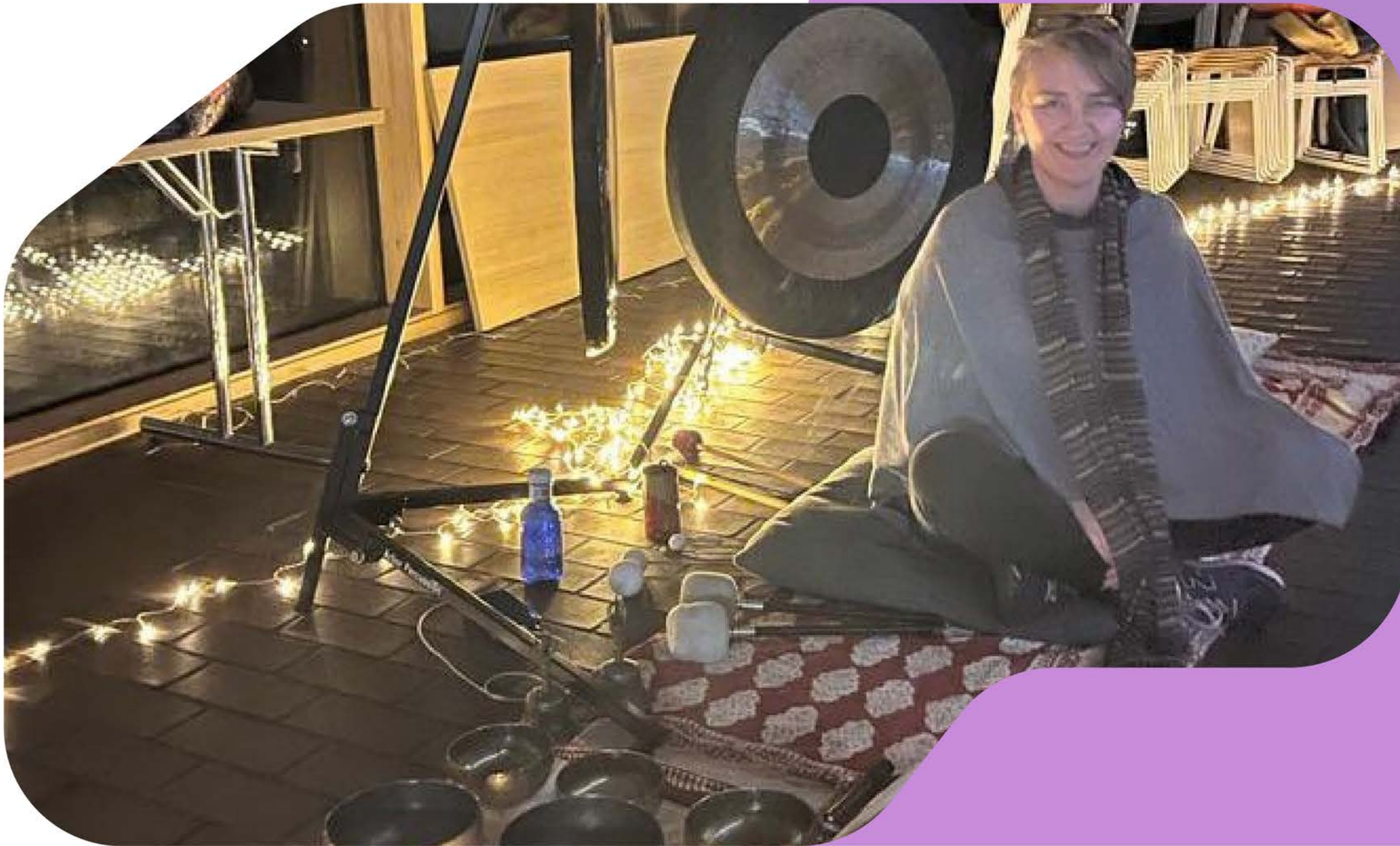
**Counselling was so beneficial.
I felt heard, supported, not at all
judged and really felt I was getting
in touch with how I was feeling.**

**I'm thankful for Centre 70 offering
low-cost counselling sessions.**

We'll continue to put Wellbeing at the centre of all that we do



Help us co-design new community wellbeing activities



- Mens mental health
- Physical activities
- Mindfulness

Other ways you can support us



Become a
volunteer Befriender



Donate if you can or
fundraise for us



Thanks to our amazing staff, volunteers, trustees, supporters & funders



Find out more at www.centre70.org.uk