



# Our Impact

April 2023- March 2024

**3164**

## CENTRE INTERACTIONS

Connecting through in-person visits, social media, events, and digital platforms.

**120**

## FAMILIES SUPPORTED

Bringing warmth and joy to the community.

- **78 families - 151 children** received Christmas presents
- **42 families - 92 children** supported with Winter Warmer Packs

**205** 



## WORKSHOPS/SESSIONS

1,335 participated in the various events. Out of those 70 were unique individuals who engaged in multiple knowledge, self-care, and support activities.

Categories	# Events
Knowledge & Education	<b>98</b>
Health & Wellbeing	<b>68</b>
Support & Advocacy	<b>39</b>

## PARTICIPANT FEEDBACK REPORTED IMPROVED

Skill Development:	<b>91%</b>
Personal Growth:	<b>36%</b>
Social Connection:	<b>79%</b>
Enjoyment & Wellbeing:	<b>97%</b>

*151 Evaluations analysed - all indicated more than one outcome*

**69**

## WOMEN ATTENDED WOW, ART THERAPY & YOUNG MUMS COURSES

Gaining skills in parenting, building self-worth and confidence, navigating change, and managing stress and trauma

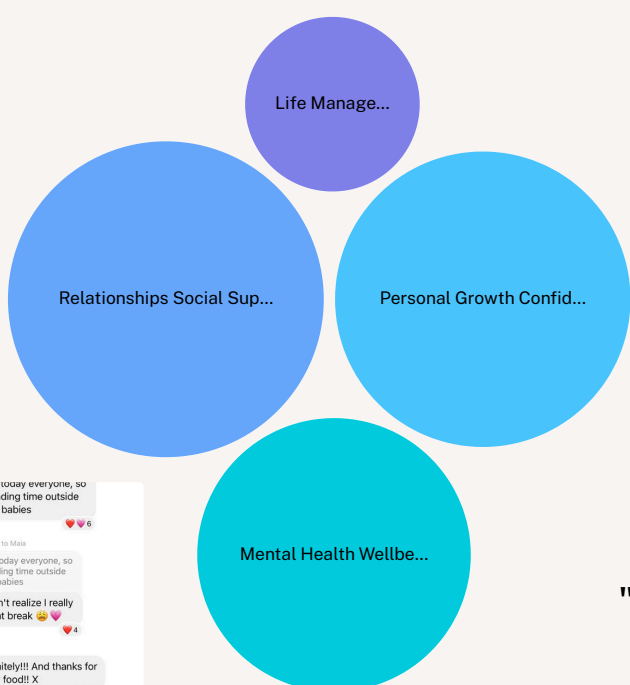
**372**

## COUNSELLING SESSIONS DELIVERED

Supporting growth and healing in the community

**37 funded** and **25 unfunded** clients, with an average of 6 sessions each.

## CLIENT REPORTED OUTCOMES



### IMPROVED:

- **Mental Health & Wellbeing:** Addressing Mental Health Challenges, Managing Stress and Emotions, Trauma Recovery **26%**
- **Personal Growth & Confidence:** Self-Esteem & Confidence, Personal Growth, New Skills **30%**
- **Relationships & Social Support:** Building Stronger Relationships, Combatting Loneliness, Navigating Grief and Loss, Parenting Challenges **34%**
- **Life Management:** Managing Change, Prioritising Self-Care **10%**

## REFERENCES

Excess Client Management, Client Evaluation Forms, Social Media