



Cloudesley

HOLLOWAY NEIGHBOURHOOD GROUP

1ST APRIL 2023 - 31ST MARCH 2024



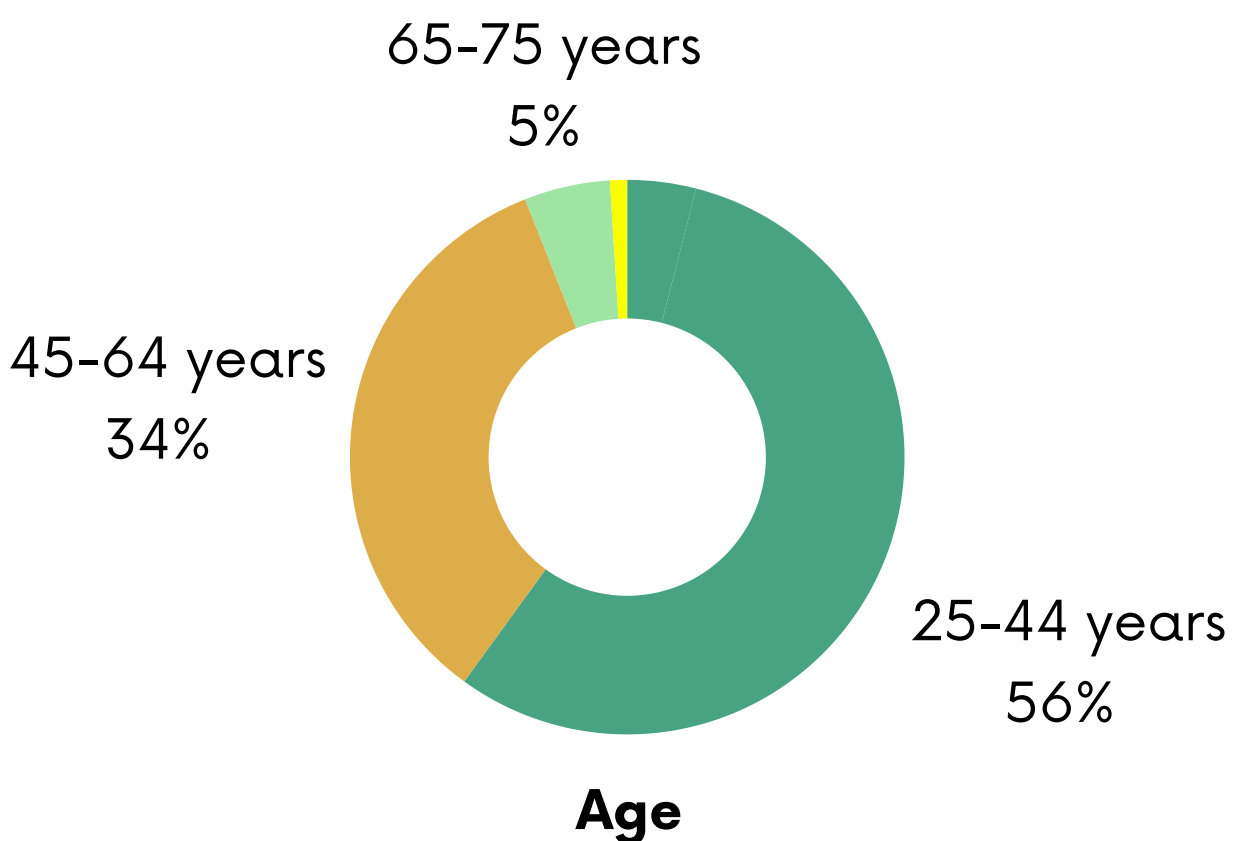
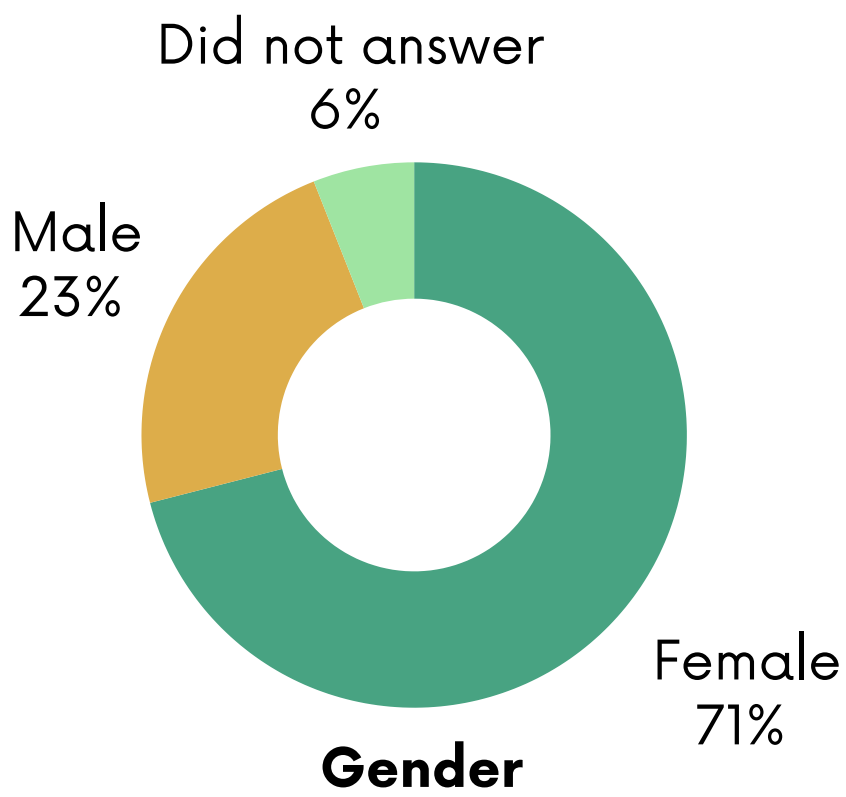
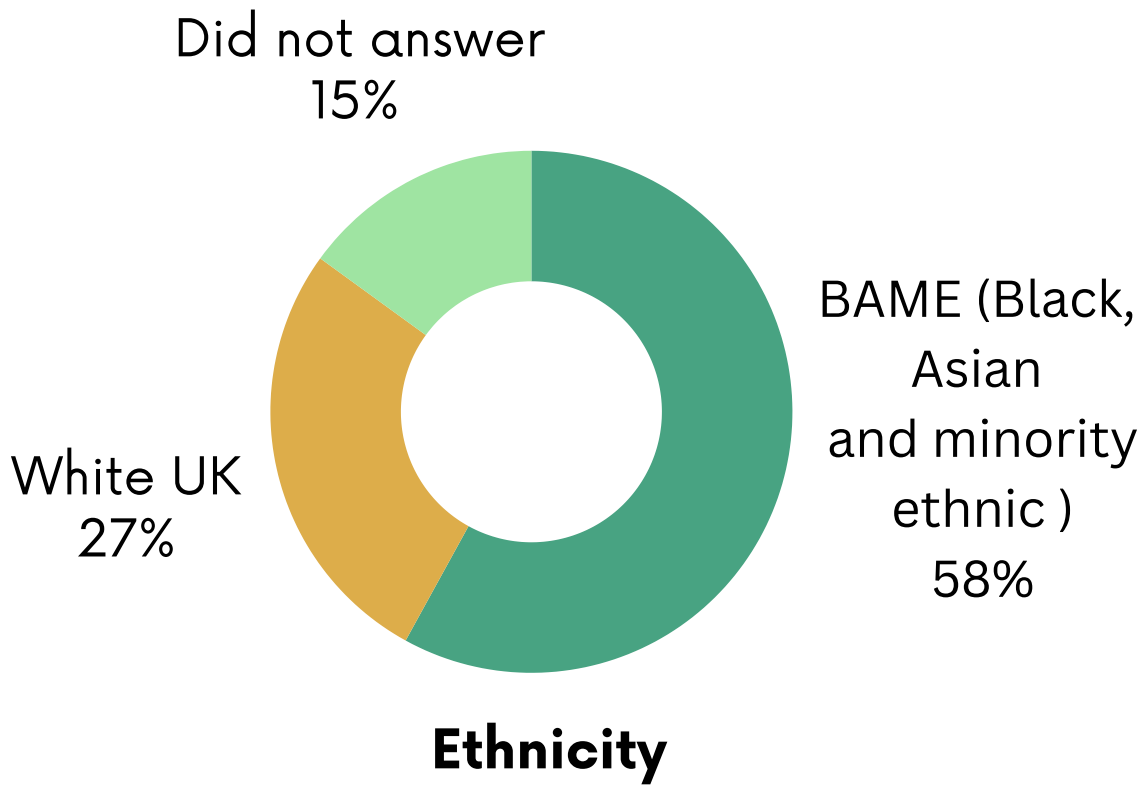
Holloway
Neighbourhood
Group

OUR DATA PROVIDES FEEDBACK ON OUR PROGRESS DURING THE PERIOD 1ST APRIL 2023 TO 31 MARCH 2024.

WHAT WE DELIVERED IN 12-MONTHS

DEMOGRAPHICS

During the past twelve months, a total of **390** adults benefitted from our services delivered through this project.



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



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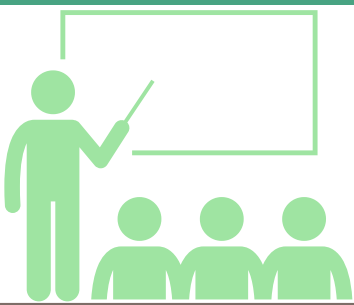
WHAT WE DELIVERED IN 12-MONTHS

COUNSELLING



We delivered **2156** counselling sessions, benefitting **179** individuals.

MINDFULNESS COURSE



We delivered **72** sessions of mindfulness as part of our 10-week courses, benefitting **102** individuals.

MINDFUL CAFÉ



We delivered **53** Mindful Café sessions, benefitting **56** individuals.

MIND & BODY YOGA



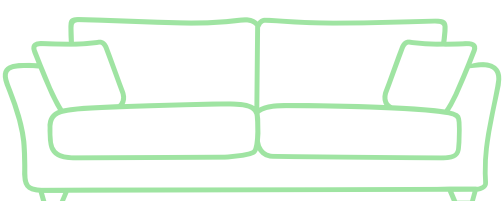
We delivered **22** Mind & Body Yoga sessions, benefitting **24** individuals.

WELLBEING GROUP



We delivered **53** relaxation sessions as part of our weekly Wellbeing Group, benefitting **99** individuals.

COMMUNITY LIVING ROOM AND GARDEN



We delivered **8** Community Living Room & Garden sessions, benefitting **10** individuals.

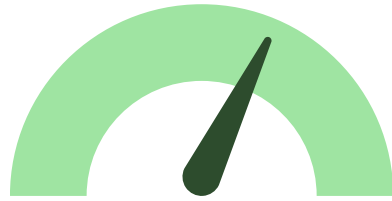


OUR DATA PROVIDES FEEDBACK ON OUR PROGRESS DURING THE PERIOD 1ST APRIL 2023 TO 31 MARCH 2024.

WHAT WE DELIVERED IN 12-MONTHS

12-MONTH CORE COUNSELLING

CORE Score above 10

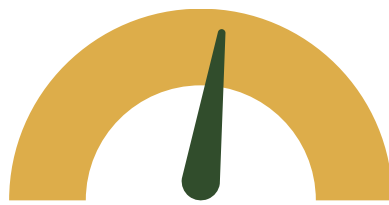


63%

Out of the **93**

people who engaged with counselling, **59** had a starting CORE score above the clinical cut off of 10, which is 63%.

Reliable change



54%

Out of the **67** people who finished counselling that we have before and after scores for, **36** had a reliable change, which is 54%.

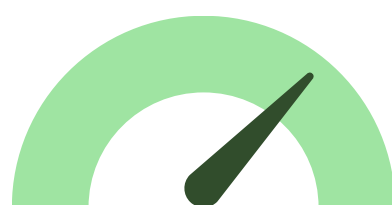
Clinically significant change



39%

Out of the **67** people who finished counselling that we have before and after scores for, **26** had a clinically significant change, which is 39%.

Before and after CORE score



72%

Out of the **93** people who finished counselling during the period, **67** had before and after scores, which is 72%.



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Holloway Neighbourhood Group

OUR DATA PROVIDES FEEDBACK ON OUR PROGRESS DURING THE PERIOD 1ST OCTOBER 2023 TO 31 MARCH 2024.

WHAT WE DELIVERED IN 6-MONTHS

DEMOGRAPHICS

During the past six months, a total of **218** adults benefitted from our services delivered through this project.

Did not answer
30%

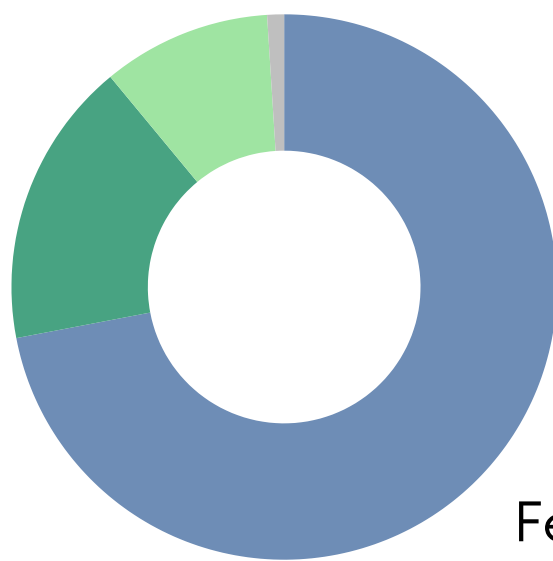


BAME (Black, Asian and minority ethnic)
43%

White UK
27%

Ethnicity

Did not answer
10%

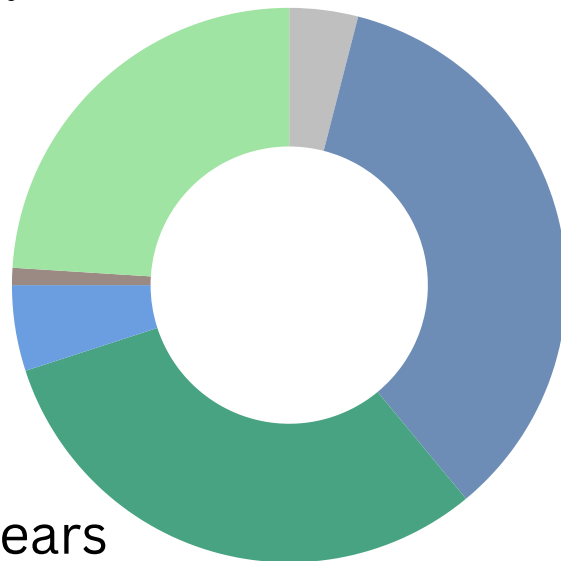


Female
72%

Male
17%

Gender

Did not answer
24%



25-44 years
35%

65-75 years
5%

45-64 years
31%

Age

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



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WHAT WE DELIVERED IN 6-MONTHS

COUNSELLING



We delivered **849** counselling sessions, benefitting **105** individuals.

MINDFULNESS COURSE



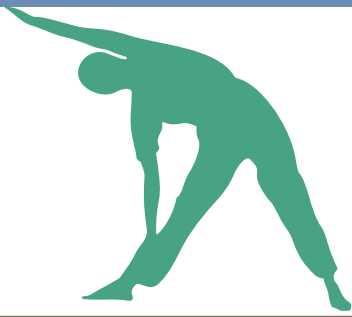
We delivered **25** sessions of mindfulness as part of our 10-week courses, benefitting **35** individuals.

MINDFUL CAFÉ



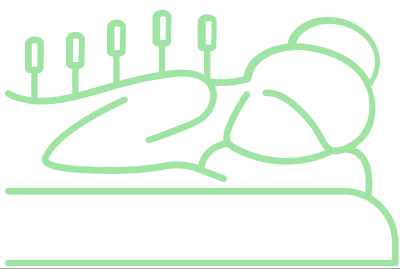
We delivered **21** Mindful Café sessions, benefitting **33** individuals.

MIND & BODY YOGA



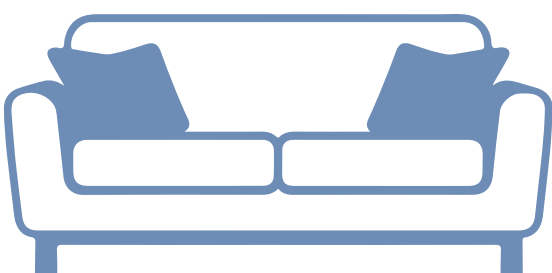
We delivered **19** Mind & Body Yoga sessions, benefitting **24** individuals.

WELLBEING GROUP



We delivered **25** relaxation sessions as part of our weekly Wellbeing Group, benefitting **55** individuals.

COMMUNITY LIVING ROOM AND GARDEN



We delivered **6** Community Living Room & Garden sessions, benefitting **6** individuals.

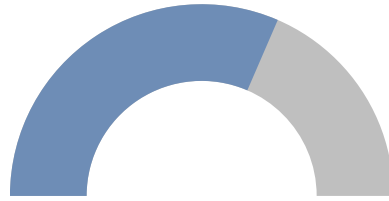


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WHAT WE DELIVERED IN 6-MONTHS

6-MONTH CORE COUNSELLING

CORE Score above 10

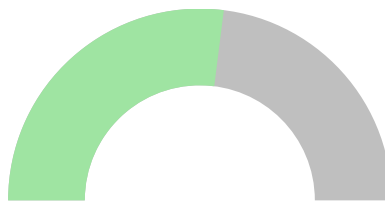


83%

Out of the **41**

people who engaged with counselling, **34** had a starting CORE score above the clinical cut off of 10, which is 83%.

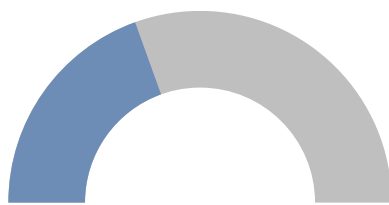
Reliable change



52%

Out of the **29** people who finished counselling that we have before and after scores for, **15** had a reliable change, which is 52%.

Clinically significant change



41%

Out of the **29** people who finished counselling that we have before and after scores for, **12** had a clinically significant change, which is 41%.

Before and after CORE score



71%

Out of the **41** people who finished counselling during the period, **29** had before and after scores, which is 71%.