



# Lincoln Green Community Wellbeing Festival

## Lincoln Green Shopping Square

### Saturday 3<sup>rd</sup> August



## Background & Aims

The aim of the Lincoln Green Community Wellbeing Festival was essentially to lift the spirits of the local community and give residents an experiential taster of the Your Space service. By offering a wide range of free and engaging activities, and getting people together and connected to their community, we aimed to improve wellbeing and promote the aims and values of the service by demonstrating them in action, in a lively, generous and fun way. We also used the event as a means to publicise the activities offered by Your Space and Mentally Healthy Leeds, with the hope of increasing the number of attendees at the groups we run.

## What Happened

Your Space and Mentally Healthy Leeds joined forces to deliver a community Wellbeing Festival to Lincoln Green on Saturday 3<sup>rd</sup> August. With Your Space taking the lead, we successfully applied for additional funding from the council and public health, more than doubling our initial budget, and were able to offer a wide range of stimulating and engaging activities for the local community, including fun games for kids, nail painting, pebble painting, a sensory space, henna art, a performance from a local choir, and free food and drink. Stalls were also provided for Freedom4Girls, a period poverty charity, and Step into Care, which provides support and opportunities for people interested in finding employment in care work, and a volunteer photographer helped capture the day with some great photographs. We were lucky with the weather and enjoyed a glorious day, which contributed to the incredible turnout – over 250 people were registered, with many others milling around and enjoying the atmosphere.

The event could not have been such a success without the recruitment and involvement of incredibly skilled volunteers, two of whom were found by our administrator Yvonne in true ABCD style. She met one on the bus and another at a group she volunteers at, and through talking to them she identified their talents and offered them the opportunity to share them with their community at our event, and grow confidence in their skills.



## Outcomes and Impact

The aims of the festival were certainly accomplished, and very successfully so. The majority of people surveyed agreed that they felt more connected to their community, that their wellbeing had improved as a result of attending the event, and that they had learnt skills to look after their wellbeing. The photographs from the day are a testament to the fun that was had, and the positive impact on community spirit made through offering fun, free and engaging activities that brought wonderfully diverse people out of their homes and into a sense of connection with each other.

Feedback from the event was overwhelmingly positive, and Kiri from Step into Care noted that she had more success at this event than many others; 8 people expressed an interest in the Step into Care programme, meaning that Your Space was able to facilitate meaningful opportunities into employment. The success of the event as a promotional tool for Your Space activities cannot be understated; through getting to know us and what we do in a fun, engaging and experiential way, people were genuinely interested in attending future events. The following week, 50 people attended the Your Space curry club in Lincoln Green – an unexpectedly large turnout that was a direct result of our profile raising and promotion at the festival.

## Feedback and Comments

Of the people that completed our feedback form:

- 86% agreed that they felt more connected to their community as a result of the event
  - 27% strongly agreed
- 91% agreed that their wellbeing had improved as a result of the event
  - 27% strongly agreed
- 55% agreed that they had learnt skills to improve their wellbeing
  - 14% strongly agreed
- 95% rated the overall event above average
  - 59% rated it 5 out of 5
- 91% rated the variety of activities above average
  - 59% rated it 5 out of 5
- 86% rated the quality of activities above average
  - 50% rated it 5 out of 5
- 63% rated the refreshments and food above average
  - 36% rated them 5 out of 5
- 95% rated the workers at the event above average
  - 77% rated them 5 out of 5

Those surveyed listed their favourite parts of the event:

- Socialising (x4)
- Everything (x3)
- Henna painting (x3)
- Face painting (x3)
- Offering activities that involve children/kids having fun
- The food
- The sensory space

For the least favourite parts of the event, the most common answer was 'none of it' (x13), but people did mention the queues for some activities (x3) and wasps.



Comments from Feedback:

- Should happen more often (x 4)
- 'Really lovely day, thank you' (x2)
- 'I really liked the sensory stall and soothing sounds. A friendly event, I really liked it. I feel relaxed'
- 'A wonderful afternoon'
- 'Good turnout'
- 'It's been good for the kids - especially those that can't get away over the holidays'
- 'I loved it all'
- 'Everything was very good, my kids are happy'
- 'Had fun!'

## Next Steps

- Create further opportunities for involvement to all volunteers involved in the event
- It has been suggested that we exhibit the photographs from the event publicly in the local community
- Learn from our successes to organise similar events in our other postcodes, and use these as a platform to attract volunteers and participants to groups running in those areas, thus introducing Your Space to the local community and significantly increasing the likelihood of participation in our groups and activities.