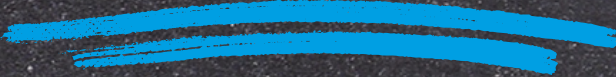




# Together Fund

## Phase 4 Case Study



### Outcomes

- Improved mental health
- Increased physical activity.
- Improved mobility.
- Increased resources for the club to continue provision.
- Improved perceived confidence and happiness.



**"It made a huge difference to their physical and mental wellbeing."**

### Impact

Participants reported feeling calmer, more relaxed, and grounded after participating in the activities. Some reported improvements in pain and mobility, and others reported feeling more energized and confident. Participants also reported improvements in their social connections and felt more connected to the community.

The project provided additional promotion and footfall in the area, which helped increase engagement in other services. The project also had a positive impact on the community, as it helped vulnerable adults with mental health issues feel more connected and engaged with the community.

The project demonstrated the effectiveness of social and craft activities in improving physical and mental wellbeing for women over 55. It also highlighted the importance of community engagement and support for vulnerable adults with mental health issues.

### Purpose

The project engaged 28 women over the age of 55 who were experiencing poverty and the effects of the covid-19 pandemic.

The majority of the women were not engaging in any other physical exercise. The project involved yoga stretches, craft classes, and socialising activities and aimed to tackle the health challenges the women faced such as low mobility, illness, low energy, and lack of confidence in participating in physical activities.

Participants reported that the project made a huge difference to their physical and mental wellbeing. Many commented that it helped them relax and take their minds off their problems. Some participants reported improvements in pain and mobility, and others reported feeling more energized and confident.



**Bolton**



**"Everyone felt calmer, more relaxed and grounded after the affirmations."**