

# Impact Report



**Darnall  
Well Being**

**April 2024 - March 2025**

In 2000, local GP Dr Jack Czauderna formed Darnall Well Being with other local people. Inspired by the Peckham Experiment, a pioneering model of health and wellbeing, he wanted to take a different person-centred approach, which asked:

“What matters to you?”

instead of

“What’s the matter with you?”



# 25 years on,

after moving from our first base on Clipstone Road, to an empty high street shop, we are proud to celebrate being co-located in Darnall Primary Care Centre with **20** employees and **45** volunteers, achieving

# 12,000+

 points of contact in community, this year.

Darnall Well Being is a Company Limited by Guarantee in England and Wales (04027680)

& Registered Charity (1197748) Acting Chair: Janet Harris, CEO: Lucy Melleney

Registered address: Darnall Well Being, Darnall Primary Care Centre, 290 Main Road, Darnall, Sheffield, S9 4QH

## About Us

### Purpose and Place

#### Achieving health together, our vision is:

Everyone in our community can reach their full potential as active citizens, focusing on what matters to them..

We achieve this by helping create the conditions and opportunities for people to come together, develop their health and wellbeing and achieve lasting impact with the right support.

We work with local people to build capacity and remove barriers people face, harness the strengths that exist in community, amplify diverse and less often heard voices, promoting inclusion.

Across the vibrant and multicultural areas of Darnall, Tinsley, Attercliffe and Handsworth, we offer a combination of services, including:

1 to 1 healthier lifestyle and peer support, volunteering, physical activity and social groups, health campaigns, training and community research.

### Inclusive



**21** ethnicities came to our groups

Between the team, we speak **14** different languages.



Ages attending our groups ranged from

**12** to **101**

“The Chairbics group is the highlight of my week. It gets me out of the house... I have a laugh and meet lots of different women from different communities ages and abilities.”

Service user

### Local

Over **75%** of group attendees from **Darnall Ward** postcodes

### Trusted

There are **9** trustees on our Board, **4** of whom live in the local community.

**20** people came to at least **4** different types of group



**10%** increase in total points of contact across our core services

## Our Funders

Funding from Sheffield City Council's 'People Keeping Well' Grant provides the backbone for our organisation. This includes our Community Well Being Programme, Resilient Communities and Dementia work.



### Our other main funding sources are:

VAS (Diabetes Action Hub, Move More, reflective supervisions, Community Champions and the Sheffield Youth - Neighbourhood & Communities, SYNC)

Synergy - Mental Health Peer Support

Sevenhills Primary Care Network (Social Prescribing Link Workers)

National Lottery - Reaching Communities and Awards for All

Sheffield City Council - Welcome Places and Ward Pots

Sheffield Community Contact Tracers (Long Covid Group)

SYCF (Green Social Prescribing, Cost of Living grant)

Hubbub Nature Fund (Darnall Allotment Project)



As a **community anchor organisation** in Sheffield, we share information and raise awareness across the city about health topics, available support, training, and more. In this 12 month period, we had requests for our support or involvement in

**203** wider projects, and we supported **72%** of them.

We reach people via our **website**, **social media** and paper **posters**, as well as through **word of mouth** in the community. This year, we made:

**218** Facebook posts

**40+** posts on our website

**100+** posters



Posters at our Enquiry Desk



## Our Activity Groups

**284** different people took part in at least one of our activity groups **2,480** times.



**42%** increase in participants from last year

"The group has different cultures and backgrounds. After the walk, we have a chat and a cup of tea and share experiences on local issues and how we grew up around Darnall and how it's changed."

Monday Walk participant

**Monday Health Walk** offers a supported walk around High Hazels Park for all abilities, followed by a cuppa and a chat.

"Yoga has helped me both mentally and physically. I feel more calm and relaxed. I've lost 4 kilos, because it encouraged me to walk more."

**Yoga** sessions in Darnall and Tinsley enable women to stretch and workout together.

**Ladies Chairobics** offers chair-based workouts in Darnall and Tinsley.

Tinsley Yoga participant

**Somali Dance** gives local women the chance to learn traditional Somali dancing styles.

**Women's Circuits** run in partnership with Sheffield United Community Foundation.

"I feel so confident and so happy that I joined Somali dance. It helped me emotionally, physically and with day to day life."

Somali Dance participant

**Craft** group brings local people together, offering a range of creative activity.

**Men's Health Group** brings local men together for conversation about health topics, lunch and exercise.

"Coming to Men's Group means I come out of the house. Coming and doing the exercise and socialising means a lot. Doing all this means I think less about my pain, which stops me taking as much pain medication."

Men's Health Group participant



Conversation Group

**Conversation Group** is run in partnership with SAVTE. It gives people in Darnall the chance to practise speaking English together in a supportive environment, to build their confidence.

## Our Peer Support Groups

**185** people came to one or more of our peer support groups  
**412** times.

 **28%** increase in number of attendees since last year.



Darnall Diabetes Group

**Diabetes Support Groups** meet in Darnall (monthly) and Tinsley (quarterly), giving people living with Diabetes the chance to learn about how to manage the condition.

**Darnall Neuro-Friendly Diabetes Support Group** started meeting monthly in October 2024, run in partnership with Mencap Gateway.

"I learned about portion sizes and how to control or work around Diabetes to manage it myself."

Diabetes Group attendee

"I learned to take breaks more often, and to pace myself using the pain toolkit."

Pain Group participant

**Persistent Pain Group** gives people a monthly opportunity to share experiences and learn how to live well with pain. We run the sessions in collaboration with Manasi Peters, Physiotherapy Supervisor at Seven Hills Primary Care Network.

**Long Covid Group** meets monthly, giving people the chance to learn more about the condition and ways to manage their symptoms.

**Carers' Support Group** is run monthly in partnership with Sheffield Carers Centre. We offer care for some cared for people, so that their carers can easily join the group to share experiences and support one another.

"As Carers, I don't think the majority of us get much respite, so the team of volunteers, managed by Jo, noticeably make a huge difference. Sessions based on quality and listening make a difference, and they truly make you feel known and seen."

## Our Dementia Support

We receive funding from People Keeping Well for **1** Dementia worker.  
In this period, she has supported:

**147** new Dementia referrals



**216%** increase from last year

She also supported:

**80** Dementia group sessions with **70+** individual attendees

**267** wellbeing calls **3,452** attendances overall



Happy Memories Dementia Cafe

**Happy Memories Dementia Cafe** meets monthly in Darnall, bringing together people living with Dementia and their carers, offering community language support when needed.

**Making Memories Dementia Cafe** takes place every 2 weeks in Handsworth. Participants enjoy refreshments, games and entertainment.



Making Memories Dementia Cafe

**JoJanGles Dementia Music Group** meets every 2 weeks. Started as part of a research project with the University of Sheffield, the group continues to meet regularly and enjoy a wide variety of music together.

**Dementia Carers Group** meets monthly in Darnall, offering support to carers of people living with Dementia.

**On The Plot** ran in the summer months, providing Dementia-friendly sessions at Darnall Allotment Project.

"I am empowered with support by other friends on the exact same life journey and trajectory. You're enabling us to share together, and the biggest learning curve is, you are not on your own! My experience is from one of isolation to meeting lovely friends."

Dementia Groups attendee

## Our One-to-One Support

Our Health & Wellbeing team provides 1-1 support to people from the local community with a variety of needs, such as managing a health condition, healthy lifestyle, cost of living, and reducing low mood and isolation.

**239** new and existing 1-1 referrals were supported by our team

**430** sessions held across all 1-1 referrals



1-1 support



**65%** of people who completed 1-1 support achieved their goals.



Link Worker support

Our Social Prescribing Link Worker takes referrals from GPs and other health professionals, and either handles them directly or refers onwards to our 1-1 team where appropriate.

**631** Link Worker referrals



**9%** increase from last year

### SH's story of 1-1 support

SH (age 42) was referred to the 1-1 team, as he had been struggling to cope with stress, because of a relationship breakdown and having no access to his children. This led to him struggling with any routine and being unemployed. Through 1-1 sessions, he went to the foodbank, where he got food and advice about his finances.

We also helped him to link with Citizens Advice Sheffield and he spoke to Shelter to learn about his rights and responsibilities around Council or private housing. He has started regularly attending our Men's Health Group and hopes that he can keep coming to this group in future.

SH, 1-1 referral

"DWB has done a fantastic job in supporting me and I am now part of this welcoming group of locals. DWB's social prescriber has helped me to get information about my referral on the waiting list to the Primary Care Mental Health Team. I feel better in myself and I'm looking forward to the day that I can manage myself and get back to work and get connection with my kids. As long as I can, I will keep coming to the Men's Group, because one day, it might be me who could support someone else in my situation."



# Our Volunteer Programme

Our Volunteer Coordinator has supported our volunteers funded by the National Lottery's Reaching Communities. This funding ended in March



Volunteer celebration fun

**50** active volunteers, aged **23** to **89**

are involved with us regularly. They give their time to help us run our groups, as well as helping on our Enquiry Desk, at our events and in other community groups.

Our volunteers also take part in a variety of training opportunities.

**39** of our volunteers gave **1,020** hours to support **21** different DWB activities.



Volunteers supporting our Conversation Group

"The 1-1 worker encouraged me to volunteer to translate for the diabetes group. I was scared - it was a big responsibility, but I've done lots of training and I got lots of support. Now I'm a paid worker. I've come a long way!"

Saada, DWB volunteer

**85** hours were given to support **12** events.

**219** hours were also given to support admin tasks and volunteer meetings.

**26** volunteers took part in **229** hours of training. This included First Aid, Food Hygiene and Digital Skills training.



Volunteers at Dementia Friends training

"The community activities and volunteering opportunities have had a profound impact on her health and wellbeing. They helped her break the cycle of isolation, build confidence, and develop a sense of purpose. These steps were crucial in her journey towards independence and improved mental health."

Our Volunteer Coordinator describes the impact of volunteering with us for one person this year.



## Our Events

We organised events with partners to raise awareness of various health topics and to promote what we do. Highlights from these have included:

### **Living Well With Diabetes**

February 2025, **50** attendees learned about managing Diabetes, thanks to Diabetes UK Sheffield, SACMHA, Diabetic Eye Screening Service and Community Podiatry.

“Simply brilliant – welcoming, friendly and informative.”

### **Parkinsons UK Community Engagement**

April 2024, **10** local people attended this event to learn about living with Parkinsons and the support available.

Diabetes event attendee

### **Senior Civil Servants’ Visit**

September 2024, **11** permanent secretaries visited to hear from DWB staff, service users and volunteers about their experiences with the organisation.

### **National Academy for Social Prescribing Team Away Day**

January 2025, we hosted NASP team members and joined by our statutory and NHS colleagues and our fellow community partner in the North - SOAR.

### **Volunteer Appreciation Event**

We planned and ran a red carpet event celebrating the impact over the past 5 years of our volunteer programme, funded by The National Lottery.



Volunteer event

### **Festival of Debate “What Is Health?”**

May 2024, founder Jack and staff Waqas and Alfred were panellists at this event, attended by Trustees of Pioneer Health Foundation, which keeps the legacy of the Peckham Experiment.

We supported a number of local people to attend 2 **Acting Differently Together - Prevention & Early Identification Workshops**, enabling them to share their views and input to future NHS plans.

Staff and volunteers ran information stalls at community events, including:

**Sheffield Olympic Legacy In Action,  
Darnall Lantern Parade  
Acres Hill School Summer Fair**



DWB stall at Olympic Legacy in Action

## Our Impacts

A single mum of 4 was referred to our Link Worker because of domestic abuse, financial struggles and poor mental health. We referred her to the foodbank and Citizens Advice, who helped her to apply for the grant.

Link Worker referral

"The help I got made me feel a bit more relaxed and able to manage my financial and mental wellbeing."

"Somali Dance helps my health, because it's a form of exercise, but it's much more fun and also takes my mind off things."

**43** women attended Somali Dance Group **243** times. Several of the group also performed at Darnall Lantern Parade, which we helped to organise in collaboration with local schools and other local organisations.

Somali Dance attendee, age 47

Unpaid carers are supported at our Dementia Carers' and our general Carers' Support Group, run in partnership with Sheffield Carers' Centre. Carers learn what support is available and practical ways to help look after themselves and their loved one.

"As carers, I don't think the majority of us get much respite. Often we have no family or they are too far away and involved in working and raising their own family. Sessions based on quality and listening make a difference, and they truly make you feel known and seen - unlike anything else. The getting to know us and knowledge of our loved ones make us feel special."

Dementia Carers' Group attendee, age 101

"I have more confidence after attending the groups and learning about what it entails. I am now hoping to do volunteering with DWB to look for jobs in future, especially coming to learn IT skills."

Mrs S, 1-1 referral, age 33

Mrs S was referred to us for 1-1 support because she was low in mood and isolated, due to multiple barriers, including lack of English understanding and being new to the area. She was introduced to the local area and support available by our 1-1 worker.

You can support us make an impact in community by making a contributing to our funds. **Donations** of any size are welcome!



## Mrs J's Story

Mrs J is 81. She was referred by her GP in June 2024, because she was struggling with persistent pain. Our Social Prescribing Link Worker helped get some walking aids, link her to Occupational Therapy, and also asked her:

"If you weren't in pain, what would you like to be doing?"

Her answer has now led to....



**4** 1-1 sessions with Waqas, discussing:  
Pain Group  
Community Research  
PIRG



**Attending Training:**  
CAS Digital  
Training



**37** attendances at **7** **DWB groups**, including:  
Community Cafe, Craft, Chairobics, Diabetes Support,  
Health Walks, Pain Support,  
Green Social Prescribing walks



Getting involved in **wider initiatives**, including:  
Patient Participation Group, Patient Involvement in  
Research workshops, SCC Communities Strategy event  
Parkinsons event, Diabetes event



Mrs J at Craft Group

"Pain groups are invaluable, as people who are in severe pain day after day can openly talk about their illnesses and the problems these cause them in their day to day to day living. They can talk through their anxieties openly and connect with other people who have the same problems."

Mrs J

## Mr R's story

Mr R, age 80, was referred to us by his GP to get out of the house and socialise. He started to attend our Men's Health group regularly. The worker leading the group session noticed Mr R was looking a bit stressed and down, so he approached him after the session and asked if there was anything bothering him or anything we could support with.

Mr R told him that he was feeling very stressed about the place he lives in, as he has not been able to settle down there, even after 5 years, because it is a nice but very quiet street, which means he has no one to see or talk to. He gave consent to ask for input from our health & wellbeing manager to make a plan to support him around this issue.

### His answer has now led to....



Our worker and wellbeing manager sitting down with Mr R on a one to one basis.



They visited his property to fully understand the situation and his concerns, and then they contacted his housing provider.



Mr R agreed to keep open channels of communications with his family and take up the offer of support when needed.



He agreed to start thinking positively about the situation and engage with services, like housing, DWB, psychologist.



Mr R is regularly attending Men's Health Group, where we get regular updates from him about his health & wellbeing.



He has been seeing his family more and planning holidays.

"I am grateful for the one-to-one support and follow-up of the health & wellbeing worker and I'm hoping to continue with this positive and active routine. Support from DWB has given me hope and renewed my energy to pursue my passions and needs."

Mr R



## Sam's story

After years in a successful career, Sam's life was devastated by an abusive marriage and the impact of Covid-19. She became severely depressed and anxious, spending two years confined to her home, unable to perform even basic tasks and battling suicidal thoughts. In Autumn 2024, she saw a leaflet for a Green Social Prescribing walk with Darnall Well Being, and decided to refer herself to us.

### Referring herself has led Sam to....



#### Attend groups:

DWB Craft, Chairobics & Women's Circuits groups



#### Attend Training:

First Aid  
Dementia Friends  
CAS Digital training



#### Join a walk:

Green Social Prescribing walk in the Peak District

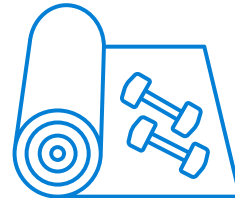


#### Support our Enquiry Desk



#### Volunteer at DWB groups:

Making Memories Dementia Cafe  
JoJanGles Dementia Music Group  
Carers' Groups



#### Work out regularly at home



#### Adopt and live by a personal motto:

"Anything I'm afraid to do, I will do it and I will challenge it."



Sam today

"I was literally at death's door. Now I'm living proof that these opportunities save lives."

"DWB is a place that I actually feel I belong. I look forward to doing the activities, getting involved, feeling like I'm helping, feeling like I'm actually worthy, and it's had a dramatic impact on me."

Sam

## Additional Projects

In addition to our core offer, we have been involved with numerous extra projects this year. These have included:

### Clubbercise

In collaboration with MoveMore Sheffield, we piloted Clubbercise sessions in Darnall and Tinsley.

10

"Perfect! Brilliant!  
Made me breathless  
and I enjoyed it!"

Darnall Clubbercise attendee

29

women attended at  
least 1 Clubbercise  
session.

"I like the gathering.  
It gives me motivation to  
get going. It is easy  
access for the  
community."

Tinsley Clubbercise attendee

### Craft Mornings

Collaborating with Oasis Academy Don Valley, we brought craft activities to their Parent/Carer Coffee Mornings. We arranged for the group to take part in activities at EIS and go ten-pin bowling.



Crafts with Oasis group

Thanks to funding from South Yorkshire ICB and Sheffield and Rotherham Wildlife Trust, we offered

16

walks to green spaces in and outside Sheffield. Half of these were run in partnership with Open Gates Outdoors CIC.

23

local people attended at least 1 walk, several

10+ times.

### Green Social Prescribing

 **ONS4 scores** went up by **2** on average, showing an increase in life satisfaction and feeling happy and that life is worthwhile, after attending these walks.



Green Social Prescribing Walks



"I have been able to relax, get out with a group and speak with others. Noticing and appreciating nature in the parks and peaks means I can escape from a busy life, slow down, get peace and quiet and also spectacular views."

Green Social Prescribing participant

## Welcome Places

Alongside the Local Area Committee worker, we have been developing the network of Welcome Places, to ensure support and help for all impacted by the 'cost of living' crisis. Our Community Development Workers made over 100 visits to Welcome Places venues around the area.

We visited **Somali Development Group 9** times, and supported: completing and submitting **3** funding applications for sewing classes, seaside trips, and men's & women's lunch club, helped complete monitoring and draft policy & governance documents, facilitated meetings with SYFAB and VAS around their structure and signed them up for courses and safeguarding training.

A funding bid was granted for sewing classes, and the other bids were awaiting outcome. This means increased provision for the local community.

"We are happy with great effort in assisting our community. We are very thankful for all efforts you did and still we are in need of your advice and assistance. Thank you."

Bare Dugal, Somali Devpt Group



Galeed House Homework Club

Visiting **Galeed House 5** times in this 12 month period, our worker supported them around funding and through her network, also contacted Places for People, successfully sourcing **5** laptops for their newly set up Homework Club. The laptops were wiped and she installed software on them before delivering to Galeed House. They are now in use at the Homework Club.

Through building up contacts across the network, our worker identified that many places providing food would benefit from updated **Food Hygiene Training**. Several places said that many of their people would prefer face to face learning over online, so Lucie arranged an in-person training session from Pochat.



Food Hygiene training at Darnall Primary Care Centre

This training was attended by **20** local volunteers from **5** local organisations, who all achieved the certification.



## Our Partnerships

We foster and develop partnerships in a number of ways, both locally and across the city.

Working in partnership with these organisations, we run activity and support groups:



We supported a **Neighbourhood Mapping** project, run by Citizen Network Research, with support from local data expert Tom French, and SY-ICB. The project focused on the role of neighbourhoods in the life of the city as essential building blocks for citizens to take action and build communities that work for all. We shared online and paper versions of their survey and invited Tom to our walking group.



Period product bank

Thanks to our connections with **Irise & Migrant Help**, we offered a period product bank and immigration advice at our weekly Community Care Hub drop-ins.

**42** people used the period product bank

**71** people got support from Migrant Help

As well as working closely with **Seven Hills Primary Care Network**, some of our staff are members of their **Patient Participation Group**.

We collaborate on wider projects with partners, such as the **Sheffield Children's Hospital Foundation Trust** innovative new **Link Worker Together project** with **SOAR**, **Zest** and **Manor & Castle Development Trust**.



Community Connector copies

We work with **Sheffield Olympic Legacy Park**, **East LAC**, **Tinsley Forum** and **St Albans House Christian Community** to produce the local **Community Connector newsletter** 3 times per year. This is available to pick up from venues across Darnall ward and is a way of sharing helpful information and support available to local people.

More widely, members of our team represent the community on:



**VAS & Healthwatch's Long Covid Network**

**Sheffield VCS Communications & Marketing Network**

**SY ICB Digital, Research and Innovation System Delivery Group**

**T2 Diabetes Connection Cafe**



# Economic Recovery Fund

The **Discover Darnall** project drew to a close. Hosted in partnership with Sheffield City Council, with support from local stakeholders including St Alban's Church, achievements included:

**Three murals** have been installed in and around Darnall, each having been designed in collaboration with local schools and community groups, led by artist Alastair Flindall of Neck of the Wood Studio.



The 3 Discover Darnall murals



The '**Our Darnall, Our Home**' litter campaign produced open source resources, designed by OD Create and Graft Creative.



**High street improvements** including lamppost banners, extra bins and planters.



**Community planting** and improvement to **local green spaces** with a new Community Garden on Main Road - this was supported by Nature Recovery Sheffield, Regather and the Darnall Allotment Group, and we commissioned Play to Measure to design and build planters, seating and sensory boards.

A local **Business Directory** and **videos** produced to promote shopping locally.



**Community events** with planting and litter pick



# SYNC Partnership

We coordinated the Darnall & Tinsley SYNC Hub (Sheffield Youth Neighbourhood & Communities) in partnership with Tinsley Forum and DESA. It focused on reducing exploitation and working with community to understand and address local needs. Funding enabled positive, ongoing engagement and regular sessions including physical activity and sport.



*Tinsley Forum*

Tinsley One-Stop Shop, 120-126 Bawtry Road, Tinsley, Sheffield, S9 2UE  
Tel: 0114 244 4887 E-mail: [admin@tinsleyforum.co.uk](mailto:admin@tinsleyforum.co.uk)

## Key Activities and Examples of Work

Football (DESA & Tinsley Forum) - **40** to **100** young people regularly engaging and receiving informal mentoring. Tinsley Knife Bin, Multi Use Games Area (MUGA) and Youth Building were successfully re-developed and opened in Summer 2025.

Conversations on Grooming and Gangs (with adults, to build awareness and early intervention)



Tinsley football

We were able to secure a further 6-month, in-kind contribution from Hallam University's AWRC (Advanced Wellbeing Research Centre) through a day a week of embedded researcher time, undertaken by Dave Hembrough, who focused on four core areas:

1. Supporting partner organisations through **monthly Connect meetings** and a "soft review" to report progress, challenges, and reflections
2. Co-producing a **Community Youth Action Plan** for Darnall
3. Representing at external meetings and bringing insights back to hub.
4. A Community Youth Event - December 2024 at the AWRC in collaboration with the East Local Area Committee (LAC), focused on serious youth violence and brought together young residents, families and local services to explore available support and discuss solutions. Two specialists facilitated discussions on youth violence, and attendees participated in a survey designed to capture community insights.

Although the official delivery phase of the project ended, organisations remain dedicated to continued collaboration in this space.



## Academic Collaboration

We continue to collaborate with the **University of Sheffield, Sheffield Hallam University (SHU)** and **Advanced Wellbeing Research Centre (AWRC)** to increase community involvement in research.

**Highlights** include:

Recruitment and training for 15 local **community researchers** as part of a co-produced research project with SHU 'Culturally Sensitive Social Prescribing and Frailty Prevention'.

Final report can be found here:

<https://www.shu.ac.uk/centre-regional-economic-social-research/publications/culturally-sensitive-social-prescribing---final-report>



Community Researcher event



**The Centre for Collaboration  
in Community Connectedness**

New 5-year UK research project with SHU as part of the **Centre for Collaboration in Community Connectedness**. We are proud to be 1 of 5 Community Catapults to inform policy & practice, evidencing effective interventions needed for communities to thrive.

We are also involved with AWRC's **Public Involvement in Research Group** and we support service users to be involved in research e.g. a community frailty art project, which was put on public display in the city centre.



PIRG at the frailty art display



Medical students complete  
Dementia Friends training with Jo

We hosted **medical students** on community placement from the University of Sheffield again this year. Ali and Nikeisha supported us in reviewing feedback from a number of years, and in running a Welcome Places network event.

Our AWRC embedded researcher used evidence-based peer review literature to inform practice and approaches to develop a youth plan informed by 150 local people. It highlighted support young people would most benefit from, which led to plans to develop our volunteer offer.

## Recognition

We're proud to have been nominated for several awards, in recognition of the hard work of our team as a whole, and of some individual staff:

**Community Impact Award** Our team was shortlisted for this at the Sheffield Business Awards.

**Commitment To Care Award** Jo-Anne Van Levesley shortlisted at the Sheffield Cares Excellence Awards.

**Move More Community Activity Champion** Saada Osman was nominated and attended the awards ceremony

**VAS New Initiatives Award** Won by volunteers Glenys and Janet for the new JoJanGles Dementia Music Group



Jo at the awards

## What people tell us about our impact:

"We were deeply moved by the stories shared by the range of beneficiaries, volunteers, staff and partners, and it was clear that the efforts of the Darnall Well Being team are making a tangible difference in the lives of the community. The discussions were thought-provoking, and we appreciated the opportunity to ask questions and learn more about your work."

Charlotte Osborn-Forde  
CEO at National Academy  
for Social Prescribing

"I wish there was a DWB in every postcode. They link all aspects of health together. From your GP, you'll just get medication, but DWB help with the emotional aspect of things like a Diabetes diagnosis."

Service user

"She's like a different person, a lot more upbeat and now actually self-caring, so is no longer on our caseload".

District Nurse at Seven  
Hills PCN, on a patient  
she referred to DWB

"I'm so proud that in this area, we have this organisation which supports the whole community."

DWB service user

"Darnall Well Being is like family for me. I've helped a lot of people, through you helping me."

Service user

Dr Donal Farrell  
Local GP and DWB Trustee

"It is hard to put a value on the role the staff and volunteers play in the health and wellbeing for the people of Darnall & Tinsley, especially those most vulnerable. All the activities promote increasing human connection and a sense of community at their core, which is likely the reason the activities remain popular. I have seen first-hand the value of activities outside of the consulting room!"