

June 2026



Impact Report



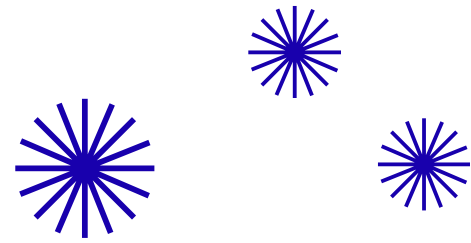
Registered Charity
Number 1201608

Help transform lives with GIVE

givesurrey.org

givesurrey@gmail.com

About Us



GIVE is a volunteer-led mental health and wellbeing charity based in Surrey, committed to improving lives through inclusive, community-led initiatives. Our wellbeing programme supports the physical and mental health of local residents, reduces social isolation and creates meaningful opportunities for people to engage and volunteer within their community.



GIVE aims to enhance mental wellbeing and foster a strong sense of community through creative and physical activities. Our projects are designed to provide support, build meaningful connections, and improve the quality of life for participants and, where relevant, their carers.



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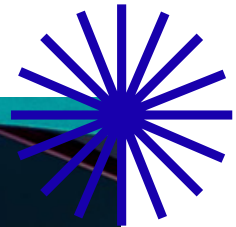
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Purpose of the Impact Report

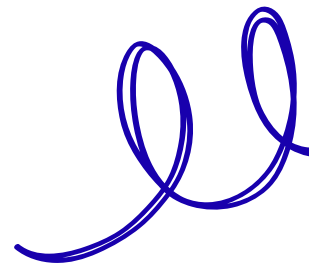


The purpose of this evaluation is to assess the long-term impact of providing residents with opportunities to improve mental health, enhance physical wellbeing and build meaningful connections within a supportive and positive environment.





Art Projects



In 2026, GIVE has proudly delivered three Art Projects — each a four-week journey fostering creativity, connection and community. Guided by an experienced art tutor, participants come together in a safe, supportive and fully accessible environment, using art as a powerful tool for self-expression and emotional wellbeing.

Following the success of these projects, along with a one day workshop in June, GIVE has continued to build on this strong foundation, planning an expanded programme of four more Art Projects for 2026. The first of these took place in March, welcoming both new and returning participants into a creative and supportive space.

59

Participants in 2026 so far

100%

Of participants felt the projects helped them to combat loneliness & isolation and felt increased confidence.



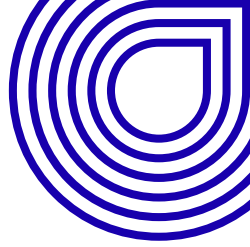
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Feedback



I look forward to these few hours to myself, it is the highlight of my week.

It has gotten me out of the house and made me more sociable, which I struggle with.

Thank you! These sessions are amazing and really make a huge difference to me.

I enjoy coming to these sessions to catch up with people, their warm smiles and welcoming upbeat energy.

I am becoming more confident in myself and being relaxed has helped my health conditions, to talk to people and get my words out.

I enjoy it! Meeting other people has helped my confidence and isolation.

I have really enjoyed painting the birdhouses as it is something I would have never tried. I have also loved seeing everyone else's creations.

I am feeling much happier and calmer by taking time out for myself and to make something so beautiful.

I enjoyed the vibe of this art class.

Expansion Plan



GIVE's 2026 programme has been designed to support both progression and accessibility, allowing the development of skills over time while ensuring each project remains a complete and welcoming experience in its own right.

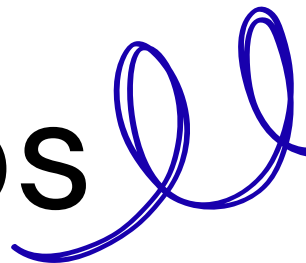
Led by the same experienced tutor, the programme provides consistency and the opportunity to build confidence and familiarity over time.

Themes reflect seasons and celebration, often drawing on shared experiences such as time spent in nature, encouraging creative exploration while strengthening connections and supporting overall wellbeing.

To widen access, we plan to introduce more one-off art sessions for those unable to commit to a full programme, offering additional opportunities to engage in a relaxed and inclusive setting.



Walking Groups



Between January 2026 – June 2026 we delivered 137 community walks – this is a 67.1% increase compared to 82 walks from January 2025 to June 2025 – reflecting both growing demand and expanded capacity. We also increased the number of walk locations, making our weekly programme more accessible to residents across a wider range of neighbourhoods.

January 2026 – June 2026:

137

Organised walks

440

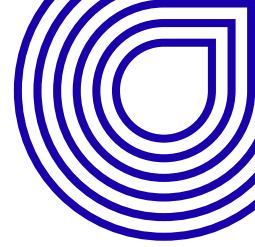
Attendees

11

Different walking locations



Our walks create meaningful opportunities for residents to connect with their community, strengthen their physical, mental and emotional wellbeing and build lasting friendships. We are proud to offer inclusive routes that meet a range of needs, including wheel-friendly options, slower-paced walks and more challenging routes for those seeking greater intensity.



Feedback

Thank you for the lovely walk and chit chat.

GIVE, you have made such a difference to a lot of people.

That was such a lovely walk...thank you Diana. Lovely to meet some new walkers...I'm up to 12k steps today!

Great walk today in the sunshine...good company for our cream tea afterwards.

Lovely walk...with good company.

You have rallied friends to join our mission, demonstrating that community spirit thrives.

Thank you for getting me outdoors...I'm glad to get some fresh air. It's a struggle usually.

You and your volunteers have been doing a great job...I have kept in touch...and it's lovely to see you grow from strength to strength.

Lovely people...really enjoyed today.

Expansion Plan

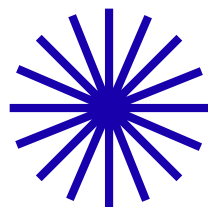
We are currently supported by 1 Walk Facilitator, delivering 3 walks per week, alongside 5 active Volunteer Walk Leaders who each host 1–2 walks per week. We are also supported by a dedicated Walk Support Volunteer / Back Marker, helping to ensure our walks are safe, welcoming and inclusive.

We have expanded our walking programme to include a new location in Runnymede, while continuing to develop our existing offer with a range of walk lengths and paces to make activities more accessible.

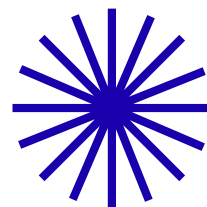
By incorporating social coffee opportunities at the end of walks, we encourage conversation, connection and community, creating a welcoming environment for participants who may not have previously been able to take part in longer or more strenuous activities. We are also building on our existing afternoon, evening and weekend walk opportunities, providing greater flexibility and enabling more people to participate.

Our ambition is to continue expanding into more communities across Surrey, creating opportunities for residents to improve wellbeing, build connections and strengthen community ties. To achieve this growth, we require funding to recruit and support additional Walk Facilitators and volunteers, ensuring our walks can continue to be delivered safely, consistently and sustainably.





Support



Objective

To expand our volunteer and paid Walk Facilitator team, enabling greater community engagement and providing structured opportunities for skills development, confidence building and progression.



Number of volunteers recruited in 2026: 2

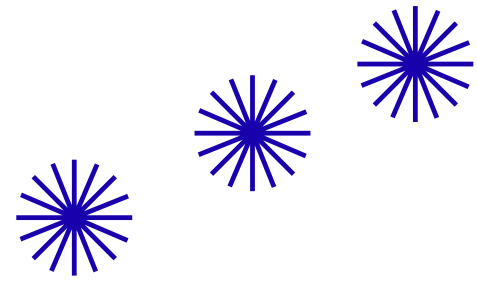
Total number of volunteers: 12

Opportunities

As we expand our support into more communities across Surrey, we are committed to engaging local residents as volunteers and creating accessible, meaningful opportunities to get involved. Volunteering and Walk Facilitator roles offer significant benefits for individuals, fostering a strong sense of purpose and belonging while enabling them to develop new skills and gain valuable experience. These opportunities support both personal wellbeing and longer-term personal and professional growth.



Befriending



Our proposal is to recruit a Befriending Coordinator to lead the redevelopment and expansion of our Befriending Service. While the service is currently limited in scope, this investment will enable a significantly enhanced model of delivery, with improved training and support structures.

The expanded service will grow our one-to-one befriending offer through the recruitment and coordination of additional volunteers, providing personalised support that reduces social isolation and strengthens individual and community wellbeing. A member of the GIVE team has successfully completed Mental Health First Aid training, supporting the expansion of GIVE's befriending and wellbeing services.

Conclusion



GIVE is improving mental wellbeing, reducing loneliness and strengthening community connection through walking groups, creative projects and volunteer-led support. Participants experience greater confidence and belonging, while volunteers gain purpose and skills. With increased funding, we can reach more people and grow our long-term impact on community wellbeing.

Thank You



We would like to extend our heartfelt thanks to our funders, volunteers and supporters for their invaluable contributions. Your support enables us to continue our mission and make a positive impact on the community.

GIVE Surrey is grateful to be funded by:



If you would like to support our work, please get in touch to learn more about volunteering.

www.givesurrey.org

www.givesurrey.org/joinus

www.givesurrey.org/make-a-donation

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