

December 2025



Impact Report



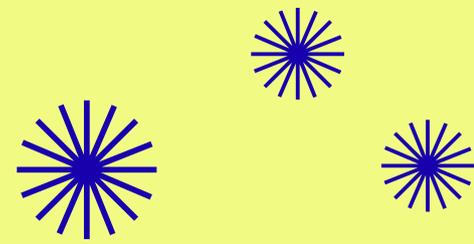
Registered Charity
Number 1201608

Help transform lives with GIVE

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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.



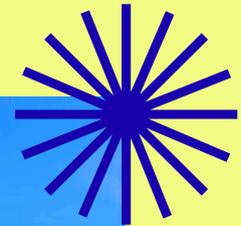
GIVE aims to enhance mental wellbeing and foster a strong sense of community through creative and physical activities. Our projects are designed to provide support, build meaningful connections, and improve the quality of life for participants and, where relevant, their carers.



Purpose of the Impact Report

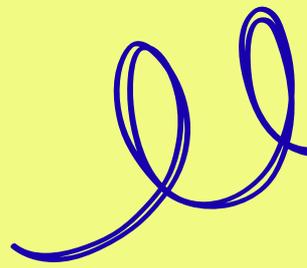


The purpose of this evaluation is to assess the long-term impact of providing residents with opportunities to improve mental health, enhance physical wellbeing and build meaningful connections within a supportive and positive environment.





Art Projects



In 2025, 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.

44

Participants in 2025

100%

Of participants felt increased confidence.

100%

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

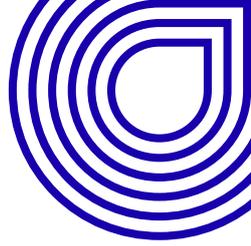
100%

Of participants said the projects gave them the opportunity to meet new people.





Feedback



I have enjoyed being with lovely people and the project.

[I have enjoyed] chatting with others & discovering their interests and motivations.

Sunita is really a good teacher and helped me to reconnect with art.

Through using different materials, I've learned how they work together and I've learned a lot about fellow participants.

So lovely to sit, relax and chat to lovely kind people doing something creative.

I loved working with clay. It is a fantastic medium to play with and loved the Autumn theme. Wonderful people.

I have learnt lots and connected with people. I have enjoyed finding out about people, their lives and what makes them tick.

[I have enjoyed] being inspired by others' creativity [and] creating something beautiful for myself.

[I have learnt] to get out of my head and talk.

Expansion Plan



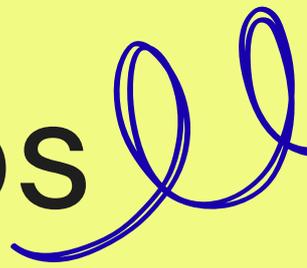
We are planning 4 projects for 2026, beginning with the first in February. Each project will be 4 weeks long, offering participants a total of 8 creative hours.

The 4 projects will help participants to develop their skills whilst building their confidence in a group setting. There will be a strong group-focus, connecting participants to their community through art.

Each session begins with a 10-minute reset meditation, a practice that has been particularly well received by participants.



Walking Groups



In 2025, we delivered 208 community walks – a 57% increase on 2024 – 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.

208

Organised walks in 2025

708

Walkers in 2025

20

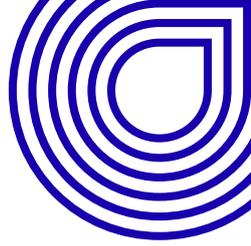
Different walking locations



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.

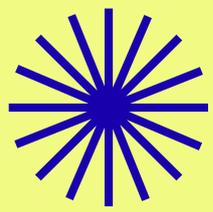
Expansion Plan

We are currently supported by 2 Walk Facilitators, each delivering 3 walks per week, alongside 4 active Volunteer Walk Leads who each host 1 - 2 walks per week.

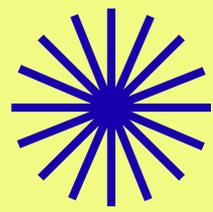
Our ambition is to expand our walking groups into more communities across Surrey, creating additional opportunities for residents to connect with others locally and strengthen community ties.

To achieve this growth, we require funding to recruit and support additional Walk Facilitators. These roles are essential for ensuring walks are delivered safely, smoothly and consistently.





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 2025: 4

Total number of volunteers: 11

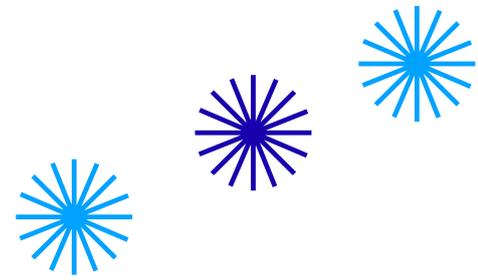
Number of facilitators recruited in 2025: 3

Total number of facilitators: 2

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.

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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