



Impact Report

June 2025



Help transform lives with GIVE

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Executive Summary

GIVE is a mental health and wellbeing charity based in Surrey, dedicated to improving the lives of individuals through various community-driven initiatives. This report explores the impact of two key projects; the Art Project and the Walking Group. It also outlines our plans for expansion and volunteer recruitment.



Introduction

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



Purpose of the Impact Report

To evaluate the long-term **impact** of providing residents with opportunities to **enhance** their mental health, improve physical wellbeing and build meaningful **connections** within a supportive and positive environment.

Project One

Art Project



Objective

To enhance mental wellbeing through creativity and community engagement.

Case Study

An anonymous resident, who we will call Charlie, attended our pilot Art Project. Charlie did not know anyone taking part in the project and joined the group for the distraction from daily anxiety. Charlie enjoyed the project and gave honest, constructive feedback, helping us to develop future projects.

Charlie has become an integral part of GIVE, having volunteered at future art projects and now leading multiple walks each week. Charlie enjoys being part of the GIVE community and continues to share ideas, helping us to reach more people in the community.

IMPACT

Mental Wellbeing

Charlie reported feeling more connected to people through art and more connected to the community.

Community Engagement

Charlie's participation in the project expanded their role in the community, achieving a sense of purpose.

Social Connections

Charlie made friendships through the pilot art project, which have been nurtured through subsequent charity projects and activities.



Expansion Plan

We have expanded our programme with a 4th project launching in August and a 5th planned for October. Each session now begins with a 10-minute reset meditation, a practice that has been particularly well received by participants. The consistent positive feedback and growing demand underline a clear need for more art-based groups that support isolated individuals and respond to the evolving needs of our community.

39

Participants

90%

of participants reported feeling more connected with people

92%

of participants felt their mental health & wellbeing has improved

Feedback

I have enjoyed a different type of creativity and meeting others.

I liked learning a different style of art.

I have learnt to engage more with other people.

I enjoyed increasing my knowledge and experience of using acrylic paint. I enjoyed meeting up with new people and seeing old friends from the last group I attending.

I have enjoyed trying out painting which I haven't done since childhood.

Next time I would like to extend my knowledge and I have enjoyed joining in with different projects. I like feeling part of a group and enjoyed everyone's company.

I have really enjoyed meeting and spending time with such a lovely group of people

I have learnt to try new things while being creative.

I can't wait for the next project, whatever it is going to be. It is a good break from caring duties for me. I love being with the group.

Project Two

Walking Groups

Objective

To improve the quality of life for participants through regular walks and social interaction.

Case Study

Our walking programme has grown this year, offering more opportunities to promote physical, mental and emotional wellbeing. One participant, whom we'll refer to as Ashley, lives with family and has taken part in our walks across various locations. Ashley faces multiple health challenges and finds great value in getting out of the house. Ashley has shared feelings of low mood however being part of our walking community has helped Ashley maintain a more positive outlook, even during periods of rest. Since joining the walks, Ashley has also enrolled in our Art Projects and expressed interest in becoming a volunteer with GIVE.

IMPACT

Health & Wellbeing

Our walking group helps individuals like Ashley to improve their physical health alongside their overall wellbeing within a social setting.

Family Wellbeing

Offering the chance to join a volunteer-led walk gives the participant's family respite and a chance to improve their own emotional wellbeing.

Community Support

The walking group encourages participants to socialise in an informal setting and in turn builds their support network in the community.



Expansion Plan

In 2025 we have had 3 volunteers and 2 Walk Facilitators join GIVE.

We aim to further expand the walking groups into more communities in Surrey, providing additional opportunities for individuals to participate. To achieve this, we require funding for further Walk Facilitators to research and host walks, ensuring they run smoothly and effectively.

This expansion will allow us to reach more people, offer more frequent walks and provide greater support to the community.



Comments

Awesome walks, really pushed my boundaries, time and distance. I needed that.

[Walk was] so peaceful and met cute dogs.

Thank you to all the volunteers, who do a fantastic job. You are all very much appreciated.

For some people this is the only way they can get out into the countryside and enjoy it knowing they will be looked after.

Everyone I have met is so kind and caring, it's a privilege for me to join you. I enjoyed every walk.

Lovely walk and good conversation.

Just getting back into gentle walking and would like to give [the walks] a go.

Such a beautiful walk.

I'm interested to see how many goslings and ducklings are on the canal and if there are any butterflies in the wood.

277

Walkers in 2025 so far...

82

Organised walks between January – June 2025

15

Routes across Woking, Guildford & Runnymede

100%

of new participants reported feeling happier

Recruitment and support



Objective

To recruit additional volunteers and paid walk facilitators, creating meaningful opportunities that support community engagement and encourage skill development.



Number of volunteers recruited: 4 in 2025 (totalling 10)

Number of facilitators recruited: 2 in 2025

Volunteering in 2025: 60* hours, estimated value of £780.00

**based on volunteering hours between January – June 2025*

Opportunities

As we expand our support into more communities across Surrey, we are committed to encouraging local residents to volunteer and providing accessible, meaningful opportunities for them to get involved. Volunteering and Facilitator roles offer significant benefits to the individuals themselves. It fosters a sense of purpose and belonging, while helping them to develop new skills and gain valuable experience that can support their personal and professional growth.

Befriending Service



We're growing our one-to-one support through our volunteer-led Befriending Service, with increasing referrals from local organisations and individuals. As demand rises, we're recruiting more volunteers to provide personalised support, reduce isolation, and strengthen community wellbeing.

Impact Highlights

- Volunteer Wellbeing: Increased sense of purpose and improved mental health.
- Skill Development: New experiences and valuable transferable skills.
- Community Engagement: Stronger community connections and mutual support.



Conclusion

GIVE's work is having a powerful impact on mental wellbeing, social connection and quality of life across our community. Our walking groups, art projects and volunteer-led initiatives are reducing loneliness, building support and creating safe spaces where people feel seen and valued. Participants report improved mood, confidence and a stronger sense of belonging. Volunteers gain purpose, skills and connection.

With increased support and funding, we can expand our reach, bringing more opportunities and deepening our long-term impact on community wellbeing.

Thank you for your generous support

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.

