

Impact report from The Camden Society Being Heard Coffee Mornings 2023-2025

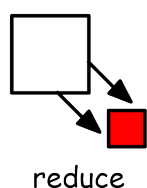


Thank you for your generous donation of £9,200 to fund our Being Heard coffee mornings. Here is an update as to the difference this project and your funding has made.



Our plan was to use these coffee mornings as a springboard to rebuild the confidence of people with a learning disability who had been shielding during the pandemic and to prepare people to integrate into their wider community.

Impact goals



We had 6 impact outcomes that we aimed to achieve:

- Reducing isolation: Going out into the community after the lockdowns



- Building confidence about meeting people and being out and about

- Building self-esteem



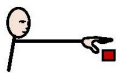
- Community awareness of opportunities
- Building relationships beyond people's immediate support staff



- Providing face to face opportunities for people to discuss any challenges they may be having with their Service Quality Director.



Reach



reach

- Being Heard coffee mornings ran from 16/08/2023 to 26/02/2025 across Leicestershire, Northamptonshire, Hertfordshire, and Oxfordshire (Oxford City, Witney and Banbury).



attend

- 77 coffee mornings were held across the 6 areas
- 258 unique people attended across all sessions
- This included 95 people with a learning disability supported by The Camden Society. Feedback



feedback

- Feedback was taken at 33 sessions (43% of sessions), with 222 feedback responses given, meaning we had from an average of 7 people per session.

Feedback



enjoy

Feedback from an average of 7 people per session.

- 97% of people enjoyed the coffee morning they attended
- 81% wanted to come back to the next one

At the coffee mornings, people enjoyed:



friends

- Friends – 72%
- Food and drink – 53%
- Chat – 44%



happy

- 71% of responses said they felt happy about going out to the coffee morning, 17% excited and 7% confident. Only 1 (0.5%) was unhappy, 1.6% nervous and 0.5% bored *



community

- 65% of responses said they felt happy about going out into the community and mixing with people, 16% confident and 9% excited. Only 4% unsure or unhappy and 2% nervous*



name

* Please note that people were asked to select any emotions from the options given, and could select multiple options (e.g. say they were happy, excited and nervous). These % are the count of all the 'happy' responses against the total of all the responses selected, but it doesn't mean that the remaining % were not happy, they may have chosen excited instead for example, or just not responded to that question.

Mary's Story



story

Mary is a young woman supported by The Camden Society. Her support team had already begun working with her to help her manage her anxiety, improve her wellbeing and get out into the community, following previous difficult experiences. Attending the Being Heard coffee mornings gave Mary a new opportunity to get out into the community, build her confidence and social skills and find out about a local drama group for people with lived experience of a learning disability. The impact of this meeting cannot be understated.



confidence



transform



experience

Mary's journey with drama services has been nothing short of transformative. Before engaging with the community and participating in theatre productions, Mary struggled with behavioural issues that severely limited her ability to explore the world beyond Oxford City. Her anxieties and lack of confidence kept her confined to familiar surroundings, making it difficult for her to build relationships and experience new opportunities.



drama

However, with the support of the Oxford City staff team, Mary began to access drama services, which marked the beginning of a remarkable change in her life. The staff's dedication to community engagement and their efforts led to Mary becoming involved in theatre productions. This provided her with a platform to express herself and connect with others. Through these experiences, Mary gained significant skills and confidence, which had a profound positive effect on her behaviour and anxieties.



connect



milestone

One of the most notable milestones in Mary's journey was her ability to travel to London and stay overnight, something she would have never imagined doing before. This achievement was a testament to the positive impact of her involvement in drama services. Mary's newfound confidence allowed her to see the Lion King and stay overnight in London, opening up a world of possibilities for her.



support

The support from the Oxford City staff team, and the Being Heard coffee mornings, played a crucial role in helping Mary build a social group, meet people on her own, and gain the confidence to access the community independently.



community

Mary's story is a powerful example of how accessing the community can lead to significant improvements in behaviour and life. The Oxford City staff team's commitment to community engagement and their support in delivering theatre productions have helped Mary overcome her behavioural issues and embrace new experiences. Today, Mary is a different person, with a social group, confidence, and the ability to explore the world beyond her previous limitations.



confidence



Other outcomes



voice

The Camden Society were able to recruit new company members, ensuring the people we support have a voice in how The Camden Society is run.



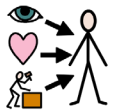
awards

The Camden Society were also able to use the Being Heard Coffee Mornings to celebrate success and give out awards to many of its attendees for various achievements.



confidence

People we support in Oxford City, Witney and Welwyn Garden City helped with the setting up and delivery of the coffee mornings, developing their skills and confidence.



experience

From the engagement at the coffee mornings, a staff member was able to encourage people we support to help them to deliver The Camden Society welcome sessions for new staff members online. This not only developed their skills and confidence, but gave them valuable work experience and an opportunity to take a leadership role in the company.



beach

Through discussions and the engagement and participation in Welwyn Garden we were able to arrange a day trip to the beach and people we support and staff were able to spend a lovely hot summer's day at Southend on Sea.



concern

Witney invited the local PCSO to its coffee mornings, who then listened to some of the concerns and local issues being faced by some of the people we support.



support

Witney invited the housing officer who was responsible for some of the properties that some of the people we support live in. Again, the housing officer listened and tried to sort out some of the concerns raised by the people we support.

Into the future



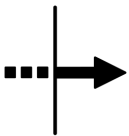
future

2 groups have enjoyed the meet ups so much that they have decided to continue on their own. This shows our outcomes of building people's confidence, self-esteem and relationships:



donations

- Those people that attended to Witney Being Heard Coffee Mornings have decided to continue holding regular coffee mornings themselves. The cost of the venue hire will be covered from a donation by a person we used to support and refreshments will be provided from contributions from people we support.



continue

- Oxford City will continue to run monthly Being Heard Coffee morning. The Camden Society Being Heard budget will pay for the venue hire and refreshments will be funded by contributions from people we support.



community

In all areas, support teams will be working with people to build their community connections and relationships and find new opportunities to get out, in order to build on what they have gained from these sessions.