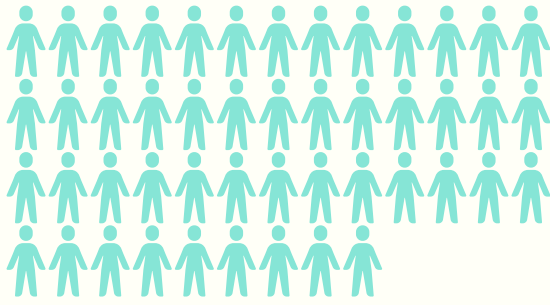




Happiness Hub

A friendly & welcoming place to meet people in Nantwich - all welcome



48

People registered and came along to the Happiness Hub Wellbeing Group



Of attendees we asked would recommend the Happiness Hub Group to others

Of attendees we asked said their mental health had improved since they had been attending the Happiness Hub.



"A huge thank you for setting up the Happiness Hub. It has made such a difference to me and helping to feel connected after moving to Nantwich last year."

Rachel - Happiness Hub Attendee Participant



OF ATTENDEES SAID THEY PICKED UP WELLBEING TIPS FROM THE GROUP

62.5%



OF ATTENDEES SAID THEY ENJOYED THE GROUPS AND FOUND THEM FRIENDLY AND WELCOMING

81.3%



OF ATTENDEES SAID THE THING THEY LIKED MOST ABOUT THE GROUP IS MEETING NEW PEOPLE

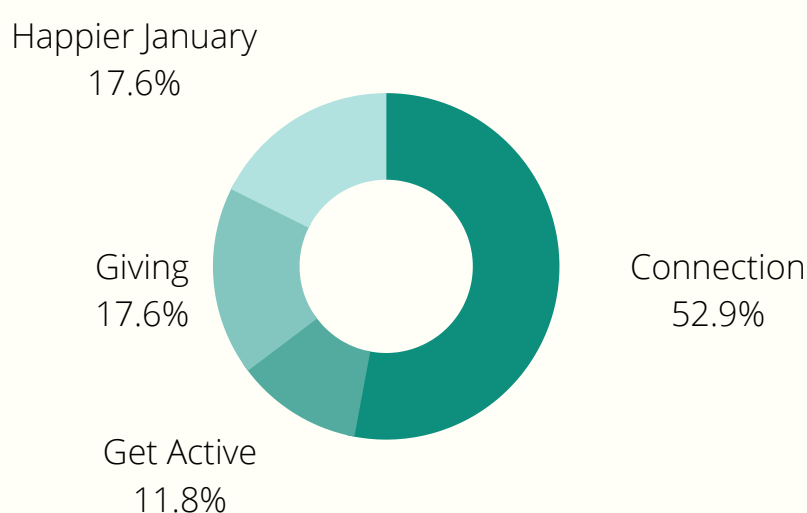
31.3%

FEEDBACK FROM ATTENDEES

"Just wanted to say a big THANK YOU for the hub meetings and all the fab podcasts."

"I attended the session on Tuesday night for the first time and really enjoyed it. Lovely welcome from everyone and great to meet like minded people."

WHICH OF THE MONTHLY WELLBEING THEMES RESONATED WITH ATTENDEES THE MOST?



"It's been great finding **connections** and meeting new people in the area."

"Loved hearing other peoples stories, the importance of **connecting** with others, not electronically but by phone, call, visit or letter."

"**Connecting** with new people to help me feel part of my new community."

"Learning about **giving** - not always in the material way. To give your time to listen."

WHAT DID ATTENDEES LIKE MOST ABOUT THE SESSIONS SO FAR?

"Friendly and welcomes all. The general well-being themes are so lovely and supportive."

"Love the talks and making friends. Getting information from guest speakers"

"I'm new to the area and it's been a great way to get to know people and feel part of something"



"Great focus on wellbeing, community feel and refreshments and service."

15 - 20

On average 15 - 20 people attended the weekly meeting each weeks

"Enjoyed crafts at Christmas, and learning to socialise again. I've only been coming for a short while but overall enjoying the sessions"

Participant