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Emmaus Suffolk is very grateful for the funding of £1030 towards the running costs of the Wednesday Wellbeing Hub held at Felixstowe Library. Emmaus Suffolk is a local independent charity which works with socially-isolated, vulnerable, long-term unemployed people, and those at risk of homelessness in Ipswich and Felixstowe. The programme of 'Wellbeing Hubs' that provide safe spaces for anyone who needs them adopt a person-centred approach – coupled with the provision of meaningful activity such as volunteering and craft activities – empowering service-users to identify changes they want to make in their lives. Emmaus Suffolk has 10 full-time members of staff, and 6 part-time. We currently have around 60 regular volunteers and engage with around 400 people a week through our free, drop-in wellbeing hub programme, including our weekly hub at Felixstowe library. The funding was used to continue delivery of our Felixstowe Wellbeing Hub, which currently takes place on a weekly basis at Felixstowe Library, supporting vulnerable people to engage in meaningful activities in the community.

Emmaus Suffolk hubs are free, safe, supported sessions for individuals experiencing isolation. We welcome a wide range of people to our hubs, from retired elderly people, to those suffering from poor physical and mental health. Anyone who needs our services is welcome, and we offer attendees a range of free opportunities including arts, crafts, games, and light refreshments.

All our wellbeing hubs are run by professional support workers who create safe, welcoming spaces that are (generally) focused on one creative activity at each event (although this does vary according to the attendees needs/interests). Through the provision of unified group activity, we have found that service-users disclose personal challenges whilst occupied, raising issues that they might have otherwise not addressed.

Funding from Felixstowe Town Council would support the delivery of a weekly, free, two-hour Wellbeing Hub from Emmaus Suffolk, over the course of 6 months. Each session focused on activities that are chosen through co-production with the attendees, driven by their interests, skills, and need. Activities include collage, card-making, board gaming, art & crafts, and much more.

Our weekly hub ran at the venue of Felixstowe Library. Week on week the number of participants grew and on average we had 15 attendees at each session. Our Community Hubs philosophy is underpinned by the NHS's ON4 Wellbeing scale. This framework ties all of our support and delivery work together, enabling us to work across multiple complex needs with a common outcomes framework. We use digital tablets provided on site where we collect anonymous surveys, using the NHS's 5-steps to wellbeing to underpin our impact measurement. Using this survey for all beneficiaries at the end of project we've gathered these headlines:

Emmaus Suffolk 3 month wellbeing questionnaire results:

Emmaus Suffolk 3-month Wellbeing Questionnaire	%	% wellbeing increase
Q1. Prior to attending this hub, I felt satisfied and positive in my daily life	44.2	
Q2. Attending this hub has helped me feel more satisfied and positive in my daily life	75	30.80%





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Q3. Prior to attending this hub, I was able to build positive relationships since attending this hub.	52.6	
Q4. I am more able to build positive relationships since attending this hub.	73.4	20.80%
Q5. Before attending this hub, I felt safe and have no fears.	55	
Q6. I feel safe and have no fears about attending this hub	90.8	47%
Q7. Before attending this Hub, I felt part of the Community	42.6	
Q8. Attending this hub has helped me feel part of the Emmaus community	85.8	43.20%
Q9. Before attending this hub, I understood and communicate my feelings will.	49.2	
Q10. Attending this hub has helped me understand and communicate my feelings better	70.8	21.60%
Q11 My mental health and wellbeing was stable before attending the hub	43.4	
Q12. My mental health and wellbeing have improved as a result of attending the hub	79.2	35.80%

Feedback for Emmaus Drop-in Felixstowe from a user.

I was recently introduced to the Emmaus Drop-in group at Felixstowe Library, by a young lady who was referred to me for support to explore social activities and groups in Felixstowe area. This young lady was diagnosed with Autism three years ago and due to her ever-increasing anxiety has been selectively mute since her diagnosis. She has been attending the group with her mother on a weekly basis for a long time and seeing other people that also attend the group each week has made a huge difference to her mental health and wellbeing.

I have been attending the drop-in regularly over the past couple of months and have recently introduced some other customers I am currently working with to the group. Having received such a warm welcome by the staff running the sessions; Sean, Debbie, and Tanya, have been wonderful 'hosts.' I felt so lucky to have found such a friendly group and a place that my customers feel included regardless of age, or disabilities.

When Emma had to deliver the terribly sad news to the group last week, that funding had been withdrawn and that the group would be ending on the 13th of December 23, I was so disappointed as were the two young people I have been supporting to attend. They have only recently met each through the group and are now a couple!





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I said to Emma that this group is the one constant in Felixstowe and is always well attended. The individuals who come each week have become friends and clearly feel very relaxed and comfortable with each other and with the staff members who run the group. If there is any chance of the decision being reversed, not only personally would I be delighted and hugely grateful, I know that it would be the best news for all the attendees.

Using the outcomes from this funding we have secured new funding to open a Wellbeing Hub in Felixstowe which should be starting at the Library in May 24 and moving to a bespoke Wellbeing Hub situated in the old Dexters Bar on Great Eastern Square in early Summer 24.



Hub attendees enjoying a craft and a cuppa.



Creative craft made at the Wellbeing Hub and then taken home to enjoy.



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