

Happilife CIC Annual Report – June 2024 - May 2025

Building Community, Supporting Well-being, Creating Change



A HEARTFELT THANK YOU FROM THE TEAM AT HAPPILIFE CIC

As we reflect on the past year, we want to extend our deepest gratitude to our incredible supporters

To our dedicated

- ♥ Volunteers - who dedicated 99 hours
- ♥ Friends and family who have continue to support us
- ♥ SA Nutrition for partnering with us to deliver inspiring Soup & Social Sessions
- ♥ The National Lottery for having the confidence to fund our Soup & Social Events.
- ♥ Havering Assocation for allowing us access to their beautiful venue

Without your generosity, commitment, and belief in our mission have been the foundation of everything we have achieved. Your support has empowered us to grow, serve, and make a tangible impact in our community.

Activities & Services

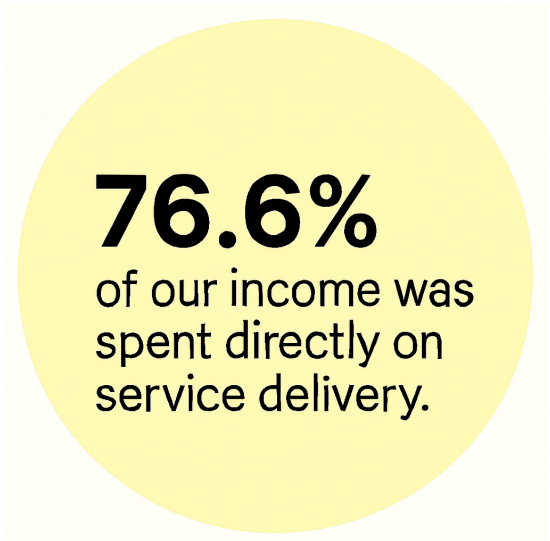
Soup & Social Project Evaluation Summary (Dec 2024 – Mar 2025) Funded by The National Lottery Community Fund

The Soup & Social initiative hosted **four events**, exceeding the initial target of three. Despite challenges such as low attendance in December due to promotion issues, valuable lessons were learned—poster revisions and improved outreach strategies were identified as key next steps.

March marked an expansion into the community, with engagements at **Rainham Library** (supporting **23 residents**) and a **Supported Living Centre** (impacting **21 residents**) through soup-making tips, nutrition discussions, and interactive sessions.

Impact in Numbers:

- **4 events held** (exceeding the target of 3)
- **4 volunteers, contributing 49 hours** (£645 value at LLW)
- **1 volunteer trained in Food Hygiene & HACCP**
- **16 warm packs distributed**
- **12 tins of soup donated to a Food Bank**
- **55 attendances**
- **65 Unique people - people directly supported**, includes **13 additional beneficiaries from Warm Hub & Food Panty donations but no attending sessions**



76.6%
of our income was
spent directly on
service delivery.



Community Coaching

Provided 5 wellbeing coaching sessions to front line staff working in Health & Social Care. These sessions were designed to address the unique challenges faced by these dedicated individuals, promoting mental health, resilience, and personal growth. Through tailored guidance and support, the coaching sessions empowered staff to navigate their demanding roles more effectively while fostering a positive work environment.

- **5 sessions delivered**
- **8 unique people**
- **36 attendances**

Wellbeing Session (Remotely)

Hosted "Time to Talk" event online, which provided a safe place for open discussion and connection. Each event featured small group settings with just four attendees, fostering a welcoming and relaxed atmosphere. The participants engaged in thoughtful conversations, exchanged ideas, and shared experiences, a fantastic opportunity to create a sense of community.

- **1 session delivered**
- **4 unique people**
- **4 attendances**

Services Summary

15

EVENTS

77

People
Impacted by
Services

94

Attendances

99

Volunteer
Hours

Reflection on June 2024 - May 2025

This year has been full of learning experiences. We've understood the importance of adaptability, the power of collaboration, and the resilience of our community. Some key takeaways:

- Listening to the Community – Our initiatives thrive because they respond to real needs, and we will continue prioritizing feedback and engagement.
- Sustaining Support – Building lasting relationships with funders and volunteers ensures our long-term success.
- Mental Well-being Matters – Creating safe spaces for people to connect has proven invaluable.

As we step into another year of growth and service, we remain committed to our mission: fostering a supportive, inclusive community where well-being is prioritized.



Photo Highlights from Our Services

- Top Right: Venue at HAD, host of our Soup & Socials
- Wellbeing Box: For a name picked from people who participated in community engagement
- Soup & Social Event: A warm, welcoming space for connection and conversation
- Self-Care Checker: A reflective tool used to promote personal wellbeing
- Event Invite – Time to Talk: Encouraging open dialogue around mental health
- Event Invite – Soup & Social: Promoting community engagement and shared meals

Next Steps

- Listening to the community to find gaps in services and aim to fill these gaps
- Continue to grow supporters and networks
- Sustain the future of Happilife CIC through design community driven services and securing funding

- Continue to build local partners including other Voluntary and Community Organisations and statutory services.

Thank you for being part of this journey

All the best

Clare & Sarah