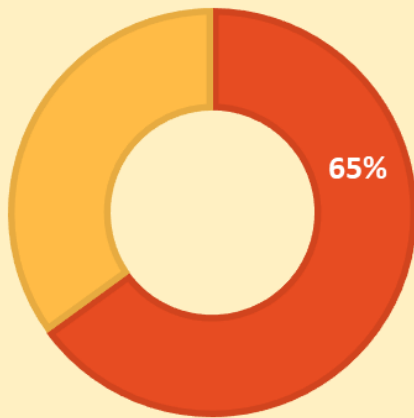
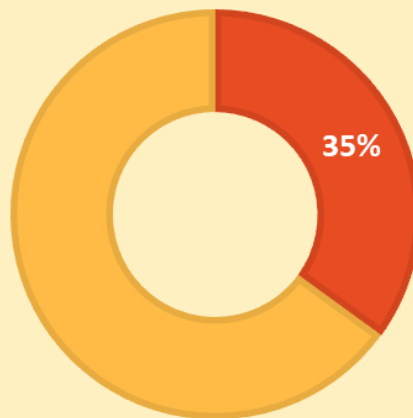




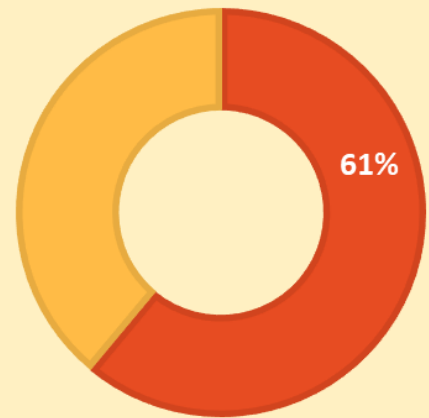
## MAKING CONNECTIONS



## CONFIDENCE & RESILIENCE



## WELLBEING



% of participants with a higher score in the summer 2023 follow up survey compared to baseline (n=24)

*I would love to say that High Peak Community Arts has been my lifeline, if it was not for the group I would not even get dressed any more. I would give in on everything I do. (participant)*

*I love going to Project eARTh, it makes me feel happy and like meeting people there and I love the staff. They are all kind and helpful. (participant)*

*It's a good feeling to achieve a level of work that makes you feel good. (participant)*

*Attending the group is improving my self-esteem and will be a fixture in my diary as something to look forward to. (participant)*

*I feel safe and relaxed in class. It gives me a sense of wellbeing that I rarely have elsewhere. (participant)*

*Being a volunteer boosts my self-esteem as I now feel that I'm in a position to support people in the group as I felt supported myself when I was a participant. (volunteer)*

*There's definitely that feelgood factor that you're a part of something that's a very positive thing in people's lives... it's really rewarding that you're a part of making that happen for people. (volunteer)*