

Working 4 Wellbeing

Impact Report

1 April – 30 September

www.w4w.uk · Charity No. 1197291

OUR MISSION

Mission Statement

Listening, Supporting, Connecting. W4W bring people together to reduce loneliness and isolation, creating trusted spaces where everyone feels valued, included, and supported.

We listen to local needs and by signposting, friendship, and community-led activities, we promote wellbeing, build our community and connect individuals both to one another and to the services that help them.

Working 4 Wellbeing

Fairford and Lechlade Areas

OUR IMPACT

Six months of connection

Across Fairford, Lechlade and surrounding villages, Working 4 Wellbeing brings people together through welcoming activities, practical support and opportunities to feel part of the community.

1158 attenders
Fairford Talking Café
April-September

492 Attenders
Lechlade Ta,lking Cafe April-September

54 Digital sessions

507
Family and children attenders to events

Our purpose

Listening, Supporting, Connecting. We create trusted spaces where people feel valued, included and supported. Through friendship, community-led activities and signposting, we help reduce loneliness and isolation and connect people with services that can help.

The work in a nutshell

Connection

Talking Cafés, Knit & Natter, Craft & Chat, Book Club, Warm welcome room, Community Garden and Community meals.

Wellbeing & movement

Senior Yoga, Peer Movement and Wellbeing Walks.

Practical support

Digital Support, Signposting & Support, Health Drop-ins and Community Pantry.

Families & young people

Family Hub, First Steps and Youth Events.





WHAT WE RAN

Activities & events

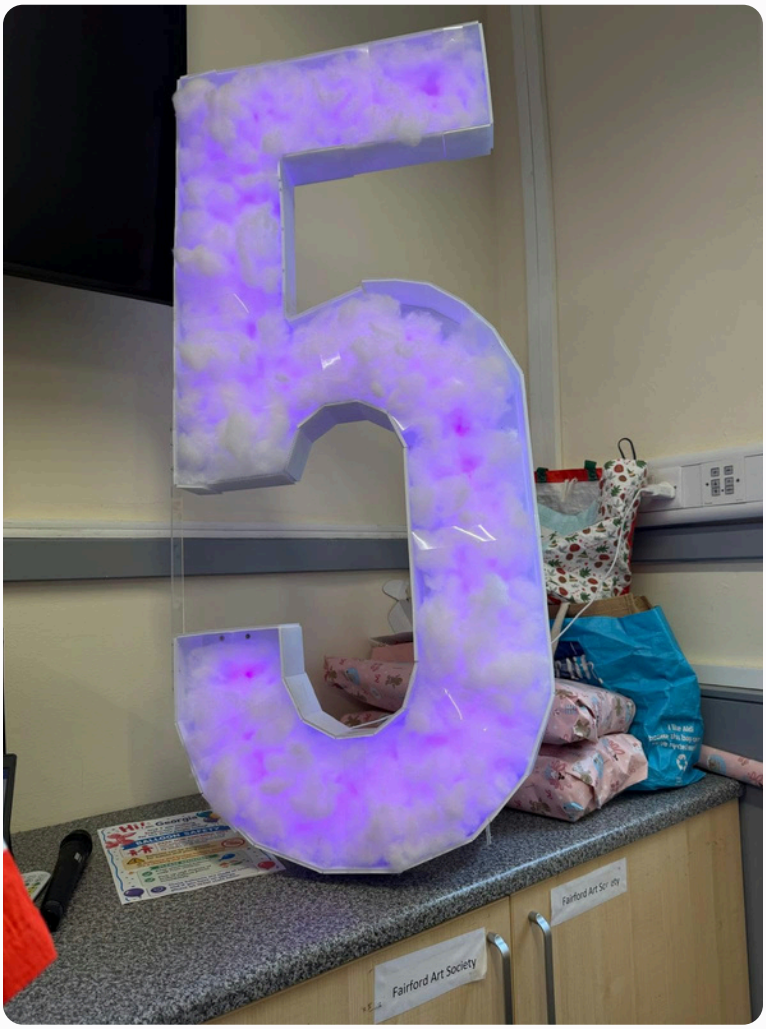
Activity	When	Where
Talking Café – Fairford	Weekly	Fairford Community Centre
Talking Café – Lechlade	Weekly	Lechlade Baptist Church
Digital Support – Fairford	Weekly	Fairford & Lechlade
Family Hub	Weekly	Fairford Community Centre
Senior Yoga	weekly term time	Fairford
Peer Movement	weekly	Fairford
Knit & Natter	Monthly	Fairford & Lechlade
Shopping Trips	Monthly	incl. Swindon Orbital
Theatre Trips	Termly	Barn Theatre
Craft & Chat – Lechlade	Monthly	Lechlade
Craft & Chat – Fairford	Monthly	Fairford
First Steps	Weekly during term time	United Church, Milton Street
Warm Room – Fairford	Winter	Fairford Community Centre
Wellbeing Walks	Occasional	Weather dependent
Youth Events	Termly	Fairford & Lechlade
Community Meals – Fairford	Monthly	Fairford & Lechlade
Community Pantry	Monthly	Fairford & Lechlade
Signposting & Support	Ongoing	Fairford & Lechlade
Community Events	Ongoing	Fairford & Lechlade
Health Drop-ins	Monthly	Fairford & Lechlade
Book Club	Monthly	Fairford
Dementia Art	Monthly	Fairford
Community Garden	Ad hoc	Fairford



COMMUNITY CELEBRATION

Celebrating 5 years of Working 4 Wellbeing

A community gathering filled with connection, joy and shared moments.









OUR CONNECTIONS

Six months of connection

Growing, sharing and connecting across our community











CREATING TOGETHER









We had a great summer offering free events for all families! Inclusive and fun!
















IMAGINE
BRAVERY



The difference our volunteers make

Across Fairford, Lechlade and the surrounding villages, our volunteers help people feel welcome, stay connected and take part in community life. Their time and care make our activities possible and help people access experiences they might otherwise miss.





Community transport helps make outings possible. Shared interests offer opportunities to connect.

Outings with company and reassurance

Volunteer drivers and buddies help people access shopping trips and theatre visits. Working with the Lechlade and District Lions community minibus helps us connect people with opportunities beyond their immediate surroundings. The journey itself also provides time to chat and enjoy being out together. For people living with sight loss or dementia, joining an outing or attending a group can be easier with someone alongside them. Our volunteers offer practical support, companionship and reassurance, helping people join in and enjoy time with others.

A familiar face and an unhurried approach can help someone feel more comfortable. By listening and offering support around individual needs, volunteers help people remain included in conversations and shared experiences.

A friendly welcome makes a difference

At Talking Cafés, craft sessions and community meals, volunteers prepare refreshments, help with activities, listen and make introductions. For someone arriving alone or feeling unsure, that personal welcome can make it easier to take part and get to know people.

This support helps us create welcoming spaces where people can maintain friendships, enjoy shared interests, and feel part of their community.

Two of our volunteers received the Volunteer Impact Award at the Gloucestershire Volunteer Awards, recognising the amazing work they do locally.

Some volunteers give time every week; others help at an event or through their employer. Each contribution supports the activities and personal connections at the heart of Working 4 Wellbeing.



A warm welcome and time for a conversation.



Community occasions bring people together.

Practical help across our Activities

Our volunteers are at the heart of everything we do. They play a vital role in helping people connect, build confidence, and feel part of their community. From welcoming families at First Steps and supporting youth events, to helping people use digital devices, leading wellbeing walks and caring for community gardens, their contribution makes a real difference. Other volunteers prepare and serve meals, set up rooms, and provide invaluable support behind the scenes. Together, they create opportunities for people to meet others, learn new skills, access support, and enjoy local activities.

Local partnerships and shared effort

Employer volunteering and business support add to what we can offer. Employees from six businesses support our activities. One local business supported an afternoon tea as a special thank you to our volunteers, giving them time to relax together over food and conversation, another supports our volunteer and attendee breakfast giving everyone a chance to sit together and feel connected. Contributions of time, skills and resources help us create occasions that people can share, enjoy, and remember.

Volunteer contributions from April to September

Month	Volunteer count	Hours
April	68	132
May	58	125
June	54	118
July	82	163
August	79	172
September	58	116
Total	**399**	**826**

Volunteer counts are monthly totals and include people counted in more than one month. The total of 399 does not represent 399 different people.

In our volunteers' words

Volunteers shared what they value about W4W and the difference they see through their roles.

What keeps you volunteering with W4W?

> "The quality of how it is run and feeling valued as a volunteer."

What do you enjoy about your volunteering role?

> "Spending time with a friendly group of people and feeling I can contribute to W4W's values."

Is there an experience during your volunteering with W4W that has stood out for you?

> "Seeing people who come to the Talking Café start out very shy and then blossom into more confident, sociable people."

Volunteer feedback, lightly edited for clarity.

Thank you to every volunteer, employer, and community partner who has given their time, skills and support. Your kindness and dedication help people feel welcomed, included, and connected, while making it possible for our community activities to continue. Together, you help reduce isolation and loneliness and create opportunities for people to build friendships, access support, and be part of their local community.



Our Volunteer Impact Award winners.



Enjoying a wellbeing walk together.

Events and activities | April-September

Highlights from six months of connection across Fairford, Lechlade and surrounding villages.

APRIL

Regular programme continued across the community: Talking Cafés in Fairford and Lechlade, Family Hub, First Steps during term time, Digital Support, Senior Yoga, Peer Movement, Wellbeing Walks, Craft & Chat and monthly Shopping Trips.

MAY

- 2 May: Dobbies Community Garden grant event; W4W won funding for the community garden.
- 7 May: final cooking class, Barn Theatre trip and Craft & Chat in Lechlade.
- 12 May: Keeping in Touch meeting.
- 13 May: Talking Café with bookable COVID spaces.
- 16 May: Fairford Town Council Annual Meeting stall and seed and plant donation event.
- 26 May: free half-term children's craft session and older children's burgers, chips and table cricket.
- 28 May: Fairford Craft & Chat, making dream catchers.
- 29 May: Witney shopping trip.
- 30 May: first planting together session and Community Garden Party.

JUNE

Regular programme continued, including Talking Cafés, Family Hub, First Steps during term time, Digital Support, Senior Yoga, Peer Movement, Wellbeing Walks, Craft & Chat and Shopping Trips.

JULY

- W4W 5th Birthday Charity Party with Talking Café and Family Hub Café, balloon animals and family fun.
- Lechlade Talking Café with fish and chip lunch.
- Trip to The Barn Theatre, with nearly 60 people travelling by coach.
- Tie-Dye Workshop at Family Hub.
- Craft & Chat: cross-stitch for beginners.
- Shopping trip to Witney.

AUGUST

- Free fruit and vegetable vouchers for young people aged 11-18, available weekly at the market.
- NHS outreach health checks at the Talking Cafés on 5 and 13 August.
- Family Hub summer activities: slime making on 5 August, potion making on 12 August, puffy painting on 19 August and children's choice on 26 August.
- 13 August: Children's Summer Event.
- 20 August: Kepsford Family Craft Morning, 2-4pm.
- 21 August: Free Family Breakfast.
- Craft & Chat and Shopping Trip paused during August and returned in September.

SEPTEMBER

- 3 September: free trip to see Yes, Prime Minister at The Barn Theatre.
- 24 September: Fairford Craft & Chat, resin craft workshop.
- 25 September: monthly Shopping Trip, with two hours of shopping time.
- Regular Talking Cafés continued every Wednesday in Fairford and every Thursday in Lechlade.

IN THEIR WORDS

“Wednesday mornings are the highlight of our week.”



Recommendation for Working 4 Wellbeing

As Manager of Fairford Community Centre, I am delighted to recommend Working 4 Wellbeing and the fantastic work they do within our local community.

We see so many smiling faces at the centre, from what Working 4 Wellbeing do, they truly offers something for everyone. From digital workshops and the Talking Café to community meals, the Family Hub for younger families or crafting groups for older residents, their activities bring people together and support wellbeing across all ages.

As a community centre, we regularly encounter people experiencing hardship, loneliness or financial difficulties. Having a charity like Working 4 Wellbeing so close by, which we can confidently signpost people to for help and support, is invaluable. The support they receive is tailored and individual which they would not get anywhere else.

Mary Ann goes above and beyond in supporting local people, and I know of so many individuals whose lives and wellbeing she has made a real difference to through the charity. There is a wonderful teams of volunteers who also get great enjoyment from the work they do within the community.

Working 4 Wellbeing is an essential part of our local community. I honestly don't know what we would do without them, and we are incredibly grateful for everything they do to support the people of Fairford and the surrounding area.

Carly Hicks

Manager, Fairford Community Centre





Our trip to Westonbirt Arboretum through the the W4W free tickets was a truly wonderful day out for our group, which ranged in age from 52 to 74. Being surrounded by such magnificent trees and peaceful green spaces gave us all a wonderful lift. It was a fantastic opportunity to slow down, enjoy some gentle fresh air together, and connect with one another in such a beautiful, calming setting. Days like this mean a lot; they help us feel less isolated, bring us closer together as a community, and leave us with lovely memories.

W4W is an incredible valued resource within our community. It enriches so any people on a daily basis. Myself included, my daughter and I attend the baby and toddler groups. When she was a baby getting out into a safe and friendly setting was invaluable. These groups have helped my mental health by me feeling less isolated and they have helped me make solid friendships. Anytime W4W put on an event we always try to attend because they are so welcoming and make you feel valued and listened to. I am very grateful to them for providing this.

As a parent of multiple children, it can be incredibly difficult to find activities that genuinely cater for all ages. Working 4 Wellbeing consistently offers events that engage the whole family, giving my children opportunities to get away from screens, using their creativity and learn new skills. My teenagers particularly enjoyed trying activities such as felting, which they would not normally have access to.

The summer programme was especially valuable. Knowing my children were safe, happy, and fully engaged gave me a few guilt-free hours to catch up on work, which is rare during the school holidays. Keeping children entertained throughout the summer can be a real challenge, but W4W provides something to look forward to every week- also free!

With the rising cost of living, having access to free or low-cost activities has been a huge support for our family. The inclusion of food at many events has been a lovely bonus, and it is always provided in such a warm and welcoming way that families feel valued and included rather than judged. W4W has made a real difference to our family's wellbeing and sense of community.

My Husband's world has shrunk considerably due to old age and ill health, has really enjoyed the opportunity to meet new, and very interesting people, chat with them and build up a friendly relationship with them. He looks forward to every session he is able to attend and always feels well cared for whilst there.

Each week is a wonderful community event and an onlooker only has to observe the room full of elderly people engaged together in lively social interaction. This is so important for mental health and wellbeing, especially as many who attend are bereaved.

As a wife and sole carer of my husband, who is never left alone, the session each week also gives me time to have a walk or do a few jobs in Fairford, which I find immensely valuable.

We would also like to thank all those who freely give up their time to volunteer, as well as the fund givers, who make all this possible. It is all part of what makes Fairford such a wonderful community in which to live.

I cannot praise the W4W team highly enough.
There is such a wide variety of activities, outings, meals, craft sessions and our personal favourite which is simply to gather and enjoy tea/coffee biscuits in either a quiet room or a more busy room....depending on our individual preference.
How welcoming is that?
My husband now has dementia, so some social gatherings can cause him anxiety, but W4W welcomes not only him (and me) but his beloved Labrador who helps him feel safe.
We all love this wonderful team.

I just wanted to say a few words of appreciation for everything that is happening to me and countless others in Fairford and surrounding villages since the start up of the talking cafe.
Speaking for myself but I'm sure others feel the same Wednesday is the highlight of the week where we gather to meet friends, talk none stop, laugh so much (which is the best medicine ever)plan other outings , all thanks to you and all your helpers.
Sadly after my husband passed life could have become a very lonely time for me but thankfully once I started going to the cafe the opposite happened so I know how privileged we are to have such a welcoming cafe and a big thankyou to everyone concerned for creating such a welcoming organisation .

W4W has been a life changer for me since I was widowed....part of a caring community meeting new people and doing things I would never have done in the past.... Walking sewing crochet quizzes bingo lunches dinners theatre and the list goes on There is always something to do and always someone to talk to in the community centre. They are just endless things to do.
Possibly the best partis all the new friendships and people willing to talk and help and make me feel included. I cannot imagine living without support like Working For Wellbeing.

I identified a little patch of waste ground by a disused bus shelter. This was a scruffy eyesore close to the entrance to the town. I thought it showed the town in a very poor light.
W4W agreed to get involved and have turned this pocket patch into a great community space. Arranging for volunteers to plant bulbs and plants and build tubs. They managed a rota for watering during the steaming hot summer weather, keeping all the new planting alive.
Things are dormant now, but we are all looking forward to our community garden bursting back into flower next spring."

W4W and the benefits of the charity
I so enjoy yoga class as I feel this is good for my physical and mental wellbeing and a great start to the day where I have also made some new friends
Peer movement class again is so enjoyable and a nice start to the day again I have new friends from this group
Talking cafe is so enjoyable and I always feel so uplifted after a natter and giggle with now friends also when I go home it gives me something else to think about and new things learnt
the volunteers are always so cheerful and attentive at the cafe and find the time for a natter
Craft afternoon and evening is always a joy with lovely ladies and learning new skills
All of the above are so uplifting and gives structure in my day and I look forward to all classes and cafe
Barn trips to the theatre is so enjoyable and gives me time for me and productions to see that I may not of thought to see on my own so the company is nice

It is a great asset to the local community connecting strangers and forming friendships for both adults and children.

It's always a joy to come along to the café, to meet old and new friends and colleagues I have worked with. W4W has shown me how much can be done for our community with the help of our army of volunteers. I am very glad to be able to chat with café goers, volunteers and trustees alike.

It is impossible to overstate the amount W4W have done for me, despite my inability to attend any of their events due to being housebound and in considerable pain.

For more than 10 years, various charities and outreach bodies had tried to help me with things. Many times, they were not able to because I would fall through the cracks: either too young or too old, too rich or too poor. Where they could help, it was usually in very small and isolated ways.

W4W immediately came up with some plans to provide some food aid for me and to look at my other needs in a joined up way. Since that time, they have continued to provide varying levels of support as and when they could, but overall, they have contributed enormously over the years. They have also provided a lifeline, a place to turn to in the event of an emergency, where they would do their very best to help or find an alternative. I am extremely isolated, and so to have a group I can turn to in this way is tremendously important.
Unlike many other groups that will pass you on to other agencies who may or may not be able to help, they will tell you: if you can't get help from where they have turned you to and are still stuck, then get back in touch with them. They will try and think of another route.
Their kindness and compassionate approach has been of tremendous benefit both in the practical and in the mental health perspective and I am certain that without their help I would have given up long ago and ended my life. They have provided that point that I can turn to when I can't find what I need – and the human connection is not to be trivialised.

A good example of how caring, considerate, and flexible working for well-being would be with respect to my cat, Freddy. I periodically have emergency admissions into hospital and, very occasionally, admissions for surgery. I have no relatives and no friends living locally, and my only permanent companion is my cat. I have had considerable difficulty finding, in the local community, someone who would come and feed Freddy when I was taken into hospital. Clearly, I took on responsibility for Freddy and, as such, felt I could not go into hospital unless I was certain someone would come and feed him. W4W upon hearing of my problems, investigated and then set up a small bespoke group of volunteers who would be able to come and feed Freddy should it be needed. This might sound a simple task, but to organise the necessary permissions, safeguards, and measures would no doubt have been a considerable task.
This action by them will have no doubt extended my life, as I am now able to go immediately to hospital when I have to (rather than trying to find support for Freddy first or, at worst, declining admission because I do not have support).

I do not expect that they are able to set up a new group whenever someone has a problem, but it is clear that they will always try and help. If they can, and where they feel the ability to expand their horizons to help someone, they will always try.

What a fantastic group.





I would like to take this opportunity to say how much we appreciate all that you and your team provide for us here in Lechlade.

We first met you at W4W earlier this year when life was particularly difficult for us, you welcomed us and supported us.
We are now in a much better place and in a large part this is due to you. You provided contacts and started us on the path to getting the help we needed .

Each week at W4W you and your team of volunteers welcome us with refreshments and smiles and we and everyone who comes are treated with dignity and a warm welcome.

Thursdays W4 W is a highlight in our week and provides a valuable couple of hours where my husband and I can just be! When I'm feeling sad there always seems to be a caring person on hand to share thoughts with , this is so valuable to me .

Recently Mary Ann has arranged for a small group of men to meet have a go at some art and crafts together, this providing some very welcome respite for me.

We have especially enjoyed the trips to Westonbirt Arboretum and the various theatre trips where transport and assistance is provided door to door .

The group has it's regular customers but also welcomes newcomers readily and seems to play an important role for those who are on their own and for those who don't have their own transport.

I regularly recommend this group to others and hope it can continue to support us for a long time to come.



I would like to say that we have an incredible organiser for the activities/events in MaryAnn. She seems to be always available when help is needed. She listens to what problems are are then tries to solve them. She has surrounded herself with excellent volunteers who obviously find her a good person to work with.
We have many varied activities/events for people's choices.

The link with the Barn Bus scheme is incredible, the community meals are so wonderful, the Craft in the daytime and evening are so enjoyable for those of us who like to have company during our 'making'.

I would like to mention one particular concern I had. My husband has dementia, Alzheimer's and Vascular who loved to paint but was refusing to get his art equipment out. I asked MaryAnn if she knew of an Art group not too far away and it wasn't too long before she said why don't we do it here. A few weeks later, there he was painting in a small group and smiling. He was very happy for the rest of the day. We have not had the second session yet but really looking forward to it.

I think Working4Wellbeing is the best thing offered in Fairford for many age groups.
I have made many new friends and it has helped to settle down in Fairford after leaving my home in the Derbyshire Dales to come and live here.

We both thank MaryAnn and all the volunteers who are so helpful and welcoming especially at the weekly Talking Cafe.

I live alone since my husband died in 2020. I'm about 2 miles outside Fairford, in a very small community, and I see very little of any of my neighbours. The talking cafe is a real focal point of my week, as it gives me the opportunity to sit and chat in a relaxed, friendly atmosphere with people I feel comfortable with. Some of these people I have known for years, and some I have only recently met through the cafe. I really miss it if I can't attend for whatever reason.

I also very much appreciate the opportunity to visit the Barn Theatre with W4W, as I wouldn't otherwise consider going on my own.

I think you and all your volunteers do a marvellous job for W4W, and for the community.







W4W FAMILY HUB

🎈 DID YOU KNOW? 🎈

W4W hosts a FREE Family Hub every Wednesday throughout the year!

Fairford Community Centre

1030am-12pm

A huge thank you to Friends of Fairford and Lechlade for sponsoring this wonderful community space and helping us keep it FREE for families.



WHAT IS IT

A FREE play-and-stay session for families with:

- Toys and games
- Mini bouncy castle
- Puzzles and books
- Space to play, explore and meet other families

🎉 Special Monthly Activities

Once a month we host exciting pop-up events, including:

- Teddy Bear Picnics
- Story Time Sessions
- Singing and Music Activities



WHO IS IT FOR

Everyone is welcome!

Our Family Hub is open to families with:

- Newborn babies
- Toddlers
- Pre-school children

🎨 Holiday Fun for Older Siblings

During school holidays we also offer activities for older children, such as:

- Slime Making
- T-Shirt Painting
- Crafts











Working 4 Wellbeing
Fairford and Lechlade Areas

Thank you for making this possible



