

# THE GATHERING PROJECT

This infographic sums up the impact of The Gathering Project in 2022/23. Data has been collected from project participants, project partners and Creative Practitioners.

**86%**  
'I enjoyed the project'



**87 Participants**

**6 Areas Covered**  
Aldershot, Alton, Basingstoke, Gosport, New Forest, Portsmouth

**9 Partners**

**41 Sessions Delivered**

**4 Volunteers**

**580 Contact Hours**

**6 Creative Practitioners**

## Aim 1 Speaking about mental health and improving quality of life

**76% say**

This project had a positive impact on my mental health, and I can speak more confidently about it

'Thanks for helping get some of my confidence back'

'Definitely seen an improvement on my resolve of issues and confidence'

'I've learned more about the work... and that it could lead on to drama e.g. learned more about stress free life and wake up feeling better refreshed and I've loved every minute'

Project Partner is 'more aware of the long-term benefits to mental health & emotional resilience'

I better understand that arts and creative activities can be used to look after my wellbeing

**78% say**

## Aim 2 Use arts and creative activity as a tool to support wellbeing



## Aim 3 Bring people together

**73% say**

The project made me feel more connected to my community

'It was lovely meeting new people'

'When they attend other groups, they now come earlier to sit and chat/have coffee with other service users'

'I think the group has bonded more, the dynamic of the group has shifted'

I am more likely to reach out for support with my mental health

**69% say**

'Service users are reaching out more now when they need support which is great as this reduces the risk of self harm/suicidal thoughts and overthinking'

'We are confident that the participants of the workshops now feel more able to engage and request support if needed'

## Aim 4 Connect people to local support services

