

The Isbourne

Community Wellbeing Programme

100+

Community Wellbeing sessions delivered

Annual Impact Report

2025

87%

Experienced improved mental or emotional health

100%

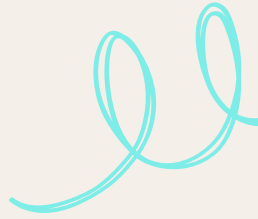
Of participants felt equal and included

73%

Benefited from socialising, meeting people and felt less isolated

Helping people find calm, confidence and *connection*

The year in review



The Isbourne's Community Wellbeing Programme supported people across Cheltenham and the wider community in 2025 through accessible, affordable and inclusive wellbeing activities.

The Programme is designed to support people experiencing anxiety, depression, social isolation, bereavement, trauma, and other life circumstances affecting their wellbeing, offering a welcoming space where participants can explore wellbeing strategies, build confidence, connect with others, and develop a practical self-care toolkit for everyday life.

The Isbourne's approach combines holistic wellbeing education with social connection, peer support and community outreach, helping people feel more peaceful, supported and better able to navigate life's challenges.

Since attending the Community Wellbeing Programme, many individuals have gained the confidence to progress into our mainstream wellbeing activities, with a tiered pricing system designed to support financial accessibility.

Locations:

Enrich (St Marks), Springbank, Oakley, Open Door Cheltenham, Charlton Kings Lunch Club, and the core programme in-house at The Isbourne.

Projects:

Quality Mark four-week courses, monthly drop-in sessions, outreach projects, and adhoc provision in the community.



"I feel so lucky and privileged to be able to attend the sessions. All that you do is a huge support and makes life worth living."

Accessible wellbeing support for a healthier, more connected community

Four week courses in-house

Four-week courses delivered in 2025 cost £5 per participant, with 12-15 people per course on average. Attendee numbers are intentionally maintained at a comfortable level to create a therapeutic and supportive environment for individuals whilst also responding directly to client feedback that indicated a preference for smaller, more manageable group sizes.

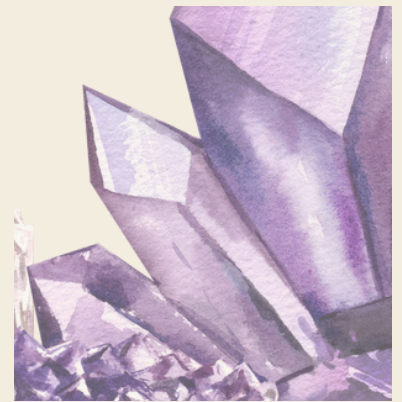


THE JOY OF ZENTANGLE
February 2025

BALANCE AND CALM WITH QIGONG
March/April 2025

MINDFULNESS FOR STRESS AND ANXIETY
May/June 2025

SELF CARE WITH CRYSTALS
June/July 2025



COURSE FEEDBACK

93%

Experienced improved mental or emotional health

93%

Felt able to use or practise what they had learned to make a positive difference in their lives

88%

Found the whole course very useful

100%

Agreed the tutor delivered the course in a helpful, professional manner

AIM Assured



The Isbourne holds a Quality Mark Licence from awarding body AIM, guaranteeing a high standard of teaching and learning. The Isbourne ensures that the course material is appropriate and delivered by the tutors in an accessible, interesting and informative way. Community Wellbeing courses hold the Quality Mark certification where there is progressive learning over four weeks. There are no assessments, only a requirement to attend at least three weeks of a four week course to receive a certificate.

Accessible wellbeing support for a healthier, more connected community

Art for Wellbeing monthly drop-in

Art for Wellbeing formed part of The Isbourne's monthly Community Wellbeing drop-in offer in 2025. The sessions ran on the third Thursday of the month from January to December 2025 and were delivered alongside Feel Good Thursdays as part of the wider Community Wellbeing Programme. These sessions were free to attend, with donations welcomed, helping to make **creative wellbeing support** accessible to people who may otherwise face financial or confidence barriers to taking part.

Art for Wellbeing sessions provided participants with a gentle, creative space to pause, reflect and connect with others. Through accessible art-based activities, participants were able to explore wellbeing in a non-clinical and non-judgmental environment. The sessions supported the wider aims of the Community Wellbeing Programme by helping people feel included, less isolated and better able to use creative self-care tools in everyday life.



"I have just enjoyed a lovely hour and a half with 'Stella Ashmead' in an art class here. It has been lovely, uplifting and I was able to switch off during the time. I am in a lot of pain but I didn't think about it during the class."

"Art for Wellbeing helps my social anxiety and confidence"

Feel Good Thursdays provided a regular monthly wellbeing space for people to come together, learn practical self-care tools and feel more connected to others.

80.6% *felt uplifted and much better at the end of Feel Good Thursday sessions compared to when they arrived.*

Running on the first Thursday of the month, the sessions covered a wide range of accessible wellbeing topics. The sessions were free to attend, with donations welcomed, helping to **reduce barriers** for people who may otherwise struggle to access wellbeing support.

Feel Good Thursdays helped create a **safe, welcoming** and inclusive space where participants could pause, connect, learn and leave feeling supported and empowered.

"Really good strategies to practice in everyday life and easy to use."



"Absolutely wonderful session, highly informative and relaxing, really knowledgeable tutor."

FEEL GOOD THURSDAY TOPICS

Jan - Money Mindset

Feb - Exploring Emotions for Inner Calm

Mar - Managing your Personal Energy

Apr - Mindfulness for Pain

May - Creative Mindfulness with Art

Jun - Self-Care with Reflexology

Jul - Self Compassion - Learning to Love

Yourself

Aug - Aromatherapy for Wellbeing

Sep - Gentle Seated Yoga

Oct - Compassionate Conflict

Nov - Autumn Mindful Walk

Dec - Feel-Good Festivities

The Isbourne

Accessible wellbeing support for a healthier, more connected community

Enrich Project



Working in partnership with the ENRICH project, The Isbourne delivered accessible wellbeing support directly into the St Marks area of Cheltenham, helping local people build healthier, more balanced lifestyles within a familiar community setting.

Weekly wellbeing sessions offered a varied programme of practical activities, including healthy cooking, exercise, gentle movement and holistic wellbeing, creating opportunities for participants to learn new skills, improve confidence and connect with others.

The Isbourne delivered four-week courses at Enrich, including Self Compassion: Learning to Love Yourself and Yoga for Stress and Anxiety, alongside one-off sessions such as Tai Chi, gentle/seated yoga, reflexology, creative journaling and aromatherapy.

COURSE FEEDBACK

72% Felt able to use or practise what they had learned to make a positive difference in their lives

84% Said they would be interested in another four-week course at Enrich on a different topic

"Isbourne and Enrich programmes are the cornerstone of my week, giving me positive and practical ways of living well. Staff are supportive, encouraging, non-judgmental and welcoming. Feel very lucky that it's based in Cheltenham. Thank you."



Accessible wellbeing support for a healthier, more connected community

Springbank Project Yoga for Wellbeing

The Springbank project delivered a free Yoga for Wellbeing course as part of The Isbourne in the Community 2025, fully funded by Cheltenham Borough Council's Health & Wellbeing Fund. The course was held at Springbank Community Resource Centre and led by Isbourne affiliated tutor, Sunny Warbout.

The weekly, term-time sessions were designed to support people who may have been feeling stressed, overwhelmed, sad or anxious, as well as those who simply wanted to try yoga in a welcoming and accessible environment. No previous yoga experience was needed, helping to reduce barriers to participation.

Through yoga, deep breathing and gentle wellbeing practices, participants were supported to create space for calm, inner peace and greater balance in both mind and body. Each session included one hour of guided practice followed by time for tea, coffee and conversation at Springbank Café, encouraging both **physical wellbeing and social connection**.

The project aimed to help participants feel **happier, healthier and more connected** to themselves and others, while offering practical tools they could use beyond the sessions to support their ongoing wellbeing.

WELLBEING IMPACT

- 82%** Reported improved flexibility
- 91%** Felt improved mental or emotional wellbeing
- 80%** Enhanced social connections through participating
- 82%** Reported increased confidence in themselves

LONGER TERM IMPACT

- 100%** Wanted to continue attending if more funding was available
- 100%** Stated that yoga had benefited their physical health, social confidence, and connection with their mind and body



"I've tried to put into words how life changing these sessions have been - but really words can't explain it sufficiently. Please consider funding continued sessions and thank you!!"

Accessible wellbeing support for a healthier, more connected community

Oakley Project Mindful Movement: Living Well with Long Term Health Conditions

The Mindful Movement: Living Well with Long Term Health Conditions project was delivered, fully funded by Cheltenham Borough Council's Health & Wellbeing Fund. The course was held at Oakley Community Resource Centre and Interactive Space and led by tutor John Thorne.

The project was designed to support people living with long-term health conditions, including Dementia, Parkinson's, M.S., chronic pain, and other ongoing health challenges. Loved ones and carers were also invited to attend and participate, helping to create a supportive and inclusive environment.

Across the sessions, **participants explored the Five Pillars of Health: moving well, sleeping well, social connection, emotional wellness and nutritional health.** The course introduced participants to Tai Chi Movements for Wellbeing, a gentle and mindful movement practice that can be adapted for different abilities and carried out seated or standing. This made the sessions accessible to people with a range of physical needs and levels of mobility.

The project aimed to help participants **embrace a fresh perspective on living well** with long-term health conditions, while offering practical tools they could continue using beyond the sessions to support their physical, emotional and social wellbeing.



"This group has been so helpful and informative for me. I have learnt new movements and thought processes which have helped me in my day to day activities. John is such an informative tutor and Bonnie is so welcoming. A great combination to learning a new practice - thank you."

100% of participants felt they can use/practice what they have learnt to make a positive difference to their lives

100% found the whole course very useful

100% noticed improved mental/emotional health (e.g. stress, anxiety, self-esteem, mindset)

100% of participants felt it benefitted their understanding and connection with their own mind and body

Summary

The Isbourne's Community Wellbeing Programme made a clear and measurable difference to people's mental, emotional and social wellbeing.



Through more than **100 sessions**, the Programme provided affordable, accessible and inclusive wellbeing support across **in-house courses, monthly drop-ins and outreach projects.**

Course participants reported significant positive outcomes, with many describing noticeable improvements across their physical, emotional, and mental wellbeing. Inclusivity and accessibility was rated highly with **100% of participants stating they felt equal and included** when attending the Programme.

The impact was felt not only through improved wellbeing, but also through **connection, confidence and sense of community.** Participants described the sessions as safe, welcoming, practical and life-enhancing, with many highlighting the importance of having a regular space where they could **learn, reflect, socialise and feel supported.**

The data and testimonials show that The Isbourne's Community Wellbeing Programme continues to play a **vital role for the local community**, helping people live well, feel less isolated and develop tools to support their ongoing wellbeing.

We'd like to thank all our donors & partners for their *generous support...*

