



High Hopes for Halliwell-being Annual Report

1st January 2023 - 31st December 2023

The story of our fifth year!

2023 has been a remarkably busy and successful year! It has been another year to celebrate! We have been busy fundraising so that we can continue our usual activities and to start new ones. Last year we did a large community consultation and with the help of Bolton CVS we worked on our new business plan. We have been following our plan and developing activities and events which were priorities from the community consultation.

This year we also celebrated our fifth anniversary!



- **High Hopes existing groups**

Our **Fun Days Parent & Toddler Group**: We still have our 3 fantastic volunteers that help run this; two childminders, Bernie and Beth and one volunteer Barbara who runs the kitchen, doing snacks for the parents and children. As children leave to attend school, we then have new babies and toddlers with new parents or carers attending, so lots of new faces.

Last year we made the decision to keep the group going through the holidays and have carried this on in 2023. The group is open 50 weeks of the year and only closes for 2 weeks over the Christmas period. They play with the toys, games, do crafts and enjoy "song time". Parents and carers make good connections and build supportive relationships.





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We have around 10-18 people that take part in our **walking group** fortnightly. Last year we finished in November and started back in March. We didn't have a break this year, as the members wanted to carry on through the winter months, so we have carried this on and only cancel if the weather is bad.

They have explored lots of new local areas and they stop off for drinks too! We are excited that our walking group is active and growing. Geoff, our group leader volunteer is great, he knows when to stop when people need to catch up and tells stories while others are waiting. Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier. Walking sometimes is overlooked as a form of exercise, walking briskly can help you build stamina, burn excess calories, and make your heart healthier.



Our **Chair Yoga** class is going from strength to strength, and we have had over twenty people at one class! This class has brought new people into the centre, and they are taking advantage of other activities taking place.

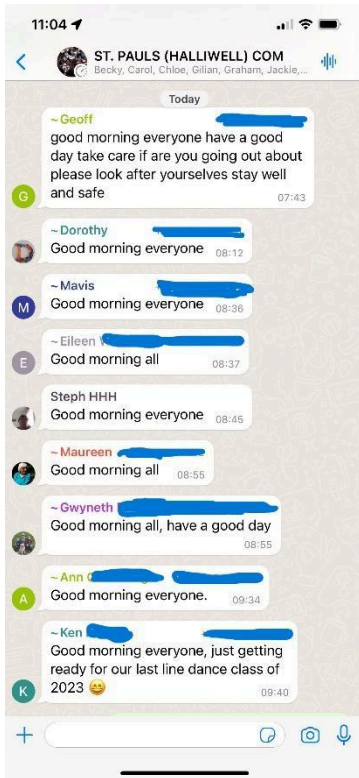
This is great exercise for body and mind and the attendees look forward to this group work every week. Chair yoga is a promising form of exercise for older adults or people new to this type of exercise. It may help people with certain health conditions, such as arthritis, to exercise without putting pressure on joints. It may also reduce the fear of falling and help people who are not used to exercise to begin improving their strength and balance.





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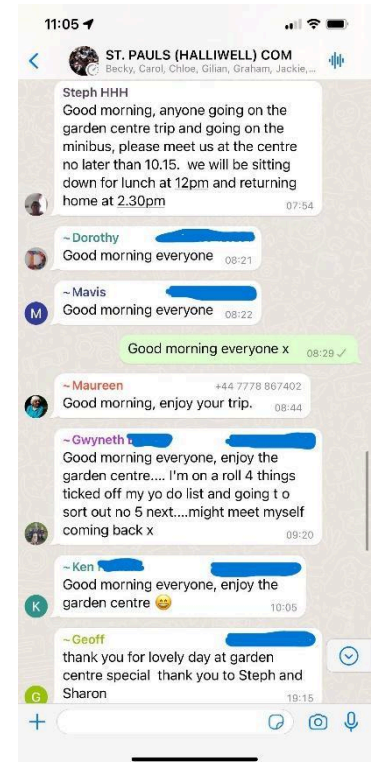
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Our **WhatsApp Group** is still going! This started in lockdown to keep in contact with volunteers, service users and staff that can connect this way.

We are still adding people to the group. We have our morning chorus, where we all say "good morning" to each other and talk about all sorts of things, from what we are up to that day and what's happening at the centre.

It's also a good way to ask what they would like to see at the centre and if anyone has gone quiet, we will call them privately to see if they are ok.



Our **Thursday Friends group** is a busy group where we have around 18-20 people fortnightly. We provide lunch, have a quiz, play games plus bingo and Play Your Cards Right.

This group has really grown this year. We have some carers and cared-for that attend, which really helps with their wellbeing.

People who eat socially often have higher self-esteem and self-worth and a wider social network providing social and emotional support than those who don't. Sharing meals with others can create a sense of connection and community. It allows people to come together and bond over shared experiences.





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In 2022 we started a **Line Dancing** class which is weekly on a Friday morning. This class was for beginners and people that have some experience.

We have between 10-14 people that attend this class. The group are more experienced since it started and learn lots of new dances throughout the year. Everyone has made connections, and the group organised a Christmas meal out.

This class is from 10am – 11am, after the class we have people that attend that have learning or physical disabilities, they are from an organisation called Bolton Cares and they arrive with staff that look after them. They do a 30-minute class with the tutor and some of the people from the first class stay behind to help and join in. The tutor gives his time for free for the session, which is wonderful.



In addition to getting the older adults engaged in a healthy physical activity, line dancing is a perfect exercise for improving coordination and balance, increasing cardiovascular health and brain memory, and is seen as an effective treatment for Alzheimer's, dementia, and depression. Line dancing is fun, beneficial and most people can do it.





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- **High Hopes new groups**



We started a **Pilates class** at the beginning of June with some of our funds taken from fundraising, this took place on a Monday night.

We wanted to see if night-time classes would work. This class lasted till October, we did have around 8 people in the class but not all came every week, and we thought it best to stop till we found funding to carry on the class and give it more of a chance to get established.

- **Organisations using the centre.**



Halliwell Befriending Service (HBS) share an office with High Hopes for Halliwellbeing, and delivers activities at the Community centre. They run a fortnightly activities session, a fortnightly luncheon club, a weekly craft class and a weekly computer class. They also have other one-off events throughout the year, for example, reminiscence events.





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Kabod Sanctuary use the main room at the Community Centre every Sunday, they hire the room for the full day till 5pm 52 weeks of the year.

They offer a variety of benefits and services to support their congregation and the community, including spiritual support, mission support, career support, employment, professional networking.

They also provide help and advice in social care, family matters, immigration, money, and debt advice plus much more.

Caribbean and African Health Network rent an office and use the main room, weekly, on a Wednesday for their Green & Arts Wellbeing drop in.

From website:

<https://www.cahn.org.uk/green-arts-wellbeing-service/>

Our Impact in Stockport and Bolton Hubs

“At the Caribbean and African Health Network, we are proud to deliver our Green and Arts Service to the vibrant communities of Stockport and Bolton. Our mission is to foster a sense of belonging, environmental responsibility, and cultural enrichment within these wonderful communities.”

“Our service users have discovered the therapeutic and joyful experience of putting their thoughts, feelings, and experiences onto canvas. Through art, they have found a unique medium to communicate, heal, and celebrate.”



Ladies sewing group:

A small group of young women met once a month on a Thursday night to chat and make clothes.



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Nuffield Health contacted us in October this year, they deliver free “Move Together” fitness sessions for girls aged 11-16. In summer, these sessions were delivered at Moss Bank Park, but as the weather deteriorated they wanted an indoor space to continue the classes.

Nuffield Health instructors run the classes. They are good for both body and mind; the specially designed classes help build strength and confidence.

Sessions give the opportunity to try different activities with a focus on movement, connection, and enjoyment. From yoga to boxercise and bootcamp style classes,

there is something for everyone. It is also the perfect opportunity to have fun and meet new people in a safe and welcoming space.

HAFWAY started using the building again in December on Thursday, Friday and Sunday nights; and are storing a few items in the summer house and small office.

This is not going to be a permanent thing, their usual venue is being renovated and they are looking to use the centre for about 6 -8 months. HAFWAY exists to help young people raise their aspirations, overcome their limitations and thrive despite the disadvantages that they face.





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- **Partnerships**

High Hopes for Halliwell-being rents office space and the use of the community room to **Halliwell Befriending Service (HBS)** who are stakeholders within the building and have a permanent base at the centre. High Hopes for Halliwellbeing shares an office with HBS.

In 2023 we have worked together on:

Kings Coronation Party was a fantastic celebration. Everyone had lovely food, especially the yummy trifle. We had over 60 people attend this celebration. One of our wonderful volunteers knitted King Charles which we raffled off with other prizes.





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Summer Fayre, which is a great fundraiser for both charities who share the funds. We had our own stalls as well as stalls from small businesses in the community. The weather was great, so we made effective use of our outside space. We had volunteers from each organisation that helped on the day. The pictures show that lots of the community enjoyed the day and took advantage of getting some sunshine.





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High Hopes and HBS organised a **Trip to Lytham** in June. The weather was beautiful and dare I say it, too hot! We had 53 people that joined us on the trip. Everyone had a fantastic time and really enjoyed what was on offer in Lytham.





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We went to **Chester** in September; we had 51 people that attended. The weather wasn't the best, but everyone had a lovely time and said it would be great to go back one day and hopefully the weather would be much better.





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Spinathon Fundraiser! Gareth Price from **Bolton Spin Studio** let us use the room and he organised the music and the 4-hour session! We had friends, family and community joining us throughout the 4 hours, some people did an hour, some did more, and some stayed for the full duration! We raised £2018 which benefited both charities.





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We organised a **Christmas Fayre**, Saturday 4th December, which involved High Hopes, HBS and HAFWAY. We had small local businesses, people in the community fundraising for their chosen charity/s, which had stalls in the Community Centre.

We served food and hot drinks inside, that consisted of bacon barmes, Burgers, or toasties and outside HAFWAY served hot chocolate and waffles. We had seating inside and outside. HAFWAY got Santa to see the children and give out presents, Santa's grotto was in the summer house outside in the courtyard.

We were also incredibly pleased **High Lawn School Choir** agreed to come again and sing Christmas carols, everyone loved the songs. This time we invested in a clicker and got a volunteer to click people as they came in, we were really pleased that we had **301 people** that came out to support us and it was a very enjoyable day.





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We also worked together with **HBS** on two **Christmas parties**, one at the Community Centre and another that was cooked and served as a traditional Christmas meal at St Luke's Community hall. All groups had a wonderful time because they were so happy to be able to celebrate again, together.

Community Centre Christmas party:



St Luke's Christmas Party:





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- High Hopes, Events, Trips, Activities

As well as all the events, days out that we worked in partnership with HBS, High Hopes organised:

Three games nights:

We had three games night throughout the year, 9th March, 29th June and 16th November. On the night we have a quiz, Generation game, Play Your Cards Right, bingo and other games. We give people a choice on food, they can either bring their own food or snacks or order pasty and peas which we serve on the night. These three nights are part of our fundraising strategy throughout the year. We had over 50 people each time that attended.





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On the 20th of April we organised a trip to **New Bank Garden Centre**. We did this for people with mobility issues, who may not be able to go on the other trips due to their disabilities. We hired a 16-seater coach from Good Companions, that we filled and for other people that wanted to join us they drove and met us there. People enjoyed the day out, they had lunch and enjoyed having a look at what was on offer.





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Our **Parent and Toddler group** had a fantastic time at their **Christmas party**. We arranged for Moo Music to come and entertain the children, we even had a visit from Santa!





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We took people with walking difficulties to **Bolton Garden Centre** on the 14th December and organised a sit down meal in the café there. We booked a Good Companions minibus again.

We had lots more people wanting to attend and have a meal as a group, than could fit in the minibus. In the end we had 36 people that attended! It was a lovely trip, the garden centre had lovely Christmas displays, which everyone loved, the food and staff were fantastic.

We are planning on going back next year.





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Saturday Breakfast Clubs:



We were successful with a Household Support Fund from Bolton CVS, and were able to give out food packages and warm clothes, like hats, scarfs, etc. We were also able to provide a warm space and provide breakfast for people. These sessions happened on Saturday mornings, 11th, 25th February, 4th March, 22nd April. We had families with children mostly that attended, but some people that also lived alone, we provided toys and board games for people to play with.

We also provided a warm space at our Thursday Friends Club.





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- **Building developments**

For the benefit of some of our service users, who are hard of hearing, we had a hearing loop fitted in the main hall. This has made a huge difference to them and their experience at the activities and events.

We have moved the CCTV to our new office.

We had another camera fitted in between the front door and the inside door, this was needed for health and safety for staff and volunteers, as we couldn't see people that were ringing the bell.

- **Involving people from our community.**

Most of our projects are led by our local volunteers and all our activities come from consultations with our community and service users, who express an interest in attending activities.

The walking group is led by a council trained volunteer, as well as our Fun Days Toddler Group which is led by two fully qualified Child Minders and a volunteer that helps with snacks. Apart from our Chair Yoga we have volunteers at each of our sessions.



- **The difference we are making.**

The feedback from our community members is fantastic and if we need to change anything they are happy to come forward to let us know.

Some feedback from our community members:

“A most enjoyable evening, lots of atmosphere and fun. The quiz blend gives everyone a chance. A microphone may be helpful”.

“Made very welcome, tables nicely set out, pasty supper very good, nibbles a nice extra, varied quiz questions, very efficiently run and organised”.

“Lots of laughter – great atmosphere – so very cheerful, it was good to be waited on for a change”.



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“Before I started coming to St Paul’s I had mental health issues and anxiety, in just the short time I’ve been coming it’s helped me a lot and gets me out of the house to interact with some lovely and kind people”.

“It’s a brilliant place for children to visit. The staff are very welcoming and helpful. Great outside play area. Barbara is a great help in the kitchen. Lots of choice of food for snack time. Plenty of toys to play with, only thing is we could do with is a baby walker for young babies”.

“Christmas fayre had a great atmosphere, everyone with smiling & happy faces. I wouldn’t change anything; time here was very good & very enjoyable 10/10”.

- **List of successful grants from funders who we would like to thank for 2023:**

1. Reaching Communities – 1st full year of funding - £5725.75 x 4
2. Awards for All, Lottery- £10000
3. Allan Lane Foundation – 2nd year of funding, £2500
4. The Charity Service – 2nd year of funding, £3000
5. Forever Manchester - £2500
6. Bolton CVS Festive Fund - £98.89

- **Our future plans**

Community Consultations: We want to carry on our community consultations to make sure we are delivering the right activities and providing new ones that are needed.

New Staff member: We put out an advert for a new person to work 10 hrs per week and had interviews in December 2023. We have recruited and the person will start work in February 2024. This gives us a chance to start more activities that came from our consultations.

Website: <https://www.hopes4halliwell.co.uk>

Facebook: <https://www.facebook.com/highhopesforhalliwellbeing>

Twitter: https://twitter.com/hopes_being

Instagram: <https://www.instagram.com/highhopesforhalliwellbeing/>