

# IMPACT REPORT

July 2018



**The Hummingbird Project** is a social enterprise that has a clear vision to build emotional resilience in individuals, communities, groups and organisations across all sectors in society. We share a belief in people's ability to recover and adapt to difficult life circumstances and make it our mission to inspire an ability for people to determine their own emotional health and recovery. We promote wellbeing using the power of lived-experience (LEx).



The Hummingbird Project has grown over the last three years by developing a reputation for innovation in mental health. THP was established in 2016 by people working in the field of mental health who were also mental health service users. We recognised the value that our lived-experience of mental health/emotional wellbeing could bring to leadership and to new innovations in mental health services when applied more widely within local communities. This report tells you more about the impact of our work so far:

- THP has directly **impacted** the lives of **270** people:
  - 15% received 1-2-1 interventions
  - 85% received group interventions
- THP has worked with **ages 8 - 70**:
  - 52% youths
  - 48% adults
- THP has created **1795** hours of **face-2-face** impact
- THP has helped individuals **improve** their clinical **wellbeing** scores by **up to 82%** through recovery mentoring
- 98%** of workshop participants indicated that they **understand** their own **emotional resilience** better and 98% say they feel more **empowered** to manage their mental health
- 100%** of participants in our resilience workshops would **recommend our training to others**

- THP has:
  - 3** Full time staff
  - 4** Volunteers
  - 6** Advisory Board members
- THP has undertaken **206 hours** of **thought leadership** - 6 conferences and 30 consultation, steering group and engagement events
- THP **Income** 2018/9:
  - Total - £39,200
  - Trading - £13,580
  - Funding - £25,619
- Online** THP has:
  - 210 Facebook followers
  - 184 Twitter followers
  - 1557 website visitors

## Symbiotic Partnerships:

Social Enterprise NI

CO3

NICVA

Amplify NI

NACN & CRUN

Health Alliance

Ulster Bank Accelerator

Health & Wellbeing forum

NHSCT

BITC

*"Should be mandatory training for all staff"*

*"I honestly feel like I've been given my life back. I get that it's about my choices and I can make good changes. Don't know how I would have felt better without you showing me how"*

*"Glad I attended the workshop. Extremely useful material delivered. Developed my own action plan for things I want to incorporate in my own emotional resilience artillery. Thank you"*

[www.thehummingbirdproject.org.uk](http://www.thehummingbirdproject.org.uk)

Tel: 028 7055 9504

Company no: NI636982

Email: [info@thehummingbirdproject.org.uk](mailto:info@thehummingbirdproject.org.uk)