



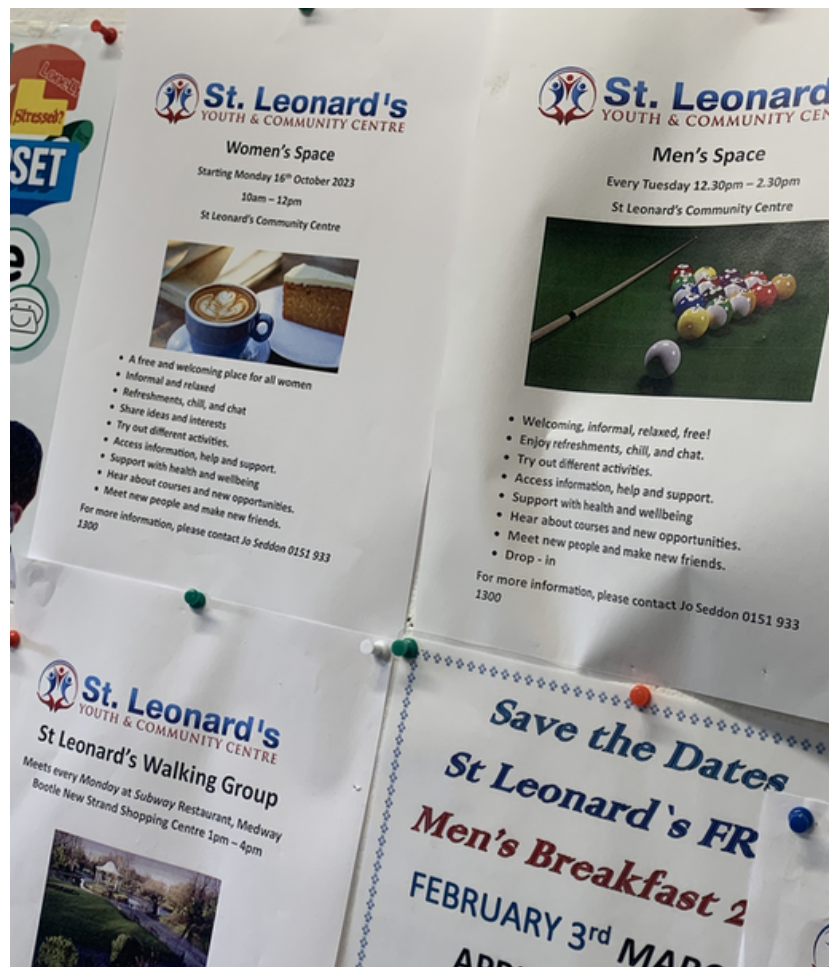
Impact Report

2024-25



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1. Welcome!

I hope you enjoy this impact report! This year we have a spotlight on our volunteers, not only those at the Community Centre, but also at the Foodbank venues and Warehouse.

This report outlines the key elements of our Programme at the St Leonard's Centre from July 2024 to June 2025: what we've delivered (our outputs) and what difference these have made for our service users (our outcomes).

Throughout 2024-25 we have continued to deliver our wide programme of community based activities, involving and empowering local residents in Bootle. And what a year it's been: with our work focusing on the ongoing cost of living crisis for many and making sure our offer meets local people's needs.

Our amazing staff team and over 100 volunteers have enabled us to continue with a range of tailored programmes across areas such as our Men's and Women's Spaces, Kraft Hub, Cookery Classes, Walking Group, South Sefton Foodbanks and weekly Community Lunch & CAB Advice sessions - much of this funded by our second year of Reaching Communities funding from the Community Fund.

In addition, we have also been working with many other partners and services to host a wide range of new activities including our Peel Road Heritage Project, a Creative Writing Course with Collective Encounters, and hosting digital inclusion activities: the Include-IT computer training course with Rotunda College and hosted some Digital Inclusion Initiative sessions as part of the Combined Authority's programme.

Our focus continues to be that of empowering people who use our services: to help them to voice their opinions and make sure they are heard by those in a position to create change. In the face of cuts and a cost-of-living crisis, being able to continue to help residents to speak up on the issues that matter to them is vital.

I want to thank our trustees for their support and active involvement in the Centre. And a big thank you to residents in the Bootle community who get involved with our activities, our service partners, all our funders and supporters, our staff team members and especially to all our volunteer teams.

Debbie Shelley, Centre Manager

St Leonard's Community Centre 2024-25

2. Aims

1 To help to improve health and wellbeing in the local community

One of our core aims is to support people who use our Centre to improve their physical and mental wellbeing. We do this in many ways: not least by being a welcoming and friendly Centre, where everyone matters. We run many free, informal group sessions including our Women's and Men's Spaces which meets weekly and our Walking Group.. South Sefton Foodbank and Pantry are also run by the charity.

3 To provide a welcoming and friendly community venue, and reduce social isolation locally

We work hard to welcome everyone to our Centre. Our approach is to make sure everyone feels safe and relaxed when they come along to our activities. Key elements to do this includes our weekly Community Lunch - open to all, our Kraft Hub and a range of activities for older people.

2 To support people to develop their basic skills: including their digital/IT skills

We are working with several different partners in Bootle to offer short sessions and courses which support people to develop their literacy, numeracy, digital skills and their communication skills. This year we have hosted Rotunda Community College which delivered the Include-IT digital training course and also the Digital Inclusion Initiative led by LCR Combined Authority.

4 To empower people to develop their self-confidence and self-esteem

All our activities are designed and delivered to empower people to feel part of our community here - and to build people's confidence and raise their aspirations from the moment they come through the front door. We keep it informal - so everyone can get involved at their own pace and in activities they want to try.

What Difference Do We Make?

We need to measure what difference our work makes to the people who use our services at St Leonard's. It's important so we can:

- assess which services make a positive difference to our participants
- report these impacts to users, trustees and funders
- review and develop our offer to make best use of the funds we receive from Community Funds and all our charitable funders, including Henry Smith Foundation and Trussell Trust.

3. How We Measure Our Impact



Registration Form

ST LEONARD'S YOUTH & COMMUNITY CENTRE

Full Name _____ Phone number _____

Full Address _____ Email address _____

Postcode _____

What is your age? ☐ 16-24 ☐ 25-44 ☐ 45-64 ☐ 65-79 ☐ 80+



THE LEONARDS

Cookery Course Feedback

We want to make The Leonards the best it can be for everyone so please let us know what difference getting involved with this activity has made to you. Thank you!

Date: _____

What did you enjoy most about this cookery course?

Did the tutor explain cooking methods clearly in the sessions?

Would you recommend the class to others?
YES/NO

What difference has being involved with this activity made to you? Please answer each row below by ticking the most appropriate box - thanks.

	Yes a lot	A little	Not really
I feel more confident about using a slow cooker now	☐	☐	☐
I/we are eating better within our food budget now	☐	☐	☐
At home I/we are eating fewer ready...	☐	☐	☐

This year we have reviewed when and how we collect feedback to make sure its manageable for everyone: staff and our Centre users:

- We have continued to use the Registration Form introduced last year - and added a question about IT needs.
- We now have a single format feedback form for the second year of the Community Funded programme - which can capture feedback from all activities once a year. This has made it simpler and more straightforward for all.
- We supplemented this with a Feedback Table at our annual Community Information Day where we gathered opinions and views from everyone



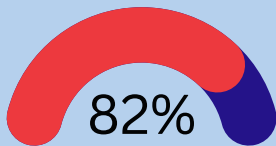
The following Section presents the impacts made by each of the Community Funded programme activities.

4. Women's Space: Impact

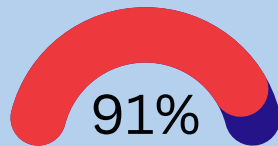
The Women's Space is one of our most popular and well attended groups - meeting up at the Community Centre every Monday morning. It gives women a chance to have a catch over a coffee and connect with local activities in our community.

Throughout 2024-25 we have had 540 attendances. Over half (55%) also attend the Community Lunch and 44% come along to the Kraft Group on Thursdays

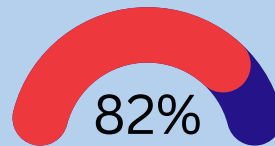
We asked women attending the Group what difference coming along has made to them:



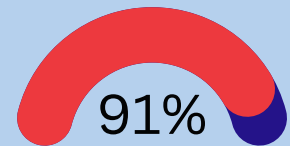
reported feeling a lot less isolated as a result of attending the sessions



told us that by attending this group, they stay a lot more active which helps their wellbeing



told us they feel a lot more confident as a result of attending - 18% a little more



have tried new activities and learned new skills since coming along

“

The team are so caring at the Women's Group - its good to mix with new people and get to try new activities with them

This place makes me feel like I belong

I feel like I'm not stuck in the house anymore



Irene comes along to the Women's Group, the walking group and the Community Lunch on a Wednesday. Attending the Women's Group gives her a good start to her week, coming along with her PA. She's met and made many friends through the group and it's built her confidence to try a lot of other activities as well.



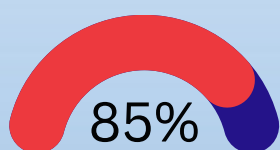
The Men's Space usually meets weekly on Tuesdays for a couple of hours at the St Leonards Centre. The aim is to get men together to socialise, find out about what's happening in the community, about local services and support, and also to have a free hot meal. On average, about 15-20 men attend weekly, varying in age, from 25 to over 70.

A total of 765 attendances were recorded for 2024-25.

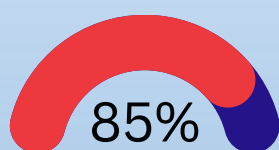
Men's Space: Impact



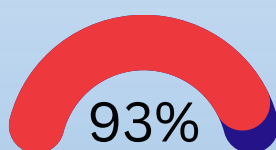
What Difference Does this Make?:



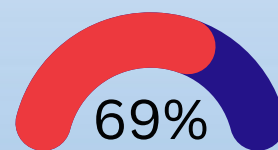
reported feeling a lot less isolated as a result of attending the sessions



told us that by attending this group, they stay a lot more active which helps their wellbeing



told us they feel more confident as a result of attending



have tried new activities and learned new skills since coming along

“

Just a bit of company here makes all the difference to me - it stops me getting isolated and I'm trying new activities like the computer club too

At the Men's club men we often talk openly if we have any personal problems in a relaxed environment. The staff and team at St Leonards project are warm, non-judgemental, helpful and supportive at all times.

I love the trips out, the company and the chatter. The food makes the place a hidden gem too!

Jay has been coming along weekly to Men's Space after being introduced by his support worker 18 months ago. Since then it's become part of a new weekly routine for him.

He's also got involved in the Cookery Course and the several other training sessions: a 1 day Digital Inclusion Initiative when he received a free new tablet. He has also started to link up with the new Digital Drop In on Tuesdays. Doing all of these activities has, he says 'has broadened my outlook: I'm learning a lot. The staff and the people here are the best!'



What Do we Offer?

The Walking Group is a very popular activity and many people who attend the Men's and Women's Groups also come along to this on Monday afternoons. The Community Development worker Jo, and volunteers, lead the walk on a different route each week. They have a break and a cuppa at the midway point. This year our walks have included Southport and the parks in South Sefton.

What Difference is this making to participants?

100 % reported that being part of the walking group resulted in them:

- staying active which helps their wellbeing
- feeling a lot less isolated as a result of attending the walks
- generally feeling happier for being involved in this sociable group every week
- feeling part of the community at St Leonards

“

Both physically and mentally this has improved my wellbeing- by socialising and walking

What I enjoy is the variety of activities available at St Leonards, especially the walking which I believe has improved my health and wellbeing. I've also met lifelong friends

Walking Group: Impact



The walking group out in Southport & Derby Park



We have recorded a total of 264 attendances this year at the Walking Group. Many people who attend either the Men's or Women's Group attend and this is often so that they can do some physical activity which helps their mental health.

Good friendships have been made as a result of coming along to the Walks, and as one member commented:

The best part is coming together to do the walk and feeling less isolated

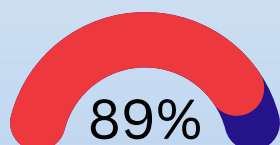
Our New Slow Cookery Course:

This year we have focused on Slow Cooker Cookery courses, which runs weekly for 2 hour sessions over a 5 week period. We have had a total of 87 attendances. Participants learn from our cook who runs the sessions, as they prepare the ingredients provided to make the recipe when they go home each week. Participants receive a free slow cooker for them to use at home in Week 2.

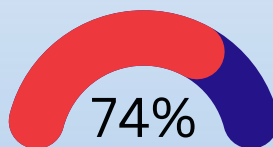
What Difference has this made for participants?



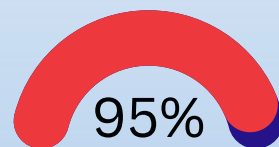
reported feeling more confident using a slow cooker now



told us that they were eating within their food budget now



said they were now eating fewer ready meals & take-aways



reported that they were generally eating more healthily now

100 %

“

of respondents said they would recommend this cookery course to friends and family

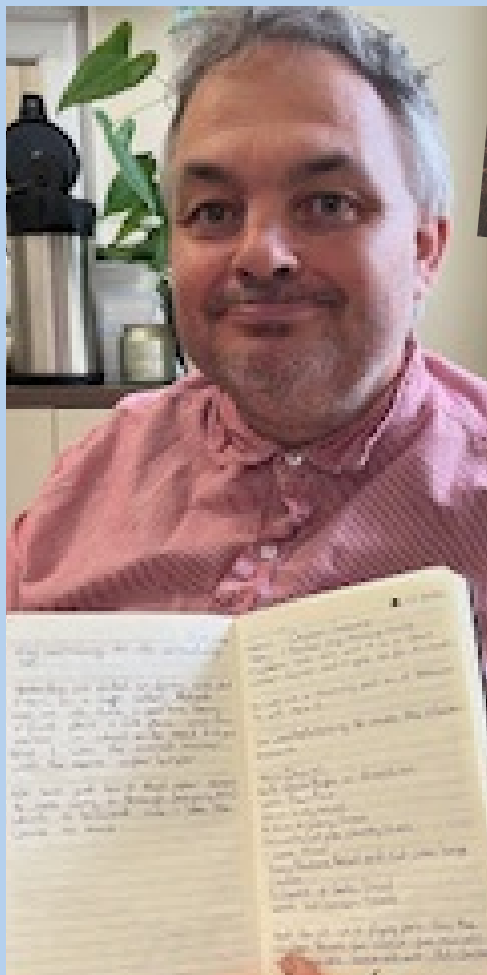
The tutor went through everything thoroughly and provided handy tips about cutting vegetables

Excellent tutor giving us good instructions and explaining everything in detail to us all

More people should do this course - I now feel more confident to use a slow cooker

The handouts are easy to follow which is great as I struggle to follow from a recipe book

Lots of tips and recipes - how to eat healthy and portion sizes for singles



The Kraft Hub runs every Thursday for 2 hours at the Centre, with a total of 511 attendances over 2024-25. This is a popular activity with many of our Women's Space participants, who often attend both of these. At this session we have offered a variety of activities including trying new crafts and visits to craft centres locally.

100% of survey respondents told us they felt happier, more confident and had learned new skills by attending. Everyone had made new friends - a key outcome for them.

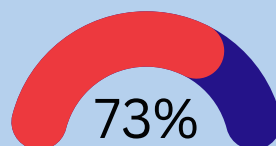
Krafting for Heritage



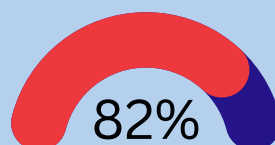
This year kraft group members have been very involved with our new Peel Road Heritage Project - with volunteers Sarah & Lesley leading group members in producing Memory Boxes & a stunning Heritage Wall-Hanging which is now displayed at the Centre. Kraft members used their varied skills to contribute many volunteer hours in creating these (read more further on in this report).

- reported feeling that they were now a part of the community at St Leonards as a result of attending
- that they had tried new activities and learned new skills since coming along to Kraft
- And that overall they felt a lot happier since attending these sessions

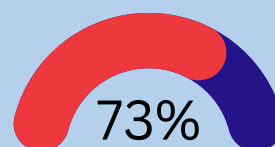
Kraft Hub: Impact



reported feeling a lot less isolated as a result of attending the sessions



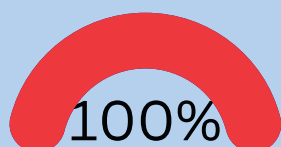
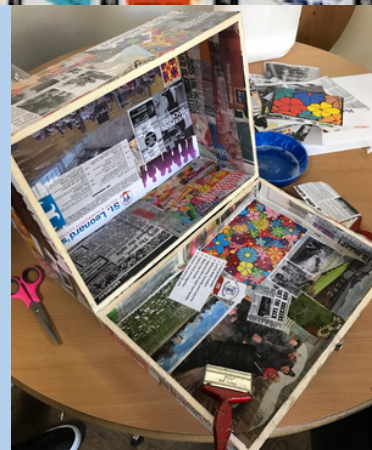
told us that by attending this group, they stay a lot more active which helps their wellbeing



told us they feel more confident as a result of attending

“

The most positive thing for me is feeling involved in activities and projects like the heritage work. Always so welcoming. I am so happy with what is on offer here



What Do We Offer?

The popular Community Lunch continues to run every Wednesday where a hot meal costs £3.50. **Approximately 35-40 people attend each week. In total there have been 1439 attendances and a total of 402 free meals have been served!** Everyone is welcome, including residents, service partners and staff. 5 regular volunteers are involved in preparing, serving and clearing - supporting our Cook and staff team.

Community Lunch: Impact



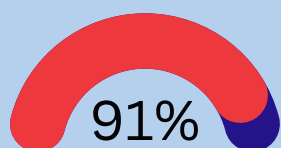
People who attend for the following reasons:

89 % come along to chat & socialise

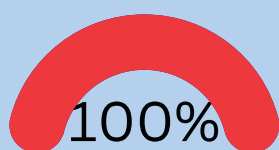
91 % welcome the chance to eat a hot meal

79 % know they can get advice and support here when needed

What Difference Has this Made?



told us they feel more confident as a result of attending



felt a lot happier since attending the lunch regularly



“

I enjoy coming to the community meals which are very nicely made and welcoming with lots of variety

Varied tasty well prepared hot light free meal

I love coming to the community lunch as it gets me out of the house and helps me mix with people and make friends

I've only been coming here 3 weeks and feel like a new person!

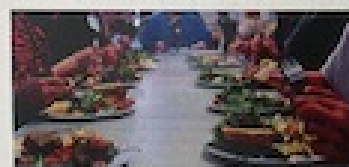
told us they feel less isolated & more socially connected since attending

& reported that coming to the meal makes them feel part of the community

St. Leonard's
YOUTH & COMMUNITY CENTRE

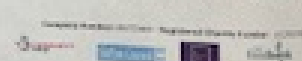
100-102 Road, Boreham, Essex, CO14 4PH • 01206 884 100
Open: 10am-6pm Mon-Fri • 10am-4pm Sat • 12pm-4pm Sun
www.stleonardscommunitycentre.org.uk

Community Lunch



Come and join us every
Wednesday!
12.30pm – 2.00pm
Two course lunch, tea, coffee -
£3.50

Free - occasional Food Bingo / Quiz

Community Lunch is a project of St. Leonard's Youth & Community Centre
Sponsored by: 

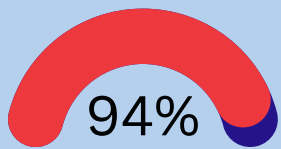
We held our annual 3 hour afternoon Community Information session in June 2025, which was widely advertised. A total of 15 service partners attended, including the May Logan Health Centre, Asda Community Champions, Citizen's Advice Services, Enterprise Credit Union, Taking Root, Right to Succeed Charity, Households into Work teams - to offer one to one information & advice.

A free buffet, and our large heritage photo exhibition were also set up in our hall and Sefton Opera offered free hand, neck, back massages. A total of 80 people attended.

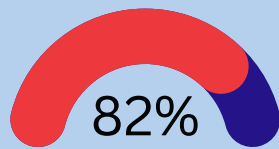
Annual Community Info Day: Impact



What Differences Did this Event Make?



of people attending
reported that overall
the Day was very
useful



of attendees found
the individual
agencies very helpful

*The Taking Root stall was lovely -
everyone was so friendly*

“

*Very informative - useful for St
Leonards volunteers to attend so
they can then pass on info to others
when helping out*

*Wide variety of agencies and very well
organised and attended - the services there
were all relevant to the needs of the community*

*The people are so friendly and its opened
my eyes to what is on in the local area - I've
taken information away which is very useful*



South Sefton Foodbank works with a range of local agencies who meet people at risk of going hungry. Citizens Advice, children's centres and health visitors are just some of those who make referrals to our foodbanks by issuing them with a foodbank voucher. Sefton Council is the largest issuer of vouchers.

As part of St Leonard's Community Fund grant for 2023-2026, the Foodbank's Co-ordinator post has been supported. The Foodbank operates through 7 bases across South Sefton. A total of 62 volunteers are vital in the running this service across our communities at our 7 Distribution Centres and warehouse.



What we've learned this year:

- Similar to many Foodbanks, demand for food outstrips supply and we have to purchase large quantities to be able to meet this shortfall - this is increasing our costs on an ongoing basis
- Trussell Trust continues to support us and they are introducing a centralised food purchasing system which we will be using.
- Our new Foodbank Manager, Kerri, started in post and has settled into her new role
- At the heart of our ethos at SSFB is to support local residents to maximise their incomes by linking as many foodbank users up with our CAB welfare benefit advisers as we can.
- The volunteers supporting South Sefton Foodbank in many ways are central to our services - see our spotlight on them below.

South Sefton Foodbank: Impact



Our Impact: 2024-25

Total number of people who received food: 12,064
8082 adults and 3982 children

Total number of volunteers involved: 62

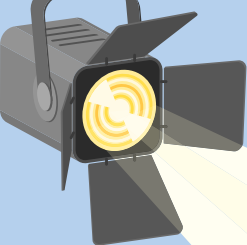
Tonnes of food distributed: 111,188.55 kg

Total number of distribution centre volunteers: 56

Total number of warehouse volunteers: 6

Total number of volunteer hours: 74,500 hours

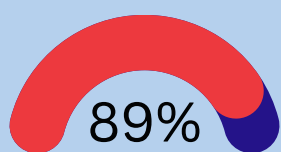




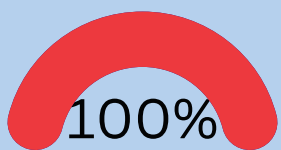
Spotlight on....

Our Foodbank & Warehouse Volunteers

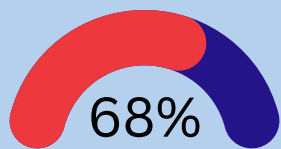
We have 62 volunteers who support South Sefton Foodbank (including 7 venues and the warehouse). The majority of volunteers are retired (over 65) and most have been involved for over 2 years - usually hearing about the opportunity through word of mouth. We asked them their views about their volunteering experience. The vast majority of respondents (97%) got involved to support their local community and help people. Volunteering hours vary from 2 hours per week to over 10 hours. 95% of volunteers reported feeling highly or very appreciated by the staff team.



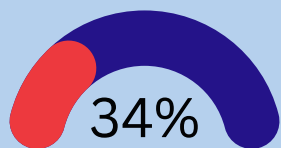
reported that they had learned some new skills by being involved (with 18% a great deal) - with communication & social skills being the key ones gained



think it's a good way to contribute to the local community



reported that it's sociable and connects them with other people on a regular basis



told us it keeps them moving and so helps them stay well



I volunteer with so many lovely people who are all happy to give their time and help others

I love the camaraderie with fellow volunteers and meeting new people all the time

This volunteering is a helpful and sociable exercise

If I didn't do this I would be extremely lonely

I came out of my comfort zone to do this volunteering and my anxiety has reduced moderately through coping with the general public at the foodbank



Many volunteers at the Foodbanks have been involved for over a decade - including the one at St Leonards Centre. Ann and Christine were both originally recruited over 12 years ago through the church and have found it a rewarding way of volunteering.

It has brought them in contact with many people in their local community.

Ann has always chatted to as many using the foodbank as possible, so she can help them by signposting on to other local services:

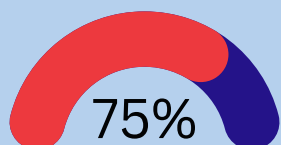
I feel as though I am contributing to my community here - its a good way to get to know people living here.



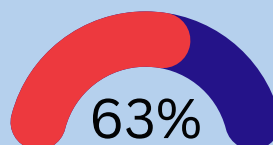
Spotlight on....

Community Centre Volunteers

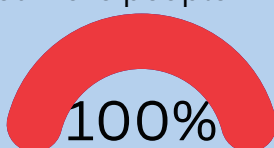
Most of our 8 regular volunteers at the Centre have got involved as they were regular participants in the activities here and one of the team asked them if they wanted to lend a hand volunteering: be it in the Men's and Women's Space sessions, helping with the Community Lunch or with Kraft or Walking groups.



of respondents reported getting involved to share their skills and the same number to get out and meet more people



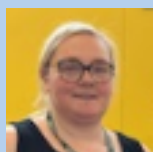
wanted to support people in their local community



of respondents said they were very happy with their volunteering experience to date at St Leonards & feel highly appreciated by the staff team at the Centre

And the same percentage said that it's sociable and connects them with other people on a regular basis

“



One of the newest volunteers in our team - Kerrie - got involved at the start 2025 and has been helping out at the Men's and Women's Group and the Kraft Group and Community Lunch. She says her family and partner have noticed a big change in her and she is loving meeting so many new people and making new friends.

She's enjoying that its keeping her active, and helping her well being - as well as sociable and enabling her to help out in her community. She's keen to stay involved, saying 'you're stuck with me now St Leonards!'

This makes a difference to my life and a lot of other peoples. It makes me feel at home

Its helping with me believing in myself

Volunteering here gives me a routine to my week

Volunteering here has made me so happy by helping - I love it here and it has given me confidence

**Total number of
Community
Centre
volunteering
hours for 2024-5:**

3,456 hours



Delivery of a full service offer at the Centre to meet the needs of many local residents:

BY delivering our full programme of activities, we continue to make a real difference to our Centre users, who feel more confident, more connected and bonded in the community. We build trust with the Centre users slowly and at their own pace - and little by little they start to mix and chat with others and attend regularly. Many gradually get more involved in our choice of activities and then go on to volunteer with us at the Centre or at the Foodbanks.

New Activities for 2024-25 at the Centre

We have supplemented our core activities this year with a range of additional ones, to offer our Centre users new ways of building skills and wellbeing:

The Peel Road Heritage Project - is part of the Sefton at 50 Sefton Programme. We were awarded a small grant for residents to research our local Peel Road heritage and create a wall-hanging and memory boxes.

Many local people volunteered in our heritage chat groups over the Winter. Our Kraft group members worked hard to produce amazing memory boxes and a wall-hanging which were the stars of the show at our Heritage Exhibition in March 2025. We hope to continue to develop the Tom Rooney Photo Archive which was bequeathed to us by Tom in 2012.



An important new offer for our Centre users this year has **new digital inclusion and IT training**. Rotunda Community College, as one of the Sefton Include-IT providers has been running **short bite-sized courses for people who have no or very limited computer skills**. This has proved very popular with those attending.

We've now got a new drop-in Digital Help session run by Niall (pictured left) every Tuesday afternoon for people who need a little bit of help with their IT devices or have any other queries like this.

5. Successes



Trusted Partners: a key part of our success in Bootle is our role in hosting other service providers who run their regular & occasional sessions at our Centre. Our role is to encourage, engage and sign local people up to use our partners' wide range of services.

Working in Partnership - 2024-5



Case Study: Partnership Working with the May Logan Health Living Centre. Debbie, a Living Well Mentor funded by Living Well Sefton and based at the May Logan Centre, has been attending the Men's and Women's Groups monthly to support people for over 10 years. She also attended the Information Day. She works with users of our Centre one to one, building trust with them, to empower them to make lifestyle changes around factors such as healthy eating, stopping smoking and reducing alcohol intake. She also takes regular Blood Pressure readings and supports people to inform their GPs if she identifies high levels.



This year she has worked with 77 people at the Centre, identifying 22 people with high blood pressure and issued letters to inform their GPs. She commented:

I always enjoy attending The Leonards - its very informal and that's a good thing as people open up to me and so I can help them.

Our model of work is simple: all our activities aim to welcome residents of Bootle to our Centre. People may be facing a crisis or emergency or just looking for info, some advice or social contact.

Whatever the reasons, we want to involve everyone so they can feel accepted and safe, and in their own time more relaxed, confident and have social interactions with others at our Centre.

All of which leads to improved self-esteem, social involvement and structure - and so better physical and mental wellbeing of individuals. By coming together and being involved so our community is more bonded, stronger and more cohesive.

Our Model of Work - Taking Our Service Offer Forward

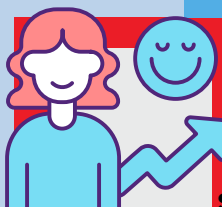
*inclusion
Matters*



**Strong,
bonded,
community
is our goal**



**Giving something
back to the
community is
central to wellbeing**



**Improved wellbeing,
friendship & weekly
social interaction &
structure are important**



**Building self-
confidence & esteem,
new skills & social
contacts are key aims**



**Everyone has access
to full programme of
free wellbeing & social
activities at Centre**

*Keep
LEARNING*



**We provide info &
advice to everyone
including signposting
to other services**

*ASKING
— for —
HELP
is OK*



**We are a trusted and
well-known Centre -
central to our
community in Bootle**



**We welcome everyone -
no wrong door policy -
residents trust us &
keep coming back here**

*IT'S OKAY
to not be
OKAY*



6. Next Steps for Year 3 - 2025-26

- Work with our Centre users and our service partners to continue to review and develop our service offer - and apply for continuation funding and new sources of funding support to sustain our programme from July 2026 onwards.
- Review our marketing and activities promotion strategy and work towards expanding our profile in the local community & include volunteer training to enable effective signposting by all of our teams for local residents.
- Continue to host ongoing and new activities e.g. SOLA Arts My Creative Self 12 week course and Include-IT computer training course.

Registered as a Charity in England & Wales:

Charity number: 1129970

Company Number: 06775494

Chair: Rev. Paula Bridson

**Centre Manager: Debbie Shelley,
60 Peel Rd, Bootle, Merseyside L20 4RW**

Tel: 0151 933 1300

Website: www.stleonardsycc.org

7. Thank You to:

**All our volunteers - at the
Centre
& Foodbank!**

**Our Staff Team & Our
Trustees**

**Everyone who comes along
to join our activities**

**Our Service Partners
across South Sefton**

